

Counting paydays: Are you ready for retirement?

Many UK workers overestimate the number of paydays remaining until they retire

Latest findings show that around 9 million UK workers have no idea how many paydays remain before they retire^[1]. While many focus on their desired retirement age or savings goals, few consider how many monthly pay cheques remain before they can reach those ambitions. This lack of awareness is particularly pronounced among older workers, with 31% of over-55s admitting they don't know how many paydays remain.

Shockingly, 17% of over-55s believe they have more than 250 pay days left, equivalent to 21 years of work, despite being eligible for a State Pension in just 12 years. This overestimation could delay action and lead to financial shortfalls.

YOUNGER WORKERS LEAD THE WAY

Interestingly, younger workers appear to be more proactive. Over a third (36%) of 25 to 34-year-olds have already calculated their remaining paydays, the highest proportion across any age group. This aligns with previous research showing that this demographic is the most goal-oriented and confident about their finances.

However, the emotional impact of realising how few paydays remain is significant. Nearly one in five workers (18%) said they were shocked, while 28% felt concerned. On a positive note, 25% said this realisation motivated them to take action, with younger workers being the most motivated.

CONFIDENCE IN RETIREMENT SAVINGS VARIES

The research also highlights disparities in confidence about pension savings. While 69% of 25 to 34-year-olds believe their pension will suffice, this drops to 41% among 45 to 54-year-olds. Additionally, nearly a quarter (24%) of workers admitted they don't know how much they'll need in their pension pot to live comfortably.

Counting paydays is a straightforward yet impactful way to sharpen your focus on retirement planning. By understanding how limited your time to save truly is, you can make more informed decisions about your financial future. The earlier you begin planning and taking action, the better positioned you'll be to achieve the retirement lifestyle you desire. ■

Source data:

[1] Aviva's research, published on 15 December 2025.

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ARE YOU READY TO TAKE CONTROL?

If you're unsure about your retirement readiness, now is the time to act. We'll review your pension contributions, calculate how many paydays you have remaining and make recommendations on the steps to secure your financial future. Need help? Contact us for guidance or explore your retirement with confidence.

