



Expert Contributor

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How to Turn Your Portfolio into Reliable Income

(Without Selling at the Wrong Time)

For many retirees, one of the biggest financial fears isn't simply market volatility; it's being forced to sell investments during a downturn just to cover living expenses.

After years of building wealth, retirement shifts the focus from accumulation to dependable income. Yet many portfolios are still structured for growth rather than cash flow, which can create stress when markets become unpredictable.

The challenge is known as "sequence risk." If markets decline early in retirement while you are regularly withdrawing from investments, the long-term impact on your portfolio can be significant. Selling assets when values are temporarily depressed may reduce your portfolio's ability to recover over time.

The solution isn't necessarily avoiding the market; it's creating a strategy designed to produce reliable income regardless of market conditions.

A well-structured retirement income plan often includes a combination of dividend-paying investments, fixed income, cash reserves, and strategically timed withdrawals from registered and non-registered accounts. Having several years of planned cash flow available can help reduce the need to sell growth investments during weaker markets.

Tax efficiency also plays an important role. Drawing income from the right accounts at the right time can potentially reduce taxes and help extend the life of your portfolio.

Another key consideration is flexibility. Retirement spending is rarely perfectly linear. Some years may involve travel, supporting family, or larger purchases, while other years require less. A strong income strategy accounts for both stability and adaptability.

Most importantly, retirement income planning should focus on sustainability, not simply chasing the highest returns. The goal is confidence: knowing your lifestyle can continue without being overly dependent on daily market movements.

If you haven't reviewed how your portfolio is designed to generate income, now may be the right time. Small adjustments today can make a meaningful difference in helping you preserve wealth, reduce stress, and enjoy retirement with greater certainty.

If you would like a complimentary review of your retirement income strategy and portfolio structure, I'd be happy to provide a second opinion. This information is not intended as nor does it constitute tax or legal advice. Readers should consult their own lawyer, accountant or other professional advisor when planning to implement a strategy. This information is not investment advice and should be used only in conjunction with a discussion with your RBC Dominion Securities Inc. Investment Advisor. This will ensure that your own circumstances have been considered properly and that action is taken on the latest available information. The information contained herein has been obtained from sources believed to be reliable at the time obtained but neither RBC Dominion Securities Inc. nor its employees, agents, or information suppliers can guarantee its accuracy or completeness. This report is not and under no circumstances is to be construed as an offer to sell or the solicitation of an offer to buy any securities. This report is furnished on the basis and understanding that neither RBC Dominion Securities Inc. nor its employees, agents, or information suppliers is to be under any responsibility or liability whatsoever in respect thereof. The inventories of RBC Dominion Securities Inc. may from time to time include securities mentioned herein. RBC Dominion Securities Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. *Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. Insurance products are offered through RBC Wealth Management Financial Services Inc. ("RBC WM FS"), a subsidiary of RBC Dominion Securities Inc. When providing life insurance products in all provinces except Quebec, Investment Advisors are acting as Insurance Representatives of RBC WM FS. In Quebec, Investment Advisors are acting as Financial Security Advisors of RBC WM FS. RBC DS WM FS is licensed as a financial services firm in the province of Quebec. ©Registered trademarks of Royal Bank of Canada. Used under license. © 2026 RBC Dominion Securities Inc. All rights reserved.



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