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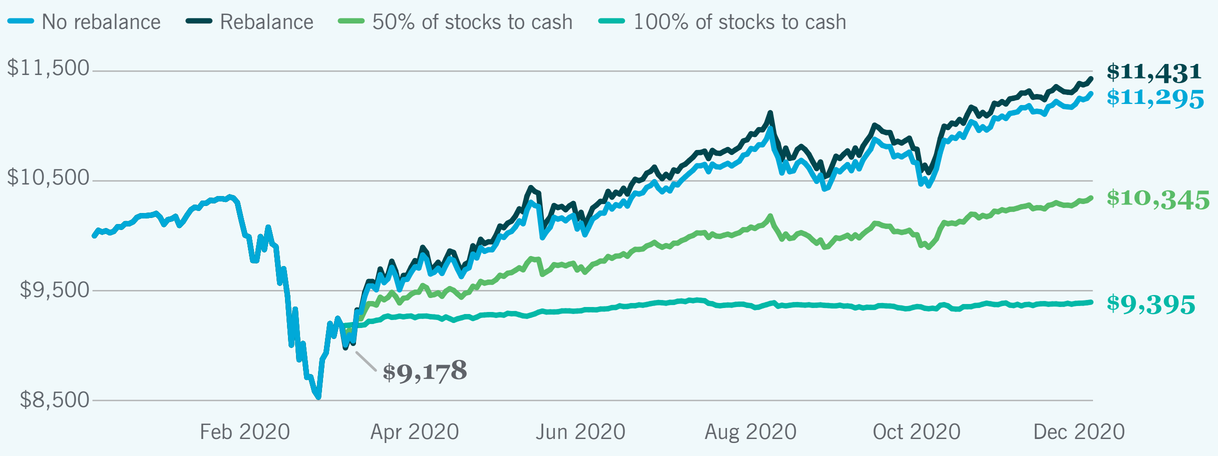
CASE STUDY

Maintaining investment discipline

The benefits of "maintaining course" when investing is time-tested. If your long-term goals have not changed, avoiding any potential hasty, emotional decisions during times of uncertainty may help avoid long-lasting negative consequences. Following your investment plan can help keep you on track to achieve your investment goals.

If investors made the ill-timed decision to pull money out of stocks at the end of the first quarter, the impact may have been detrimental to achieving long-term goals.

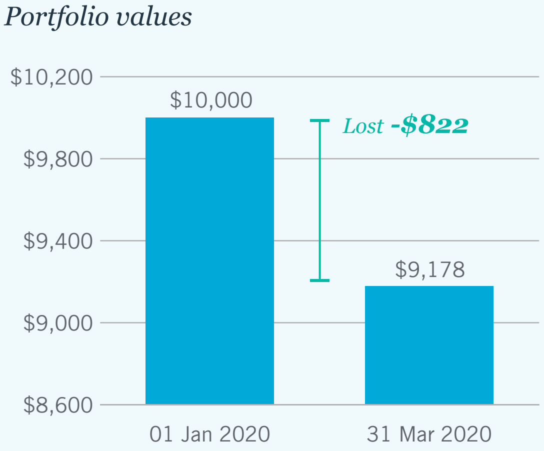
Four individuals invest $10,000 in the same 50% equity/ 50% fixed income portfolio on January 1, 2020. By the end of March, their balances were all down to just under $9,178. At that point, they decided to take different paths:

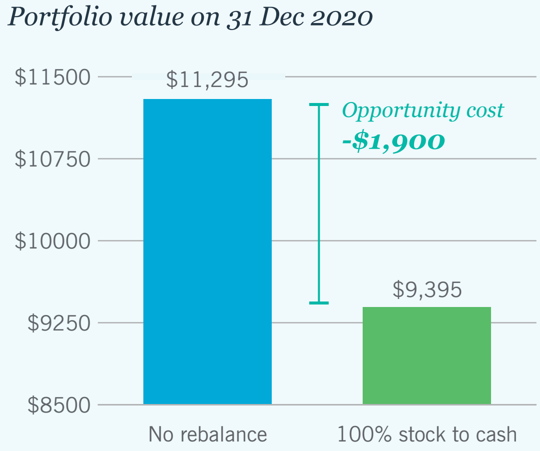


Source: Nuveen, Bloomberg. Portfolios held 50% S&P 500, 50% Bloomberg U.S. Aggregate Index on 01 Jan 2020.

NO REBALANCE	REBALANCE	50% OF STOCKS TO CASH	100% OF STOCKS TO CASH	
50/50 portfolio with no rebalancing and no withdrawal	50/50 portfolio rebalanced quarterly	Half equity liquidation on 31 Mar 2020	Full equity liquidation on 31 Mar 2020	
+12.95%	+14.31%	+3.05%	-6.05%	*Portfolio total return 01 Jan 2020 to 31 Dec 2020*

Going to cash at the end of Q1 2020 has been more harmful to portfolio values than even the Q1 2020 drop in stock prices





Consider this:

- Locking in losses can amount to a step backward on the journey to achieving one's financial goals, however being absent for the rebound can lead to even more "losses" in the form of opportunity cost.
- An investor who fully liquidated their equity portfolio on 31 Mar 2020 has "lost" more from April 1st to December 31st than they did from January 1st to March 31st.

Professional management can help take emotions out of financial decisions and markets. The irrational behavior caused by behavioral biases can impose significant costs on individuals portfolio performance. For more information, please visit nuveen.com.

Glossary

The **S&P 500® Index (S&P 500)** is an unmanaged index of 500 stocks that is generally representative of the performance of larger companies in the U.S. Performance does not reflect the impact of fees and expenses. Investors cannot invest directly in an index. Unmanaged index returns do not reflect any fees, expenses or sales charges.

The **Bloomberg US Aggregate Bond Index,** or the **Agg,** is a broad base, market capitalization weighted bond market index representing intermediate term investment grade bonds traded in the United States. Investors frequently use the index as a stand-in for measuring the performance of the U.S. bond market.

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