



## Day 1: Four investing fears and how to overcome them

*Time to read: 4 minutes*

Many people struggle to get started investing because they're worried about making mistakes or don't know where to start.

So today you'll explore four investing fears to see how you can begin to think differently about them. Becoming more aware of things things will help give you the confidence to start investing.

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### Fear #1: I might lose money

This is true. Markets go up and down all the time and at some point you might lose money on one of your investments. It happens to even the world's most successful investors, but you should also keep a few important things in mind.

#### **You're already losing money to inflation**

Thanks to inflation, things get more expensive every day. In the future you will be able to buy less with your \$100 note than you can today. This is especially true right now because interest rates are low. Any money

that's sitting in your bank account "earning" interest is probably growing at below the rate of inflation (which is around 2%).

At a minimum then, investing is an important tool that can help reduce the impact of inflation and protect your savings for the future.

Throughout the course we'll show you simple, time-tested techniques to be a disciplined investor, so you can minimise the risk of losing money.

## Fear #2: I don't have enough money to invest

It doesn't take a fortune to start investing. You can do it with as little as HKD100.

While it's true that some people don't have money left after taking care of all their monthly expenses, many people have a little bit available that they can use to start investing.

In reality there are quite a few inexpensive ways to get started. For example, everyone has to contribute to their MPF fund and you can always add more on your own.

This would be an easy place to start considering how you want to allocate your money, the type of risk you're willing to take and thinking about investing for the long term.

On days 6 and 7 of this course, you'll learn about some easy ways to get started on other non-MPF investment options and we'll show you how to make your first investment with as little as HKD100.

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## Fear #3: I don't know who to trust

In the world of investing there are individuals and companies who may not have your best interests at heart. But the good news is that investing has become much more user-friendly.

With apps and other online features that are simple to use, it's easier than ever to take full control of your investment portfolio. By the end of our course you'll have learned enough about creating a simple investing discipline that the only person you'll need to trust is yourself.

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## Fear #4: I don't know how to get started

This one is not so much a fear as a fact: many people really don't know how to get started. The good news is, this is a problem that is very easily solved.

Throughout the course we'll show you how to research and "shop" for different investment opportunities. And our lesson on Day 7: "Making your first investment" will help clear up any last mystery. You'll soon understand how easy it is to get started.

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## What's next?

Today you learned about four investing fears and how to think differently about them.

Tomorrow you're going to explore the differences between being an investor and a speculator. You'll also look how to avoid some of the tricks your brain tries to play on you, so that you can maintain discipline as an investor.

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