

Staying invested over time has its rewards. But when it seems like the markets are in crisis, it's important to maintain perspective and stay focused on the long term and let history be your guide.

## 1. Maintain proper perspective

2. Stay focused on the long term
3. Let history be a guide

Historically, when the markets have dropped, they've eventually come back even stronger.

## Staying invested over time has its rewards

The growth of \$10,000 from January 2000 to December 2018


The growth of $\$ 10,000$ since January 2000. An investment cannot be made directly in an index. Graph does not reflect transaction costs, investment management fees or taxes. If such costs and fees were reflected, returns would be lower. Past performance is not a guarantee of future results. Performance data as of December 31, 2018.

Source: RBC Global Asset Management Inc.

