Today,

we are going to talk about four tips
to help you avoid timing the market.

Hello, I'm Tripp Boyer,
and this is David Ramey.

We are partners of the Boyer
Ramey Wealth Management Group.

Sudden and downs in the stock
market can be hard to ignore.

It's common to get the urge to sell
when you see your investments lose value.

Or to buy when the market is surging.

But predicting the effects of short term
market movements

like these is nearly impossible.

And efforts to time
"The Market" can backfire,

undermining your ability
to grow your savings.

If you sell right after the market drops,
for instance,

you'll lock in your loss and potentially
miss out on the subsequent rebound.

Despite the harm
you can do in your portfolio.

The urge to time the market can be hard
to resist in times of volatility.

Here are four considerations
to help you practice

restraint in the face of short
term market movements.

Number one,
fall back on your long term plan.

It is very important to take a very close
look and review of your important life plans

that you are committed
to achieving.

Successful investors

have built a long term investment
plan based on their financial goals.

time horizon and risk tolerance.

Long term investors
hope that over time the market

will steadily climb as it has historically.

And number two, understand
that it's hard to be right twice.

When you time the market

you'll have two critical decisions to make.

You'll need to know when the market is
topping out so you can sell at that point.

And you also need to know
when the market has hit bottom

so you can buy low and get back in
at the right time.

The likelihood that you'll be able

to successfully predict
either point is extremely low.

And number three,
investing on a set schedule.

One way to prevent yourself
from trying to time the market

is to invest a set amount of money
on a regular schedule.

A strategy known as dollar cost averaging.

For example,
you might invest $1,000 once every quarter.

By investing the same dollar
amount on a regular basis,

you will naturally buy more shares
when the prices are down, and fewer shares

when the prices are up
and the market is expensive.

This strategy can help you lower

the average cost per share over time.

It also helps take the emotion

out of investing when your investment
schedule is already on your calendar.

You never have to wonder if now is the
right time to jump back into the market.

Number four,
Reach out to your financial advisor.

Resisting the urge to time
the market doesn't have to mean

keeping silent about concerns
you have about your portfolio.

If volatility or larger economic issues
have you wondering whether you ought to be

rethinking your investment strategy,
get in touch with your financial advisor.

They will be able to put current trends
in the context of long term

market patterns
and your overarching financial goals.

If you decide
there are issues in your strategy

that need to be addressed,
you can do so with professional help

and with the confidence
that you are amending your portfolio

to better align with your risk
tolerance and goals

rather than reacting emotionally
to the latest market fluctuations.

We hope these four tips

are helpful along your journey
to find the right financial advisor.

If you think we might be that company,
we'd love to have a conversation.

Please give us a call or send us
an email to schedule convenient time.

Until next time.