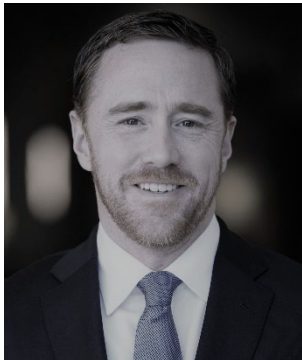


The Sizemore Income Letter

December 23, 2022

Merry Christmas!

By Charles Lewis Sizemore, CFA



You have better things to do on the Friday before Christmas, so I will keep this short.

I'll be planning to send out the last monthly issue of 2022 next week, so be sure to watch your inbox for that.

Otherwise...

Sit tight. This December hasn't been pleasant. Thus far, the annual "Santa Claus rally" hasn't materialized. And frankly, it's been a rough year for anything even tangentially related to the stock market.

That's ok. If you are allocated correctly, a little volatility is nothing to worry about. And if you're concerned that the recent volatility is chipping away at your hard-earned net worth, that probably means you are taking too much risk and should lighten the load a little.

Every investor is a little different, and you need to do what is right for you. But I can tell you my rules of thumb here and what I am doing with my own money.

Step 1: Focus first and foremost on SAFE income. This is where the Forever Portfolio really earns its keep. The prices of the stocks in that portfolio rise and fall, just like any other stocks. But the income stream has proven to be durable. It's entirely possible that one or multiple stocks in that portfolio could cut or eliminate their dividends. Anything is possible. But the list is diversified enough that it wouldn't hurt us too badly if one or two got into trouble.

Don't put your entire nest egg in this one strategy, of course. But I think it's a worth destination for a good 20% of it.

Step 2: For good growth stocks you want to hold forever... don't sweat the volatility. I own shares of a handful of companies that don't pay dividends but that I like for long-term holdings, like Amazon.com or Airbnb. I would also throw in the modest cryptocurrency positions I mentioned a few weeks ago. I'm comfortable holding these through whatever comes next because my position sizes are small and I think the future upside makes it worthwhile.

Step 3: Focus on non-investing financial moves. This would include things like maxing out your 401(k) plan contributions or paying down your mortgage. In particular, really try to stuff as much cash into your retirement plans as possible in 2023. For those under 50, you can contribute \$22,500. For those 50 or older, the number jumps to \$30,000. Contribute the cash and collect the tax break, even if you opt to keep the balance invested in cash or money market funds.

Step 4: Remember that cash is king. I've been recommending you keep a little extra cash on hand all year. The more cash you stockpile, the more cash you have available to buy dips when your favorite dividend stocks go on sale.

That's all I have for now. Have a merry Christmas with your families, and we'll pick this up next week.

Until then, keep cashing those dividend checks!



Charles Lewis Sizemore, CFA

P.S.: Apart from writing this newsletter, I run a full-service wealth management firm along with my colleagues. At **Sizemore Capital Management**, we build income portfolios like those I write about in the *Sizemore Income Letter*. But we also do a lot more than that. We manage a suite of low-volatility strategies offering low correlation to the S&P 500. If you'd like for me to take a look at your portfolio and offer some recommendations, contact me at info@sizemorecapital.com.

Sizemore Income Letter Portfolio

Stock	Ticker	Entry Date	Buy Price	Recent Price	Stop Loss	Yield	Cumulative Dividends	Total Return	IRA Friendly?	Action
Atlantica Sustainable Infrastructure	AY	11/22/2022	\$27.75	\$26.41	\$20.41	6.66%	\$ -	-4.83%	Yes	Buy
AGNC Investment Corporation	AGNC	11/3/2022	\$8.16	\$10.59	\$6.37	13.60%	\$ -	29.78%	Yes	Buy
Cheniere Energy Partners	CQP	8/4/2022	\$46.49	\$58.21	\$33.01	6.00%	\$ 1.07	27.51%	No	Buy
Citigroup Inc	C	6/23/2022	\$47.34	\$44.16	\$32.57	4.62%	\$ 1.02	-4.57%	Yes	Buy
ONEOK, Inc.	OKE	4/28/2022	\$65.50	\$65.11	\$47.91	5.74%	\$ 2.81	3.68%	Yes	Buy
Energy Transfer Partners	ET	12/27/2021	\$8.16	\$11.90	\$7.79	7.73%	\$ 0.87	56.50%	No	Buy
EPR Properties	EPR	11/29/2021	\$47.78	\$37.77	\$33.92	8.74%	\$ 3.20	-14.25%	Yes	Buy
Chevron Corporation	CVX	9/30/2021	\$103.33	\$177.00	\$130.77	3.21%	\$ 7.02	78.09%	Yes	Buy
ClearBridge Energy Midstream Opportunity	EMO	5/26/2021	\$21.94	\$29.19	\$20.49	6.99%	\$ 2.68	45.24%	Yes	Buy
Magellan Midstream Partners	MMP	1/29/2021	\$44.41	\$49.92	\$41.78	8.31%	\$ 8.28	31.06%	No	Buy
Iron Mountain	IRM	8/25/2020	\$30.22	\$50.72	\$42.57	4.87%	\$ 5.57	86.27%	Yes	Hold
Starwood Property Trust	STWD	8/25/2020	\$15.70	\$19.13	\$18.15	10.04%	\$ 4.32	49.36%	Yes	Buy
Ecofin Sustainable and Social Impact Term Fund	TEAF	6/24/2020	\$10.73	\$13.09	\$12.53	8.25%	\$ 2.24	42.82%	Yes	Buy

The Forever Portfolio

Stock	Ticker	Entry Date	Buy Price	Recent Price	Stop Loss	Yield	Cumulative Dividends	Total Return	IRA Friendly?
National Retail Properties	NNN	9/29/2022	\$ 39.07	\$ 45.83	None	4.80%	\$ -	17.29%	Yes
Conagra Brands	CAG	6/23/2022	\$ 32.47	\$ 38.80	None	3.40%	\$ 0.33	20.51%	Yes
The Clorox Company	CLX	6/23/2022	\$ 132.28	\$ 144.18	None	3.27%	\$ 1.18	9.89%	Yes
Campbell Soup Company	CPB	6/23/2022	\$ 47.04	\$ 57.10	None	2.59%	\$ 0.37	22.19%	Yes
Flowers Foods	FLO	6/23/2022	\$ 24.97	\$ 29.19	None	3.01%	\$ 0.22	17.80%	Yes
General Mills	GIS	6/23/2022	\$ 67.90	\$ 85.38	None	2.53%	\$ 0.54	26.54%	Yes
J.M. Smucker Company	SJM	6/23/2022	\$ 123.83	\$ 158.91	None	2.57%	\$ 1.02	29.15%	Yes
Target Corporation	TGT	6/23/2022	\$ 141.08	\$ 141.22	None	3.06%	\$ 1.06	0.85%	Yes
Coca-Cola Company	KO	4/27/2022	\$ 65.56	\$ 63.68	None	2.76%	\$ 0.88	-1.53%	Yes
Prologis	PLD	10/29/2021	\$ 146.67	\$ 113.80	None	2.78%	\$ 3.00	-20.37%	Yes
Crown Castle International	CCI	10/29/2021	\$ 181.90	\$ 136.62	None	4.30%	\$ 5.88	-21.66%	Yes
Philip Morris International	PM	3/30/2021	\$ 89.35	\$ 101.18	None	5.02%	\$ 6.22	20.20%	Yes
Altria Group	MO	3/19/2020	\$ 37.10	\$ 45.89	None	8.19%	\$ 9.66	49.73%	Yes
Realty Income	O	3/19/2020	\$ 48.08	\$ 63.98	None	5.10%	\$ 7.16	47.95%	Yes
AT&T	T	3/19/2020	\$ 31.15	\$ 18.27	None	6.08%	\$ 5.24	-24.56%	Yes
Enterprise Products Partners	EPD	3/19/2020	\$ 14.52	\$ 23.86	None	7.96%	\$ 5.02	98.83%	No
Kinder Morgan	KMI	3/19/2020	\$ 11.20	\$ 18.08	None	6.14%	\$ 2.69	85.38%	Yes
Ventas	VTR	3/19/2020	\$ 19.98	\$ 45.16	None	3.99%	\$ 5.29	152.49%	Yes
Public Storage	PSA	3/19/2020	\$ 187.60	\$ 283.58	None	2.82%	\$ 33.15	68.83%	Yes
International Paper	IP	3/19/2020	\$ 30.13	\$ 34.67	None	5.34%	\$ 4.77	30.87%	Yes
STAG Industrial	STAG	3/19/2020	\$ 21.71	\$ 32.77	None	4.46%	\$ 3.62	67.63%	Yes
Retail Opportunity Investments	ROIC	3/19/2020	\$ 7.25	\$ 14.90	None	4.03%	\$ 1.12	120.97%	Yes

Disclaimer: Copyright 2022 Sizemore Financial Publishing LLC. This investment newsletter (the “Newsletter”) is created and authored by Charles Sizemore (the “Content Creator”) and is published and provided for informational and entertainment purposes only. The information in the Newsletter constitutes the Content Creator’s own opinions. None of the information contained in the Newsletter constitutes a recommendation that any particular security, portfolio of securities, transaction, or investment strategy is suitable for any specific person. You understand that the Content Creator is not advising, and will not advise you personally concerning the nature, potential, value or suitability of any particular security, portfolio of securities, transaction, investment strategy or other matter. To the extent any of the information contained in the Newsletter may be deemed to be investment advice, such information is impersonal and not tailored to the investment needs of any specific person. From time to time, the Content Creator or its affiliates may hold positions or other interests in securities mentioned in the Newsletter and may trade for their own accounts based on the information presented. The material in this Newsletter may not be reproduced, copied or distributed without the express written permission of Sizemore Financial Publishing LLC.