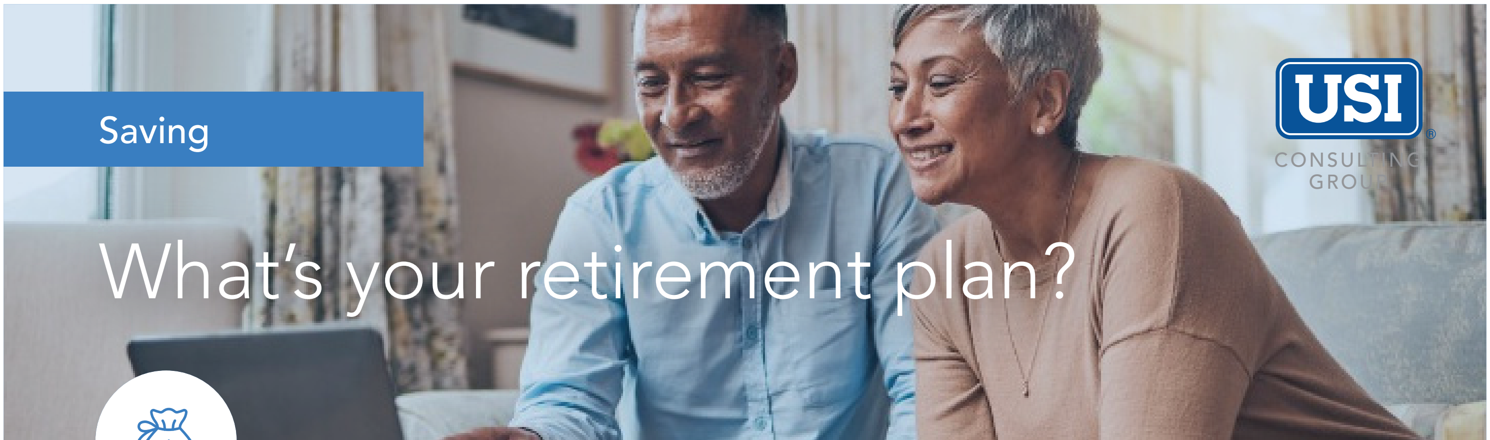

Saving

What's your retirement plan?

Between Social Security and the savings in your retirement plan, affording a comfortable retirement should be a snap. Right? Maybe . . . maybe not. You might reach retirement age only to discover that the amount you have saved isn't enough to pay for the retirement you want, even with Social Security. What do you do? Keep working or scale back on your dreams?

The good news is that you do have options. **Here are three strategies to help you work toward a financially secure retirement.**

1 Save as much as you can

The odds are good that you'll be able to save more for retirement in the future than you are saving now. After all, you'll probably get regular pay increases and pay off some of your loans. These are ideal opportunities for you to increase the amount you save for retirement. Higher contributions to your savings can make a big difference in the long run.

- Cultivate a saving mentality. As with so many things, your mindset has a lot to do with your ability to save. Focusing on your goals for a comfortable and dignified retirement can help provide the willpower you need to resist spending. Remember every dollar you don't spend is another dollar you can save
- Pump up your savings. If you want to save more, cutting expenses is typically the easiest way to find additional cash. You might be amazed by how much extra money you can come up with just by reining in your everyday spending. For example, eliminating premium cable and phone services and cutting back on the number of times you go out to dinner, or a movie can free up a surprising amount of extra cash.
- Take advantage of your employer's plan. Saving for retirement is painless and convenient when you participate in your retirement plan at work. Be sure to take full advantage of any employer matching contributions. And, if you are age 50 or older, you may be able to make "catch up" contributions and save even more will help you achieve your financial goals.

2 Contribute like clockwork

By contributing every payday, you're steadily building up your account balance. If you stop making contributions, even for a year or two, this steady growth will be interrupted. Remember, the bigger your balance, the better boost you could be getting from compounding.

Compounding occurs when the money you earn on your retirement investments is reinvested so that you're potentially earning money on your savings and your earnings.*

(Continued)

③ Invest for growth

Investment growth is another way to add to your retirement account balance. Historically, stocks have performed better than bonds and cash equivalents over the long term. Stock returns have also beaten the inflation rate. While past performance does not guarantee future returns, financial planning experts generally recommend keeping at least some of your plan assets invested in stocks because of their greater potential for growth. Of course, stocks carry more investment risk than other asset types.

> Turning your retirement dreams into a reality will take time and some effort. But it will all be worth while when you reach your goal.

If you have questions about your workplace retirement plan, please contact your Human Resources department or your retirement plan provider's customer service center.

* Compounding does not guarantee a profit or protect against loss in a declining market.

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