

The Investment Value of Broad Market Exposure Over Time:

Overview

This graphic highlights 152 years of S&P 500 annual returns and clearly illustrates one of the most important principles in long-term investing: **markets are volatile year to year, but investors who maintain long-term participation have historically been rewarded.**

While there are periodic down years—sometimes sharply negative—the majority of calendar years have delivered positive returns. In fact, positive years significantly outnumber negative ones, and many of those gains fall into the moderate-to-strong growth ranges. The visual “pyramid” shape displayed in the “152 Years of S&P 500 Returns” (Routley) shows that extreme losses are relatively rare, while steady gains occur far more frequently.

For investors, the takeaway is not that markets move smoothly—they don’t—but that **time in the market has historically been more powerful than timing the market.** Short-term uncertainty is normal, yet long-term participation in a diversified U.S. equity portfolio has historically rewarded patience and discipline.

This perspective helps frame investing not as a year-by-year bet, but as a strategic, long-term plan aligned with personal goals, risk tolerance, and financial timelines.

Market Outlook

Looking ahead, industry strategists surveyed expect the market’s upward momentum to continue into 2026, potentially marking another consecutive year of gains and extending one of the longest winning streaks seen in many years. Forecasts also suggest continued optimism, with projections clustering around low-teens average returns. These forecasts can vary, but we concur that enduring volatility, staying resilient, and practicing patience have been and should continue to be greatly rewarded in the long run.

What This Means for You – How We Help You Get There

Consistent, long-term exposure to broad market indexes such as the S&P 500—which represents 500 of the largest U.S. companies—has historically been a powerful wealth-building approach. Still, many investors wonder whether they are starting too late or whether market uncertainty could put their savings at risk.

That’s where our team at Monere Investments can help. Rather than reacting emotionally to headlines or market swings, we focus on building personalized, goal-based, long-term financial strategies. We work closely with each client to understand their priorities, risk tolerance, and timelines, then design and actively review a tailored plan built around diversification, discipline, and risk management.

Markets cannot be controlled—but planning, allocation, and behavior can. Our promise is to help you remain structured, informed, and aligned with your financial goals, giving you the time and peace of mind to live the life you intend.

152 YEARS OF S&P 500 RETURNS

“ All 21 Wall Street strategists surveyed predict the S&P 500 will rally in 2026 for the fourth straight year, the longest winning streak in nearly two decades.

Bloomberg

Where will 2026 end up?

Analysts remain optimistic, expecting on average 12% returns.



Sources: TradingView

Reference:

Routley, Nick. "The Pyramid of S&P 500 Returns: 152 Years of Market Performance." *Visual Capitalist*, 28 Jan. 2026, <http://www.visualcapitalist.com/152-years-of-sp-500-returns-pyramid/>.

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