


StoffelWealth Investor Calm Checklist

Stay grounded during market volatility

- Have I reviewed my long-term financial goals?
- Has my time horizon changed?
- Are my investments still aligned with my risk tolerance?
- Am I reacting to news or making a reasonable decision?
- Have I considered rebalancing instead of selling?
- Could this be a buying opportunity for high-quality assets?
- Am I maintaining my regular investment schedule?
- Have I avoided panic-selling in past downturns, and did it pay off?
- Have I tuned out short-term market noise?
- Do I remember why I started investing in the first place?

 *Long-term wealth isn't built by predicting — it's built by staying in the game.*
