



MyMarketAcademy

Understandable. Useful. Uplifting.



S1:E1

INVEST OR DEPEND



DISCLAIMER & SAFETY NOTES

- Educational only.** The content provided by **MyMarketAcademy™ (NAIDU RESEARCH AND INTELLIGENCE LLC)** is for **general education**. It is **not** individualized **investment, tax, accounting, or legal advice** and does not establish a fiduciary relationship.
- No offer or solicitation.** Nothing herein is a recommendation to buy, sell, or hold any security, strategy, or instrument. We are **not a broker-dealer or investment adviser**.
- Investment risks.** Investing involves risk, including possible **loss of principal**. **Past performance is not indicative of future results**. Examples and case studies are **hypothetical** and for illustration only; they may not reflect actual results.
- Accuracy & timeliness.** Information is believed reliable but **not guaranteed** and may change without notice. Figures, laws, and assumptions are **as of Nov 2025**. Always check current sources and **verify before acting**.
- Personal responsibility.** All decisions are **your responsibility** and should consider your objectives, risk tolerance, time horizon, and financial situation. **Consult qualified professionals** before implementing any strategy.
- Taxes & jurisdiction.** Content is primarily **U.S.-focused**. Rules vary by jurisdiction and can change; seek local advice for your situation.
- Conflicts & compensation.** We may reference third-party products or links. **We may receive compensation/affiliate revenue** if you use certain links; any material relationships will be **disclosed** when applicable.
- Third-party content & tools.** External websites, data, and tools are provided **“as is”**. We do **not control** third-party content and are **not responsible** for their accuracy, availability, or security.
- No warranties; limitation of liability.** Content is provided **without warranties** of any kind. To the fullest extent permitted by law, **NAIDU Research and Intelligence LLC** and its contributors **disclaim liability** for any loss or damages arising from use of this material.
- Intellectual property.** © 2025 **NAIDU Research and Intelligence LLC**. MyMarketAcademy™. All rights reserved. Content may not be reproduced or redistributed without permission, except for **personal, non-commercial** use.
- Privacy & safety.** Do **not** share account numbers, passwords, or other personal information. We will **never** ask for login credentials. Any information you choose to submit may be visible to others per our **Website Terms** and **Privacy Policy**.
- Forward-looking statements.** Opinions and outlooks reflect our judgment **as of the date shown** and may change without notice. We **do not undertake to update** forward-looking statements.
- Acceptance.** By viewing this material, you acknowledge these **Disclaimers & Safety Notes** and agree to the **Website Terms of Use** and **Privacy Policy** available at **mymarket.academy**.
- Last updated: Nov 2025**



MyMarketAcademy™

Understandable. Useful. Uplifting.



www.mymarket.academy



[@mymarketacademy](https://www.youtube.com/@mymarketacademy)



[@mymarketacademy](https://www.instagram.com/mymarketacademy)



[@mymarketacademy](https://www.tiktok.com/@mymarketacademy)



Did I Invest, Or Did I Just Vibe?

Picture your future self at 70...

Sipping tea... wearing a cardigan you swore you'd never wear...
asking THE question

Why Invest At All?

Not because spreadsheets are fun (please)

It's about:

- Survival
- Freedom
- Legacy

Also... math and inflation (the uninvited Kardashians at your picnic)

The Five Pillars of "Why Invest?"

1. Physiological Survival

Will Future You be okay?

2. Freedom

Choices without compromise

3. Legacy

What you leave behind

4. Math

Numbers don't lie

5. Inflation

+ Financial Literacy: The Amplifier

PILLAR ONE

Physiological Survival

Will Future You Be Okay?

Once upon a time, you worked 30-40 years, retired on a pension, and the checks kept coming...

In 2025, that fairy tale is streaming on "Not Gonna Happen Plus"

The Pension Fairy Tale

<15%

of private-sector workers have pensions in 2025

"A bunch of public plans are running on vibes"

Translation:

**You Are Now Your Own Pension
Fund**

Social Security: Snack, Not a Meal

Average Social Security Payment:

\$1,900

per month

≈ \$22,800 / year

But retirees typically need:

70-80%

of their pre-retirement income

To keep the lights, Netflix, and knees working

Aging is a Boutique Hobby with Premium Pricing

Lifetime Healthcare After 65:

\$150K-\$300K

Medicare says "we got you"...

...then forgets:

- Dental
- Vision
- Hearing aids
- Long-term care

One "in network" surgery surprise: \$10K-\$50K out of pocket

The Plot Twists Add Up

Hip Replacement	~\$40K
Cancer Episode	~\$150K
Memory Care	~\$100K/year
Other Surprises	~\$110K

Total Healthcare "Plot Twists":

\$400K

Without savings, you're either bankrupt... or dependent

COMING UP NEXT

The 4% Rule

Your back-of-the-napkin way to price out
Future You's lifestyle

*From "modest and cozy" to "pickleball pro with
suspiciously nice luggage"*

Spoiler: It's not Hogwarts

**It's just math you can do with a burrito
in one hand**

Human Bodies Are NOT iPhones

- Knees don't get software updates
- Hips don't come with AppleCare
- You can't just swap out a couple joints and keep sprinting on iOS Forever

**Your retirement plan shouldn't rely
on a "parts-and-prayers" strategy**

The Bottom Line

Invest now so Future You isn't
choosing between groceries and
titanium hip replacement hardware

This is ***MISTER MARKET***... reminding you:

The market doesn't care about your feelings — but
it will absolutely price in your denial



MyMarketAcademy

Understandable. Useful. Uplifting.



MyMarketAcademy

Understandable. Useful. Uplifting.



STEP 1:



3-Minute Video



3 MIN

STEP 2:



Review Slides



2 MIN

STEP 3:



Read Notes



5 MIN

10 MINUTES TO MASTERY

**Download detailed notes & slides
@ www.mymarket.academy**