

Top 3 Retirement Mistakes — and How to Avoid Them



By Insureous Health Solutions

Retirement should be a time of freedom and fulfillment—not stress and regret. But many people make simple planning mistakes that can have serious consequences later. The good news? These mistakes are **entirely avoidable** with a little awareness and the right guidance.

Here are the top three retirement missteps—and how you can steer clear of them.

1. Waiting Too Long to Start Planning

One of the most common mistakes is delaying retirement planning until it's almost too late. The earlier you start, the more time your money has to grow—and the more options you'll have later.

Even if you're in your 40s, 50s, or beyond, it's never too late to take smart steps. But starting early allows you to:

- Maximize compounding growth
- Take advantage of tax-efficient strategies
- Plan income around your lifestyle goals

Pro Tip: Don't wait until you're "ready to retire" to think about retirement. Start building the plan now.

2. Relying Too Much on Taxable or Market-Based Accounts

Many people have most of their retirement savings tied up in 401(k)s or IRAs. While these accounts offer tax-deferred growth, every withdrawal is **taxable**, and you're exposed to market volatility.

What's the risk?

- If the market drops just before or during retirement, you could lose a significant portion of your income.
- Rising tax rates could reduce the value of your withdrawals.

A Better Approach:

Incorporate **tax-free income strategies**, such as Indexed Universal Life (IUL), Roth IRAs, or specially designed annuities, to balance your portfolio and protect against taxes and downturns.

3. Not Having an Income Plan

Saving for retirement is important—but **knowing how to use those savings** is just as critical. Without a withdrawal strategy, you risk running out of money too soon or living too frugally out of fear.

Smart retirement income planning includes:

- Knowing how much you can safely withdraw each year
- Coordinating income sources (Social Security, annuities, IRAs, etc.)
- Structuring distributions to minimize taxes
- Planning for long life expectancy and healthcare costs

Pro Tip: Work with an advisor to build a "retirement paycheck" that aligns with your lifestyle and lasts as long as you do.

Let's Get You on Track

Avoiding these common mistakes can save you money, reduce stress, and give you more freedom to enjoy your retirement. If you're ready to review your current plan—or start building one—we're here to help.

 **Schedule a Free Retirement Review with Insureous Today**