

Foundation Portfolio Template

Tool #4 from the Financial Freedom Starter Kit — by Erik Anderson

You don't need to pick stocks. You need a system. This is the portfolio framework I built over 15 years of investing — from my first Roth IRA contribution to a diversified portfolio across stocks, crypto, precious metals, and real estate. It's not complicated. It's not sexy. It works.

THE FOUNDATION ALLOCATION

S&P 500 40%

BTC 20%

Gold 15%

Roth IRA 15%

Cash 10%

THE FIVE PILLARS

PILLAR 1 — 40% ALLOCATION

S&P 500 Index Fund

What: VOO, SPY, or FXAIX — a low-cost S&P 500 index fund.

Why: The baseline. 10% average annual returns over 90+ years. You're buying the entire American economy. Set it and forget it.

How: Auto-invest monthly. Never try to time it. Dollar-cost average forever.

PILLAR 2 — 20% ALLOCATION

Bitcoin

What: BTC only. Not altcoins (unless you know what you're doing).

Why: Asymmetric upside. Scarce digital asset. 4-year cycle gives you clear entry and exit windows (see Cheat Sheet #2).

How: Buy during accumulation phase. Take profits during expansion. Self-custody when holdings are significant.

PILLAR 3 — 15% ALLOCATION

Gold / Precious Metals

What: Physical gold, GLD ETF, or allocated gold accounts.

Why: Hedge against inflation, currency devaluation, and systemic risk. Gold has preserved wealth for 5,000 years.

How: Steady allocation. Don't trade it. It's insurance, not a growth play.

PILLAR 4 — 15% ALLOCATION

Roth IRA / Tax-Advantaged

What: Max out your Roth IRA (\$7,000/year in 2026). Invest in index funds inside it.

Why: Tax-FREE growth. Tax-FREE withdrawals in retirement. Future you will be grateful.

How: Open at Fidelity, Schwab, or Vanguard. Auto-contribute monthly. Invest in the same S&P 500 fund.

PILLAR 5 — 10% ALLOCATION

Cash Reserve

What: High-yield savings account (4-5% APY).

Why: Emergency fund (3-6 months expenses) + dry powder for opportunities. When markets crash, cash is king.

How: Keep in a separate HYSA. Don't touch it unless it's a real emergency or a Year 1 buying opportunity.

WHEN TO ADD REAL ESTATE

Real estate is Pillar 6 — but only when you're ready. Don't rush it. Get your first five pillars established, build your emergency fund, and get your income stable. Then consider:

- House hacking (live in one unit, rent the others)
- A rental property in a cash-flow positive market
- REITs if you want exposure without the hassle of being a landlord

Erik's rule: Don't buy real estate until your portfolio can survive 6 months without your job income.

YOUR PORTFOLIO TRACKER

PILLAR	TARGET %	YOUR CURRENT VALUE	YOUR CURRENT %	MONTHLY CONTRIBUTION
S&P 500	40%	\$.....%	\$.....
Bitcoin	20%	\$.....%	\$.....
Gold	15%	\$.....%	\$.....
Roth IRA	15%	\$.....%	\$.....
Cash Reserve	10%	\$.....%	\$.....
TOTAL	100%	\$.....	100%	\$.....

Disclaimer

This is not financial advice. This template reflects Erik's personal approach and is shared for educational purposes only. All investments carry risk. Past performance does not guarantee future results. Consult a licensed financial advisor before making investment decisions.