
Unshakeable Summary PDF Cheatsheet —

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? 1. Choose Index Funds: They provide reliable long-term growth with low fees

Trying to pick the right individual stocks is very risky, it's like trying to predict the future! So Tony Robbins recommends we invest in index funds, which means putting an equal bit of money into every bigger stock on the market. This ensures our money will grow over the long term.

? 2. Compound Your Wealth: Your savings will grow faster through the math of compound interest

Interest is when your money grows from investing. Compound interest is when you earn interest not just from the money you saved, but also from past interest. This effect can make your money "compound" or grow a lot faster than you expect.

? 3. Avoid Mutual Funds: They perform worse and cost more than index funds

Mutual funds are collections of stocks picked by professional fund managers. In theory, they should grow our savings faster, but studies show 96% of mutual funds have performed worse than simple index funds in the past.

? 4. Avoid Fees: They eat up a significant part of retirement savings for many people

Mutual funds have fees of 2% or more. It doesn't sound like much, but can cost you hundreds of thousands of dollars in potential retirement savings over a lifetime. Index funds usually have fees under 0.5% because they are mostly automated.

? 5. Remain Calm: Market falls are normal and predictable

A market correction is when stocks fall by 10%. They have happened once a year on average since 1900. A bear market is when stocks fall by 20% or more. These happen every 3-5 years on average. These market falls are normal and predictable so remain calm and stay invested.

? 6. Diversify: This helps you avoid losing money while investing

Diversification is spreading your money over many types of investments, like different countries, different stock markets, bonds, real estate, etc. With this strategy, your wealth can keep growing even when one part of the economy stops.

? 7. Beyond Finances: Achieve true emotional wealth through growth, giving and gratitude

People don't really want money, but the feelings they believe money can bring them security, significance and freedom. Yet many people become rich and still live in fear of losing it all. So we must focus on emotional wealth which is attainable through growth, giving and gratitude.

This is just a sample!

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