



Retirement Income Worksheet

This worksheet will give you an idea of what your income in retirement will look like.

Guaranteed Income

Defined Benefit Pension	
My benefit	\$
Other benefit	\$
Defined Benefit Supplement Payment	
Pension Income (Personal Retirement Account)	\$
National Insurance	
Pension benefit	\$
Other benefit	\$
Other Guaranteed Income	
Other income	\$
Total Guaranteed Monthly Income	
Total Guaranteed Monthly Income	\$



Guaranteed Income Checklist

- ☐ Have I received estimates of my monthly benefits from all sources
- ☐ Do these income sources adjust with inflation
- ☐ What are the tax considerations of these income sources?
- ☐ What happens to these income sources if I or my significant other dies?

Non-Guaranteed Income

Brokerage/Savings Accounts	
Monthly distributions	\$
Work/Part-Time Work	
Income	\$
Income Outside of Work	
Real estate rental income	\$
Other	\$
Total Non-Guaranteed Monthly Income	
Total Non-Guaranteed Monthly Income	\$
TOTAL MONTHLY INCOME	\$



Non-Guaranteed Income Checklist

- ☐ Do I have a strategy for taking distributions from each account?
- ☐ Have I looked into converting these accounts to guaranteed income, if needed?
- ☐ What are the tax considerations of these income sources?

Retirement Expense Worksheet

Categorize each monthly expense as a Must-Have or a Want. If an item is both, allocate separate amounts for each and then total them.

Expenses	Must-Have	Want	Total
Home			
Mortgage/rent	\$	\$	\$
Association dues	\$	\$	\$
Home repair/maintenance	\$	\$	\$
Utilities			
Utilities (gas, electricity, water)	\$	\$	\$
Home phone/cell phone	\$	\$	\$
Food & Household Items			
Groceries	\$	\$	\$
Eating out	\$	\$	\$
Household supplies	\$	\$	\$
Transportation			
Car loan payments	\$	\$	\$
Gas	\$	\$	\$
Car insurance	\$	\$	\$
Car maintenance/repairs	\$	\$	\$
Health & Grooming			
Health insurance premiums	\$	\$	\$
Life insurance premiums	\$	\$	\$
Long-term care insurance premiums	\$	\$	\$
Medical out-of-pocket expenses	\$	\$	\$
Prescription medication	\$	\$	\$
Gym/health club dues	\$	\$	\$
Clothing	\$	\$	\$
Personal care products/maintenance	\$	\$	\$
Entertainment/Recreation			
Cable TV, internet, streaming services	\$	\$	\$
Movies, concerts, sports, other events	\$	\$	\$
Pet care	\$	\$	\$
Newspapers, magazines, books	\$	\$	\$
Vacations/travel	\$	\$	\$
Hobbies	\$	\$	\$
Gifts	\$	\$	\$
Debt Obligations			
Credit card payments	\$	\$	\$
Loan payments	\$	\$	\$
Other			
Other	\$	\$	\$
Other	\$	\$	\$
TOTAL	\$	\$	\$