
WOMEN

WORKBOOK

SOCIAL SECURITY & MORE

Workshop Date: _____

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Your Journey to Retirement Confidence Begins Here.

Before You Claim: Quotes to Inspire Smart, Secure Decisions

1. *"You only claim Social Security once. Make it count."*
2. *"The right Social Security strategy won't just help you retire—it will help you stay retired."*
3. *"Smart Social Security planning is one of the most impactful financial decisions a woman can make for her future."*
4. *"Time is one of the greatest assets women have in retirement. A smart Social Security decision gives it more value."*
5. *"Think beyond the check. A customized Social Security plan means more freedom, more peace, and more possibilities."*

— Quotes inspired by Enkhtuya Lutbayar, RSSA®

Welcome

Thank you for attending today's *Women, Social Security & More* workshop.

This workbook is designed to guide you through key decisions about Social Security and retirement income planning, help you identify potential income gaps, and better understand how Social Security fits into your overall financial strategy.

Our Goal Today

To help you make smart, informed decisions that lead to greater **security, stability, and peace of mind** in retirement—whether you're planning for yourself, your partner, or your family's future.

How to Use This Workbook

This workbook is your personal roadmap. Use it to:

- Reflect on your current Social Security and retirement strategy
- Identify potential income gaps
- Learn about additional **guaranteed income** options like pensions and annuities
- Prepare for your **one-on-one strategy session**

Social Security is one of the **three pillars** of guaranteed retirement income—alongside pensions and annuities. But with fewer people having access to pensions today, Social Security often needs support. That's why understanding **how to coordinate and enhance it** is so essential.

This workbook is yours. Write in it, check things off, and make it your own. The more you engage with it, the more valuable this session will be for you.

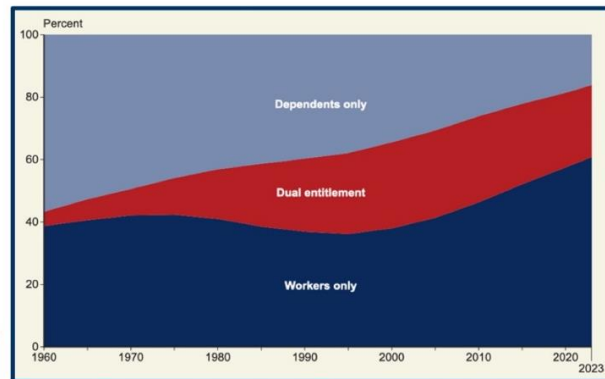
If you're still unsure after completing this workbook, be sure to schedule your complimentary one-on-one meeting to explore your options.

Women and Social Security

Statistics

- Longer life expectancy
- Historically lower earnings
- Often marry men older
- Likely survivor

*Social Security is truly a case of
“what you don’t know **CAN** hurt you.”*



Women with Dual Entitlement, 1960-2023

Fast Facts & Figures About Social Security, 2024.

Source: SSA, Master Beneficiary Record.



21

Why This Matters—Especially for Women

Women are most affected by claiming Social Security without a clear strategy—often leaving thousands of dollars in unclaimed benefits behind. Here’s why planning matters so much:

Longer lifespans: Women in the U.S. live, on average, **4 to 5 years longer** than men—meaning their retirement income needs to last longer too.

Career interruptions for caregiving: Many women take time off work or reduce hours to care for children or aging parents. These years often lead to **lower lifetime earnings** and affect Social Security calculations.

Lower average lifetime earnings: Despite progress, women—especially from the Baby Boomer generation—still **earn less over a lifetime**, which can reduce their Social Security benefits.

Marriage dynamics: Women frequently marry **older spouses**, making them more likely to be the surviving partner.

Survivor benefits: As the survivor, women often inherit the **larger Social Security income**—which makes early claiming decisions even more critical.

In short, women are more likely to live longer, have fewer resources, and carry the responsibility of planning not just for themselves—but for their families and legacy too.

Section 1: Your Retirement Profile

Please complete the following to help us tailor your Social Security strategy.

Date of Birth: _____

Spouse's Date of Birth (if applicable): _____

Are You Currently Working?

☐ Yes

☐ No

If yes, when do you plan to stop working? _____

Approximate Current Annual Income: \$_____

Other Sources of Income (rental, business, dividends, IRA etc.): _____

Desired Retirement Age: _____

Desired Age to Begin Receiving Social Security Benefits: _____

Current Marital Status:

☐ Single

☐ Married

☐ Widowed

☐ Divorced

Were you married at least 10 years?

☐ Yes ☐ No

Have you remarried after age 60?

☐ Yes ☐ No

If married, is your spouse currently collecting Social Security benefits?

☐ Yes

☐ No

If yes, what age did your spouse start collecting? _____

Do You Have Any Children or Financial Dependents?

☐ Yes

☐ No

If yes, are any of them under age 18 or disabled?

☐ Yes

☐ No

Do You Expect to Receive a Pension?

- ☐ Yes
- ☐ No

If yes, estimated monthly pension benefit: \$_____

Is this from work where you did **not** pay into Social Security (e.g., certain government or teaching roles)?

- ☐ Yes
- ☐ No

Are you currently collecting social security benefits?

- ☐ Yes
- ☐ No

If yes, whose earnings record is the benefit based on?

- ☐ Own
- ☐ Spouse's
- ☐ Ex-spouse's

Do you have a written retirement income plan or strategy?

- ☐ Yes
- ☐ No
- ☐ Not sure, I'd like to learn more

What Is Your Top Retirement Priority? *(Check all that apply)*

- ☐ Not outliving my money
- ☐ Leaving a legacy for my family
- ☐ Guaranteed lifetime income
- ☐ Protecting against inflation
- ☐ Minimizing taxes
- ☐ Coordinating Social Security with other retirement income
- ☐ Making sure my spouse is taken care of
- ☐ Understanding my Medicare options
- ☐ Gaining peace of mind and confidence in my decisions

Section 2: Social Security Basics

What Is Social Security?

A federal program that provides retirement, disability, and survivor benefits based on your work history and earnings.

Who Qualifies?

Earn 40 work credits (about 10 years of work).

Pay into the system via FICA taxes.

Covers retirees, disabled individuals, and survivors.

How Is Your Benefit Calculated?

Based on your highest 35 years of earnings.

Less than 35 years? Zero-earning years lower your benefit.

Your monthly amount is called the Primary Insurance Amount (PIA).

When Can You Claim Benefits?

Early: Age 62 (reduced benefit)

Full Retirement Age (FRA): 66–67, based on birth year

Maximum: Age 70 (with 8% annual delayed credits)

Spousal & Survivor Benefits

Spouses: Up to 50% of partner's benefit.

Ex-spouses: If married 10+ years and currently single.

Survivors: May receive up to 100% of deceased spouse's benefit.

Why Timing Matters?

Early claiming = reduced monthly benefit for life.

Delaying = higher guaranteed income.

Choose based on health, marital status, and financial need.

Social Security was never meant to be your only source of income—it is designed to supplement other retirement income sources like pensions, savings, or annuities.

Your Social Security Snapshot:

Your Full Retirement Age (based on birth year): _____

Your Estimated Monthly Social Security Benefit (at full retirement age): \$ _____

Have You Created a [mySocialSecurity](#) Account?

☐ Yes

☐ No

Step-by-Step: How to Create a mySocialSecurity Account:

1. Go to the Official Website

Visit: **www.ssa.gov**

2. Click “Create an Account” - Click the blue button labeled Create an Account.

3. Choose How to Sign In

You can register with:

- Login.gov (recommended)
- ID.me

Already have a Login.gov account? Use it to sign in.

4. Verify Your Identity. Be ready to provide:

- Full name
- Date of birth
- Social Security number
- Mailing address
- Answers to credit history questions

Using ID.me? You may need to upload a photo ID and take a selfie.

5. Create Your Username & Password

Set up a secure password and enable two-step verification:

- By phone (text or call)
- Or through an authentication app

6. Review & Accept Terms

You’ll be directed to your mySocialSecurity dashboard.

Please email your Social Security Statement (earnings records) in **XML format** from www.ssa.gov/myaccount/ prior to your planning appointment. This will help create a clearer retirement income strategy.

Section 3: Special Situations Worksheet

Mark any that apply

- ☐ Divorced (marriage lasted at least 10 years)
- ☐ Widowed **before** retirement age
- ☐ Widowed **after** retirement age
- ☐ Currently caring for a dependent child under age 16
- ☐ You or your spouse is disabled
- ☐ Receiving a **government pension** not covered by Social Security (e.g., CALSTRS, police, federal service)

Optional Additions (if you'd like):

- ☐ Spouse is/was significantly older or younger
- ☐ Planning to retire before full retirement age
- ☐ You or spouse worked in another country
- ☐ You or spouse has filed for Social Security and later suspended or withdrew benefits
- ☐ You have adult children with disabilities who may qualify for dependent benefits
- ☐ You've remarried after age 60 (can affect widow(er) benefits)
- ☐ You are receiving survivor or divorced spouse benefits now but haven't filed on your own record
- ☐ You had one or more breaks from the workforce (e.g., caregiving, unemployment, self-employment)

Section 4: Income Gap Analysis

Please estimate your expected monthly household income from the following sources:

Social Security Benefit: \$_____

Pension(s): \$_____

IRA / 401(k) Distributions: \$_____

Annuities (if any): \$_____

Rental Income or Business Income: \$_____

Other (please specify): \$_____

Total Estimated Monthly Household Retirement Income: \$_____

Please estimate your average monthly household expenses in each category:

Housing (rent/mortgage): \$_____

Property tax: \$_____

Homeowner's insurance or renter's insurance: \$_____

Utilities (electric, gas, water, internet, phone): \$_____

Maintenance or HOA fees (if applicable): \$_____

Food: (groceries and dining out): \$_____

Transportation: (gas, car payment, insurance, maintenance): \$_____

Health Care (health insurance, LTC, medical services, prescription, etc.): \$_____

Personal Care (clothing, product and services, memberships): \$_____

Travel/Vacations: \$_____

Miscellaneous: (subscriptions, entertainment, gifts, charitable donations): \$_____

Other (Life, Disability etc.): \$_____

Debt Repayment: (Student loan payments, Personal or home equity loans, Credit card minimum payments, if carrying a balance): \$_____

Basic Family Obligations: (child support or alimony, tuition payments (if ongoing), support for aging parents (if regular): \$_____

Major Home Improvements, maintenance or other large purchases anticipated? \$_____

Total Estimated Monthly Household Expenses in Retirement: \$_____

Income Gap Calculation:

Income Gap = Expenses \$_____ – Income \$_____ = \$_____

Personal Reflection:

Will Social Security alone be enough to support my lifestyle?

Will my income last 25–30 years in retirement?

How will I fill the gap beyond Social Security?

Let's talk more options privately.

Section 5: Longevity Risk Worksheet

Life Expectancy Estimates:

Female Age Today: _____

Estimated Life Expectancy: _____ (See: www.livingto100.com)

Potential Years in Retirement: _____ (avg: 25-30 years)

How concerned are you about outliving your spouse?

(1 = Not concerned, 5 = Very concerned) Circle one: 1 2 3 4 5

Questions to Consider:

- ☐ Is your spouse older than you?
- ☐ Does your husband's family have a history of living long lives?
- ☐ Does your own family have a history of longevity?

How concerned are you about outliving your money?

(1 = Not concerned, 5 = Very concerned) Circle one: 1 2 3 4 5

Have you considered:

- ☐ The rising cost of living over time?
- ☐ Medical or long-term care expenses in later years?
- ☐ Leaving a legacy for your loved ones?

Would you like to explore solutions to guarantee income for life (such as annuities)?

- ☐ Yes
- ☐ No

Section 6: Risk Tolerance Reflection

If the market dropped 20% tomorrow, I would:

- ☐ Stay the course
- ☐ Reduce exposure to risk
- ☐ Consider safer alternatives

What percentage of your retirement savings is currently protected from market loss _____ %

Would you be interested in exploring strategies that can help increase that protection? ☐ Yes ☐ No ☐ Not sure, I'd like to learn more

Additional Considerations

When do you expect to start drawing income from your retirement accounts? _____

As you approach retirement, how would you describe your comfort with risk?

- ☐ I've become more conservative as I near retirement
- ☐ I still feel comfortable with moderate risk
- ☐ I prefer growth now and will reassess later

Have you experienced a major market drop while investing?

- ☐ Yes
- ☐ No

If yes, how did you respond? _____

On a scale of 1 to 5, how confident are you in your current retirement strategy to weather a market downturn?

(1 = Not confident, 5 = Very confident) Circle one: 1 2 3 4 5

Section 7: Guaranteed vs. Non-Guaranteed Income

Guaranteed Income Sources (Mark any that apply):

- ☐ Social Security
- ☐ Pension
- ☐ Annuity

Non-Guaranteed Income Sources (Mark any that apply):

- ☐ 401(k) / IRA
- ☐ Stock market investments
- ☐ Rental property

Would you like to explore ways to turn some of your non-guaranteed income into guaranteed income in retirement?

- ☐ Yes
- ☐ No
- ☐ Not sure, I'd like to learn more

Section 8: Spousal & Survivor Planning

If Married:

Spouse's Estimated Monthly Social Security Benefit: \$_____

Combined Estimated Monthly SS Income: \$_____

If One Spouse Passes Away:

☐ We understand the surviving spouse keeps the higher benefit, and the lower benefit stops.

Would that reduced income be enough to cover household expenses?

☐ Yes ☐ No ☐ Not sure, I'd like to learn more

Have You Considered Planning for Income Replacement?

☐ Yes ☐ No ☐ Not sure, I'd like to learn more

Do You Currently Have a Plan for:

- ☐ Long-term income protection
- ☐ Survivor income for your spouse
- ☐ Covering household expenses with one Social Security check
- ☐ Replacing lost benefits from other sources (pension, annuity, etc.)
- ☐ Planning for remaining debts or mortgage

How Important Is Spousal Protection in Your Overall Retirement Plan?

(1 = Not Important, 5 = Extremely Important) Circle One: 1 2 3 4 5

Section 9: Your Retirement Income Style

Which do you prefer for your retirement income approach?

- ☐ Guaranteed monthly income
- ☐ Market growth with some risk
- ☐ Combination of both

Do you feel you have a basic understanding of how these options work?

- ☐ Yes
- ☐ No
- ☐ Not sure, I'd like to learn more

What matters most to you in retirement income planning? *(Check all that apply)*

- ☐ Knowing exactly how much income I'll receive each month
- ☐ Making sure I never run out of money
- ☐ Having flexibility to access funds when I want
- ☐ Growing my assets, even during retirement
- ☐ Leaving money behind to family or charity
- ☐ Minimizing taxes on my retirement income

Section 10: Protecting Your Retirement Income

Top Risks to Address:

- ☐ Market volatility
- ☐ Outliving your money
- ☐ Rising healthcare costs
- ☐ Inflation
- ☐ Loss of income after the passing of a spouse
- ☐ Unexpected long-term care needs

Have you considered strategies that:

- ☐ Provide guaranteed lifetime income?
- ☐ Protect principal from market loss?
- ☐ Offer tax-deferred growth?
- ☐ Include a death benefit for beneficiaries?
- ☐ Help plan for long-term care expenses?

Do you feel you have enough information to confidently plan for these risks and strategies

- ☐ Yes
- ☐ No
- ☐ I'd like to learn more

Section 11: Your Customized RSSA Roadmap Report

Why this Matters to You:

1. Maximize Your Income & Plan Smart

Find the best age to file and make confident, data-backed decisions.

2. Personalized & Simple

Get clear, custom advice for you and your spouse—no jargon, just visuals.

3. Avoid Surprises

Understand how rules like WEP and GPO may impact your benefits.

4. Compare Your Options Easily

Side-by-side charts show your best filing strategies at a glance.

5. See Beyond Social Security

Use the report to explore annuities and other income solutions for retirement.

Section 12: Top 5 Social Security Myths - Busted

Myth 1: “I’ll wait as long as possible to get more.”

Reality: Delaying isn’t always best. The Roadmap finds your most profitable claiming age.

Myth 2: “You can’t work while collecting benefits.”

Reality: You can work and collect. The Roadmap shows how to avoid penalties and plan smart.

Myth 3: “Social Security benefits aren’t taxed.”

Reality: Up to 85% may be taxable. The Roadmap helps you manage income to reduce taxes.

Myth 4: “You can’t collect from an ex-spouse.”

Reality: If married 10+ years and now single, you may qualify. The Roadmap uncovers this.

Myth 5: “Social Security is going broke.”

Reality: Benefits will continue. The Roadmap helps you prepare with confidence.

14

My Contact Information:

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For personalized advice, we recommend scheduling a one-on-one consultation.

Please download and email your Social Security Statement (earnings records) in **XML format** from www.ssa.gov/myaccount/ prior to your planning appointment. This will help create a clearer Roadmap and retirement income strategy.

*** For data security purposes, this information will not include your Social Security number.**

How to download your Social Security Statement XML file

Follow these steps:

1. Go to the [Social Security Administration website](http://www.ssa.gov) and create an account if you don't already have one.
2. Log in using your SSA user name and password.
3. Click the "Download Statement Data as an XML file" link to download your XML data to your device.
4. Repeat Steps 2 thru 3 to download the XML data for a spouse.
5. Email it to: tuyakeyceo@gmail.com

*** The PDF file of your Social Security Statement is NOT compatible for upload.**



Welcome, Enkhtuya!

You last signed in on **April 30, 2025 at 2:17 PM ET.**



[Your Social Security Statement](#)

You can download your statement as a PDF or XML file.



[Replace your Social Security Card](#)



[Your Benefit Verification Letter](#)

Your letter proving you receive or do not receive Social Security Benefits.



[Upload Documents](#)

You have no pending requests.

Complete open requests, search and submit forms online, or upload your documents (medical records, pay stubs etc.).



Your Social Security Statement

i Important Information If you are using a public computer, please be aware **x** that when viewing, saving, or printing any documents, the computer you are using may store a temporary copy.

Use the link below to access your statement.



[Your Social Security Statement](#)

[Disclaimer](#)

[Download Statement Data as an XML file](#)

[How to use XML files](#)

Additional Considerations

Please share any thoughts, concerns, or special situations that may impact your retirement and Social Security planning. This may include anything that hasn't been captured in the previous sections.

For example, you might wish to note your current health status or family medical history, any plans to relocate in retirement, ongoing support of adult children or grandchildren, care for special needs or disabled dependents, prior military service, income from self-employment, or if you've been divorced more than once.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Appointment Request

Name: _____ Age: _____

I would like:

- ☐ A personalized Social Security filing plan – Roadmap Report
- ☐ A comprehensive retirement income analysis
- ☐ To protect my savings from market loss
- ☐ To explore guaranteed lifetime income options

Preferred Contact Method:

Phone: _____ ☐ Call ☐ Text

Email: _____

Best Day/Time to Reach You: _____

Preferred Meeting Type: ☐ In person ☐ Zoom/video

What is your biggest concern about retirement?

Were you referred by someone? Name: _____

☐ I consent to be contacted by Enkhtuya Lutbayar, RSSA®, or her team regarding my retirement planning needs. I understand this is a no-cost, no-obligation consultation.

Signature: _____ **Date:** _____

Thank you for joining us. Your future self will thank you too.