



# S&P 500

1/3/2000 through 3/31/2023

- Some seek to validate Long Term Buy and Hold by pointing out the “cost” of missing the xx best days in the market.
- This makes the faulty assumption that it is possible to benefit from the best days while missing the worst days.
- Spoiler alert: it is not.
- See next page.
- Green highlights are in the best 50 positive days.
- Red highlights are in the worst 50 negative days.

