



# Retirement Matters<sup>TM</sup>

**Make it a reality**

A retirement resource for individuals and couples







Define what  
matters to you

Life stories. We all have them, but everyone's journey is unique. No two paths are alike.

**What elements make up your story? While answers like family, career, goals, and passions may come to mind, we know that it isn't just one of those things — it's all of them.**

Our life stories go far beyond our finances. Planning for retirement means taking into consideration the whole you — who you love, what you love, and how you want to live your entire life.

Planning for retirement requires a lot more than just managing finances. That's why we don't start with a number to back you in to.

We start with you and take a 360° view of the whole person: your relationships, living arrangements, hobbies, health, and your finances.

By addressing all aspects of your life, we can discover what your "Retirement Reality" is, and find a way to get you there.

**We invite you to consider the questions on the following pages and think openly and without fear about your future.**



**Relationship matters**



**Home matters**



**Lifestyle matters**



**Health matters**



**Money matters**



**Retirement Matters™**



## Relationship matters

Who are the people in your life today? Are there friendships you'd like to rekindle in retirement? If so, write down a few ways you might go about doing it ... over wine, at college reunions, vacationing with friends?

---

---

What about kids, grandkids, or aging parents? Will you need to support them in any way? Jot down a few ways this may impact your future.

---

---

### **"Do you want to come over for dinner?"**

Numerous studies suggest that meaningful relationships are a prescription for better emotional, mental, and physical health.

Good close relationships appear to buffer us from many of the problems of getting old.

## Home matters

Do you think you'll stay in the home you're in now, downsize, or move to a warmer climate? Write down a few thoughts about how your living arrangements might change in retirement.

---

---

### **Interested in greater freedom and flexibility?**

- **Hit the road in an RV!**  
This can lower costs of living and allow you to spend a few weeks with the grandkids and then move on to other adventures.
- **Downsize (big-time).**  
"Tiny houses" (400 sq ft' or less) have their advantages.<sup>1</sup>
- **Resettle abroad.**  
Half a million American retirees live in foreign countries, and the number is accelerating. The reason? Favorable climate, affordable health care, and cultural opportunities — at a lower cost.<sup>2</sup>





## Lifestyle matters

How do you see your future when every day seems like a Saturday? Think of the things you like to do with your free time. Shop? Golf? Volunteer? Eat out? Garden? Write them down.

---

---

How about the things you have always wanted to do but life got in the way? Hobbies? Vacations? Jot down what you'd like to see yourself doing, either on your own or with your significant other.

---

---

### **Do you like to eat out? Consider the Rule of 219.**

This refers to how much it will cost for a couple to eat out three times a day for 20 years, spending only \$5 per meal — a whopping \$219,000! Spending only \$5 per meal is not all that lavish. Consider budgeting properly for this lifestyle if it matters to you.



## Health matters

Health care costs are a big unknown in retirement. It's wise to examine what you spend today as well as consider known health concerns that might be down the road. Outline how much you spend a month on prescription medication, supplements, and vitamins.

---

---

### **Considerations for a smart planning strategy:**

- One study<sup>3</sup> examining Medicare recipients discovered that some couples could need as much as \$383,000 for premiums, deductibles, and prescription drugs in retirement. This does not include the cost of long-term care.
- According to Peter Stahl, author of "Top of the First: The Convergence of Health Care and Financial Planning" — maximizing your Health Savings Account (HSA) now for use in retirement is a smart planning strategy, if you have an HSA. Do you have an HSA? If so, include it in your notes.





# Money matters

How do you earn your money today? Do you have any supplemental means of income like a side business?

---

---

How much money are you able to put into savings per month via 401k, IRA, CDs, or money market accounts?

---

---

How much do you have in brokerage accounts? Do you know your rate of return?

---

---

How much debt do you have? Will it be gone by the time you retire? How important is it to leave money to loved ones after you're gone?

---

---

How much of your monthly paycheck is used on basic living expenses (mortgage, utilities, insurance, internet/cell phone, etc.)?

---

---

How much of your monthly paycheck goes to your more discretionary expenses (based on your lifestyle and passions)?

---

---

Increasingly, pre-retirees are being encouraged to focus their retirement planning on monthly income, not net worth.

**Do you have ideas on how you can create monthly guaranteed income? If so, jot them down.**

---

---

---

---

---

**Now, jot down ideas on how you can create lifetime, guaranteed income.**

---

---

---

---

---

---

---

---

---







It's impossible to plan financially if you don't know what you're planning for. By examining your responses to the questions in this guide you're closer to making your retirement a reality.

## Next steps:

- Use this guide to discuss your thoughts about retirement with your family (significant other, kids, aging parents, etc.).
- Talk to friends and family who have already retired. What can you learn from their choices?
- Consider the risks that could impact what matters to you, such as inflation or outliving your money. Then, do what you can to take those risks off the table.
- Work with a trusted financial professional who has you — and only you — in mind while helping you reach your goals. Having the right advocate by your side is key to a confident future.

**For more information on retirement planning,  
speak with your financial professional.**

## Making your future a reality

We are committed to helping you with every aspect of retirement. We've made it our mission to provide customized, holistic retirement solutions, including those that promise guaranteed income. Regardless of how the stock market or economy is doing now or in the future, the goal is to make sure you're prepared and protected.



**You have the vision.  
Now, let's make it a reality.**

<sup>1</sup> <https://thetinylife.com/retiring-in-a-tiny-house/>

<sup>2</sup> <http://www.investopedia.com/retirement/best-countries-to-retire/>

<sup>3</sup> <https://www.ebri.org/content/projected-savings-medicare-beneficiaries-need-for-health-expenses-remained-high-in-2022>

This material is intended for general public use. By providing this content, The Guardian Life Insurance Company of America, The Guardian Insurance & Annuity Company, Inc. and their affiliates and subsidiaries are not undertaking to provide advice or recommendations for any specific individual or situation, or to otherwise act in a fiduciary capacity. Please contact a financial representative for guidance and information that is specific to your individual situation.

© 2024 Guardian. All rights reserved.

Guardian® is a registered trademark of The Guardian Life Insurance Company of America.



**The Guardian Life Insurance  
Company of America**  
New York, NY

**guardianlife.com**