



Trading Pros



- Potential for faster returns in short time frames
- Flexibility to buy and sell assets quickly
- Thrives in volatile markets

Trading Cons



- High stress and time-intensive
- Mistiming could trigger big losses
- Costs could pile up with frequent trades

Investing Pros



- Harnesses compounding over time
- Lower stress, less daily monitoring
- Diversification spreads risk

Investing Cons



- Requires patience, as returns may take time to materialise
- Vulnerable to long downturns
- Limited influence over individual asset performance