Let the upcoming Summer Olympics in Athens inspire your retirement planning

## Bronze Event:

## Show your strength by expanding your knowledge.

The Challenge: According to the 2004 Retirement C onfidence Survey (published by the Employee Benefit R esearch Institute and $M$ atthew Greenwald \& Associates), most A mericans believe they will be eligible for full Social Security benefits sooner than they actually will. M ore than $50 \%$ continue to believe that age 65 is the age at which they can begin receiving full benefits.

Here is the actual breakout according to the Social Security Administration:

Retirement age for full Social Security benefits

| Year of Birth | Years | Months |
| :--- | :---: | :---: |
| 1939 | 65 | 4 |
| 1940 | 65 | 6 |
| 1941 | 65 | 8 |
| 1942 | 65 | 10 |
| $1943-1954$ | 66 | 0 |
| 1955 | 66 | 2 |
| 1956 | 66 | 4 |
| 1957 | 66 | 6 |
| 1958 | 66 | 8 |
| 1959 | 66 | 10 |
| $1960+$ | 67 | 0 |

## Bronze Medal Performance:

You know your full retirement age as defined by the Social Security Administration.

Based on your year of birth and the table above, enter your full retirement age here: $\qquad$ yrs $\qquad$ mos.

Go to www.ssa.gov/ OACT / quickcalc/ index.html to get a rough estimate of what you can expect in annual retirement benefits. Keep in mind that full Social Security benefits will only provide around 25-40\% of your retirement income. You can still elect to retire as early as age 62, but you face a reduced benefit that is being decreased further each year.

## Silver Event:

## Go the distance with a retirement savings need calculation

The Challenge: A ccording to the 2004 R etirement C onfidence Survey, only about $40 \%$ of workers have taken steps to calculate how much they need to save by the time they retire in order to live comfortably in retirement. Of those that did do a calculation, almost $60 \%$ made positive changes to their retirement planning, such as increasing their savings amount.

Well, here is your opportunity to take your retirement planning to another level. D on't be an aimless saver without clearly defined goals and a plan for achieving them! Knowing the basics of retirement planning means you know how much income you will need in retirement, and what financial resources you will have to provide it.

C hallenge yourself to take advantage of at least one of the following resources that can help you calculate your future retirement savings needs. It will help you
 determine how much you need to work toward in terms of a monthly dollar contribution. And remember: if after doing a calculation you find that you can't save that much today, that's okay. At least you will have a goal
to work toward, which is the first step in gaining the confidence you need to take charge of your financial future.

## Resources to investigate:

- Your current plan provider's educational materials and worksheets, as well as any Web calculators that you have access to.
- O nline "Ballpark Estimate" calculator courtesy of American Savings and Education C ouncil (www.asec.org/ ballpark).
- E rnst \& Young's R etirement P lanning G uide (avail able at most bookstores)


## Silver Medal Performance:

You complete a retirement needs calculation
Record amount (lump sum dollar amount) you will need to have saved by the time you retire: $\$$

Record amount (as a percentage of your annual pay) you need to contribute to your 401(k) to get there: \%

## Gold Event:

Stretch hard with some summer savings ideas.
The Challenge: A ccording
to the 2004 R etirement
Confidence Survey, more than 70\% of people who save for retirement say they could save an additional \$20 a week for retirement. And, about 10\% of them say they would not have to give up anything to do so.
W hat's your excuse?

| Potential <br> budgetary action | Monthly <br> Savings | Value if invested <br> for 25 years* |
| :--- | :---: | :---: |
| Make or bring coffee to <br> work instead of buying it | $\$ 40$ | $\$ 38,041$ |
| Brown bag your lunch at <br> least 2 days a week | $\$ 50$ | $\$ 47,551$ |
| Eat dinner out one less <br> time a week | $\$ 100$ | $\$ 95,103$ |
| Use your bank's ATM only <br> (and avoid fees) | $\$ 20$ | $\$ 19,021$ |
| Do-it-yourself manicure <br> One less beer/wine when <br> going out each week | $\$ 35$ | $\$ 33,286$ |

*T hese hypothetical examples assume 8\% annual rate of return, compounded monthly.

## Summer Savings Games:

## More tips for finding the money to save

- Buy used gardening tools instead of new
- Learn how to do your own basic landscaping projects
- Have a yard sale
- Drop health club membership and exercise outside
- M ore picnics, fewer dinners out
- Drink more water - skip the soda or expensive bottle of wine when you go out
- Beat the heat by going to air-conditioned matinees during economy hours
- Take a camping vacation every other year, instead of an expensive trip


## Gold Medal Performance:

You find at least $\$ 50$ more to save each month in your 401(k) account

- Enter the additional amount you will commit to saving each month here: \$ $\qquad$ /month
- Describe how you "found" this extra money (or plan to find in the future): $\qquad$

$\qquad$
$\qquad$
$\qquad$


# fuggling 

A successful retirement plan is just part of the financial juggling act

W hen it comes to financial planning, it's all about setting goals. In fact, you can't have a succesful retirement plan in place until you make sure you've got everything else covered. 0 therwise, your finances would be all out of balance. And a financial plan out of balance is a sure recipe for failure - and endless frustration!

The trick is to learn how to juggle long-term goals like retirement with short- and medium-term goals such as purchasing a home or paying for children's college tuition while taking into account your personal priorities, economic circumstances and stage of life.

## 



## Beat the Clock

When you set your financial priorities based on time horizons how much time you have to save and invest - it helps you create realistic action plans for reaching different types of goals. To help you sort out your priorities, take a sheet of paper and divide it into three vertical columns. Put the following headings at the top of the columns, and take some time to jot down the goals you have, placing them under the appropriate time horizon. To help you get started, some examples are included:

## SHORT TERM GOALS

(within 5 years or less)
Take a vacation
Save for down payment on house
Buy a new car
Build an emergency fund
$\qquad$

## MEDIUM-TERM GOALS

 (five to ten years away)Go back to school
Start a business
Pay for child's college education
R emodel your house
Buy a vacation home
$\qquad$
$\qquad$

## LONG-TERM GOALS <br> (ten or more years away)

R etire before age 65 (or full ret.age)
Buy retirement property
Support aging parent
Help children with down payment on home

N ext, rank the goals in each list according to their priority for you. This can be based on their importance and/ or the order in which you would like to achieve them. N ow estimate the potential cost of each goal, and determine how much of any money you've already saved can be allocated to that goal. H ow much more do you need to save to reach your goals? A re you on track, or do you need to create a more effective savings plan?

## Keeping a steady eye on all your goals

Short-term, medium-term and long-term financial goals each require different approaches to saving and investing. The longer your time horizon, the more investment risk you can afford to take for potentially higher returns over the long run. W hy? Because riskier investments such as stocks have the long-term potential to earn more money, and their shortterm ups and downs tend to even out.

Less-risky investments might be a good strategy for short-term goals, because you may not want to risk a sharp drop in value right before you need the money. H owever, if you invest all of your assets in conservative investments, you may sacrifice longterm goals and the higher potential returns offered by more aggressive (riskier) investments.

## Spread the wealth!

Practically speaking, you'll likely be saving and investing for more than one type of goal at a time. This means you'll need to figure out how much of your savings to invest in which types of funds, depending on their risk level, your financial situation and the time horizon of your specific goals. You'll want to balance the returns you'd like to receive with a level of risk you are comfortable taking on.

M ake sure you keep the information you filled out above on your goals and time horizons handy so you can refer badk to them occasionally and check your progress!

##  Retirement in Motion

## TIPS AND RESOURCES THATEVERYONE CAN USE


Issues facing participants approaching retirement

## Planning a Retirement Income Strategy.

H aving a broad mix of assets and accounts is a wise strategy even during retirement, especially if you carefully plan what to tap first. Try to withdraw money that will involve the smallest tax hit. Start with non-retirement accounts (you'll pay lower taxes, especially with the recently reduced tax rates on dividends and long-term capital gains). By withdrawing money first from non-retirement accounts, as well as bonds and short-term cash accounts, you can afford to maintain more money in growth investments longer (such as stock funds in your 401(k), knowing you don't need to touch it yet.

## *(0)

Common questions asked by retirement plan participants

W hat pre tax percentage should I invest when I am starting out?

Any savings is better than nothing and the sooner you get started, the better!! You should at least maximize your company's match. For example, if your company matches 50 cents on the dollar up to $6 \%$, you should contribute at least $6 \%$. Simply defer as much as you can afford to budget and take full advantage of the tax deferral.

## 

Resources and ideas to guide you in your retirement planning efforts

A good exercise to complete at least annually is to calculate how much income you will need in retirement. Financial professionals agree that you should figure on at least $60 \%-80 \%$ of your pre-retirement working income and even more depending on the kind of lifestyle you want for yourself in retirement.

## Take your current annual salary:

 \$Multiply your salary by .6:
\$ $\qquad$ = 60\%

Multiply your salary by .8:
\$ = 80\%

The result is a good working range estimate of what your retirement income needs may be.

## 

- It's time for a mid-year checkup: review your asset allocation and rebalance your portfolio, if necessary
- R eview designated beneficiary of your account if you have had any major life events (such as marriage, divorce, etc.)
- Check contribution rate to make sure you are receiving maximum company match (if available)


##  <br> Basic financial terms to know

## Compounding.

W hen you deposit money in a bank, it earns interes. W hen that interest also begins to earn interest, the result is compound interest. Investing in a retirement plan is different from putting money in the bank, but you still get the benefits of compounding. Compounding occurs because bond income or dividends from stocks or mutual funds are reinvested. Because of compounding, money has the potential to grow more rapidly than if income were not reinvested.


