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Online Calculator Guides · Book 4

Retirement Planning Guide

Estimate what you'll need, see what SSS gives, and close the gap step by step — with simple calculators

Total beginner · ages 13 and up | About 80 minutes | 10 chapters with quizzes | Free

Your future self is counting on you. Let's make a simple plan, one small step at a time!



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Retirement Planning Guide

Estimate what you'll need, see what SSS gives, and close the gap step by step — with simple calculators
Online Calculator Guides, Book 4 · First edition, November 2026

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Published by ToolsKo Learn · toolsko.com/learn · admin@toolsko.com. Product facts checked November 22, 2026.

What you will learn

- Why retirement planning matters, even when you are young
- How to estimate what you'll need, with rising prices
- How the SSS pension formula works — and what GSIS and employers give
- How to find your gap and the monthly saving that closes it
- Where to grow retirement money: MP2, Pension Booster, PERA and more
- How to protect your plan from scams and big mistakes

This is **Book 4**, the last book of the **Online Calculator Guides** series. Books 1–3 showed you how to read loan, mortgage and BMI numbers. This book uses the same "check the numbers first" habit for one of life's biggest goals: a calm retirement.

Our honest promise

Nobody can promise you a rich retirement. This book teaches you to estimate, plan and start small. It is general information, not financial advice, and it does not recommend any product. Rules and rates change, so check with SSS, GSIS, Pag-IBIG or your employer. All names and amounts are made up.

Age note

This series is for ages 13 and up. Teens can learn now, help parents or grandparents check their SSS records, and build a saving habit. Most accounts and investments are for adults 18 and over.

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What you need

Item	Why
Your monthly spending (or your family's)	To guess what retirement will cost
Your SSS or GSIS number (or a parent's)	To check contributions online
A phone, notebook or spreadsheet	To write your numbers and plan
About 20 minutes a day for 2 weeks	To estimate, compare and take one first step

How to use this book

1. **Use your own numbers**
   Each lesson has a short calculation. Try it with real numbers.

2. **Use the free calculators**
   The ToolsKo calculators do the hard math for you.

3. **Check your learning**
   Every chapter ends with takeaways, 3 quiz questions with answers and a practice task.

RETIREMENT PLANNING IN ONE LINE

```
What I'll need − what SSS gives = my gap → save a little every month → check once a year
```

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THE END Quick Summary

WHAT'S NEXT Your Next Learning Path

EXTRA Free ToolsKo Tools for This Book

EXTRA Words to Know (Glossary)

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CHAPTER 1

Why Retirement Planning Matters

One day you will stop working. Planning now helps that day feel like a rest, not a worry.

Think of a long jeepney ride. If you know where you are going and you bring enough fare, the trip is calm. If you don't, you worry the whole way. Retirement is a very long ride — often 15 to 25 years — and planning is how you bring enough fare.

New word: retirement

Retirement is the time when you stop working for a salary, usually around age 60 to 65. It's like the summer break after a long school year — but it can last many years, so you need money for food, bills and medicine the whole time.

New word: inflation

Inflation means prices go up over time. In October 2026, prices in the Philippines were **7.8%** higher than a year before. If prices rise about 4% a year, something that costs ₱18,000 today will cost about **₱58,381** in 30 years.

People are also living longer. Filipinos live to about **72** years on average — about **78** for women and **71** for men. Many live into their 80s. So a person who retires at 60 may need money for 20 years or more.

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Retirement myths

PICTURE 1 **Retirement myths vs truths**

MYTH

What people think

- "SSS alone will be enough."
- "I'm too young to think about it."
- "My kids will support me."
- "I need a big salary to start."

TRUTH

What's really true

- SSS helps, but often covers only part
- Starting young makes it much easier
- Your kids will have their own bills
- You can start with ₱500 a month

Knowing the truth early gives you more time — and time is your best helper.

The big idea of this book

Your future self is counting on you. Start early, start small, and check your numbers once a year. Small steps today become a calm tomorrow.

A real-world example

Mang Ben retired at 60. His SSS pension is about **₱8,800** a month, but his family spends about **₱13,500** a month. He never planned for the **₱4,700** difference, so his children now help pay the bills. If he had saved a small amount every month starting at 30, he could have covered most of that gap himself.

QUICK RECAP

Retirement is the time you stop working for a salary, usually around 60 to 65, and it can last 20 years or more. Inflation makes prices rise, so you'll need more pesos later. SSS helps but often covers only part. Big idea: your future self is counting on you — start early, start small, and check once a year.

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TRY IT NOW

Meet your future self

1. Write your age today and the age you hope to retire.
2. Subtract to find how many years you have to prepare.
3. Write one thing you want to enjoy in retirement.

Key takeaways

- Retirement can last 20 years or more.
- Prices keep rising, so plan for more pesos.
- SSS helps, but often covers only part.
- Big idea: start early, start small.

Quiz: 3 quick questions

1. What is retirement?

A The time you stop working for a salary
B A kind of loan
C A yearly bonus

2. About how long do Filipino women live on average?

A About 78 years
B About 50 years
C About 100 years

3. Which is true?

A You can start planning with small amounts
B You need a big salary to start
C Only old people need a plan

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Answers

1. **A. The time you stop working for a salary** — It usually starts around age 60 to 65.
2. **A. About 78 years** — Women live to about 78 and men to about 71, so retirement can be long.
3. **A. You can start planning with small amounts** — Starting small and early is the easiest way.

PRACTICE TASK

Your “why plan” sentence

Write one sentence: “I want to plan for retirement so that when I’m ___, I can ___.” Keep it where you’ll see it. A clear reason makes saving easier.

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CHAPTER 2

Beginner Basics: Retirement Words

A few new words make every retirement calculator easy to read.

Words you will use

Word	What it means	Example
Pension	Money paid to you every month after you retire	SSS pays ₱8,800 a month
Contribution	Money you (and your employer) pay into SSS or GSIS	₱750 from you + ₱1,500 from your employer
Monthly salary credit (MSC)	The salary amount SSS uses to count your contribution	Earn ₱15,000 → MSC about ₱15,000
Credited years of service	How many years of contributions you have	300 monthly contributions = 25 years
Lump sum	All the money paid at once	Fewer than 120 contributions → one payout
Nest egg	The savings you build for retirement	₱1,128,000 by age 60
Gap	What you'll need minus what your pension gives	₱13,500 − ₱8,800 = ₱4,700
Time horizon	Years until you retire	Age 30 → 30 years to age 60

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New word: pension

A **pension** is money you receive every month after you retire, because you paid into a system while working. It's like a mango tree you watered for years: when you're older, it gives you fruit every season.

Retirement money comes from three places

PICTURE 2 **Three sources of retirement money**



Most people need all three. Your own savings fill the gap the other two leave.

New word: compounding

Compounding means your savings earn money, and then that money earns money too. It's like a snowball rolling downhill: the longer it rolls, the bigger it gets. Saving ₱1,000 a month for 30 years is ₱360,000 — but at about 6% a year it can grow to about **₱1,004,515**. (An example, not a promise.)

The Rule of 72

Divide 72 by a yearly rate to guess how many years it takes to double. If prices rise 4% a year, they double in about **18 years** (72 ÷ 4 = 18).

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QUICK RECAP

A pension is money paid every month after you retire. Contributions are what you and your employer pay into SSS or GSIS. The monthly salary credit is the salary SSS counts. A lump sum is paid all at once. Your nest egg is your own retirement savings, and the gap is what you'll need minus your pension. Retirement money comes from three places: SSS or GSIS, your employer, and your own savings. Compounding makes savings grow faster over time.

TRY IT NOW

Find your three sources

1. Write if you (or a parent) pay into SSS or GSIS.
2. Write if your employer has a retirement plan.
3. Write any savings you already have for later in life.

Key takeaways

- A pension pays you every month.
- Three sources: SSS/GSIS, employer, savings.
- Gap = need − pension.
- Compounding rewards time.

Quiz: 3 quick questions

1. What is a lump sum?

A All the money paid at once
B A monthly payment
C A kind of tax

2. You'll need ₱13,500 a month and SSS gives ₱8,800. What is your gap?

A ₱4,700
B ₱22,300
C ₱8,800

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3. At 4% a year, about how long until prices double?

A About 18 years

B About 4 years

C About 72 years

Answers

1. **A. All the money paid at once** — A lump sum is one big payout instead of monthly payments.
2. **A. ₱4,700** — ₱13,500 − ₱8,800 = ₱4,700.
3. **A. About 18 years** — 72 ÷ 4 = 18.

PRACTICE TASK

Watch compounding work

Open the ToolsKo Compound Interest Calculator. Put ₱1,000 a month for 30 years at 0%, 3% and 6%. Write the three totals. Notice how much bigger the 6% total is.

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CHAPTER 3 · LESSON 1

Estimate What You'll Need

You don't need a perfect number. A good guess, checked every year, is enough to start.

The A-L-A-G-A recipe

PICTURE 3 **A-L-A-G-A: the retirement planning recipe**

A

Add up what you'll need

75% of ₱18,000 = ₱13,500 a month.

L

Look at what SSS (or GSIS) will give

SSS estimate: ₱8,800 a month.

A

Account for the gap

₱13,500 − ₱8,800 = ₱4,700 a month.

G

Grow your savings regularly

Save ₱2,000 every month in MP2 or a fund.

A

Adjust once a year

Every January, update your numbers.

↓

PUT TOGETHER:

Know your need, check your pension, find the gap, save regularly, review yearly.

Named after "alaga" — care. Planning for retirement is how you take care of your future self.

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Step 1: Start with what you spend now

Many planners guess that retirees need about **70% to 80%** of what they spend now. Some costs go down (no daily fare to work, no school fees for kids). Some go up (medicine and check-ups). If your family spends ₱18,000 a month, 75% is **₱13,500** a month.

If you spend now	70%	75%	80%
₱18,000 a month	₱12,600	₱13,500	₱14,400

A rough guide. Your real needs depend on your health, home and family.

Step 2: Think about rising prices

PICTURE 4 **From today's spending to your retirement need**



Plan in today's pesos to keep the math simple, and update the plan every year as prices change.

Use today's pesos

It's easier to plan in **today's pesos**: "I'll need what ₱13,500 buys today." Then aim for savings that grow at least as fast as prices. The Inflation Calculator shows how many future pesos that will be.

Step 3: Guess how many years

If you retire at 60 and plan to age 80, that's **20 years**. To be safe, some people plan to age 85 (25 years). Longer is safer than shorter.

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QUICK RECAP

Start with what you spend now. Retirees often need about 70% to 80% of that — ₱13,500 a month if you spend ₱18,000. Prices rise, so plan in today's pesos and review every year. Plan for at least 20 years of retirement. A-L-A-G-A: Add up what you'll need, Look at your pension, Account for the gap, Grow savings regularly, Adjust once a year.

TRY IT NOW

Your first estimate

1. Write your family's monthly spending.
2. Multiply by 0.75 to get your retirement need.
3. Write how many years you'll plan for (at least 20).

Key takeaways

- Start with what you spend now.
- Use about 70%–80% as a first guess.
- Plan in today's pesos; review yearly.
- Plan for 20 years or more.

Quiz: 3 quick questions

1. You spend ₱18,000 a month. What is 75% of that?

A ₱13,500
B ₱18,000
C ₱4,500

2. What does the G in A-L-A-G-A stand for?

A Grow your savings regularly
B Guess and forget
C Get a loan

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3. Why plan for 20 years or more of retirement?

A Many people live into their 80s

B SSS requires it

C It makes the math shorter

Answers

1. **A. ₱13,500** — ₱18,000 × 0.75 = ₱13,500.
2. **A. Grow your savings regularly** — Small, regular saving closes the gap.
3. **A. Many people live into their 80s** — Planning too short can leave you without money later.

PRACTICE TASK

Your need card

Write a need card: "I spend ₱___ now. In retirement I may need about ₱___ a month (today's pesos) for ___ years." Then use the ToolsKo Inflation Calculator to see what that amount may cost when you retire.

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CHAPTER 4 · LESSON 2

What SSS, GSIS and Your Employer Give

Your pension is the base of your plan. Learn how it's computed so you can estimate yours.

Who can get an SSS retirement pension

- At least **120 monthly contributions** (10 years) before you retire.
- Age **60** and no longer working (optional retirement), or age **65** even if still working.
- Fewer than 120 contributions? You get a **lump sum** (your contributions plus interest) instead — or keep paying as a voluntary member until you reach 120.

How SSS computes your pension

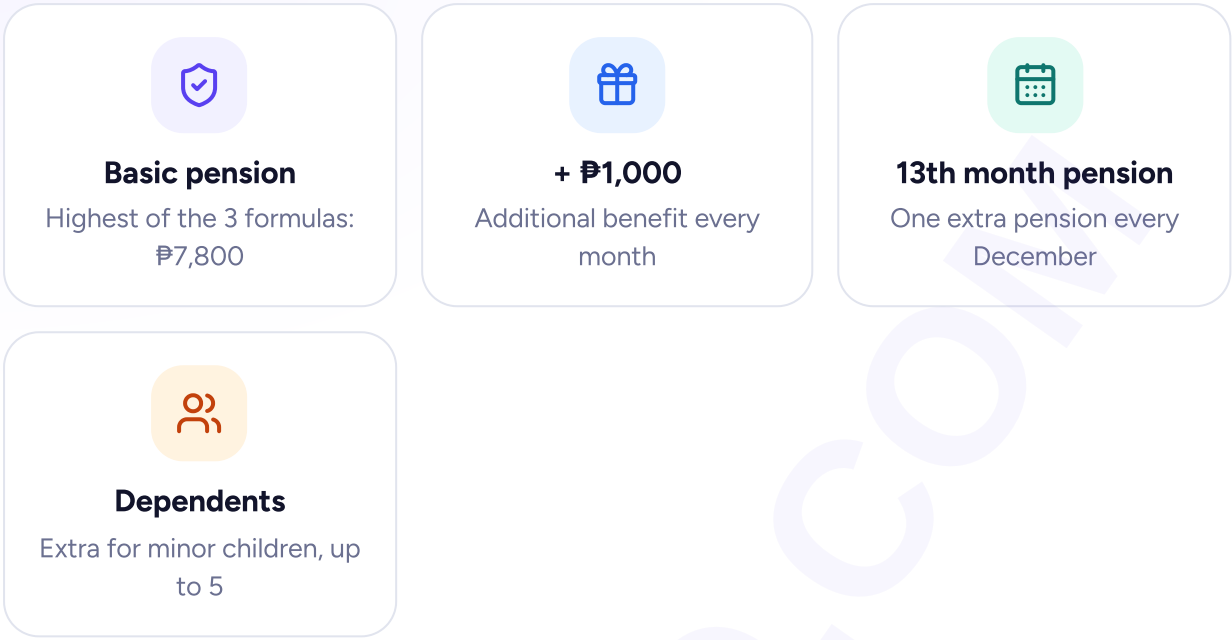
SSS looks at your **average monthly salary credit (AMSC)** and your **credited years**. Your basic pension is the **highest** of these three:

Formula	Example: AMSC ₱15,000, 25 years
₱300 + 20% of AMSC + 2% of AMSC for each year beyond 10	₱300 + ₱3,000 + ₱4,500 = **₱7,800**
40% of AMSC	₱6,000
Minimum: ₱1,200 (10+ years) or ₱2,400 (20+ years)	₱2,400

For the formula, the salary credit counts up to ₱20,000. The highest here is ₱7,800.

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PICTURE 5 **What an SSS pension includes**



Basic pension + ₱1,000 = ₱8,800 a month in this example, plus a 13th month pension in December: about ₱114,400 a year.

Pension increases

Under the SSS **Pension Reform Program**, retirement pensions rose **10%** in 2025 and another **10%** in 2026 (moved up to June), with one more round planned for **September 2027**. The calculator estimate does not include these, so your real pension may be a bit higher.

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Other retirement money

Source	Who	What you get (checked Nov 22, 2026)
GSIS	Government workers	Age 60 with at least 15 years of service. Choose a 5-year lump sum then a lifetime pension, or 18 months cash plus a lifetime pension right away
Retirement pay (RA 7641)	Private employees with at least 5 years at one employer	At least **22.5 days of pay for each year of service**, at age 60 (optional) to 65. Small shops with 10 or fewer workers are not covered
Social pension (DSWD)	Poor seniors 60+ with no pension or regular support	₱1,000 a month, paid every 3 months

Example of retirement pay: Lorna earns ₱700 a day and worked 20 years for one company. 22.5 days × ₱700 × 20 years = **₱315,000**, paid once when she retires.

Check your records every year

Log in to My.SSS (or the GSIS app) to check that every month is posted. Missing months mean a smaller pension. Fix gaps early.

QUICK RECAP

SSS pays a lifetime pension with at least 120 contributions, at 60 (not working) or 65. The basic pension is the highest of three formulas, then SSS adds ₱1,000 a month and a 13th month pension. Example: AMSC ₱15,000, 25 years → ₱7,800 + ₱1,000 = ₱8,800 a month. Pensions rose 10% in 2025 and 2026, with one more round planned in 2027. GSIS covers government workers; RA 7641 gives private employees at least 22.5 days of pay per year of service. Check your records every year.

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TRY IT NOW

Estimate a pension

1. Open the ToolsKo SSS Retirement Pension Calculator.
2. Type an average salary and number of contributions (yours or a parent's).
3. Write the estimated monthly pension and which formula won.

Key takeaways

- 120 contributions for a lifetime pension.
- Highest of three formulas, plus ₱1,000.
- 13th month pension every December.
- Check your records every year.

Quiz: 3 quick questions

1. How many monthly contributions do you need for an SSS lifetime pension?

A At least 120
B At least 12
C At least 1,000

2. What does SSS add to every retirement pension?

A ₱1,000 a month and a 13th month pension
B Free rice
C Nothing

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3. Lorna earns ₱700 a day and worked 20 years. What is her retirement pay under RA 7641?

A ₱315,000

B ₱14,000

C ₱700,000

Answers

1. **A. At least 120** — 120 months = 10 years of contributions.
2. **A. ₱1,000 a month and a 13th month pension** — The ₱1,000 additional benefit and the December 13th month pension.
3. **A. ₱315,000** — 22.5 × ₱700 × 20 = ₱315,000.

PRACTICE TASK

Check the records

With a parent or on your own, log in to My.SSS or the GSIS app. Count the posted contributions and look for missing months. Write the total and one thing to fix.

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CHAPTER 5 · LESSON 3

Find Your Gap and Your Monthly Saving

The gap is the part your pension won't cover. Once you know it, you can plan a monthly saving that closes it.

Three simple steps

PICTURE 6 **From gap to monthly saving**



Find the monthly gap, multiply to get your nest egg, then let a calculator find the monthly saving.

New word: nest egg

A **nest egg** is the pile of savings you build for retirement. It's like a bird filling its nest before winter: little by little, so there's enough when it can't go out to find food.

Step 1 and 2: the gap and the nest egg

Mang Ben's numbers: he needs ₱13,500 a month, SSS gives ₱8,800, so his gap is **₱4,700** a month. For 20 years: ₱4,700 × 12 × 20 = **₱1,128,000**. For 25 years it would be ₱1,410,000. This simple way assumes his savings grow about as fast as prices during retirement.

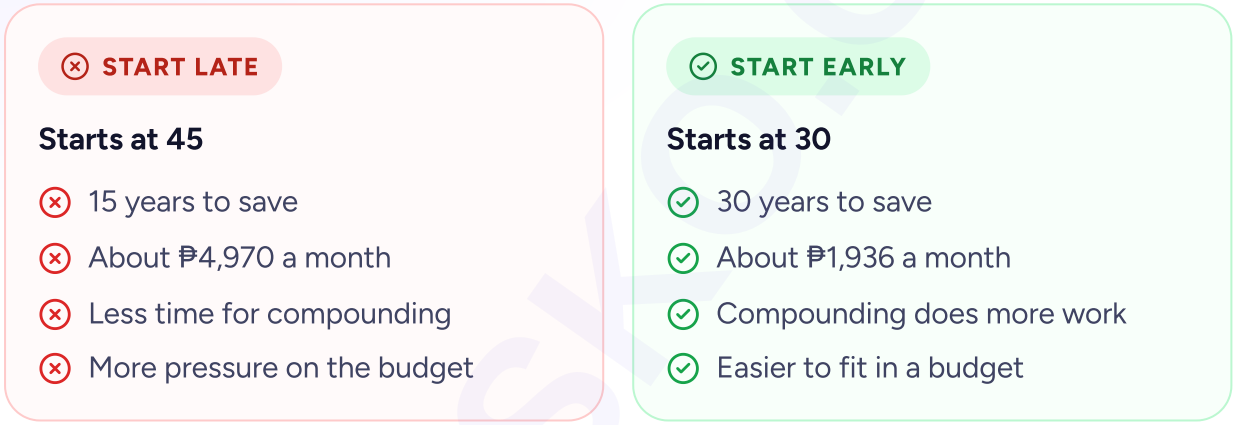
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Step 3: the monthly saving

Start saving at	Years to 60	If savings only keep up with prices	If savings grow 3% a year faster than prices
Age 30	30	About ₱3,133 a month	About ₱1,936 a month
Age 45	15	About ₱6,267 a month	About ₱4,970 a month

For a ₱1,128,000 nest egg in today's pesos. Rounded examples, not promises.

PICTURE 7 **Starting early vs starting late**



Same goal, very different monthly amounts. Starting early makes the climb gentle.

Let the calculator do the math

Type your nest egg into the ToolsKo Savings Goal Calculator with your years and a rate. It shows the monthly saving. Try a few rates to see a range, not one exact number.

Any amount is a start

If the monthly saving looks too big, start with what you can — even ₱500 — and raise it every time your pay goes up.

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QUICK RECAP

Gap = what you'll need − your pension (₱13,500 − ₱8,800 = ₱4,700 a month). Nest egg = gap × 12 × years (₱1,128,000 for 20 years). Starting at 30, that's about ₱1,936 a month if savings grow 3% a year faster than prices; starting at 45, about ₱4,970. Start early, start with any amount, and raise it when your pay goes up.

TRY IT NOW

Find your own gap

1. Write your retirement need from Chapter 3.
2. Write your pension estimate from Chapter 4.
3. Subtract, then multiply by 12 and by your number of years.

Key takeaways

- Gap = need − pension.
- Nest egg = gap × 12 × years.
- Starting early cuts the monthly saving.
- Start with any amount and raise it.

Quiz: 3 quick questions

1. A ₱4,700 monthly gap for 20 years needs about how big a nest egg?

A ₱1,128,000
B ₱94,000
C ₱4,700

2. Who saves less each month for the same goal?

A The person who starts at 30
B The person who starts at 45
C They save the same

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3. The monthly saving looks too big. What should you do?

A Start with what you can and raise it later

B Give up

C Borrow money to save

Answers

1. **A. ₱1,128,000** — ₱4,700 × 12 × 20 = ₱1,128,000.
2. **A. The person who starts at 30** — More years means smaller monthly amounts and more compounding.
3. **A. Start with what you can and raise it later** — A small start beats no start.

PRACTICE TASK

Your monthly saving

Use the ToolsKo Savings Goal Calculator with your nest egg and years. Try two rates (for example 3% and 5%). Write both monthly amounts and the one you can start with this month.

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CHAPTER 6 · LESSON 4

Where to Grow Your Retirement Money

Retirement money is long-term money. Choose simple, official places that you understand.

Simple places to start

PICTURE 8 **Four places to grow retirement money**



Start with simple, official options. Learn more before moving to funds and stocks.

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Option	Start with	Good to know (checked Nov 22, 2026)
Pag-IBIG MP2	₱500 per payment	For Pag-IBIG members; 5-year term you can renew; dividends tax-free; the 2025 dividend was **7.12%**; government-guaranteed
MySSS Pension Booster (voluntary)	₱500 per payment	Formerly WISP Plus; open to all SSS members; enroll in My.SSS; best kept 5 years or more
MySSS Pension Booster (mandatory)	Automatic	If your salary credit is above ₱20,000, the contribution on the part above ₱20,000 goes here and is paid at retirement
PERA	Depends on provider	Up to ₱200,000 a year (₱400,000 for overseas Filipinos); 5% tax credit; meant for retirement, so early withdrawal has penalties
Retail Treasury Bonds, bond or index funds	₱1,000 to ₱5,000	For adults who have read Investing Basics; values can go up and down

Past rates do not promise future rates. Check each provider's official site.

New word: voluntary

Voluntary means you choose to do it; nobody forces you. A voluntary contribution is like adding extra rice to your own lunchbox: you decide how much and when.

A simple order to follow

1 **Keep your SSS or GSIS paid**

Self-employed, OFW and voluntary members pay their own (15% of the salary credit). Don't let months go missing.

2 **Build your emergency fund**

So a surprise doesn't make you touch retirement money.

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3 **Start one simple long-term saving**

For example MP2 or the voluntary Pension Booster, every payday.

4 **Add more as you learn**

PERA, bonds or funds — only after reading the Personal Finance series.

Make it automatic

Set an auto-debit or a payday reminder. Money that moves on its own day is money you don't forget to save.

QUICK RECAP

Retirement money is long-term money. Simple, official places: Pag-IBIG MP2 (₱500, 5 years, tax-free dividends, 7.12% for 2025), the voluntary MySSS Pension Booster (from ₱500), the mandatory Pension Booster for salary credits above ₱20,000, and PERA (up to ₱200,000 a year, 5% tax credit). Bonds and funds come after you learn more. Keep SSS paid, build an emergency fund first, start one simple saving, and make it automatic.

TRY IT NOW

Compare two options

1. Write the minimum and term of MP2 and the voluntary Pension Booster.
2. Decide which fits you better (or which a parent could use).
3. Find the official website or app to sign up.

Key takeaways

- Retirement money is long-term money.
- MP2 and Pension Booster start at ₱500.
- PERA gives a 5% tax credit.
- Make saving automatic.

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Quiz: 3 quick questions

1. What is the minimum MP2 payment?

A ₱500
B ₱50,000
C ₱5

2. Who can join the voluntary MySSS Pension Booster?

A All SSS members
B Only people over 80
C Only government workers

3. What should come before long-term retirement saving?

A An emergency fund
B A new phone
C A loan

Answers

1. **A. ₱500** — MP2 starts at ₱500 per payment.
2. **A. All SSS members** — It is open to all SSS members, from ₱500.
3. **A. An emergency fund** — It protects your retirement money from surprises.

PRACTICE TASK

Pick your first saving

Choose one simple long-term option. Write how much you'll save, which payday, and the official place to sign up. If you're under 18, write a plan for a parent and share it with them.

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CHAPTER 7 · LESSON 5

Protect Your Plan

A good plan can be broken by one bad decision. Learn the traps so your retirement money stays safe.

Common traps for retirement money

- **Lending your lump sum** to friends or relatives who can't pay it back.
- **"Double your money" offers** that target new retirees with big payouts.
- **Spending the lump sum fast** on a big party, a car or a house repair you didn't plan.
- **Skipping health check-ups**, so a small problem becomes a big bill later.
- **Stopping SSS payments** when you change jobs or work abroad.

New word: scam

A **scam** is a trick to take your money. Retirement scams often say "guaranteed high returns" or "only today." It's like a stranger offering to carry your bag — and walking away with it.

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PICTURE 9 **Retirement money traffic light**



Safe to do

Keep SSS or GSIS paid, check your records yearly, save every payday in official options like MP2 or the Pension Booster, and keep an emergency fund.

Think first

Lending money to family, using the lump sum for a business, buying insurance with an investment part, or moving money into funds — get the facts and talk with family first.

Stop

Guaranteed high returns, "recruit and earn," pressure to decide today, paying a person's e-wallet, and borrowing money to invest.

Stay in the green, slow down at yellow, and never enter the red.

Before you use a lump sum

1. **Wait 30 days**

   Put it in a safe account first. Big decisions are better when you're calm.

2. **Write a plan**

   How much for monthly bills, how much for emergencies, how much to keep growing.

3. **Check any offer**

   Use the SEC Check App or the right regulator before investing anywhere.

4. **Say no kindly**

   "My retirement money pays my bills for 20 years. I can't lend it."

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Never borrow to invest

Don’t take a loan to put money in any offer. If it fails, you lose the money and still owe the loan with interest.

QUICK RECAP

Traps: lending your lump sum, “double your money” offers, spending the lump sum fast, skipping health check-ups and stopping SSS payments. A scam promises guaranteed high returns or pushes you to decide today. Green: keep SSS paid and save in official options. Yellow: think and talk first. Red: guaranteed returns, recruit-to-earn, pressure, personal e-wallets, borrowed money. Wait 30 days before using a lump sum, write a plan, check every offer, and say no kindly.

TRY IT NOW

Spot the trap

1. Find one investment ad aimed at retirees or OFWs.
2. Count how many red-light signs it has.
3. Look up the company in the SEC Check App.

Key takeaways

- Protect your lump sum: wait 30 days.
- Guaranteed high returns = walk away.
- Keep SSS paid when you change jobs.
- Never borrow to invest.

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Quiz: 3 quick questions

1. A new retiree is offered "guaranteed 10% a month." What is it?

- A A scam warning sign
- B A normal pension
- C A government bond

2. What should you do first with a retirement lump sum?

- A Keep it in a safe account and wait 30 days
- B Lend it to a friend right away
- C Spend it on a party

3. You move to a job abroad. What about SSS?

- A Keep paying as an OFW member
- B Stop paying forever
- C Close your account

Answers

1. **A. A scam warning sign** — Real investments cannot guarantee high returns.
2. **A. Keep it in a safe account and wait 30 days** — Calm decisions protect money that must last 20 years.
3. **A. Keep paying as an OFW member** — Missing months make your pension smaller.

PRACTICE TASK

Your "no" sentence

Write one kind sentence you can use when someone asks to borrow your retirement money or join a risky offer. Practice saying it out loud.

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CHAPTER 8

Your 14-Day Retirement Starter Plan

About 20 minutes a day for two weeks. By day 14 you'll have your numbers, your gap and one automatic saving.

Start any day. If you're a teen, do the plan with a parent or grandparent using their numbers — it's a gift to them and great practice for you.

PICTURE 10 The 14-day retirement plan



Know, check, find, choose, then start one small automatic saving.

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Day	Task (about 20 minutes)	Done?
1	Write your family's monthly spending.	☐
2	Mark which costs may go down or up in retirement.	☐
3	Find your retirement need (about 75% of spending).	☐
4	Log in to My.SSS or the GSIS app.	☐
5	Count your posted contributions and look for missing months.	☐
6	Estimate your pension with the SSS Retirement Pension Calculator.	☐
7	Find your monthly gap (need − pension).	☐
8	Find your nest egg (gap × 12 × years).	☐
9	Find your monthly saving with the Savings Goal Calculator.	☐
10	Read about MP2 on Pag-IBIG's official site.	☐
11	Read about the MySSS Pension Booster in My.SSS.	☐
12	Choose one simple saving that fits you.	☐
13	Make your first payment (or write the plan for a parent).	☐
14	Set an auto-debit or payday reminder and a yearly review date.	☐

Bonus steps

1 **Talk with family**

Ask parents or grandparents how they planned — and what they wish they had done.

2 **Plan your 13th month**

Put part of your 13th month pay into your retirement saving.

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3 **Raise it with every raise**

When your pay goes up, raise your saving too.

4 **Review every January**

Update spending, pension estimate and savings once a year.

Small and steady wins

Your first saving can be ₱500. The habit matters more than the amount: save every payday and check once a year.

QUICK RECAP

Days 1–3: know your spending and your retirement need. Days 4–6: check SSS or GSIS records and estimate your pension. Days 7–9: find your gap, nest egg and monthly saving. Days 10–12: learn MP2 and the Pension Booster and choose one. Days 13–14: make the first payment and set an automatic reminder and a yearly review.

TRY IT NOW

Start today

1. Copy the 14-day table.
2. Do Day 1 now.
3. Set a daily reminder.

Key takeaways

- Know your spending first.
- Check your SSS or GSIS records.
- Find your gap and monthly saving.
- Start small and make it automatic.

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Quiz: 3 quick questions

1. What do you do on day 5?

A Count posted contributions and look for missing months
B Buy a new phone
C Take a loan

2. What do you set up on day 14?

A An automatic saving and a yearly review date
B A crypto account
C Nothing

3. How can a teen use this plan?

A Do it with a parent or grandparent's numbers
B Skip it completely
C Open an account alone

Answers

1. **A. Count posted contributions and look for missing months** — Missing months make your pension smaller.
2. **A. An automatic saving and a yearly review date** — Automatic saving keeps the habit going.
3. **A. Do it with a parent or grandparent's numbers** — It helps the family and teaches the teen.

PRACTICE TASK

Finish the 14 days

Follow the plan and tick each box. On day 14, write your retirement need, pension estimate, gap, monthly saving, the place you save and your next review date.

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CHAPTER 9

Common Retirement Planning Mistakes (and Easy Fixes)

Most retirement problems come from a few common mistakes. Each one has a simple fix.

PICTURE 11 Risky habits vs wise habits

RISKY HABITS	WISE HABITS
Hoping it works out	**Planning with care**
No idea what SSS will give	Estimates the pension yearly
Waits until 50 to start	Starts small, early
Lends the lump sum	Protects the lump sum
Never checks the plan	Reviews every January

The difference is not a big salary — it's knowing your numbers and starting early.

Now check your plan against this table.

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Mistake	Why it hurts	Easy fix
Thinking SSS alone is enough	It often covers only part of your needs	Estimate your pension and gap
Starting too late	You must save much more each month	Start now, even with ₱500
Missing SSS months	Smaller pension, or no pension under 120 months	Check My.SSS yearly; pay as voluntary or OFW member
Forgetting rising prices	Your money buys less later	Plan in today's pesos; review yearly
Planning for too few years	Money may run out in your 70s	Plan for 20 to 25 years
Using retirement money early	Less left for later	Keep an emergency fund separate
Lending the lump sum	It may never come back	Say no kindly; wait 30 days
Falling for high-return offers	Most are scams	Check the SEC; walk away
Ignoring health	Medical bills can eat savings	Regular check-ups; keep PhilHealth active
Never reviewing the plan	Numbers change every year	Review every January

The yearly retirement check

Every January ask: "Are all my SSS months posted?", "Did my spending change?", and "Did I save what I planned?" Then update your gap and monthly saving.

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QUICK RECAP

Common mistakes: thinking SSS alone is enough, starting late, missing SSS months, forgetting rising prices, planning too few years, using retirement money early, lending the lump sum, falling for high-return offers, ignoring health and never reviewing the plan. Each has an easy fix. Do a yearly retirement check every January.

TRY IT NOW

Audit your plan

1. Tick every mistake you might make.
2. Write the fix for each one you ticked.
3. Set a yearly review reminder for January.

Key takeaways

- SSS helps but is rarely enough alone.
- Start early and keep SSS months complete.
- Protect the lump sum.
- Review every January.

Quiz: 3 quick questions

1. What happens if you have fewer than 120 SSS contributions at retirement?

A You get a lump sum instead of a monthly pension
B You get double pension
C Nothing changes

2. Why plan for 20 to 25 years of retirement?

A Money may run out if you plan too short
B It's a law
C SSS stops after 5 years

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3. When should you review your retirement plan?

A Once a year, for example every January

B Never

C Only when you turn 65

Answers

1. **A. You get a lump sum instead of a monthly pension** — You can keep paying as a voluntary member to reach 120.
2. **A. Money may run out if you plan too short** — Many people live into their 80s.
3. **A. Once a year, for example every January** — Prices, pay and records change every year.

PRACTICE TASK

Your retirement rules

Write 5 personal rules (for example, “Keep SSS paid”, “Save every payday”, “No lending my lump sum”, “No guaranteed-return offers”, “Review every January”). Keep them with your need card.

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CHAPTER 10

Real-Life Examples: Planning for Later

These five example stories are based on common Filipino situations (names are made up). Look for the habits, not the amounts.

L

Liza, 30
Office worker, Pasig

THE PROBLEM

Thought retirement was too far away to think about.

WHAT LIZA TYPED

```
Estimated her need (₱13,500 a month in today's pesos), checked her
SSS estimate (₱8,800), and found a ₱4,700 gap.
```

THE RESULT

Started ₱2,000 a month in MP2 by auto-debit, which is close to what her plan needs at age 30.

Lesson: Knowing the gap turns a scary goal into one monthly habit.

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D

Danilo, 38
OFW in Qatar, family in Batangas

THE PROBLEM

Stopped paying SSS when he left for abroad.

WHAT DANILO TYPED

```
Registered as an OFW member in My.SSS, paid regularly, and added
the voluntary Pension Booster from ₱500.
```

THE RESULT

His contributions are complete again, and he's on track for more than 120 months.

Lesson: Working abroad is not a reason to stop your SSS.

K

Kyla, 15
Grade 10 student, Bacolod

THE PROBLEM

Wanted to help her Lola understand her pension.

WHAT KYLA TYPED

```
Helped Lola log in to My.SSS, checked the 13th month pension, and
wrote a monthly budget with her.
```

THE RESULT

Lola now knows her exact monthly amount and plans her bills around it.

Lesson: Teens can help their families plan — and learn for their own future.

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M

Mang Ernie, 60
Retired factory worker, Laguna

THE PROBLEM

Received ₱315,000 in retirement pay, and relatives asked for loans.

WHAT MANG ERNIE TYPED

```
Kept the money in a savings account for 30 days, wrote a plan for
bills, emergencies and slow growth, and said no kindly to loans.
```

THE RESULT

His lump sum is still helping pay his monthly bills.

Lesson: Protecting a lump sum matters as much as earning it.

T

Tess, 45
Online seller, Davao

THE PROBLEM

Self-employed with irregular SSS payments and no retirement savings.

WHAT TESS TYPED

```
Used the Self-Employed Contributions Calculator, paid SSS every
month, and set aside part of each good sales week for retirement.
```

THE RESULT

Her SSS months are now complete, and her retirement savings grow every month.

Lesson: It's never too late to start — but start now.

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PICTURE 12 **Five ways people planned for later**

Liza
Found her gap, MP2 auto-debit

Danilo
Kept SSS paid from abroad

Kyla
Helped Lola read her pension

Mang Ernie
Protected his lump sum

Tess
Self-employed, started at 45

Different lives, same habits: know your numbers, keep contributions complete, save regularly and protect your money.

What these stories have in common

They looked at their real numbers, kept their SSS months complete, saved a little regularly, used official channels and protected their money. None of them had a big salary — they had a plan.

QUICK RECAP

Knowing her gap gave Liza one monthly habit; Danilo kept SSS paid from abroad; Kyla helped Lola read her pension; Mang Ernie protected his lump sum; and Tess started at 45 as a self-employed seller.

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TRY IT NOW

Your first step

1. Pick the story most like your situation.
2. Copy one habit from it this week.
3. Write how it went after 7 days.

Key takeaways

- Know your real numbers.
- Keep contributions complete.
- Save a little, regularly.
- Protect your lump sum.

Quiz: 3 quick questions

1. What did Danilo do when he worked abroad?

A Registered as an OFW member and kept paying SSS
B Stopped paying SSS
C Closed his account

2. How did Mang Ernie protect his ₱315,000?

A Waited 30 days, wrote a plan and said no to loans
B Lent it to relatives
C Joined a “double your money” group

3. What is the lesson from Tess’s story?

A It’s never too late to start — but start now
B Self-employed people can’t plan
C Only big earners can save

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Answers

1. **A. Registered as an OFW member and kept paying SSS** — Complete contributions mean a bigger pension.
2. **A. Waited 30 days, wrote a plan and said no to loans** — Calm planning keeps a lump sum working for years.
3. **A. It's never too late to start — but start now** — She started at 45 and is building every month.

PRACTICE TASK

Your retirement story card

Write your own story card: your age, your retirement need, your pension estimate, your gap, your first saving and one trap you'll always avoid.

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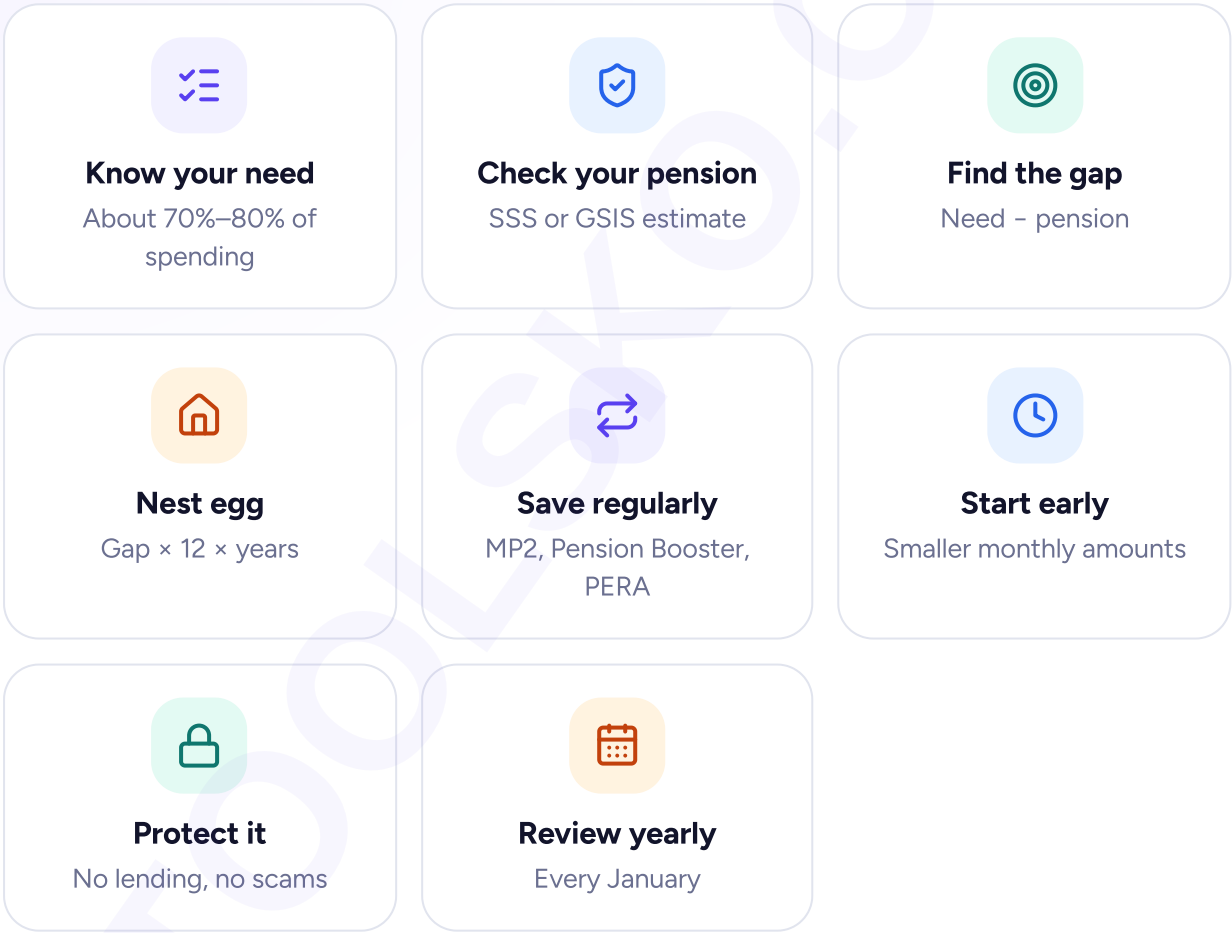
THE END

Quick Summary

Everything important, on one page.

The whole book on one page. Keep it with your need card.

PICTURE 13 **Cheat sheet: retirement planning in 8 cards**



Eight habits that take care of your future self.

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Remember	In one line
The big rule	Your future self is counting on you: start early, start small, check once a year.
Recipe	A-L-A-G-A: Add up your need, Look at your pension, Account for the gap, Grow savings regularly, Adjust once a year.
SSS	120 contributions; age 60 (not working) or 65; highest of 3 formulas + ₱1,000 + 13th month pension.
Other sources	GSIS at 60 with 15 years; RA 7641: at least 22.5 days of pay per year of service.
The math	Gap = need − pension; nest egg = gap × 12 × years; a calculator finds the monthly saving.
Where to save	MP2 and the voluntary Pension Booster from ₱500; PERA with a 5% tax credit.
Always	Keep SSS months complete, protect your lump sum, avoid guaranteed-return offers.

You can plan for later

You know why retirement planning matters, how to estimate your need, how your pension works, how to find your gap, where to save and how to protect your plan. Take one small step this week.

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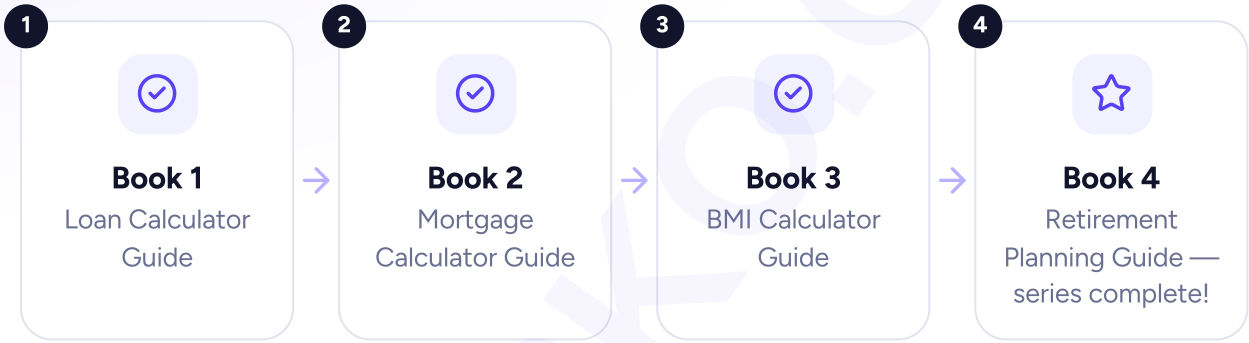
WHAT'S NEXT

Your Next Learning Path

You finished Book 4. Here is where to go from here.

This is **Book 4**, the last book of the **Online Calculator Guides** series. You did it — here is the whole path:

PICTURE 14 **Your Online Calculator Guides path — complete**



Loans, home loans, a simple health check and retirement: four calculators, one habit — check the numbers first.

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What to do next

Next step	Why
Finish the 14-day plan	Your numbers, your gap and one automatic saving.
Review Books 1–3	Loans and home loans affect how much you can save; health affects how long you work.
Read the Personal Finance series	Budgeting, saving, emergency funds, debt and investing support your retirement plan.
Help a parent or grandparent	Check their SSS or GSIS records and pension together.
Review every January	Prices, pay and records change — a yearly check keeps you on track.

One last tip

The best time to start was years ago. The second-best time is today. Start small, keep going, and take care of your future self.

Free ToolsKo tools for this book

Put what you learned to work. These tools are free on toolsko.com, need no sign-up, and most work right in your browser.

SSS Retirement Pension Calculator 2026
Estimate your monthly SSS pension with the official formula.
toolsko.com/sss-retirement-pension-calculator

Retirement Pay Calculator Philippines (RA 7641, 22.5 Days)
Estimate the retirement pay from your private employer.
toolsko.com/retirement-pay-calculator-philippines

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GSIS Retirement Pension Calculator (RA 8291)
Estimate the pension for government workers.
toolsko.com/gsis-retirement-calculator

Savings Goal Calculator
Find the monthly saving that builds your nest egg.
toolsko.com/savings-goal-calculator

Compound Interest Calculator
See how regular saving grows over many years.
toolsko.com/compound-interest-calculator

Inflation Calculator
See what today's pesos will cost when you retire.
toolsko.com/inflation-calculator

SSS Contribution Calculator 2026 (Employee & Employer Share)
Check your monthly SSS contribution.
toolsko.com/sss-contribution-calculator

Self-Employed SSS, PhilHealth & Pag-IBIG Calculator (Freelancers)
Plan your own contributions if you're self-employed.
toolsko.com/self-employed-contributions-calculator

OFW Contributions Calculator: SSS, PhilHealth, Pag-IBIG & OWWA
Keep your SSS complete while working abroad.
toolsko.com/ofw-contributions-calculator

Social Pension Checker for Indigent Senior Citizens (₱1,000 a Month)
Check if an older family member qualifies for the social pension.
toolsko.com/social-pension-eligibility-checker

Age Calculator
Count the years until you turn 60 or 65.
toolsko.com/age-calculator

Words to know

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Retirement	The time you stop working for a salary, usually around 60 to 65.
Pension	Money paid to you every month after you retire.
Contribution	Money you and your employer pay into SSS or GSIS.
Monthly salary credit (MSC)	The salary amount SSS uses to count your contributions.
AMSC	Average monthly salary credit: the average SSS uses in the pension formula.
Credited years of service	How many years of contributions you have.
Lump sum	All the money paid at once.
13th month pension	An extra SSS pension paid every December.
Inflation	Prices going up over time, so money buys less.
Nest egg	The savings you build for retirement.
Gap	What you'll need minus what your pension gives.
Compounding	When your savings' earnings start earning too.
MP2	Pag-IBIG's voluntary 5-year savings program with tax-free dividends.
MySSS Pension Booster	SSS savings on top of your pension (formerly WISP and WISP Plus).
PERA	A voluntary retirement account with a 5% tax credit.
Retirement pay (RA 7641)	At least 22.5 days of pay per year of service from a private employer.

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Where the facts come from

1. Retirement benefit: eligibility, pension formula, ₱1,000 additional benefit, 13th month pension (SSS)
2. SSS moves up 2nd round of 10% monthly pension hikes to June (GMA News, Apr 29, 2026)
3. SSS set to roll out 10% pension increase for retirees, 5% for survivors in 2026 (Philstar Life, Feb 26, 2026)
4. SSS contribution table 2026: 15% rate, MSC ₱5,000 to ₱35,000 (Home Credit)
5. SSS reintroduces pension boosters (MySSS Pension Booster, formerly WISP) (ABS-CBN, June 10, 2024)
6. Retirement pay under RA 7641: 22.5 days per year of service (LaborLaw.ph)
7. Filipino life expectancy reaches 72 years; women outlive men by seven years (DZRH, CPD, Feb 14, 2026)
8. DSWD: 171,000 more elderly to receive ₱1,000 social pension this year (Manila Bulletin, Jan 31, 2026)
9. Pag-IBIG Fund declares record dividends for 2025: MP2 7.12% (Manila Bulletin)
10. PERA: ₱200,000 yearly limit (₱400,000 for OFWs), 5% tax credit (Manila Bulletin)

Pension rules, contribution rates, rates and amounts were checked on November 22, 2026. Rules and rates change, and your real pension depends on your own records — always check with SSS, GSIS, Pag-IBIG, DOLE, DSWD, the BSP, the SEC or your employer before you decide. Calculator results are estimates, and past returns do not promise future returns. All names and peso amounts in the examples are made up. ToolsKo is not connected to SSS, GSIS, Pag-IBIG, any bank, fund, app or government agency named in this book, and does not recommend any specific product. This book is general information, not financial or legal advice. Written by ToolsKo Learn · toolsko.com/learn

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Book 3	BMI Calculator Guide
Book 4	**Retirement Planning Guide — this book**

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