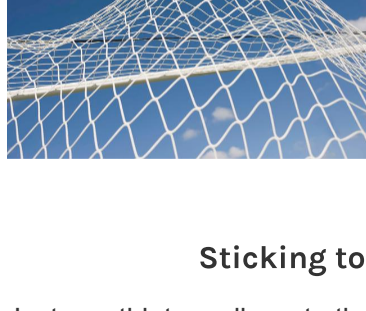


As the excitement for the Summer Olympics unfolds, we find inspiration not only in the athletic prowess on display but also in the disciplined training that leads to success. Just as Olympians follow their training plans to achieve their best, so too can you apply similar principles to your financial journey.

Setting Goals



Like athletes setting ambitious goals for their competitions, defining clear financial objectives is crucial. This will help you direct your efforts as well as measure your progress.

[Learn More >](#)

Sticking to Your Plan

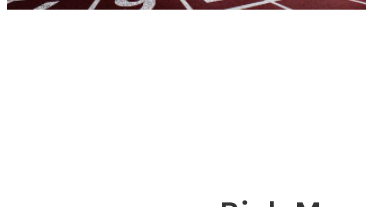
Just as athletes adhere to their training routines with discipline, staying committed to your financial plan is also important. By aligning your plan with your goals, you just laid out your roadmap to direct you to accomplishing your goals.



[Learn More >](#)

Diversification: Your Financial Decathlete

Consider diversification in your investment portfolio as akin to the versatility of a decathlete. Like a decathlete excels in multiple disciplines, a diversified portfolio spreads risk across various asset classes, helping reduce vulnerability to market volatility while potentially enhancing long-term returns. Just as each asset is important on its own, so too are they in their aggregate impact on your portfolio.



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Risk Management

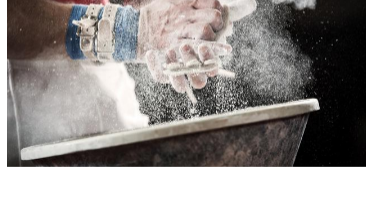
Just as athletes manage physical risk through training and preparation, investors need to manage financial risk. Diversification and asset allocation are key strategies to mitigate risks and safeguard against market downturns or unexpected events. Understanding your risk tolerance and having a well-defined risk management strategy can help manage your financial risks.



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Staying Focused Under Pressure

It is important to maintain a long-term perspective and avoid emotional decisions during market volatility. Similar to how Olympians stay focused under pressure, staying committed to your investment strategy and financial plan through market ups and downs can potentially lead to better outcomes. Remember, short-term fluctuations are part of the journey towards long-term financial goals.



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Continuous Improvement

Just as athletes establish a baseline to gauge their performance and track their progress over time, investors need to set a benchmark to evaluate the success of their investments. This benchmark acts as a reference point, helping investors measure how their portfolios are performing relative to market standards or specific financial goals. Just as athletes periodically reassess and adjust their training goals, investors must also reset their benchmarks to reflect shifts in market dynamics, financial goals, or risk tolerance.



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Celebrating Milestones

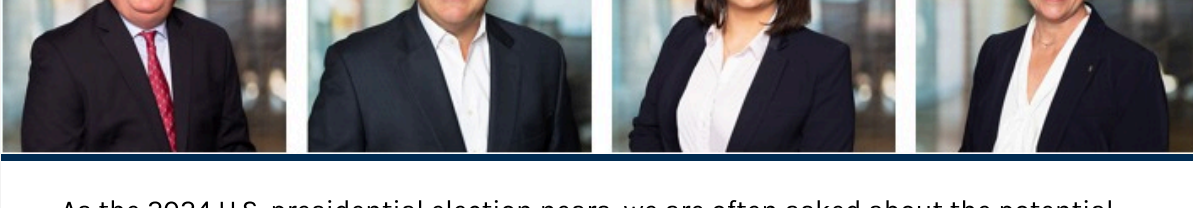
Just as winning medals is celebrated in the Olympics, it's important to recognize and celebrate your own financial milestones. Whether it's paying off a debt, reaching a savings goal, or any other significant milestone, these achievements deserve acknowledgement. Celebrating milestones not only reinforces your progress but also motivates you to continue pursuing your financial objectives.



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The Wood Group Corner



As the 2024 U.S. presidential election nears, we are often asked about the potential impact of the election on client portfolios. However, examining historical data on market performance during election years suggests that concerns about such an impact might be overblown.

While past performance isn't necessarily a predictor of future returns, an examination of market performance in past election years could provide some encouragement for worried investors. Historical data shows that markets have tended to rise in presidential election years, with the S&P 500 recording positive returns in 20 of the 24 election years since it began, or 83.3% of the time.

Please [click here](#) for data on S&P 500 index returns in U.S. Presidential election years.

Please [click here](#) for commentary on the historical impact of elections on the stock market.

Sensational headlines and geopolitical tension may amplify the significance of elections, but their historical impact on the ultimate trajectory of the economy and market has been limited. As the 2024 election approaches, we may see the fear of the unknown cause volatility to pick up. However, post-election periods typically experience a return to stability as markets adapt to the new political landscape. A diversified portfolio remains poised to stay on course to help achieve investment objectives over the long term.

We'd advise you to filter out the chatter, as it likely will not affect economic or market outcomes, and focus on the fundamentals of investing. Diversification remains a key strategy for investors to help manage risks linked to the ebbs and flows of the market. Balancing your portfolio across a variety of assets can help you navigate the uncertainties that come with election years and help ensure resilience against any unforeseen challenges.

Operations Corner

Welcome to the Ops corner ... we are here to provide you with insight and helpful information to keep you up to date with all things operational and administrative at The Wood Group.

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4. You can also enroll for VoiceID by calling us at **(203) 326-6900**.

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Pictured (Left to right; top to bottom): Jay Wood, Financial Advisor; Paul Fitzsimmons, Financial Advisor; Brian Nerreau, Financial Advisor; Nisha Chisena, Financial Advisor; David Lazarus, Financial Advisor; Steven Lazarus, Financial Advisor; Estefania Munguia, Client Service Associate; Shauna Simpson, Wealth Management Associate

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