



# DENTAL & MEDICAL

## FINANCIAL SERVICES

## Planning to retire sooner rather than later?

Beginning your planning early significantly influences your retirement choices

For many, the idea of retiring early is an appealing prospect: more freedom, less routine, and more time to focus on what matters most. The allure isn't just about leaving work; it's about gaining control over your days, pursuing personal goals, and creating space for health, family, and experiences. However, stepping away from work sooner than planned requires careful preparation and a clear understanding of the trade-offs.

As people live longer and traditional final salary pensions become increasingly rare, achieving early retirement depends on building a strong financial foundation. That involves boosting savings, investing with a long-term perspective, and planning for healthcare, inflation, and potential market fluctuations. With a well-thought-out plan and regular reviews to stay on track, early retirement can shift from a distant dream to a reachable goal.

### DEFINING A COMFORTABLE RETIREMENT

Before working out how much money you might need, it helps to define what a comfortable retirement looks like for you. Some people imagine travelling or pursuing hobbies, while others just want enough stability to keep their current lifestyle. The income needed for these goals varies a lot from person to person.

In the UK, the full new State Pension offers a basic income to those with sufficient qualifying National Insurance contributions. For most individuals, this is only a part of their retirement income. Clarifying your retirement goals helps determine how much extra savings you need to build up before leaving work.

### STARTING YOUR PLAN EARLY

Time is one of the most influential factors in building a pension. The sooner contributions start, the longer savings can benefit from compound growth. Even small, regular contributions in your 20s or 30s can grow substantially over time, offering greater flexibility in later life.

In reality, life commitments such as mortgages, childcare costs, or education fees often delay pension contributions. However, reviewing your finances as your income increases can help you benefit from higher earning years and make up any shortfall as you approach retirement.

### UNDERSTANDING YOUR FUTURE INCOME SOURCES

Retirement income usually comes from a mix of the State Pension, workplace pensions, and private savings. Many also utilise Individual Savings Accounts (ISAs), investments, or property income to top up these sources. Having diverse income streams provides flexibility in how funds are withdrawn and helps manage taxes and lifestyle needs over time.

While pensions grow in a tax-efficient manner, withdrawals are usually taxed as income. In contrast, proceeds from ISAs can be withdrawn tax-free. Understanding how these sources work together helps you organise your finances in a way that supports your objectives.

### BALANCING PLANNING WITH REALISM

Planning for early retirement often involves balancing ambition with practicality. It is important to consider how long your savings may need to last, especially as life expectancy continues to rise in the UK. Retiring at 55 could mean funding up to 30 years of living costs.

Even with careful saving, unforeseen events such as market fluctuations or personal circumstances can greatly affect outcomes. Monitoring your progress and staying updated on pension rules can help you adapt to changing conditions. ■

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### THINKING ABOUT RETIRING EARLY?

Achieving financial independence before State Pension age requires time and discipline. Knowing what income you will depend on and how long it needs to last can help set realistic goals for the future. To find out more or to discuss your situation, please contact us.