

Voices of Experience

What makes for a successful retirement?
Through our survey of 1,500 retirees, we discovered 4 key insights.

#1: Share your vision

Planning for a successful transition means talking to your spouse or partner about how you each envision spending time.



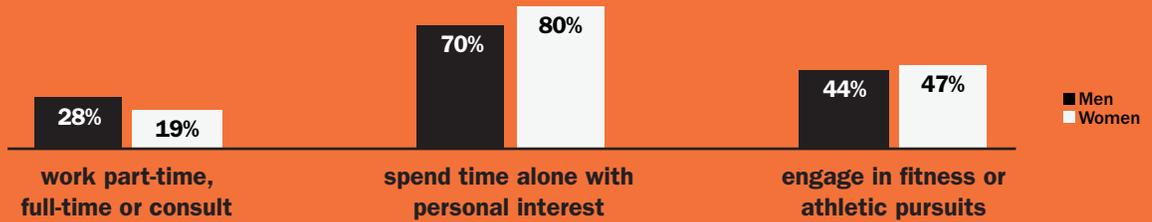
of those who had shared their vision with their spouse are satisfied in retirement



of those who had shared their vision with their spouse say their relationship improved

#2: Find your purpose

Our study found that activities are central to a happy retirement.



#3: Make an income plan

54% of TIAA retirees have not changed their lifestyle, and 20% have made only small changes. Of those:



buy fewer clothes



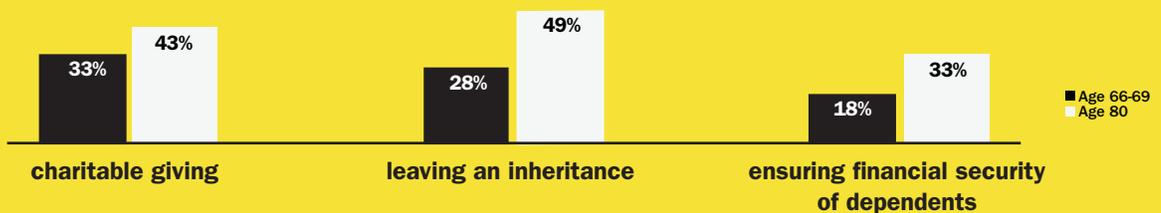
travel less



dine out less

#4: Focus on others

As retirement goes on, many retirees feel more confident in their finances and turn their attention to leaving a legacy.



The 2016 Voices of Experience survey was conducted by GfK Custom Research North America among a total of 1,583 TIAA retirees between May 28 and August 27, 2015. To qualify, all respondents had to indicate that they are retired. Respondents were mailed the survey questionnaire and had the option to return the survey by mail or to complete the survey online. Respondents completed 104 surveys online and 1,479 by mail. The sample was provided by TIAA, and data were weighted by gender, age, region, engagement, and industry sector.

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