

INSIGHTS

issue **seventeen** | quarter **three** | 2025

DID YOU KNOW?

There have been 26 bear markets (decline of 20% or more) for US stocks since 1928.

(macro trends.com)

75% of annual calendar year returns of the S&P 500 have been positive since 1928.

(macro trends.com)

	TOTAL RETURNS %		
INDEX	Q2 2025	YTD	1-YR
S&P 500	10.94%	6.20%	15.14%
MSCI World ex US	12.30%	19.48%	19.42%
Dow Jones	5.46%	4.55%	14.72%
BBG BARC Agg Bond	1.21%	4.02%	6.08%

*as of 06.30.2025

Staying the Course

Since 1928, the S&P 500 has averaged an annual return of 9.9%. While these long-term returns are compelling, they have not come without volatility for investors. Market pullbacks – known as intra-year drawdowns – are a regular occurrence and perfectly normal part of healthy market behavior. The average intra-year drawdown is 16.3%, with the S&P 500 experiencing a 10%+ drawdown in nearly two of every three years, and a 20% drawdown roughly once every 4 years.

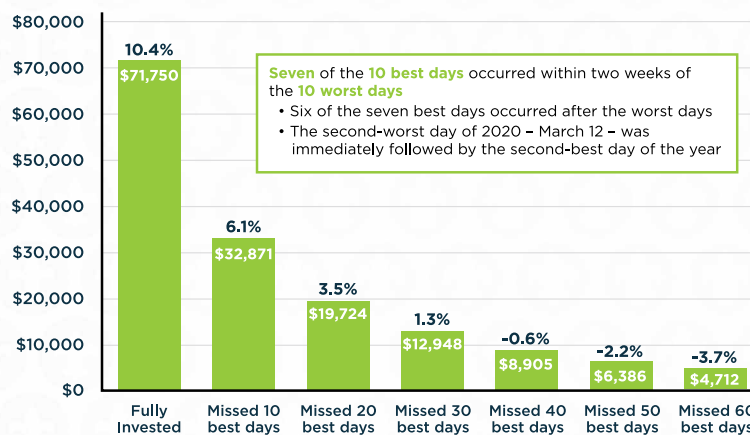
Despite this volatility, the S&P 500 has continued to generate strong returns for long term investors who stay committed to their investment plan. This is because many drawdowns are short-lived, and those who sell during downturns often miss the subsequent recovery. In years where the S&P 500 has experienced a drawdown of 10% or more, it has still managed to end the year with a positive return approximately 60% of the time.

Missing just a handful of the best-performing days in the market can have a dramatic impact on overall returns. An investor who missed the 10 best days in the market over the last 20 years would have cut their annual return in nearly half. The challenge is these best days in the market often occur near large drawdowns, so investors who panic and sell are likely to miss out on the recovery. This highlights the importance of not letting emotions drive your decision-making during bouts of market volatility.

Impact of being out of the market

Returns of the S&P 500

Performance of a \$10,000 investment between January 3, 2005, and December 31, 2024



Plan to stay invested
Losses hurt more than gains feel good. Market lows can result in emotional decision making.

Taking "control" by selling out of the market after the worst days is likely to result in missing the best days that follow. Investing for the long term in a well-diversified portfolio can result in a better retirement outcome.

Source: JP Morgan

Staying invested doesn't mean ignoring risk – it means understanding that risk is a feature, not a bug, of the market. Successful investors understand that temporary losses are the price of admission for long-term gains.



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