

Money In Minutes

Retirement Calculator – Your Exact Number at Every Age

Stop guessing. Here's exactly how much you need, and how to get there.

The 25x Rule – Your Retirement Number

Annual Expenses x 25 = Your Retirement Number

Based on the 4% Safe Withdrawal Rate (Trinity Study) – you can withdraw 4% per year and your money lasts 30+ years

How it works: If you spend \$50,000/year, you need \$1,250,000 invested. Each year, you withdraw 4% (\$50,000) to live on, while the remaining balance continues to grow. Historically, this approach has a 95%+ success rate over 30-year periods.

Annual Expenses	Monthly Expenses	Retirement Number (25x)	Monthly Withdrawal (4%)
\$40,000	\$3,333	\$1,000,000	\$3,333
\$50,000	\$4,167	\$1,250,000	\$4,167
\$60,000	\$5,000	\$1,500,000	\$5,000
\$75,000	\$6,250	\$1,875,000	\$6,250
\$100,000	\$8,333	\$2,500,000	\$8,333

Your number is based on *expenses*, not income. Lower your expenses by \$10,000/year and your retirement number drops by \$250,000. That's years of extra work you skip.

Age Milestone Targets

Fidelity's guideline: save multiples of your annual salary by each age. If you earn \$60,000/year:

Age	Multiple of Salary	Target (\$60K Salary)	Target (\$80K Salary)	Target (\$100K Salary)
30	1x salary	\$60,000	\$80,000	\$100,000
35	2x salary	\$120,000	\$160,000	\$200,000

40	3x salary	\$180,000	\$240,000	\$300,000
45	4x salary	\$240,000	\$320,000	\$400,000
50	6x salary	\$360,000	\$480,000	\$600,000
55	7x salary	\$420,000	\$560,000	\$700,000
60	8x salary	\$480,000	\$640,000	\$800,000
67	10x salary	\$600,000	\$800,000	\$1,000,000

These are guidelines, not rules. Social Security, pensions, and part-time work can reduce the amount you need. But planning for more is always better than planning for less.

Monthly Investment Needed to Reach Your Goal

Assuming 10% average annual return (S&P 500 historical average), here's what you need to invest monthly to hit \$1M or \$2M by age 65:

Starting Age	Years to 65	Monthly for \$1M	Monthly for \$2M
25	40 years	\$158/mo	\$316/mo
30	35 years	\$263/mo	\$526/mo
35	30 years	\$442/mo	\$884/mo
40	25 years	\$754/mo	\$1,508/mo
45	20 years	\$1,317/mo	\$2,634/mo
50	15 years	\$2,413/mo	\$4,826/mo

Starting at 25, you need just \$158/month to become a millionaire. Wait until 40, and it's \$754/month — nearly 5x more. Time is your most valuable asset.

I'm Behind — Now What?

Don't panic. You have 3 powerful levers to pull, and using even one can dramatically close the gap.

1 Increase Your Income **BIGGEST IMPACT**

- **Ask for a raise:** The average raise for those who ask is 7-10%. On a \$60K salary, that's \$4,200-\$6,000/year extra to invest

- **Switch jobs:** Job hoppers earn 15-25% more than those who stay. Average tenure before switching: 2-3 years
- **Start a side hustle:** Even \$500/month extra invested = \$1.13M in 30 years at 10% return
- **Upskill:** A certification or degree can increase earning power by \$10K-\$30K/year

2 Cut Your Expenses (Lower Your Number) **FASTEST FIX**

- **Reduce expenses by \$10K/year** and your retirement number drops by \$250,000
- **Top cuts:** Downsize housing (\$300-\$800/mo), cook at home (\$200-\$400/mo), cut subscriptions (\$50-\$200/mo)
- **Move to a lower-cost state:** Living in Texas vs. California can save \$15K-\$25K/year on same lifestyle
- **One big expense eliminated** can be worth more than 50 small cuts

3 Use Tax-Advantaged Accounts Aggressively **TAX SAVINGS**

- **Max your 401(k):** \$23,500/year (2025/2026). Tax deduction saves 22-32% immediately
- **Max your Roth IRA:** \$7,000/year. Grows tax-free, withdraw tax-free in retirement
- **HSA (if eligible):** \$4,300/individual, \$8,550/family. Triple tax advantage — deductible, grows tax-free, withdrawals tax-free for medical
- **Catch-up contributions (50+):** Extra \$7,500/year in 401(k), extra \$1,000/year in IRA

Catch-Up Contribution Limits (2025/2026)

Account	Under 50	Age 50+	Total (50+)
401(k) / 403(b)	\$23,500	+\$7,500 catch-up	\$31,000
Traditional / Roth IRA	\$7,000	+\$1,000 catch-up	\$8,000
HSA (Individual)	\$4,300	+\$1,000 catch-up	\$5,300
HSA (Family)	\$8,550	+\$1,000 catch-up	\$9,550

Maximum tax-advantaged savings (50+): \$31,000 (401k) + \$8,000 (IRA) + \$5,300 (HSA) = **\$44,300/year** sheltered from taxes. If your employer matches 4% of a \$100K salary, that's another \$4,000 — bringing total tax-advantaged investing to **\$48,300/year**.

Your Action Plan

- Calculate your annual expenses: \$_____/year
- Multiply by 25 — that's your retirement number: \$_____
- Check your current savings/investments: \$_____
- Find your gap: Retirement Number minus Current Savings = \$_____
- Look up the monthly investment table above — what do you need to invest per month?
- Are you getting your full employer 401(k) match? If not, increase today
- Do you have a Roth IRA? If not, open one (Fidelity, Schwab, or Vanguard — 15 min)
- Set up auto-invest for at least 15-20% of your income
- Pick one lever to pull this month: earn more, spend less, or maximize tax-advantaged accounts

It's not about being perfect. It's about starting now and staying consistent. Even if you're behind, every dollar invested today is worth 10x more than a dollar invested 20 years from now.

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