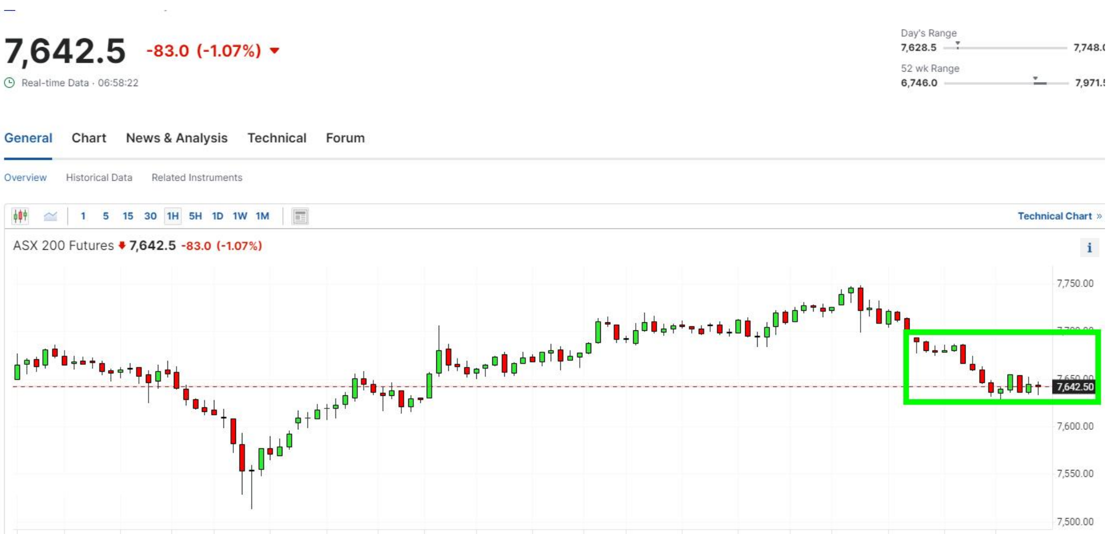
Good evening, mates!Welcome to Wilma Wealth Management , I'm White Green, your closest investment buddy!

Last night, the XJO futures plummeted by over 60 points, signaling that the Australian sharemarket might face pressure tomorrow. With the index encountering technical resistance and the significant drop in XJO futures last night, grasping tomorrow’ s market dynamics becomes particularly crucial!

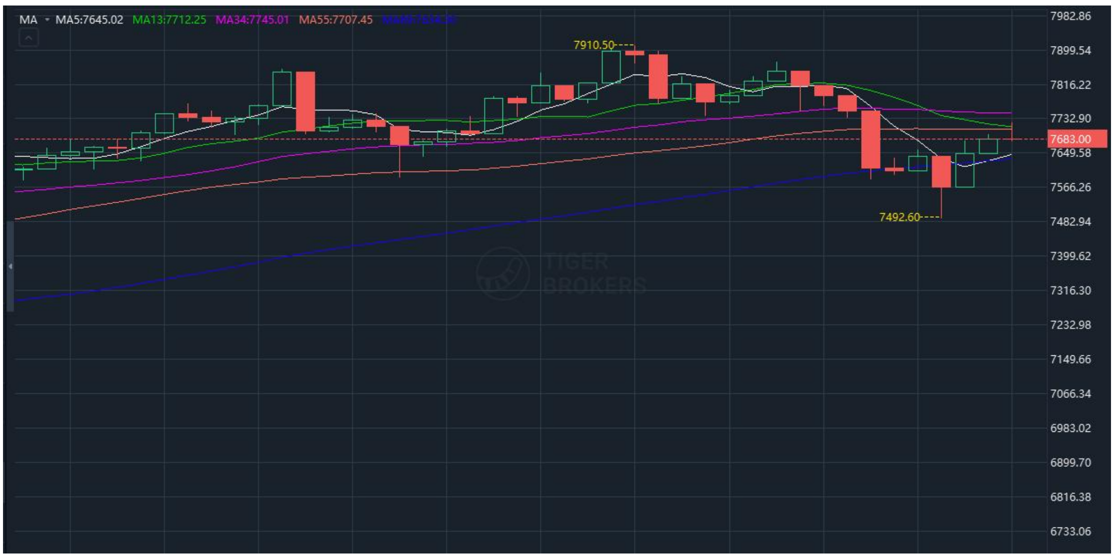
During market adjustments, it becomes particularly important to focus on which industry sectors will be crucial, because choosing the right sector is key to achieving good returns. Therefore, identifying which industry sectors are worth investing in during market adjustments will be especially important. For instance, sectors like technology become particularly challenging to invest in successfully in a high-interest rate environment, as demonstrated by the US tech "Big Seven". Despite Tesla's poor quarterly earnings, its stock surged 12% during yesterday's trading session. In stark contrast, META, despite its impressive first-quarter earnings report, plummeted by 15% after yesterday's close, dragging down the performance of other tech stocks.
Therefore, in varying market conditions, we need to continuously update our trading strategies and optimize our investment portfolio to align with the market and avoid losses due to market fluctuations!

In tonight's session, I will detail the strategies to be adopted during market adjustments, including the key sectors we should focus on. Additionally, I'll introduce some specific industries and stocks worth monitoring to help you formulate clear trading strategies and better navigate market volatility.

Are you ready, mates?



This image displays the 1-hour chart of the XJO Index futures. From the chart, we can see that the XJO Index futures continued to decline after the close of yesterday's sharemarket, extending the downward trend from yesterday. Considering that the drop in index futures might indicate the future market trend, this could exert significant pressure on tomorrow's Australian sharemarket. We need to closely monitor this movement to adjust our market strategies and operational plans accordingly.



This chart displays the daily line graph of the XJO Index. From the chart, it's evident that yesterday the index encountered resistance at the anticipated level near 7720, which we had forecasted, and then quickly retreated due to unfavorable CPI data. Currently, the index is trading within a range, faced with resistance above and support below. The upcoming market trend will crucially depend on whether the index opts to break upwards to continue reaching for higher levels or breaks downwards to seek lower levels. This movement will have a significant impact on our subsequent market positioning and trading strategy.

In light of the current market conditions, we will focus on observing whether the support at 7635 points holds firm tomorrow, while 7720 points remains a key resistance level we are monitoring. The market is likely to decide soon whether to break above or below this range and choose a new direction. This is a critical factor that must not be overlooked when making investment decisions.

In the current high interest rate market environment, a broad market rally no longer exists, making it crucial to select investments that align with the current market conditions. This can effectively reduce the impact of market volatility on our investments. Yesterday, we discussed considering the reduced risk appetite in the market, we should focus on those sectors that are relatively more defensive. These sectors include consumer staples, utilities, healthcare, as well as resources and energy, which demonstrate strong resilience and may even benefit in a high interest rate environment.

Tonight, I will further detail three specific industry sectors that will become the focus of our ongoing tracking and investment. This strategy is designed to help us uncover those stocks that remain robust even during market fluctuations, thereby providing a safety margin for our investment portfolio and preparing us for future investment decisions.

This chart shows the Health Care Facilities Index (BK7113) and the S&P 200 Index daily charts. The healthcare sector is often viewed as a resilient investment area, encompassing pharmaceutical companies, medical device manufacturers, and healthcare service providers. Demand in this sector is generally stable because, regardless of economic conditions, the need for health and medical care is constant.

The healthcare industry typically offers high profitability and cash flow stability, which can provide some protection to investors during market downturns. Therefore, for investors seeking to reduce investment risk during economic or market turbulence, the healthcare sector is an ideal choice.

From the chart, we can observe that the performance of the Healthcare Index has surpassed the broader market index, showing a trend of recovery and gains from previous adjustments.

Recently, this sector has continued to attract investment in the market. In the upcoming market adjustments, the Healthcare Index may continue to demonstrate strength relative to the broader market. In this sector, stocks worth noting include MVF and RHC, which may perform well in an unstable market environment.

This graph shows the Food Distributors Index (BK7028) and the S&P 200 Index.", highlighting how, in a high-interest rate environment and amidst broader market instability, the food industry and food distribution display strong resilience due to their essential needs attributes. Food and beverages, providing necessities, maintain relatively stable consumer demand even during economic slowdowns, affording the sector a degree of safety in turbulent market conditions.

High interest rates directly impact consumers' disposable income, often leading to reduced spending on non-essentials, but the demand for basic necessities like food remains robust. Therefore, investors often regard the food industry as a relatively safe haven in the face of economic fluctuations and market uncertainty.

From the chart, we can observe that despite a significant drop in the XJO Index in April, the performance of the Food Distribution Index has remained relatively strong and did not suffer a significant downturn with the broader market. This reflects its industry characteristics which may be favored by market capital under adverse conditions.

In this context, stocks like GNC, A2M, and TWE, due to the defensive nature of their industries, could be ideal choices for investors looking to diversify portfolio risk and protect capital. Such investments not only provide stable returns for the portfolio but also offer a safety margin during market volatility.

This image shows the daily charts for the Coal Index（bk7083）and the XJO Index. In the current high-interest rate market environment, resource and energy stocks typically exhibit certain defensive characteristics. These stocks are often correlated with commodity prices, which may rise due to inflation, thereby supporting the market performance of related stocks. Moreover, resource stocks often offer high dividend yields, which can be attractive to yield-seeking investors when interest rates are rising.

During times of increased market volatility, investors tend to look for industries with solid fundamentals and physical assets as a hedge. The resource and energy sectors are often considered "safe havens" against the backdrop of rising economic uncertainty.

Although high interest rates may increase the cost of capital and pressure resource extraction enterprises reliant on borrowing, investing in financially stable resource companies that can effectively control costs remains a wise strategy in an unstable market environment. Such investments can benefit from potential rises in resource prices and generate income through dividends.

For instance, after a thorough adjustment at high levels, the Coal Index shows a weakening of bearish forces, while the XJO Index has recently encountered resistance at higher levels and may face significant adjustment risks in the short term. Therefore, in the short term, some quality resource stocks are worth attention, such as shares of companies like PLS, YAL, WHC, which might be good choices.

Today, I shared with you all how to spot investment opportunities in consumer staples, healthcare, and resource sectors in less-than-ideal broad market conditions. Tomorrow, we will select stocks from these three industry sectors to position ourselves. These sectors typically exhibit good defensive characteristics in the current market environment.

I wonder if you've noticed a difference between the Australian and US sharemarkets. A significant feature of the Australian sharemarket is that although it has over 3000 stocks, the number of truly active stocks is quite limited, roughly only one to two hundred. The top few stocks by transaction volume account for more than 85% of the market's total transaction volume. This means that if you can focus on and analyse these core stocks, you can essentially grasp the overall market trends, making stock operations in the Australian market relatively straightforward.

If you are confused about investing in the Australian sharemarket or unsure about how to handle the stocks you hold, you can consult my assistant. I can provide you with professional advice and follow-up strategies. This is particularly helpful for those who are new to the Australian market, assisting you in making more effective decisions in the Australian landscape.

As today's discussion draws to a close, I won't assign any coursework for tonight. I hope everyone has a good rest this evening, and during tomorrow's trading session, we'll together set up our third profitable stock.

I hope today's session was helpful to you. We'll continue our financial exploration journey tomorrow.
Goodnight, mates!