

# Lecture-26: Martingales

## 1 Martingales

**Definition 1.1.** Let  $(\Omega, \mathcal{F}, P)$  be a probability space. A *filtration* is an increasing sequence of  $\sigma$ -fields denoted by  $\mathcal{F}_\bullet = (\mathcal{F}_n \subseteq \mathcal{F} : n \in \mathbb{N})$ , with  $n$ th  $\sigma$ -field denoted by  $\mathcal{F}_n$ .

**Definition 1.2.** The *natural filtration* for a discrete time stochastic process  $X : \Omega \rightarrow \mathbb{R}^\mathbb{N}$  is defined as  $\mathcal{F}_n \triangleq \sigma(X_1, \dots, X_n)$ .

**Definition 1.3.** A random sequence  $X : \Omega \rightarrow \mathbb{R}^\mathbb{N}$  of random variables is said to be *adapted* to the filtration  $\mathcal{F}_\bullet$  if  $\sigma(X_n) \subseteq \mathcal{F}_n$  for all  $n \in \mathbb{N}$ .

*Remark 1.* For any random sequence  $X$  adapted to a filtration  $\mathcal{F}_\bullet$ , we also have  $\sigma(X_1, \dots, X_n) \subseteq \mathcal{F}_n$  for each  $n \in \mathbb{N}$ .

A martingale is a type of stochastic process whose definition formalizes the concept of a fair game.

**Definition 1.4.** A discrete stochastic process  $X : \Omega \rightarrow \mathbb{R}^\mathbb{N}$  is said to be a *martingale* with respect to the filtration  $\mathcal{F}_\bullet$  if it satisfies the following three properties for each  $n \in \mathbb{N}$ ,

- i. *adaptability*:  $\sigma(X_n) \subseteq \mathcal{F}_n$ ,
- ii. *integrability*:  $\mathbb{E}|X_n| < \infty$ ,
- iii. *unbiasedness*:  $\mathbb{E}[X_{n+1} | \mathcal{F}_n] = X_n$ .

If the equality in third condition is replaced by  $\leq$  or  $\geq$ , then the process is called *supermartingale* or *submartingale*, respectively.

**Corollary 1.5.** For a martingale  $X$  adapted to a filtration  $\mathcal{F}_\bullet$ , we have  $\mathbb{E}X_n = \mathbb{E}X_1$  for each  $n \in \mathbb{N}$ .

**Example 1.6 (Simple random walk).** Let  $\mathcal{F}_\bullet$  be the natural filtration of the random independent sequence  $\zeta : \Omega \rightarrow \mathbb{R}^\mathbb{N}$  with mean  $\mathbb{E}\zeta_i = 0$  and  $\mathbb{E}|\zeta_i| < \infty$  for each  $i \in \mathbb{N}$ . Consider the random walk  $X : \Omega \rightarrow \mathbb{R}^\mathbb{N}$  with step-size sequence  $\zeta$  such that  $X_n \triangleq \sum_{i=1}^n \zeta_i$  for each  $n \in \mathbb{N}$ . Then  $X$  is adapted to  $\mathcal{F}_\bullet$ . Further, from the linearity of expectation and the finiteness of finitely many individual terms, we have  $\mathbb{E}|X_n| \leq \sum_{i=1}^n \mathbb{E}|\zeta_i| < \infty$  for each  $n \in \mathbb{N}$ . In addition, we have for each  $n \in \mathbb{N}$ ,

$$\mathbb{E}[X_{n+1} | \mathcal{F}_n] = \mathbb{E}[X_n + \zeta_{n+1} | \mathcal{F}_n] = X_n.$$

Thus, the random walk  $X$  is a martingale with respect to filtration  $\mathcal{F}_\bullet$ .

**Example 1.7 (Product martingale).** Let  $\mathcal{F}_\bullet$  be the natural filtration of random independent sequence  $\zeta : \Omega \rightarrow \mathbb{R}^\mathbb{N}$  with mean  $\mathbb{E}\zeta_i = 1$  and  $\mathbb{E}|\zeta_i| < \infty$  for each  $i \in \mathbb{N}$ . Consider the random sequence  $X : \Omega \rightarrow \mathbb{R}^\mathbb{N}$  defined as  $X_n \triangleq \prod_{i=1}^n \zeta_i$  for each  $n \in \mathbb{N}$ . Then  $X$  is adapted to  $\mathcal{F}_\bullet$ . Further, from the independence and finiteness of finitely many individual terms, we have  $\mathbb{E}|X_n| = \prod_{i=1}^n \mathbb{E}\zeta_i < \infty$  for each  $n \in \mathbb{N}$ . In addition, we have for each  $n \in \mathbb{N}$ ,

$$\mathbb{E}[X_{n+1} | \mathcal{F}_n] = \mathbb{E}[X_n \zeta_{n+1} | \mathcal{F}_n] = X_n.$$

Thus, the random sequence  $X$  is a martingale with respect to filtration  $\mathcal{F}_\bullet$ .

**Example 1.8 (Branching process).** Consider a population where each individual  $i$  can produce an independent random number of offsprings  $Z_i$  in its lifetime, with a common distribution  $P \in \mathcal{M}(\mathbb{Z}_+)$  and finite mean  $\mu \triangleq \sum_{j \in \mathbb{N}} jP_j < \infty$ . Let  $X_n$  denote the size of the  $n$ th generation, which is same as the number

of offsprings generated by  $(n - 1)$ th generation. The discrete stochastic process  $X : \Omega \rightarrow \mathbb{Z}_+^{\mathbb{Z}}$  is called a branching process. Let  $X_0 = 1$  and consider the natural filtration  $\mathcal{F}_\bullet$  of  $X$ . We define  $W : \Omega \rightarrow \mathbb{Z}_+^{\mathbb{Z}}$  to be a random walk with step-size sequence  $X$  such that  $W_n \triangleq \sum_{i=0}^n X_i$  is the population until generation  $n$  for each  $n \in \mathbb{Z}_+$ . It follows that  $W$  is adapted to  $\mathcal{F}_\bullet$  and we can write  $X_n = \sum_{i=W_{n-2}+1}^{W_{n-1}} Z_i$  for each  $n \in \mathbb{N}$ . For any  $n \in \mathbb{N}$ , conditioning on  $\mathcal{F}_{n-1}$  yields

$$\mathbb{E}[X_n | \mathcal{F}_{n-1}] = \mathbb{E}\left[\sum_{i=W_{n-2}+1}^{W_{n-1}} Z_i | \mathcal{F}_{n-1}\right] = \mathbb{E}\left[\sum_{i \in \mathbb{N}} Z_i \mathbb{1}_{(W_{n-2}, W_{n-1}]}(i) | \mathcal{F}_{n-1}\right] = \sum_{i \in \mathbb{N}} \mathbb{E}[Z_i | \mathcal{F}_{n-1}] \mathbb{1}_{(W_{n-2}, W_{n-1}]}(i).$$

From the definition of  $X$ , we observe that  $\mathcal{F}_{n-1} \subseteq \sigma(X_0, Z_1, \dots, Z_{W_{n-1}})$ , and since  $Z$  is an independent sequence  $Z_i$  is independent of  $\mathcal{F}_{n-1}$  for  $i > W_{n-1}$ . It follows that  $\mathbb{E}[Z_i | \mathcal{F}_{n-1}] = \mathbb{E}Z_i = \mu$  for  $i > W_{n-1}$ , and hence  $\mathbb{E}[X_n | \mathcal{F}_{n-1}] = \mu X_{n-1}$ . Applying expectation on both sides, and by induction on  $n$ , we get  $\mathbb{E}[X_n | \mathcal{F}_0] = X_0 \mu^n$ . Consider a positive random sequence  $Y : \Omega \rightarrow \mathbb{R}_+^{\mathbb{N}}$  defined for each  $n \in \mathbb{N}$  as  $Y_n \triangleq \frac{X_n}{\mu^n}$ . Then,  $Y$  is adapted to  $\mathcal{F}_\bullet$ . Since  $X$  is a non-negative sequence, we have  $\mathbb{E}[|Y_n| | \mathcal{F}_0] = \mathbb{E}[Y_n | \mathcal{F}_0] = X_0$ . Further, for each  $n \in \mathbb{N}$

$$\mathbb{E}[Y_{n+1} | \mathcal{F}_n] = \frac{1}{\mu^{n+1}} \mathbb{E}[X_{n+1} | \mathcal{F}_n] = \frac{X_n}{\mu^n} = Y_n.$$

It follows that  $Y$  is a martingale with respect to filtration  $\mathcal{F}_\bullet$ .

**Example 1.9 (Doob's Martingale).** Consider an arbitrary random sequence  $Y : \Omega \rightarrow \mathbb{R}^{\mathbb{N}}$  with associated natural filtration  $\mathcal{F}_\bullet$ , and an arbitrary random variable  $Z : \Omega \rightarrow \mathbb{R}$  such that  $\mathbb{E}|Z| < \infty$ . We define a random sequence  $X : \Omega \rightarrow \mathbb{R}^{\mathbb{N}}$  as  $X_n \triangleq \mathbb{E}[Z | \mathcal{F}_n]$  for each  $n \in \mathbb{N}$ . From the definition of conditional expectation,  $X$  is adapted to  $\mathcal{F}_\bullet$ . Further, from the Jensen's inequality for conditional expectation applied to the convex absolute function, we get  $\mathbb{E}|X_n| \leq \mathbb{E}[\mathbb{E}[|Z| | \mathcal{F}_n]] = \mathbb{E}|Z| < \infty$ . Further, from the tower property of conditional expectation

$$\mathbb{E}[X_{n+1} | \mathcal{F}_n] = \mathbb{E}[\mathbb{E}[Z | \mathcal{F}_{n+1}] | \mathcal{F}_n] = \mathbb{E}[Z | \mathcal{F}_n] = X_n.$$

Thus,  $X$  is a martingale with respect to  $\mathcal{F}_\bullet$ , and called a *Doob-type* martingale.

**Example 1.10 (Centralized Doob sequence).** Let  $\mathcal{F}_\bullet$  be the natural filtration for a random sequence  $Y : \Omega \rightarrow \mathbb{R}^{\mathbb{N}}$  with  $\mathbb{E}|Y_n| < \infty$  for all  $n \in \mathbb{N}$ . For each  $n \in \mathbb{N}$ , we can define an associated centralized zero mean random variable  $Y_n - \mathbb{E}[Y_n | \mathcal{F}_{n-1}]$ . Hence, we can define a centralized zero mean sequence  $X : \Omega \rightarrow \mathbb{R}^{\mathbb{N}}$  for each  $n \in \mathbb{N}$ , as  $X_n \triangleq \sum_{i=1}^n (Y_i - \mathbb{E}[Y_i | \mathcal{F}_{i-1}])$ . By the definition of condition expectation and filtration, the random sequence  $X$  is adapted to the filtration  $\mathcal{F}_\bullet$ . From the triangle inequality and the conditional Jensen's inequality applied to convex absolute function, we get

$$\mathbb{E}|X_n| \leq \sum_{i=1}^n \mathbb{E}|Y_i - \mathbb{E}[Y_i | \mathcal{F}_{i-1}]| \leq \sum_{i=1}^n \left( \mathbb{E}|Y_i| + \mathbb{E}|\mathbb{E}[Y_i | \mathcal{F}_{i-1}]| \right) \leq 2 \sum_{i=1}^n \mathbb{E}|Y_i| < \infty.$$

Further, from the linearity and the tower property of conditional expectation, we have

$$\mathbb{E}[X_{n+1} | \mathcal{F}_n] = \mathbb{E}[X_n + Y_{n+1} - \mathbb{E}[Y_{n+1} | \mathcal{F}_n] | \mathcal{F}_n] = X_n.$$

Thus,  $X$  is a martingale with respect to this filtration  $\mathcal{F}_\bullet$ , and called *centralized Doob martingale*.

**Lemma 1.11.** Consider a martingale  $X : \Omega \rightarrow \mathbb{R}^{\mathbb{N}}$  adapted to a filtration  $\mathcal{F}_\bullet = (\mathcal{F}_n \subseteq \mathcal{F} : n \in \mathbb{N})$  defined on the probability space  $(\Omega, \mathcal{F}, P)$ , and a convex function  $f : \mathbb{R} \rightarrow \mathbb{R}$  such that  $\mathbb{E}|f(X_n)| < \infty$  for all  $n \in \mathbb{N}$ . Then, the random sequence  $Y : \Omega \rightarrow \mathbb{R}^{\mathbb{N}}$  defined for each  $n \in \mathbb{N}$  as  $Y_n \triangleq f(X_n)$ , is a submartingale with respect to the filtration  $\mathcal{F}_\bullet$ .

*Proof.* We observe that  $Y$  is adapted to the filtration  $\mathcal{F}_\bullet$  and integrable by hypothesis. From the conditional Jensen's inequality applied to convex function  $f$ , we get

$$\mathbb{E}[f(X_{n+1}) | \mathcal{F}_n] \geq f(\mathbb{E}[X_{n+1} | \mathcal{F}_n]) = f(X_n).$$

□

**Corollary 1.12.** Consider a random sequence  $X : \Omega \rightarrow \mathbb{R}^{\mathbb{N}}$  defined on the probability space  $(\Omega, \mathcal{F}, P)$ , with its natural filtration  $\mathcal{F}_\bullet$ . Let  $a \in \mathbb{R}$  be a constant, and consider two random sequences  $Y : \Omega \rightarrow \mathbb{R}_+^{\mathbb{N}}$  and  $Z : \Omega \rightarrow \mathbb{R}^{\mathbb{N}}$  generated by  $X$ , such that for each  $n \in \mathbb{N}$ ,

$$Y_n \triangleq (X_n - a)_+ = (X_n \vee a) - a, \quad Z_n \triangleq X_n \wedge a.$$

- i. If  $X$  is a submartingale with respect to  $\mathcal{F}_\bullet$ , then so is  $Y$  with respect to  $\mathcal{F}_\bullet$ .
- ii. If  $X$  is a supermartingale with respect to  $\mathcal{F}_\bullet$ , then so is  $Z$  with respect to  $\mathcal{F}_\bullet$ .

*Proof.* Clearly, both sequences  $Y$  and  $Z$  are adapted to  $\mathcal{F}_\bullet$ . Defining  $x \mapsto f(x) \triangleq (x - a)_+$  and  $x \mapsto g(x) \triangleq x \wedge a$  for all  $x \in \mathbb{R}$ , we observe that  $f$  is convex and non-decreasing and  $g$  is concave and non-decreasing. The function  $f$  is positive, and hence  $\mathbb{E}|f(X_n)| = \mathbb{E}f(X_n) \leq \mathbb{E}|X_n| + |a| < \infty$ . We also observe that  $\mathbb{E}|g(X_n)| \leq \mathbb{E}|X_n| < \infty$ .

- i. From the conditional Jensen's inequality applied to the convex non-decreasing function  $f$  and the fact that  $\mathbb{E}[X_{n+1} | \mathcal{F}_n] \geq X_n$ , we get  $\mathbb{E}[f(X_{n+1}) | \mathcal{F}_n] \geq f(\mathbb{E}[X_{n+1} | \mathcal{F}_n]) \geq f(X_n)$ .
- ii. From the conditional Jensen's inequality applied to the concave non-decreasing function  $g$  and the fact that  $\mathbb{E}[X_{n+1} | \mathcal{F}_n] \leq X_n$ , we get  $\mathbb{E}[g(X_{n+1}) | \mathcal{F}_n] \leq g(\mathbb{E}[X_{n+1} | \mathcal{F}_n]) \leq g(X_n)$ .

□

## 1.1 Stopping Times

Consider a discrete filtration  $\mathcal{F}_\bullet = (\mathcal{F}_n \subseteq \mathcal{F} : n \in \mathbb{Z}_+)$ .

**Definition 1.13.** A positive integer valued, possibly infinite, random variable  $\tau : \Omega \rightarrow \mathbb{N} \cup \{\infty\}$  is said to be a *random time* with respect to the filtration  $\mathcal{F}_\bullet$ , if the event  $\{\tau = n\} \in \mathcal{F}_n$  for each  $n \in \mathbb{N}$ . If  $P\{\tau < \infty\} = 1$ , then the random time  $\tau$  is said to be a *stopping time*.

**Definition 1.14.** A random sequence  $H : \Omega \rightarrow \mathbb{R}^{\mathbb{N}}$  is *predictable* with respect to the the filtration  $\mathcal{F}_\bullet$ , if  $\sigma(H_n) \subseteq \mathcal{F}_{n-1}$  for each  $n \in \mathbb{N}$ . For a process  $X$  adapted to  $\mathcal{F}_\bullet$ , we define

$$(H \cdot X)_n \triangleq \sum_{m=1}^n H_m(X_m - X_{m-1}).$$

**Theorem 1.15.** Consider a supermartingale sequence  $X : \Omega \rightarrow \mathbb{R}^{\mathbb{N}}$  and a predictable sequence  $H : \Omega \rightarrow \mathbb{R}_+^{\mathbb{N}}$  with respect to a filtration  $\mathcal{F}_\bullet$ , where each  $H_n$  is non-negative and bounded. Then the random sequence  $Y : \Omega \rightarrow \mathbb{R}^{\mathbb{N}}$  defined by  $Y_n \triangleq (H \cdot X)_n$  for each  $n \in \mathbb{N}$  is a supermartingale with respect to  $\mathcal{F}_\bullet$ .

*Proof.* From the definition of  $Y$ , it follows that  $Y$  is adapted to  $\mathcal{F}_\bullet$ . From the tower property of conditional expectation, and predictability, non-negativity, and boundedness of  $H$ , we obtain

$$\mathbb{E}|Y_n| \leq \sum_{m=1}^n \mathbb{E}[H_m \mathbb{E}[|X_m - X_{m-1}| | \mathcal{F}_{m-1}]] \leq \sup_{m \leq n} H_m \sum_{m=1}^n (\mathbb{E}|X_m| + \mathbb{E}|X_{m-1}|) < \infty.$$

Further, from the definition of  $Y$ , the predictability of  $H$ , and the supermartingale property of  $X$ ,

$$\mathbb{E}[Y_{n+1} | \mathcal{F}_n] = \mathbb{E}[H_{n+1}(X_{n+1} - X_n) + Y_n | \mathcal{F}_n] = H_{n+1}(\mathbb{E}[X_{n+1} | \mathcal{F}_n] - X_n) + Y_n \leq Y_n.$$

□

## 1.2 Stopped process

**Definition 1.16.** Consider a discrete stochastic process  $X : \Omega \rightarrow \mathbb{R}^{\mathbb{N}}$  adapted to a discrete filtration  $\mathcal{F}_\bullet$ . Let  $\tau : \Omega \rightarrow \mathbb{N}$  be a random time for the filtration  $\mathcal{F}_\bullet$ , then the *stopped process*  $X^\tau : \Omega \rightarrow \mathbb{R}^{\mathbb{N}}$  is defined for each  $n \in \mathbb{N}$  as

$$X_n^\tau \triangleq X_{\tau \wedge n} = X_n \mathbb{1}_{\{n \leq \tau\}} + X_\tau \mathbb{1}_{\{n > \tau\}}.$$

**Proposition 1.17.** Let  $X : \Omega \rightarrow \mathbb{R}^{\mathbb{N}}$  be a martingale and  $\tau : \Omega \rightarrow \mathbb{N}$  a random time both adapted to the same discrete filtration  $\mathcal{F}_\bullet$ , then the stopped process  $X^\tau$  is a martingale adapted to  $\mathcal{F}_\bullet$ .

*Proof.* Consider a random sequence  $H : \Omega \rightarrow \{0, 1\}^{\mathbb{N}}$  defined by  $H_n \triangleq \mathbb{1}_{\{n \leq \tau\}}$  for each  $n \in \mathbb{N}$ . Then  $H$  is a non-negative and bounded sequence. Further  $H$  is predictable with respect to  $\mathcal{F}_{\bullet}$ , since the event

$$\{n \leq \tau\} = \{\tau > n - 1\} = \{\tau \leq n - 1\}^c = (\cup_{i=0}^{n-1} \{\tau = i\})^c = \cap_{i=0}^{n-1} \{\tau \neq i\} \in \mathcal{F}_{n-1}.$$

In terms of the non-negative, predictable, and bounded sequence  $H$ , we can write the stopped process

$$X_{\tau \wedge n} = X_0 + \sum_{m=1}^{\tau \wedge n} (X_m - X_{m-1}) = X_0 + \sum_{m=1}^n \mathbb{1}_{\{m \leq \tau\}} (X_m - X_{m-1}) = X_0 + (H \cdot X)_n.$$

From the previous theorem, it follows that  $X^\tau$  is a martingale, and we have  $\mathbb{E}X_{\tau \wedge n} = \mathbb{E}X_{\tau \wedge 1} = \mathbb{E}X_1$ .  $\square$

**Remark 2.** For any martingale  $X : \Omega \rightarrow \mathbb{R}^{\mathbb{N}}$  and a stopping time  $\tau : \Omega \rightarrow \mathbb{N}$  adapted to  $\mathcal{F}_{\bullet}$ , we have  $\mathbb{E}X_{\tau \wedge n} = \mathbb{E}X_1$ , for all  $n \in \mathbb{N}$ . Since  $\tau$  is finite almost surely, it follows that the stopped process  $X^\tau$  converges almost surely to  $X_\tau$ , i.e.  $P\{\lim_{n \in \mathbb{N}} X_{\tau \wedge n} = X_\tau\} = 1$ . We are interested in knowing under what conditions will we have convergence in mean.

**Theorem 1.18 (Martingale stopping theorem).** Let  $X : \Omega \rightarrow \mathbb{R}^{\mathbb{N}}$  be a martingale and  $\tau : \Omega \rightarrow \mathbb{N}$  be a stopping time, both adapted to a common discrete filtration  $\mathcal{F}_{\bullet}$ . If either of the following conditions holds true.

- (i)  $\tau$  is bounded.
- (ii)  $\mathbb{E}|X_{\tau \wedge n}|$  is uniformly bounded.
- (iii)  $\mathbb{E}\tau < \infty$ , and for some real positive  $K$ , we have  $\sup_{n \in \mathbb{N}} \mathbb{E}[|X_n - X_{n-1}| \mid \mathcal{F}_{n-1}] \leq K$ .

Then  $X_\tau$  is integrable and the stopped process  $X^\tau$  converges in mean to  $X_\tau$ , i.e.  $\lim_{n \in \mathbb{N}} \mathbb{E}X_{\tau \wedge n} = \mathbb{E}X_\tau = \mathbb{E}X_1$ .

*Proof.* We show this is true for all three cases.

- (i) Let  $K$  be the bound on  $\tau$  then for all  $n \geq K$ , we have  $X_{\tau \wedge n} = X_\tau$ , and hence it follows that  $\mathbb{E}X_1 = \mathbb{E}X_{\tau \wedge n} = \mathbb{E}X_\tau$  for all  $n \geq K$ .
- (ii) Dominated convergence theorem implies the result.
- (iii) We show that this condition implies that  $\mathbb{E}|X_{\tau \wedge n}|$  is uniformly bounded, and thus result follows from the previous part. We can write the difference  $X_{\tau \wedge n} - X_0 = \sum_{m=1}^{\tau} \mathbb{1}_{\{m \leq n\}} (X_m - X_{m-1})$  using the telescopic sum. From triangle inequality for the absolute function and the fact that  $0 \leq \mathbb{1}_{\{m \leq n\}} \leq 1$ , we can upper bound the difference  $|X_{\tau \wedge n} - X_0| \leq \sum_{m=1}^{\tau} |X_m - X_{m-1}|$ . We define non-negative predictable sequence  $H : \Omega \rightarrow \{0, 1\}^{\mathbb{N}}$  for each  $m \in \mathbb{N}$ , as  $H_m \triangleq \mathbb{1}_{\{m \leq \tau\}}$ . From the linearity of expectation, the monotone convergence theorem, non-negativity of  $H_m$ , the tower property of conditional expectation, predictability of  $H$ , and theorem hypothesis, we can upper bound the mean of this term as

$$\mathbb{E} \sum_{m=1}^{\tau} |X_m - X_{m-1}| = \sum_{m \in \mathbb{N}} \mathbb{E}[H_m \mathbb{E}[|X_m - X_{m-1}| \mid \mathcal{F}_{m-1}]] \leq K \mathbb{E} \sum_{m \in \mathbb{N}} H_m = K \mathbb{E}\tau.$$

Since  $\tau$  is integrable, we observe that  $X_{\tau \wedge n}$  is uniformly bounded by an integrable random variable.

$\square$

**Corollary 1.19 (Wald's Equation).** If  $\tau$  is a finite mean stopping time for an i.i.d. random sequence  $X : \Omega \rightarrow \mathbb{R}^{\mathbb{N}}$  such that  $\mathbb{E}|X_1| < \infty$ , then

$$\mathbb{E} \sum_{i=1}^{\tau} X_i = \mathbb{E}\tau \mathbb{E}X_1.$$

*Proof.* Let  $\mu = \mathbb{E}X$  and define a random sequence  $Z : \Omega \rightarrow \mathbb{R}^{\mathbb{N}}$  for each  $n \in \mathbb{N}$ , as  $Z_n \triangleq \sum_{i=1}^n (X_i - \mu)$ . Then  $Z$  is a martingale adapted to the natural filtration of  $X$ , and

$$\mathbb{E}[|Z_n - Z_{n-1}| \mid \mathcal{F}_{n-1}] = \mathbb{E}[|X_n - \mu|] \leq \mu + \mathbb{E}|X_1|.$$

Thus,  $\sup_{n \in \mathbb{N}} \mathbb{E}[|Z_n - Z_{n-1}| \mid \mathcal{F}_{n-1}] < \infty$ , and from the Martingale stopping theorem, we have  $\mathbb{E}Z_\tau = \mathbb{E}Z_1 = 0$ . The result follows from the observation that  $\mathbb{E}[Z_\tau] = \mathbb{E} \sum_{i=1}^{\tau} X_i - \mu \mathbb{E}\tau$ .  $\square$