



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.



Setting savings and investment goals

To reach your financial goals, it's smart to write them down. This clarity will fuel your saving efforts and keep you motivated. Learn [here](#) how to figure out what savings and investments are right for you.



25 timeless personal finance tips from MoneySense

As MoneySense turns 25, they are celebrating with a blast from the past! They have chosen a stellar piece from June 2014, packed with timeless financial guidance and money-saving strategies. Get ready for expert-backed [financial advice](#) and money-saving tips that stand the test of time.



Under the weather?

Despite modern advancements, our health is linked to weather. Weather can impact our health in various ways, which will be explored seasonally. In this [article](#) see a season-by-season look

at how the atmosphere affects your body and health.



The rising cost of groceries in Canada

The past five years have seen staple prices skyrocket. This has forced Canadians to adapt their shopping habits, yet food costs remain stubbornly high. [Here's](#) how food inflation is impacting Canadian families.

Quote I'm pondering

"Cease to hope and you will cease to fear."
— Seneca

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.

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