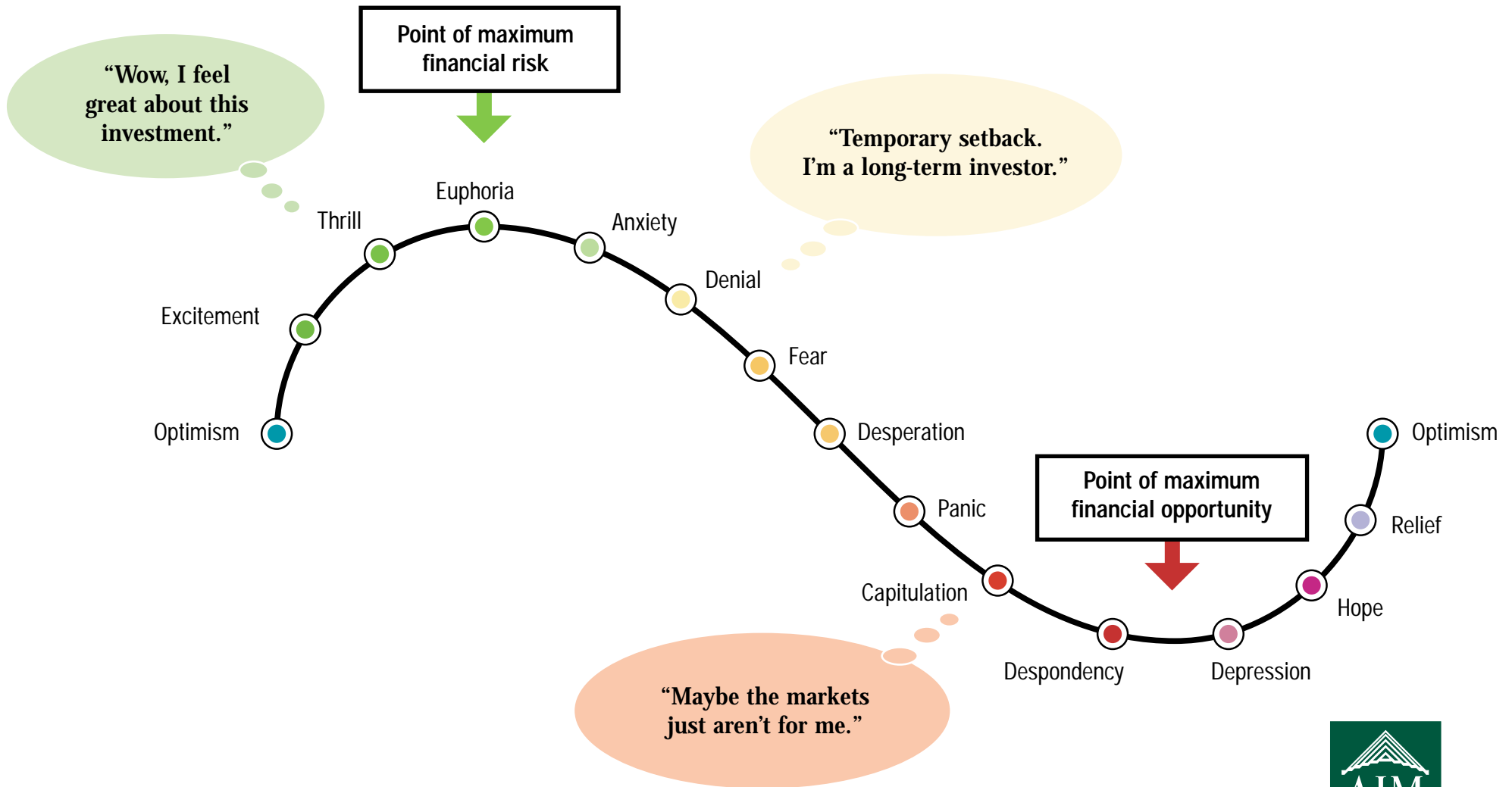


The cycle of market emotions



The cycle of market emotions

Investing can be a highly emotional experience. This outline of market emotions can help you take a rational approach to maximizing market fluctuations. Now's the time to build a long-term investment strategy with your financial advisor – a strategy that will carry you through the cycle of market emotions.

Expectations are high

- *Optimism* drives every investment
- Your expectations become reality; *excitement, thrill* and *euphoria* take over
- You reach the point of **maximum financial risk**: Your confidence is very high

Nothing lasts forever

- Soaring markets will level off, bringing on feelings of *anxiety, denial* and outright *fear*
- As markets fall, next up are *desperation, panic, capitulation* and *despondency*
- *Depression* sets in: You begin to question your place in the investment world

Long-term thinking is key

- Review your original objectives and remember that you're investing for the long term
- Keep in mind that market downturns can result in **maximum financial opportunity**

A brighter future

- Markets begin to normalize: *Hope* and *relief* emerge
- Prospects for a brighter future encourage *optimism* once again

In the end, by anticipating and understanding the series of emotions that you may experience, you'll be better equipped to tolerate and benefit from market fluctuations.

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