■ Portfolio Growth & Risk Management Roadmap

Portfolio Size	Risk Method	Why / Focus
< \$1,000	Stop-loss % ≈ Risk % (e.g., 8%)	2% rule too restrictive. Use fractional shares. Focus on learning discipline and execution.
\$1k – \$10k	Transition: $5\% \rightarrow 3\% \rightarrow 2\%$	Losses start to matter. Gradually scale down risk %. Diversify. Track drawdowns.
\$10k – \$50k	Strict 2% max risk per trade	Industry standard. Stop-loss drives position size. Safer diversification.
>\$50k	Conservative 1% (or less)	Wealth preservation > growth. Smaller drawdowns. Advanced portfolio management.

■ Popular ETFs by Use Case

■ Short-Term Trading (Day / Swing)

SPY - S&P; 500 benchmark, most traded ETF in the world.

QQQ – Tech-heavy Nasdaq-100, very volatile → great for swing/day trades.

DIA - Dow Jones (less volatile than QQQ, still liquid).

XLK – Technology sector.

XLF - Financial sector.

XLE – Energy sector.

TLT – Long-term Treasuries (rate-sensitive, popular with traders).

■ Long-Term Investing (Core Portfolio / Wealth Building)

VOO – Vanguard S&P; 500 (low-cost).

SPY – Also works long term (slightly higher fee than VOO).

VTI – Vanguard Total U.S. Stock Market.

VYM - Vanguard High Dividend Yield.

SCHD - Schwab Dividend Equity ETF.

VTV - Vanguard Value.

EFA – Developed international markets (Europe, Japan, etc.).

EEM – Emerging markets.

SGOV / BIL / IEF - Treasury/bond ETFs for stability.

■ Mixed Use (Both Traders & Investors Like Them)

XLV - Healthcare.

XLY – Consumer discretionary.

XLP – Consumer staples.

VEU - Vanguard All-World ex-U.S.

■ Key: Use trading ETFs (SPY, QQQ, sectors) for short-term moves. Use broad/dividend/bond ETFs (VOO, VTI, VYM, SGOV) for long-term compounding and stability.