

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.



#### **4 tips for balancing financial priorities mid-life**

Mid-life brings competing financial priorities - short-term goals like travel vs long-term goals like retirement. [Here](#) are four simple tips to help you balance your mid-life financial priorities.



#### **Those most likely to benefit from a budget are least likely to have one**

Unpredictable income hurts financial planning, especially for high earners who save less and budget less despite needing it the most. In this [article](#) learn why budgeting is crucial for mitigating the negative effects of income uncertainty, but people with unpredictable income find it the hardest to do.



#### **Omega-3 supplements might help mitigate cognitive decline in individuals with late-life depression**

A study found omega-3 supplements improved processing speed and brain function in older adults with depression, suggesting they may help mitigate cognitive decline. [Read more](#) about

the study here and what the results show.



## 5 survival strategies for times of high inflation

High inflation in Canada is causing concern as prices rise faster than wages. [Here](#) are tips to manage soaring costs: budget, shop sales, use loyalty programs, and consider GICs for savings.

### Quote I'm pondering

"No man is free who is not master of himself"  
— Epictetus

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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