1)look for trending markets

2)look for slopes , up or down channels and trend lines

3)Look at stochastics on 1 hour to be trending higher or lower to confirm

4)draw range boxes or ranging triangles. keep out of ranging markets

5)look for lwma 8 /30 crosses on 15 min and 30 min

6)look at major support and resistance areas

7)lwma 120 and 240 on 30 minutes acts as a good trend filter

Most of the profits made are lost in ranging markets

Most professional traders use stochastics for trend and divergence and we use it for keeping out of ranging market.   
Combine stochastics with support and resistance plus momentum and moving averages , for trend confirmation on 4 hr and 30 min time frames , by filtering out ranging markets.