



RRSP Calculator

Are you saving enough for your RRSP? Find out in just a couple of minutes.

Use this calculator to see what happens when you put money into or take money out of your registered retirement savings plan (RRSP).

RRSP savings

RRSP withdrawal

Your savings and contributions

Current age
0

Retirement age
65

Current RRSP savings
\$0

RRSP contribution
\$0

Frequency
Monthly



Stay within your [RRSP contribution limits](#) 

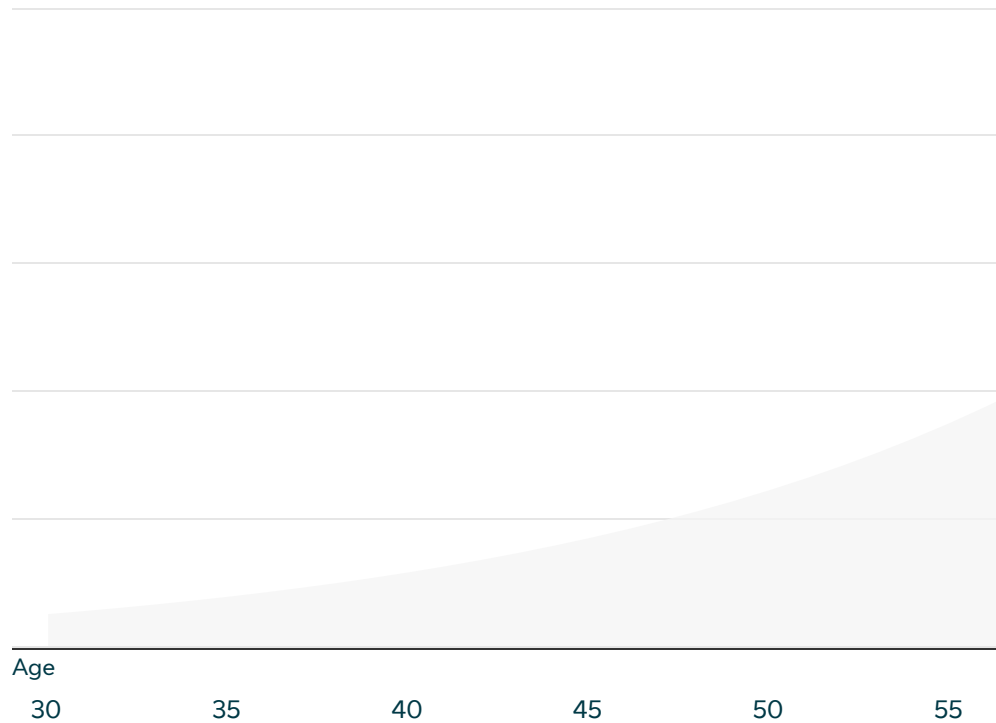
Assumed rate of return
4.00%

Not sure of your rate of return?

Start over

Calculate

At age 65, your total RRSP savings would be
\$0.



Email your results and personalized savings tips

Get your RRSP results and extra personalized savings tips based on where you are at today. Then when the time is right for you, use this essential information to discuss your options with a Sun Life advisor.

If you are curious, [here's how we got these results](#).

Email your results



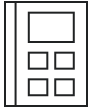
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Should you pay off your mortgage or contribute to your RRSP?

Get an idea of how much you would gain by putting money towards your mortgage or RRSP.

RRSP vs Mortgage calculator



RRSP loan calculator

Find out if taking an RRSP loan to take advantage of unused RRSP contribution room is right for you.

Calculate RRSP loans

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Life's brighter under the sun

We acknowledge that Sun Life operates in many Territories and Treaties across Canada. Our Canadian headquarters in Waterloo are on the traditional territory of the Anishnaabeg, Haudenosaunee Confederacy and the Mississaugas of the Credit First Nations.

Today, Canada is still the home to many Indigenous, First Nations, Inuit, and Metis peoples from all across Turtle Island. We are grateful to have the opportunity to work in this territory. We offer this acknowledgment as a stepping stone towards honouring the original occupants, as a testimony to the oppression faced by Indigenous peoples, and our commitment to Indigenous communities and employees of Sun Life.

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