

How to Open & Use the Premium CDASL in Free Online Excel *Including How to Use the 25-Year Dividend Yield Charts*



Step 1 — Get a Free Microsoft Account

If you don't already have one:

1. Go to <https://www.microsoft.com/en-ca/microsoft-365/excel>
2. Click “**Sign in**” (top right).
3. Choose “**Create one!**” under the sign-in box.
4. Enter your email (any address works — Gmail, Outlook, etc.) and create a password.
5. Confirm your email address if prompted.

 You now have a free Microsoft account and access to Excel for the Web.


You could also be prompted to enter your name and date of birth.

Step 2 — Open Excel Online

1. Go to <https://www.office.com> and sign in.
 2. Click the **Excel** icon.
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Step 3 — Upload the Premium CDASL File

1. Click **Upload a file** (It might also present as **Upload and open** (or **New → Upload a workbook**)
2. Select the Premium Canadian Dividend All-Star List Excel file (e.g., October 31, 2025 CDASL - Premium.xlsx).
3. Wait for it to upload — it will open automatically in your browser.

 No installation or paid license required.
All dropdowns, filters, and charts remain fully interactive.
Excel Online saves automatically, but all formulas and filters remain intact for your session.

Step 4 — Open the Div Yield Charts Tab and Select the Company You Are Interested In

October 31, 2025 CDASL - Premium

Search for tools, help, and more (Alt + Q)

File Home Insert Share Page Layout Formulas Data Review View Help Draw

B12 Canadian National Railway Company

Select Company Below

Canadian National Railway Company CNR.TO

Dividend Initiation Year 1996

Most Recent Year-Over-Year Dividend Decrease From Past 50 Years '72-'21 No Div Cut

Canadian National Railway Company - CNR.TO

Lowest & Highest Dividend Yield | 25 Years 2000 -2024

Year	Low Yield	High Yield	Current Dividend Yield
2000	1.4%	2.1%	1.4%
2001	1.0%	1.8%	1.0%
2002	1.0%	1.5%	1.0%
2003	1.2%	1.7%	1.2%
2004	1.0%	1.6%	1.0%
2005	1.0%	1.5%	1.0%
2006	1.2%	1.5%	1.2%
2007	1.4%	1.9%	1.4%
2008	1.6%	2.3%	1.6%
2009	1.7%	2.7%	1.7%
2010	1.6%	2.0%	1.6%
2011	1.6%	2.0%	1.6%
2012	1.6%	2.0%	1.6%
2013	1.4%	1.9%	1.4%
2014	1.2%	1.8%	1.2%
2015	1.4%	1.8%	1.4%
2016	1.6%	2.3%	1.6%
2017	1.5%	1.8%	1.5%
2018	1.5%	2.0%	1.5%
2019	1.7%	2.2%	1.7%
2020	1.5%	2.5%	1.5%
2021	1.5%	2.0%	1.5%
2022	1.7%	2.1%	1.7%
2023	1.9%	2.2%	1.9%
2024	1.9%	2.4%	1.9%

Lowest Yield = Total dividends recorded in the calendar year / Highest price in the year
 Highest Yield = Total dividends recorded in the calendar year / Lowest price in the year

Source: Canadian Dividend All-Star List
<https://www.dividendgrowthinvestingandre>

Canadian Dividend All-Star List Others Historical **Div Yield Charts** Payout Ratio Charts Notes Additions and Deletions Revisions +

1. Scroll along the bottom tabs of the workbook. Click the **Div Yield Charts** sheet/tab.
The lock icon just means the sheet is protected against editing, but you can still use the dropdown and view the charts.
2. In cell B12, click the dropdown under **“Select Company Below.”**
3. Choose the company name you are interested in — for example, **Canadian National Railway Company.**

The charts will instantly update to show that company’s:

- **Low Yield** (blue line)
- **High Yield** (orange line)
- **Current Dividend Yield** (gray line)

Each chart covers the last 25 calendar years, showing how the stock’s dividend yield has fluctuated through bull and bear markets.

Troubleshooting & Tips

If a chart doesn't appear immediately:

- Click once inside the chart area — Excel Online may need a few seconds to render it.
- If it still doesn't display correctly, press **Ctrl + F5** to refresh or reopen the workbook from your Recent Files at office.com.

Additional tips:

- Zoom in/out using your browser controls.
- To keep a personal copy:
 - Click **File** → **Save As** → **Save a Copy to OneDrive**, or
 - Choose **Download a Copy** to save locally.

Understanding the Chart

- **Low Yield (Blue):** Years when the stock's price was relatively high.
- **High Yield (Orange):** Years when the stock's price was relatively low.
- **Current Yield (Gray):** Helps you see if a stock appears cheap or expensive versus its own history.

 If the current yield is near the **orange High Yield line**, the stock may be undervalued.

 If it's closer to the **blue Low Yield line**, it may be overvalued.

How the High, Low & Average Dividend Yields Are Calculated

Low Dividend Yield

The lowest yield for the calendar year.

Calculated as **total dividends recorded ÷ highest stock price** for that calendar year.

Formula:

Total calendar year dividends / Highest stock price in the year

If dividends are in USD:

(Total dividends × USD/CAD average exchange rate for the year) / Highest stock price

Exchange rates are listed in the Notes tab.

◆ Unlike the typical forward-looking yield (annualized dividend ÷ current price), this method uses actual dividends recorded during the year.

This can cause small differences, especially in dividend initiation or cut years.

Example – Company ABC Inc.

Quarterly dividend increased mid-year from \$0.10 to \$0.15; highest price = \$20.

Method	Calculation	Yield
Forward Looking	$0.15 \times 4 = 0.60 / 20$	3.0%
CDASL Method	$(0.10 + 0.10 + 0.15 + 0.15 = 0.50) / 20$	2.5%

High Dividend Yield

The highest yield for the calendar year.

Calculated as **total dividends recorded ÷ lowest stock price** for that year.

Formula:

Total calendar year dividends / Lowest stock price in the year

If dividends in USD:

(Total dividends × USD/CAD average exchange rate for the year) / Lowest stock price

Again, this uses actual dividends recorded, not the annualized rate at a specific point in time.

Example – Company ABC Inc.

Quarterly dividend rose from \$0.10 to \$0.15; lowest price = \$10.

Method	Calculation	Yield
Forward Looking	$0.15 \times 4 = 0.60 / 10$	6.0%
CDASL Method	$(0.10 + 0.10 + 0.15 + 0.15 = 0.50) / 10$	5.0%

Average Dividend Yield

The average yield for the calendar year.

Calculated as **total dividends recorded ÷ average stock price** for that year.

Formula:

Total calendar year dividends / Average stock price in the year

If dividends in USD:

(Total dividends × USD/CAD average exchange rate for the year) / Average stock price

Exchange rates are listed in the Notes tab.

⚠ Disclaimers

1. Accuracy:

While every effort has been made to ensure accuracy, dividend data—especially older records involving splits or rounding—can be imperfect.

Some information is pulled directly from multiple sources and has not been independently verified.

2. Intended Use:

The Canadian Dividend All-Star List is provided for personal use only.

Commercial use is prohibited without written permission.

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