



## You can't time the market, so focus on time "IN" the market

The dream of a secure retirement, college funding, or a vacation home may be the financial “prize” you’re keeping your eyes on. But it’s hard for investors, even seasoned ones, to stay focused in the face of market volatility. During a down market, your brain may be whispering “sit tight,” while your stomach is screaming “sell!”

The reality is that the market will go up and down over time. But history shows us that staying invested through market movements can be beneficial to investors. This flyer from Franklin Templeton, *The Rewards of Long-Term Investing*, offers some perspective on market performance over the years. And it offers a startling illustration of what can happen to investment results if you quit the market and miss even a few trading days over a 20-year period.

Feel free to reach out any time you have questions or worries about your investments. We all work hard for our assets, so it’s only natural to want to protect them. Let’s connect if you’d like.

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