Hot Topic:
Managing Market Downturns

Here is a list of actions that lead to long term financial success:

- For starters don't be afraid. Yes, it's going to be an unpleasant experience and your October statement will be disappointing, but I am here with you. Markets need to sell off in order to go higher. This is a very important point that you need to digest.

- Another essential understanding is that sell offs provide us with an opportunity to increase the quality of our portfolio to better position it for future growth. In other words, we get to buy things on sale!

- I know the world faces tough issues, and these can paint a very dismal outlook, but pessimists don't win for long. How do I know? It's actually very simple. 74% of the time, stocks trend higher in any given year.[1]

- A final thought I wish to leave you with is that we are in control. We are in control of our emotions and actions when faced with uncertainty and stress. No one can control the markets and anyone who tells you they can is either a fool, or a liar, or maybe both. Rest assured the rains will subside and the sun will shine another day.

[1] *See https://awealthofcommonsense.com/2015/11/playing-the-probabilities/*



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