Balancing Spending and Income in Retirement

Our research found that current retirees often adjust their nondiscretionary spending to be close to their guaranteed income sources. You’ve worked hard and saved for retirement. As you transition to retirement, finding a balance between your income and expenses may take some time.

This is your retirement... What actions can you take to prepare?

1. Understand your sources of income in retirement.
2. Make a list of what your nondiscretionary and discretionary expenses in retirement might be.
3. Align income sources to retirement spending.

Finally, but most importantly, give yourself time to adjust to your retirement lifestyle. You can always make changes along the way to enjoy the retirement you’ve envisioned.

Important Information

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