ARE YOU GETTING A ROLLER COASTER FEELING ABOUT YOUR INVESTMENTS?

AVOID THESE ACTIONS

- Looking at your balances daily
- Pulling your investments



HISTORY OF MARKET TURMOIL

- Each year
  - 3 or more 5% corrections
  - 1 correction of 10%
- Every three years
  - 15%+ market correction



WAYS TO CALM YOUR FEARS

- Have a plan you trust
- Work with a professional
- Realize there are opportunities

TRIED & TRUE INVESTMENT ADVICE

- Know your risk
- Diversification
- Don't time the market
- Regularly rebalance
- Don't focus on overall market

