## Teresa S. Sampleton, CFP®, CLU, ChFC, CLTC

## TIME IN THE MARKETS <br> AND THE POWER OF COMPOUNDING

Vice President
Sampleton Wealth Management

230 Park Ave. West<br>3rd Floor<br>New York, NY 10169<br>888-336-6884<br>tsampleton@sampletonwealth.com www.sampletonwealth.com



In challenging times, there's a tendency to try to time the market by moving out of stocks and into more traditional savings products like CDs or money market accounts. ${ }^{1}$ The chart below shows the power of compounding at various rates over a 30 -year period. Compounding works by generating interest on the original account value and on reinvested earnings over time. While lower yielding sources may be safer, they might not offer enough return potential to help you reach your long-term goals.

GROWTH OF \$100K-30 YEARS ${ }^{2}$


MISSING THE UPSIDE

|  |
| :---: |
|  |  |
|  |  |
|  |  |

Studies show that missing the stock market's $\mathbf{1 0}$ best days over a 30 -year period can lower an investor's average annual total return by $2.72 \%$.

Missing the best $\mathbf{3 0}$ days lowers an investor's return by $6.14 \%!^{3}$

Trying to time the market can be detrimental to longterm investing success.

[^0]
## THE POWER OF COMPOUNDING

| COMPOUNDING RATES OF RETURN |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 1.00\% | 2.00\% | 3.00\% | 4.00\% | 5.00\% | 6.00\% | 7.00\% | 8.00\% | 9.00\% | 10.00\% |
| Year |  |  |  |  | Account |  |  |  |  |  |
| 0 | \$100,000.00 | \$100,000.00 | \$100,000.00 | \$100,000.00 | \$100,000.00 | \$100,000.00 | \$100,000.00 | \$100,000.00 | \$100,000.00 | \$100,000.00 |
| 1 | \$101,000.00 | \$102,000.00 | \$103,000.00 | \$104,000.00 | \$105,000.00 | \$106,000.00 | \$107,000.00 | \$108,000.00 | \$109,000.00 | \$110,000.00 |
| 2 | \$102,010.00 | \$104,040.00 | \$106,090.00 | \$108,160.00 | \$110,250.00 | \$112,360.00 | \$114,490.00 | \$116,640.00 | \$118,810.00 | \$121,000.00 |
| 3 | \$103,030.10 | \$106,120.80 | \$109,272.70 | \$112,486.40 | \$115,762.50 | \$119,101.60 | \$122,504.30 | \$125,971.20 | \$129,502.90 | \$133,100.00 |
| 4 | \$104,060.40 | \$108,243.22 | \$112,550.88 | \$116,985.86 | \$121,550.63 | \$126,247.70 | \$131,079.60 | \$136,048.90 | \$141,158.16 | \$146,410.00 |
| 5 | \$105,101.01 | \$110,408.08 | \$115,927.41 | \$121,665.29 | \$127,628.16 | \$133,822.56 | \$140,255.17 | \$146,932.81 | \$153,862.40 | \$161,051.00 |
| 6 | \$106,152.02 | \$112,616.24 | \$119,405.23 | \$126,531.90 | \$134,009.56 | \$141,851.91 | \$150,073.04 | \$158,687.43 | \$167,710.01 | \$177,156.10 |
| 7 | \$107,213.54 | \$114,868.57 | \$122,987.39 | \$131,593.18 | \$140,710.04 | \$150,363.03 | \$160,578.15 | \$171,382.43 | \$182,803.91 | \$194,871.71 |
| 8 | \$108,285.67 | \$117,165.94 | \$126,677.01 | \$136,856.91 | \$147,745.54 | \$159,384.81 | \$171,818.62 | \$185,093.02 | \$199,256.26 | \$214,358.88 |
| 9 | \$109,368.53 | \$119,509.26 | \$130,477.32 | \$142,331.18 | \$155,132.82 | \$168,947.90 | \$183,845.92 | \$199,900.46 | \$217,189.33 | \$235,794.77 |
| 10 | \$110,462.21 | \$121,899.44 | \$134,391.64 | \$148,024.43 | \$162,889.46 | \$179,084.77 | \$196,715.14 | \$215,892.50 | \$236,736.37 | \$259,374.25 |
| 11 | \$111,566.83 | \$124,337.43 | \$138,423.39 | \$153,945.41 | \$171,033.94 | \$189,829.86 | \$210,485.20 | \$233,163.90 | \$258,042.64 | \$285,311.67 |
| 12 | \$112,682.50 | \$126,824.18 | \$142,576.09 | \$160,103.22 | \$179,585.63 | \$201,219.65 | \$225,219.16 | \$251,817.01 | \$281,266.48 | \$313,842.84 |
| 13 | \$113,809.33 | \$129,360.66 | \$146,853.37 | \$166,507.35 | \$188,564.91 | \$213,292.83 | \$240,984.50 | \$271,962.37 | \$306,580.46 | \$345,227.12 |
| 14 | \$114,947.42 | \$131,947.88 | \$151,258.97 | \$173,167.64 | \$197,993.16 | \$226,090.40 | \$257,853.42 | \$293,719.36 | \$334,172.70 | \$379,749.83 |
| 15 | \$116,096.90 | \$134,586.83 | \$155,796.74 | \$180,094.35 | \$207,892.82 | \$239,655.82 | \$275,903.15 | \$317,216.91 | \$364,248.25 | \$417,724.82 |
| 16 | \$117,257.86 | \$137,278.57 | \$160,470.64 | \$187,298.12 | \$218,287,46 | \$254,035.17 | \$295,216.37 | \$342,594.26 | \$397,030.59 | \$459,497.30 |
| 17 | \$118,430.44 | \$140,024.14 | \$165,284.76 | \$194,790.05 | \$229,201.83 | \$269,277.28 | \$315,881.52 | \$370,001.81 | \$432,763.34 | \$505,447.03 |
| 18 | \$119,614.75 | \$142,824.62 | \$170,243.31 | \$202,581.65 | \$240,661.92 | \$285,433.92 | \$337,993.23 | \$399,601.95 | \$471,712.04 | \$555,991.73 |
| 19 | \$120,810.90 | \$145,681.12 | \$175,350.61 | \$210,684.92 | \$252,695.02 | \$302,559.95 | \$361,652.75 | \$431,570.11 | \$514,166.13 | \$611,590.90 |
| 20 | \$122,019.00 | \$148,594.74 | \$180,611.12 | \$219,112.31 | \$265,329.77 | \$320,713.55 | \$386,968.45 | \$466,095.71 | \$560,441.08 | \$672,749.99 |
| 21 | \$123,239.19 | \$151,566.63 | \$186,029.46 | \$227,876.81 | \$278,596.26 | \$339,956.36 | \$414,056.24 | \$503,383.37 | \$610,880.77 | \$740,024.99 |
| 22 | \$124,471.59 | \$154,597.97 | \$191,610.34 | \$236,991.88 | \$292,526.07 | \$360,353.74 | \$443,040.17 | \$543,654.04 | \$665,860.04 | \$814,027.49 |
| 23 | \$125,716.30 | \$157,689.93 | \$197,358.65 | \$246,471.55 | \$307,152.38 | \$381,974.97 | \$474,052.99 | \$587,146.36 | \$725,787.45 | \$895,430.24 |
| 24 | \$126,973.46 | \$160,843.72 | \$203,279.41 | \$256,330.42 | \$322,509.99 | \$404,893.46 | \$507,236.70 | \$634,118.07 | \$791,108.32 | \$984,973.27 |
| 25 | \$128,243.20 | \$164,060.60 | \$209,377.79 | \$266,583.63 | \$338,635.49 | \$429,187.07 | \$542,743.26 | \$684,847.52 | \$862,308.07 | \$1,083,470.59 |
| 26 | \$129,525.63 | \$167,341.81 | \$215,659.13 | \$277,246.98 | \$355,567.27 | \$454,938.30 | \$580,735.29 | \$739,635.32 | \$939,915.79 | \$1,191,817.65 |
| 27 | \$130,820.89 | \$170,688.65 | \$222,128.90 | \$288,336.86 | \$373,345.63 | \$482,234.59 | \$621,386.76 | \$798,806.15 | \$1,024,508.21 | \$1,310,999.42 |
| 28 | \$132,129.10 | \$174,102.42 | \$228,792.77 | \$299,870.33 | \$392,012.91 | \$511,168.67 | \$664,883.84 | \$862,710.64 | \$1,116,713.95 | \$1,442,099.36 |
| 29 | \$133,450.39 | \$177,584.47 | \$235,656.55 | \$311,865.15 | \$411,613.56 | \$541,838.79 | \$711,425.70 | \$931,727.49 | \$1,217,218.21 | \$1,586,309.30 |
| 30 | \$134,784.89 | \$181,136.16 | \$242,726.25 | \$324,339.75 | \$432,194.24 | \$574,349.12 | \$761,225.50 | \$1,006,265.69 | \$1,326,767.85 | \$1,744,940.23 |

## KEY TAKEAWAYS

$\checkmark$ Understanding the role that compounding plays in growing assets is an important concept.
$\sqrt{ }$ Keeping a long-term perspective is wise, especially in tough markets.
$\checkmark$ Creating a financial plan and diversifying assets may help weather market ups and downs.


[^0]:     also be subject to substantially more risk.
    
     not reflect this. The assumed interest rates used in this example are not guaranteed. Investments that have potential for higher rates of return also come with risk of loss.
    
    Copyright © 2023 Horsesmouth, LLC. All rights reserved. This information is educational and is not tailored to the investment needs of any specific investor.
    License \#: 5466308 Reprint Licensee: Teresa S. Sampleton
    Horsesmouth is an independent organization providing unique, unbiased insight into the critical issues facing financial professionals and their clients.
    Horsesmouth, LLC is not affiliated with the reprint licensee or any of its affiliates.

