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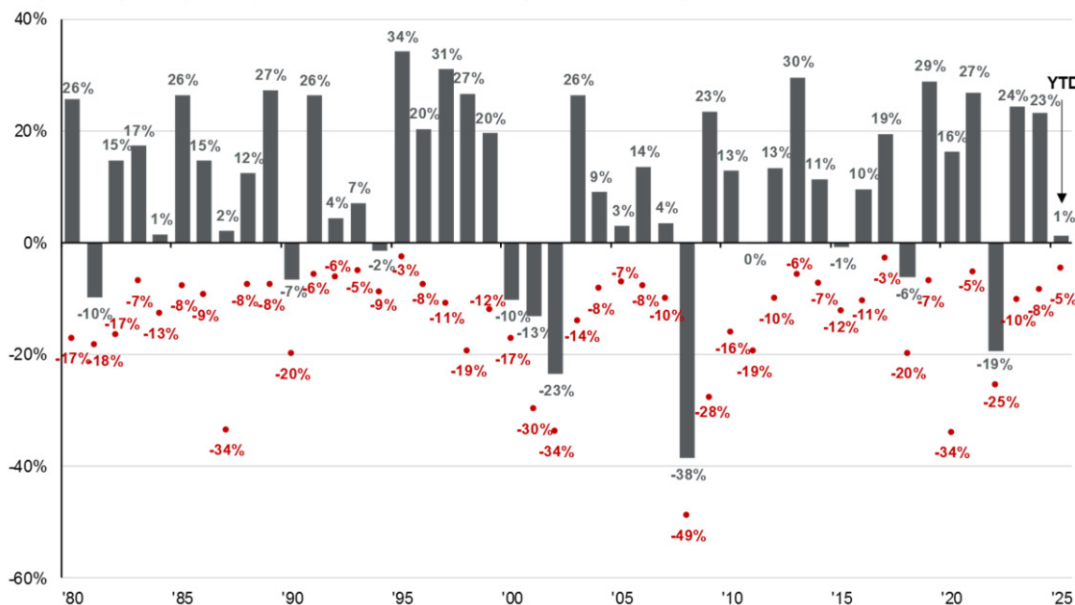
Please enjoy First National Wealth Management’s quarterly newsletter, featuring timely stories and info curated by our team.

Chart of the Quarter

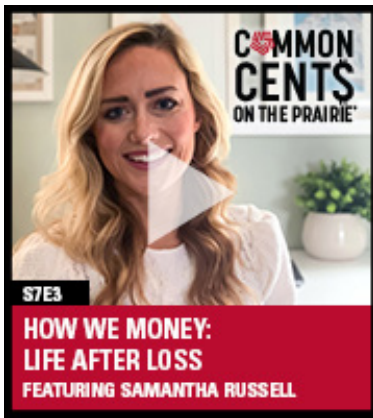
As volatility and uncertainty have dominated headlines this year, it’s good to remember that drawdowns are common in equity markets. Appropriate diversification and asset allocation can help weather through the instability that may occur in the short term. Historically, markets have shown resilience over the long run, and staying disciplined with a well-structured portfolio can help position investors for future growth. As always, focusing on long-term objectives, rather than reacting to short-term market movements, can lead to better outcomes in uncertain times.

S&P intra-year declines vs. calendar year returns

Despite average intra-year drops of 14.1%, annual returns were positive in 34 of 45 years



What We've Been Watching



What We've Been Writing

- [Benefits of working with a financial advisor to improve your investment strategy](#)
- [Beyond the numbers: How to unlock the potential of your personal financial statement](#)
- [Retirement timeline for tax-saving opportunities, other retirement benefits](#)

What We've Been Reading

- [Explaining International Valuations | Verdad](#)
- [Think differently about global diversification | Vanguard](#)
- [Volatility Clusters | A Wealth of Common Sense](#)

If you have questions or would like more information on anything featured in this update, [reach out](#). We'd be happy to start a conversation!

