Map out your timeline to retirement

In your 20s — Establish good savings habits

- **Start saving.** Create a budget and stick with it—especially if you have college loans you're paying off.

  Need help with your budget? Numerous apps and online budgeting tools are available to make budgeting easy. Try Googling "budgeting apps" to get started, or visit Your Benefits Resources™ (YBR) at **http://digital.alight.com/newyorklife** for a basic budgeting worksheet.

- **Put the power of compounding to work for you.** Compounding growth, which is "financial speak" for when the earnings on your money earn money, and then that money earns money, and so on, can help you reach your retirement goals. The earlier you start saving in the 401(k) Savings Plan, the more you'll benefit from compounding growth.

In your 30s — Prioritize what's competing for your money

- **Give yourself peace of mind.** Whether you're saving for a down payment on a house or starting a family, there are likely more things competing for your money than when you were in your 20s. However, it's still important to save as much as you can and give yourself peace of mind by having insurance and creating an emergency fund to cover your expenses for three to six months.
- **Establish an investment strategy.** Because retirement is a long way off, you can invest more aggressively, with a greater concentration in stocks and less in bonds and other more stable assets. Check out the resources and tools available to you on Your Benefits Resources (YBR).

In your 40s — Save as much as you can

- **Save as much as you can.** It's the prime earning—and prime saving—time of your life. Before the age of 50, the IRS lets you save up to $23,000 (for 2024) annually before taxes in your 401(k) Savings Plan account. If that amount is out of reach, save as much as you can today. Then commit to increasing your contribution rate by 1% each year. By doing this, you could be saving up to 10% more by the time you reach your 50s.

In your 50s — Max out your savings

- **Make the most of catch-up contributions:** One benefit of being in your 50s is that, beginning in the year you turn age 50, the IRS lets you save more in your 401(k) Savings Plan account through a "catch-up contribution." For 2024, you can save an extra $7,500 before taxes in catch-up contributions. That means you can save up to a total of $30,500.
- **Pay attention to asset allocation.** In general, the closer you get to retirement, the more conservative your portfolio should be. But, financial experts recommend you continue to diversify, because your portfolio needs to grow to help your savings last through retirement.

In your 60s — Save as much as you can

- **Ask yourself if you're ready.** Before you decide on your retirement date, consider whether you're ready both financially and emotionally to move into this next stage of your life. Your retirement could last more than 20 years, so it's important you consider your options.
- **Review your investment portfolio as a whole.** This includes not just your benefits from New York Life, but also plans from previous employers, IRAs, real estate, investments, and personal savings.
- **Learn about Social Security and Medicare.** Determine how important these additional resources are for your retirement.

Remember, whether your retirement is far in the future or just around the corner, it's never too early to begin planning and saving. You can learn more about what you should think about based on your age using the "Tools and Calculators" available under the "Savings and Retirement" tab on Your Benefits Resources (YBR) at **http://digital.alight.com/newyorklife**.

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