

---

**Thanks for keeping your social distance!**



## **TAKE 5 WEDNESDAY**

Hi Gyle

Here is your weekly dose of "TAKE 5 Wednesday", a list of what I'm enjoying, pondering and working on.



### **What to do if you're a victim of e-transfer fraud**

Interac e-transfer has become a popular way to send money in Canada. There are several ways that e-transfers can be made fraudulently, and you need to carefully watch your accounts for unexpected e-transfer activity, both out of and into your accounts. [Here](#) is what to do if you're a victim of e-transfer fraud.



## Looking back and planning ahead

After a challenging year like the one we just had, it is important to pause and reflect on the lessons we learned and how we have grown. [These questions](#) may help you think about your 2021 experiences and help you set your intentions for 2022.



## The benefits of emodiversity for your mental health

“Emodiversity” is our ability to feel and experience a wide range of emotions. Human emotions are diverse and highly complex; and the wider our emotional range, the better we can empathize with others and adapt to new situations. Allow yourself to understand your feelings and emotions, so that you may experience each feeling without blocking or denying it. Click [here](#) to learn about the benefits of emodiversity for your mental health.



## Timeless reading recommendations: The 36 best (old) books

The Literary Hub is a literary website with a mission to be the "site readers can rely on for smart, engaged, entertaining writing about all things books". [Here](#) is a list of their favourite non-2021 books that their staff discovered (or re-discovered) last year. Hopefully, this list will help you find some good reads for those cold winter nights!

### **Quote I'm pondering**

"It's not your salary that makes you rich, it's your spending habits."

— Charles A. Jaffe

Thanks for TAKING 5!

Scott

### **Whenever you're ready... here are 3 ways I can help:**

#### **Option 1.**

Let's have a chat: Just [CLICK HERE](#) to see my calendar through our online scheduler. Then, select a time that works for you. The scheduler will book our time and send you the call-in details.

#### **Option 2.**

Let's "meet": If you would like to book a free, no-obligation information session, please email me at [scottplaskett@ironshield.ca](mailto:scottplaskett@ironshield.ca) and we can coordinate a time that fits into your schedule.

#### **Option 3.**

Attend my next free webinar: Every Friday I get together online with a handful of other local business owners and share with them the most current research and insights into proper financial planning - specifically for business owners. If you'd like to participate or just listen in on the next session, please email me at [scottplaskett@ironshield.ca](mailto:scottplaskett@ironshield.ca) and I'll forward you the details.

Copyright © 2022, All rights reserved.

The foregoing is for general information purposes only and is the opinion of the writer.

This information is not intended to provide specific personalized advice including, without limitation, investment, financial, legal, accounting or tax advice. Please contact [scottplaskett@ironshield.ca](mailto:scottplaskett@ironshield.ca) to discuss your particular circumstances.