

Retirement Income Reality Check

List every income source, test reliability, and create a print-ready snapshot.

How to use this worksheet

- 1) Use one page for each income source (Social Security, pension, 401(k)/IRA withdrawals, rental income, work, business, etc.).
 - 2) Fill out the same questions for every source so you can compare reliability, taxes, and inflation protection.
 - 3) Be conservative with cost-of-living adjustments (COLAs). Many income streams have no COLA. Social Security has a COLA, but it is based on prior-year inflation data and does not forecast future cost increases.
 - 4) After completing your sources, use the Summary page to identify gaps and risks.
- Tip: If you need more sources than provided, print additional copies of a worksheet page.

Your Information

Name

Date

Target retirement age

Notes (optional)

Use this space for assumptions, questions, or items to discuss with your spouse/advisor.

Income Source Worksheet #1

Fill one page per income source

Income Source Identification

Income source name	Type	Who controls it?
<input type="text"/>	<input type="text"/>	<input type="text"/>

Income Details

Monthly amount (today's dollars)	Starts at age	Ends at age	Lifetime?
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>

Guaranteed or variable	Payment frequency	Notes (optional)
<input type="text"/>	<input type="text"/>	<input type="text"/>

Inflation and COLA

Has a COLA?	Expected COLA % (if any)	Planning assumption	Tip: Plan COLA conservatively.
<input type="text"/>	<input type="text"/>	<input type="text"/>	

Taxes

Taxable?	Estimated tax impact	Notes on taxes (optional)
<input type="text"/>	<input type="text"/>	<input type="text"/>

Risk Factors and Confidence

What could interrupt this income?

Backup plan if interrupted (optional)

Confidence (check one): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Income Source Worksheet #2

Fill one page per income source

Income Source Identification

Income source name	Type	Who controls it?
<input type="text"/>	<input type="text"/>	<input type="text"/>

Income Details

Monthly amount (today's dollars)	Starts at age	Ends at age	Lifetime?
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>

Guaranteed or variable	Payment frequency	Notes (optional)
<input type="text"/>	<input type="text"/>	<input type="text"/>

Inflation and COLA

Has a COLA?	Expected COLA % (if any)	Planning assumption	Tip: Plan COLA conservatively.
<input type="text"/>	<input type="text"/>	<input type="text"/>	

Taxes

Taxable?	Estimated tax impact	Notes on taxes (optional)
<input type="text"/>	<input type="text"/>	<input type="text"/>

Risk Factors and Confidence

What could interrupt this income?

Backup plan if interrupted (optional)

Confidence (check one): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Income Source Worksheet #3

Fill one page per income source

Income Source Identification

Income source name	Type	Who controls it?
<input type="text"/>	<input type="text"/>	<input type="text"/>

Income Details

Monthly amount (today's dollars)	Starts at age	Ends at age	Lifetime?
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>

Guaranteed or variable	Payment frequency	Notes (optional)
<input type="text"/>	<input type="text"/>	<input type="text"/>

Inflation and COLA

Has a COLA?	Expected COLA % (if any)	Planning assumption	Tip: Plan COLA conservatively.
<input type="text"/>	<input type="text"/>	<input type="text"/>	

Taxes

Taxable?	Estimated tax impact	Notes on taxes (optional)
<input type="text"/>	<input type="text"/>	<input type="text"/>

Risk Factors and Confidence

What could interrupt this income?

Backup plan if interrupted (optional)

Confidence (check one): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Income Source Worksheet #4

Fill one page per income source

Income Source Identification

Income source name	Type	Who controls it?
<input type="text"/>	<input type="text"/>	<input type="text"/>

Income Details

Monthly amount (today's dollars)	Starts at age	Ends at age	Lifetime?
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>

Guaranteed or variable	Payment frequency	Notes (optional)
<input type="text"/>	<input type="text"/>	<input type="text"/>

Inflation and COLA

Has a COLA?	Expected COLA % (if any)	Planning assumption	Tip: Plan COLA conservatively.
<input type="text"/>	<input type="text"/>	<input type="text"/>	

Taxes

Taxable?	Estimated tax impact	Notes on taxes (optional)
<input type="text"/>	<input type="text"/>	<input type="text"/>

Risk Factors and Confidence

What could interrupt this income?

Backup plan if interrupted (optional)

Confidence (check one): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Income Source Worksheet #5

Fill one page per income source

Income Source Identification

Income source name	Type	Who controls it?
<input type="text"/>	<input type="text"/>	<input type="text"/>

Income Details

Monthly amount (today's dollars)	Starts at age	Ends at age	Lifetime?
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>

Guaranteed or variable	Payment frequency	Notes (optional)
<input type="text"/>	<input type="text"/>	<input type="text"/>

Inflation and COLA

Has a COLA?	Expected COLA % (if any)	Planning assumption	Tip: Plan COLA conservatively.
<input type="text"/>	<input type="text"/>	<input type="text"/>	

Taxes

Taxable?	Estimated tax impact	Notes on taxes (optional)
<input type="text"/>	<input type="text"/>	<input type="text"/>

Risk Factors and Confidence

What could interrupt this income?

Backup plan if interrupted (optional)

Confidence (check one): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Summary and Reality Check

Identify gaps, risks, and next steps

Quick Summary

Use this page to synthesize what you found across your income sources.

Totals (approximate)

Total reliable monthly income (guaranteed/steady)

Gap (income - expenses)

Total variable monthly income (market/work/tenants)

Largest risk you discovered

Estimated monthly expenses

Next steps (top 3)

Bring to a spouse or advisor

Use this space for questions and decisions you want to make after completing the worksheet.