

It's time to take 5 minutes to refresh your mind. We think we found some interesting articles about personal finance that can save you time and money.



### **How to maintain your mental wellbeing when you have money worries**

Worried about money? You are definitely not alone. The cost-of-living crisis continues – and it's not just your finances that can suffer. In this [article](#) find out how financial advice can help your mental health and keep your day-to-day family finances on track.



### **The ultimate productivity hack is saying no**

The statement "Not doing something will always be faster than doing it" highlights the importance of saying no to unnecessary commitments and tasks. [Here](#) are the differences between yes and no and why it is crucial to find a balance between saying no to distractions and saying yes to opportunities that align with our goals.



### **Buying a house in 2024: 5 things to know**

Buying a house in Canada in 2024 could be tricky. Mortgage rates might soften, but what will that mean for competition — and home prices? It's important to consider the good and the bad if 2024 is your time to explore the market. This can be an enormous challenge. Consider these [five factors](#) to start your plan.



## That's one pricey subscription

In 2019, streaming services were affordable and offered great deals. However, this year, major streaming platforms like Netflix, Hulu, Disney Plus, and others have raised their prices. While some services have been increasing prices regularly, others are just starting. [Here](#) are some reasons why this has led to higher bills for cord-cutters, and there are no signs of the price hikes stopping anytime soon.

### Quote I'm pondering

“Better to trip with the feet than with the tongue”  
— Zeno

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.

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