



Retirement Worksheet

This worksheet is intended to be used in conjunction with the "How to Retire from a Large Corporation" Guide

Name: _____

Part 1: Determine Your Comfort Level

Name

Current Age

Optimal Retirement Date

Optimal Retirement Age

Life Expectancy

Spouse

Current Age

Optimal Retirement Date

Optimal Retirement Age

Life Expectancy

Who are you (circle one)?

**Right Now
Robin** (less
than 5 years)

**Take Your
Time Terry**
(more than 5
years)

Part 2: Determine Your Numbers - Please enter monthly amount below:

Income Option Worksheet (please enter monthly amounts below)

Social Security

Social Security Age 62
 Social Security at Full Retirement
 Social Security Age 70

You	Spouse	Combined

Company Pension

Lump-Sum Value (at retirement age)
 Pension (at retirement age) No Survivor
 Pension (at retirement age) 50% Survivor
 Pension (at retirement age) 100% Survivor

You	Spouse	Combined

IRR based on most likely pension option:

IRR to age 75
 IRR to age 80
 IRR to age 85
 IRR to age 90
 IRR to age 95

		n/a
		n/a
		n/a
		n/a

Other Income

Income #1 _____
 Income #2 _____
 Income #3 _____

You	Spouse	Combined

Liquid Asset Worksheet

	You	Spouse	Combined
Total in Pre-Tax			
Total Pension (if lump sum taken at retirement age)			
Total in Roth			
Total in After-Tax (non-qualified)			
Total In Checking/Savings			
<i>Total Liquid Assets</i>			

Potential withdrawal rate scenarios (circle one)	Annual	Monthly
2% of Combined Liquid Assets		
3% of Combined Liquid Assets		
4% of Combined Liquid Assets		
5% of Combined Liquid Assets		

Your Spending

If "Robin" insert numbers from LWM Budget Worksheet Below. If "Terry" insert numbers from LWM Effortless Budget Worksheet Below

	Annually
Expenses in Retirement (excl. income taxes)	
Taxes in Retirement	
<i>Total Expenses in Retirement</i>	

Part 3: Health Insurance Worksheet

Company group coverage
 Medicare Part B
 Marketplace (based on income of _____)
 Medicare Supplement or Medicare Advantage
 Increase by 20%
 Total Estimated Health Insurance Cost

You	Spouse	Combined

Part 4: Cash Flow

Contact HR to deposit paycheck in savings
 Baseline checking account balance you want to keep
 is _____
 Transfer everything above this to savings
 Set up auto transfer from savings to checking for
 monthly net need - amount is _____
 Set reminders on your phone to review your
 checking account balance every 3 months
 Are you spending more or less than projected?

Q1	Q2	Q3	Q4

Putting It All Together

(from worksheet data)

The examples below assume one spouse has a pension available and \$750k in liquid assets. The retiree can choose a lump sum is \$500k or monthly pension of \$2,000. Importantly, many retirees who wait to draw Social Security need to supplement income from investments or elsewhere prior to benefits beginning, so your investment withdrawal rate may change over time.

	Option 1: Monthly Pension	Option 2: Lump Sum Rollover	Example (Pension)	Example (Lump Sum)
Social Security - Spouse 1			\$33,600	\$33,600
Social Security - Spouse 2			\$26,400	\$26,400
Pension - Spouse 1			\$24,000	\$0
Pension - Spouse 2			\$0	\$0
Other Income			\$0	\$0
Total Annual Income (excl. investments)			\$84,000	\$60,000
Expenses (including taxes) from above			\$100,000	\$100,000
Amount Needed Annually from Investments			\$16,000	\$40,000
Liquid Assets at Retirement (if monthly pension) or Liquid Assets at Retirement (if lump sum rollover)			\$750,000	--
			--	\$1,250,000
Amount needed from investments			\$16,000	\$40,000
Withdrawal Rate (amount need divided by liquid assets)			2.13%	3.20%

How comfortable are you with the withdrawal rate?
(from chart in section 2)

Part 5: Structure, Community, Purpose

Structure:

Take 10 minutes to write down your ideal daily activities:

Take 10 minutes to write down your ideal weekly activities:

Take 10 minutes to write down your ideal yearly activities:

Community:

How can you find community in retirement?

Who do you want to spend focused time with in retirement?

Purpose:

How are some ways you can invest in others?

What organizations do you want to get more involved with?

When I am 90 years old, I do not want to regret my retirement lifestyle. To avoid regret, here are some things I want to always remember and act on:

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