



Retirement on the Brain

Saving Enough For Tomorrow Workbook

★ Evaluate your retirement needs ★ Estimate Social Security benefits ★ Determine how much you need to save

Standard Retirement Services, Inc.



Needs Assessment Quiz

Experts generally agree most people will need 70 – 100 percent of their pre-retirement income during their retirement. Depending on your financial goals and personal situation, you may need more.

To help determine how much income you will need, answer the questions below. Circle the answers that most closely fit your plans for retirement. If you're not sure, make your best guess.

1. Do you believe you'll have more or less debt (loans, credit cards, etc.) at retirement than now?

- | | |
|-------------------|--------|
| | Points |
| a. Less | 0 |
| b. About the same | 1 |
| c. More | 2 |

Score: _____

2. During retirement, will your mortgage or rent payment be higher or lower than it is now?

- | | |
|-------------------|--------|
| | Points |
| a. Lower | 0 |
| b. About the same | 1 |
| c. More | 2 |

Score: _____

3. During retirement, how much traveling for pleasure do you plan to do, compared to how much you do now?

- | | |
|-------------------|--------|
| | Points |
| a. Fewer | 0 |
| b. About the same | 1 |
| c. More | 2 |

Score: _____

4. During retirement, how many major purchases do you plan to make each year, compared to how many you make now?

- | | |
|-------------------|--------|
| | Points |
| a. Fewer | 0 |
| b. About the same | 1 |
| c. More | 2 |

Score: _____

5. Will your entertainment and recreation activities increase or decrease during retirement?

- | | |
|--------------------|--------|
| | Points |
| a. Decrease | 0 |
| b. Remain the same | 1 |
| c. Increase | 2 |

Score: _____

6. How will your out-of-pocket costs for medical care and insurance change when you retire?

- | | |
|--------------------|--------|
| | Points |
| a. Decrease | 0 |
| b. Remain the same | 1 |
| c. Increase | 2 |

Score: _____

Enter your total score: _____

Scoring Your Quiz

Score	Approximate Percentage of Current Income Needed
0-1	70%
2-4	80%
5-7	90%
8-10	100%
11-12	110%

How Much Should You Save?

Maybe you feel like every dollar you earn is already spoken for and you just can't afford to put anything aside. Yet, even investing a small amount of your pay can make a big difference at retirement. Use this worksheet to calculate what you may need to keep you on target to meet your goals.

Your monthly retirement goal	Example	You
a. Current monthly pay (<i>before taxes and deductions</i>)	\$4,000	_____
b. Pay increase factor (<i>enter number from table 1</i>)	x 2.09	_____
c. Monthly pay at retirement (<i>multiply line a by line b</i>)	\$8,360	_____
d. Percentage of pay needed at retirement (<i>for example, 70%, 80% or 90%</i>)	x 80%	_____
e. Monthly retirement goal (<i>multiply line c by line d</i>)	\$6,688	_____
Your retirement income sources		
f. Current value of all retirement accounts	\$75,000	_____
g. Monthly income factor (<i>enter number from table 2</i>)	x .0221	_____
h. Monthly income at retirement (<i>multiply line f by line g</i>)	\$1,658	_____
i. Monthly income from Social Security (<i>see table 3</i>)	\$3,260	_____
j. Total expected monthly income at retirement (<i>add lines h and i</i>)	\$4,918	_____
If this number is less than line e, you are short of your goal.		
Amount you need to save		
k. Subtract line j from line e	\$1,771	_____
l. Monthly savings factor (<i>enter number from table 4</i>)	x .215	_____
m. Monthly savings amount needed to meet retirement goal (<i>multiply line k by line l</i>)	\$381	_____

Table 1 — Pay Increase Factor

Your Current Age								
	25	30	35	40	45	50	55	60
	3.26	2.81	2.43	2.09	1.81	1.56	1.34	1.16

Table 2 — Monthly Income from Retirement Account

Annual Investment Return	Your Current Age							
	25	30	35	40	45	50	55	60
3%	.0136	.0117	.0101	.0087	.0075	.0065	.0056	.0048
6%	.0530	.0396	.0296	.0221	.0165	.0124	.0092	.0069
9%	.1619	.1052	.0684	.0444	.0289	.0188	.0122	.0079

Table 3 — Monthly Income from Social Security

Current Annual Pay	Your Current Age							
	25	30	35	40	45	50	55	60
\$20,000	\$2,972	\$2,525	\$2,141	\$1,812	\$1,531	\$1,292	\$1,158	\$988
\$30,000	3,748	3,190	2,709	2,295	1,940	1,637	1,468	1,254
\$40,000	4,524	3,854	3,276	2,777	2,350	1,983	1,778	1,519
\$50,000	5,300	4,519	3,843	3,260	2,758	2,329	2,089	1,784
\$60,000	6,076	5,184	4,410	3,743	3,168	2,674	2,399	2,049
\$70,000	6,853	5,841	4,943	4,177	3,526	2,973	2,664	2,273
\$80,000	7,256	6,152	5,209	4,403	3,718	3,135	2,810	2,397
\$90,000	7,620	6,464	5,475	4,630	3,910	3,297	2,955	2,521
\$100,000	7,984	6,775	5,740	4,856	4,101	3,458	3,100	2,639

Table 4 — Monthly Savings Needed to Fund Monthly Retirement Income Shortage

Annual Investment Return	Your Current Age							
	25	30	35	40	45	50	55	60
3%	.156	.207	.280	.389	.564	.872	1.517	3.516
6%	.067	.097	.142	.215	.337	.563	1.057	2.639
9%	.033	.053	.086	.143	.245	.447	.911	2.458

If line m is zero or negative, congratulations! You're on your way to being ready for retirement. If line m is positive, don't be discouraged. By joining your plan, you can start moving closer to your savings goal.

Results assume retirement at age 65, 3 percent annual pay increase and 3 percent inflation in retirement. Mortality based on 2013 Table for Distributions Subject to §417(e)(3) as published in IRS Notice 2008-85. Expected returns in retirement vary based on pre-retirement returns. For 3 percent pre-retirement returns, post-retirement returns are 3 percent. For 6 percent and 9 percent pre-retirement returns, post-retirement returns are 5 percent.

If you are a plan participant, you can access an interactive, online guided planner at www.standard.com. Be sure to have your user ID and password available.

This information is not intended to represent the return of any specific investment. There is no guarantee that these results will be achieved or sustained. Actual results will vary.

Based on 2011 calculation date and limits, 3 percent annual inflation and 3.5 percent annual wage increase. For an estimate of your Social Security benefits, you can use this table or contact the Social Security Administration at 800.772.1213 or www.ssa.gov for a Personal Earnings and Benefit Estimate Statement.



Plan sponsors and participants should carefully consider the investment objectives, risks, charges and expenses of the investment options offered under the retirement plan before investing. The prospectuses for the individual mutual funds and each available investment option in the group annuity contain this and other important information. Prospectuses may be obtained by calling 877.805.1127. Please read the prospectus carefully before investing. Investments are subject to market risk and fluctuate in value.

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