

ONE STOCK FOR LIFE



ZenectWealth.com

ONE STOCK FOR LIFE!

If you could only pick ONE STOCK what would it be?

ZenectWealth.com

By David Goldstein

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NOTE: I first wrote this report back at the very end of 2023. I was asked to update the report in 2025.

Truth is, I had very little to change. I updated the charts, and fixed some grammatical errors... but that's all. The report is still valid today, as it was almost 2 years ago.

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Is there just one stock?

A crazy question with an amazing answer!!!

I had a drink in hand, and I was chatting with my best friend about stocks.

We're both active traders and investors.

A big portion of my trading account is invested in a well diversified portfolio of great stocks - most of them paying dividends.

I also trade options, and sometimes day trade - if I have a great idea!

Back to the Whiskey.

We were on the back patio with the BBQ going... about to toss on some steaks and we started talking about our recent trades.

I don't know who asked the question first, but it hung in the air with all the smoke from the BBQ...

If you could buy JUST ONE STOCK - what would it be?

Remember, this is a buy and hold question. No trading, no options, no fancy financial maneuvers.

You had to pick one stock to buy and hold forever... of course with the goal of supplying your family enough cash to support you in retirement.

What would that stock be?

Think about it...

Would you buy a long term dividend payer like General Mills, Inc. (GIS) or Exxon Mobil Corporation (XOM) who have paid dividends for over 100 years?

Maybe you'd put your money into Berkshire Hathaway Inc. (BRK-B). Warren Buffett has done well with those investments... But what happens when he dies?

Maybe one of the tech Titans... Amazon.com, Inc. (AMZN) or Alphabet Inc. (GOOG) also known as Google?

What does the future hold for tech? Are these the companies to survive for decades?

Can you really pick just ONE stock? *This is a crazy question right?*

Well, not so fast.

I figured out the answer - at least for me. And I actually bought these shares, so everything I'm about to say is biased.

What's the stock???

ONE Stock To Own For LIFE...

I thought to myself... the stock that I picked... I'd want to throw off regular dividends - so I can keep buying more with the dividends. Plus you know it's hard for scammers to fake cash distributions.

I'd also want the company to be well diversified.

One big tech company might get replaced by "New Tech".

An oil and gas company might see wells run dry. Consumer products companies face the threat of an ever evolving finnickier consumer. Drug companies face patent expiration and spending tons on R&D.

Then it hit me... what about investing in an ETF?

ETFs are a basket of stocks, giving me instant diversification. An ETF provides stability without a ton of single industry exposure.

As a benefit a lot of ETFs own dividend paying stocks - - and pay dividends on their own!

I dug in and started doing research.

Some of the high value ETFs I found charged massive fees... I saw some fees as high as 1% and sometimes MORE!

So, I had to find something with a very low management fee... *no sense in giving away my profits to some faceless money manager.*

That's when I found it...

Vanguard High Dividend Yield Index Fund ETF Shares (VYM)

This one ETF holds \$73 billion in assets invested in 450 different stocks... all paying dividends.

The ETF pays a dividend itself of 2.8%

And just look at the stock performance over the long term...

(I took this screen shot at yahoo Finance)

NYSEArca - Nasdaq Real Time Price • USD

Vanguard High Dividend Yield Index Fund ETF Shares (VYM)

☆ Follow

+ Add holdings

124.31 +0.55 (+0.44%) **124.01** -0.30 (-0.24%)

At close: 4:00:00 PM EDT

After hours: 7:31:38 PM EDT

1D 5D 1M 6M YTD 1Y 5Y All 146.11%

Key Events

Mountain

Advanced Chart

Settings



Over the last decade, this ETF has climbed almost doubled in value.

Then I took a look at all the dividends...

Sorry I was too lazy to re-type the results - so I did screenshots. Again - thank you Yahoo Finance!

Mar 21, 2025	0.85 Dividend
Dec 20, 2024	0.964 Dividend
Sep 20, 2024	0.851 Dividend
Jun 21, 2024	1.024 Dividend
Mar 15, 2024	0.656 Dividend
Dec 18, 2023	1.10 Dividend
Sep 18, 2023	0.79 Dividend
Jun 20, 2023	0.88 Dividend
Mar 20, 2023	0.72 Dividend
Dec 19, 2022	0.98 Dividend
Sep 19, 2022	0.77 Dividend
Jun 21, 2022	0.85 Dividend
Mar 21, 2022	0.66 Dividend
Dec 20, 2021	0.94 Dividend
Sep 20, 2021	0.75 Dividend
Jun 21, 2021	0.75 Dividend
Mar 22, 2021	0.66 Dividend
Dec 21, 2020	0.81 Dividend
Sep 21, 2020	0.71 Dividend
Jun 22, 2020	0.84 Dividend
Mar 10, 2020	0.55 Dividend
Dec 23, 2019	0.78 Dividend
Sep 24, 2019	0.79 Dividend

Jun 17, 2019	0.63 Dividend
Mar 25, 2019	0.65 Dividend
Dec 24, 2018	0.74 Dividend
Sep 26, 2018	0.67 Dividend
Jun 22, 2018	0.63 Dividend
Mar 26, 2018	0.61 Dividend
Dec 21, 2017	0.64 Dividend
Sep 20, 2017	0.60 Dividend
Jun 23, 2017	0.60 Dividend
Mar 22, 2017	0.56 Dividend
Dec 22, 2016	0.67 Dividend
Sep 13, 2016	0.48 Dividend
Jun 21, 2016	0.58 Dividend
Mar 15, 2016	0.48 Dividend
Dec 21, 2015	0.60 Dividend
Sep 23, 2015	0.53 Dividend
Jun 26, 2015	0.56 Dividend
Mar 23, 2015	0.46 Dividend
Dec 18, 2014	0.56 Dividend
Sep 22, 2014	0.47 Dividend
Jun 23, 2014	0.48 Dividend
Mar 24, 2014	0.40 Dividend
Dec 20, 2013	0.53 Dividend
Sep 23, 2013	0.44 Dividend
Jun 24, 2013	0.42 Dividend
Mar 22, 2013	0.36 Dividend

The best word I have to describe the dividend payout is - JUICY!

I love it. A stock that keeps going up and up... and over time pays out massive dividends... and provides amazing diversification.

There you have it... the ONE stock I think you could buy and hold for LIFE.

What do you think... is this a stock you might invest in?

Remember, do your research... and before long your money will be working hard for you!

Good Trading,

David Goldstein

Full Disclosure - I own this stock in my own portfolio!

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