START WITH THE FOUNDATIONS

# Retirement Planning

Turn a distant idea into a few clear questions and practical next steps.

START WITH YOUR LIFE

Retirement planning is not only about a savings balance. Think about the life you want, the income you may have, the costs you may face, and the choices you can review along the way.

## Map the moving pieces

**Your picture** Where might you live? What would a typical month look like? Which activities, family needs, or health costs matter to you?

**Potential income** List possible sources such as Social Security, workplace plans, pensions, personal savings, or part-time work. Treat estimates as estimates.

**Expenses and timing** Consider housing, food, transportation, healthcare, taxes, debt, and one-time costs. Try more than one possible retirement date.

**Savings and plan rules** Review your workplace plan, fees, investment choices, vesting rules, and any employer match. Compare options before changing accounts.

## A steady review rhythm

- [ ] Check your Social Security estimate and earnings history.
- [ ] Review savings contributions and beneficiary information after major life changes.
- [ ] Revisit your plan yearly, or when work, health, family, or goals change.

YOUR NEXT STEP

# Create a retirement snapshot

A starting worksheet - fill in what you know and mark what you still need to find.

## My current picture

The age or year I may want work to become optional:

My estimated monthly retirement income sources:

My likely monthly costs (housing, food, health, debt, other):

My current retirement accounts or pension information is located:

## Three actions I can take

- [ ] Sign in to Social Security and review my estimate.
- [ ] Read my workplace plan summary or ask HR about choices and fees.
- [ ] Choose one realistic savings or debt step to discuss with a qualified professional.

MY FIRST ACTION + WHEN I WILL DO IT

Learn more: Social Security retirement planning | U.S. Department of Labor: plan types | CFPB retirement tools