

The Roller Coaster of Emotional Investing

Did you know 90% of investment decisions are driven by emotions, rather than logic and reason? Source: Moneyweb, 2022 Bull and bear markets trigger varied emotions, with investor sentiments fluctuating each time market conditions change.

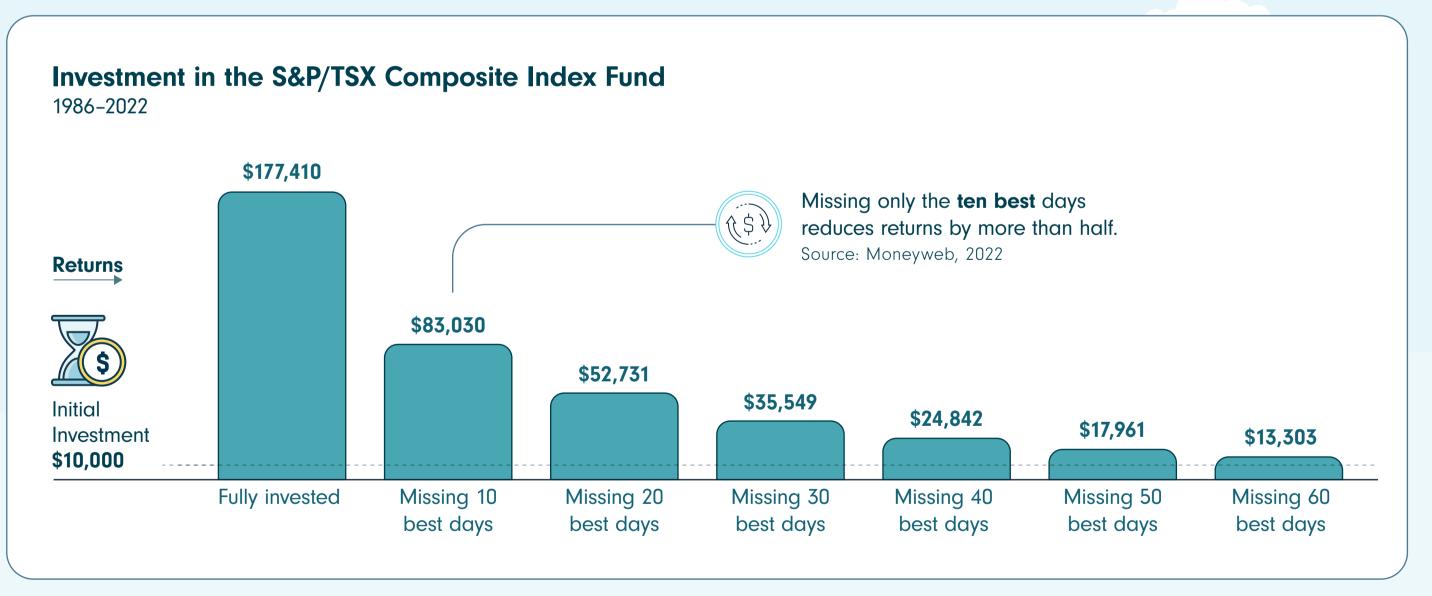
INVESTOR EMOTIONS & STOCK MARKET VOLATILITY

Source: Howard Capital Management, 2021



TIME IN THE MARKET BEATS TIMING THE MARKET

Staying invested through market fluctuations allows investors to capitalize on the best market days. This is how a portfolio would have lost value by missing the best days in the long-term.



Source: Data from Refintiv shared by Fidelity, 2023

Fidelity's volatility guide can help investors navigate volatile markets, enabling them to survive the market cycle, stay invested, and potentially reap long-term rewards.

Download the guide now

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Despair