



Take 5 and read through some articles we think could give you an interesting perspective.



5 expert tips that can help you resist impulsive buying

Overspending is often linked to deeper emotional issues. Focus on identifying your triggers (stress, loneliness) to address the root cause and break the cycle. Don't expect quick fixes; focus on long-term solutions. [Here](#) are 5 tips to help you finally end your overspending cycle.



Teaching your kids about internet safety

The internet is great for kids' education and fun, but also risky. Teach internet safety early: keep devices in common areas, set rules, and talk openly about online dangers. In this [article](#) specific safety tips are provided for different age groups (2-4, 5-7, 8-10, 11-13).



Is it worth chasing credit card rewards if you're in debt?

Credit card rewards are tempting but a bad idea for people in debt. The interest paid is much higher than the reward earned. Paying off debt is better for your finances and mental health. Learn [here](#) if credit card rewards are for you.



Where to get help if you're struggling financially (and mentally)

Financial stress in Canada is high, with nearly half of Canadians losing sleep over money worries. This stress can lead to anxiety, depression and other mental health issues, creating a vicious cycle. Job loss, debt and rising inflation are all contributing factors. Find out [here](#) how to get help with debt and other financial troubles.

Quote I'm pondering

"Humanity must seek what is NOT simple and obvious using the simple and obvious."
— Musonius Rufus

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 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 and I'll forward you the details.

Copyright © 04/24/2024, 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 [%%user_email%%](#) to discuss your particular circumstances.