

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



Why autonomy is a key ingredient for happiness and wellbeing

Happiness comes from having autonomy, or the freedom to make your own choices. This [study](#) shows that intrinsically motivated activities, rather than externally rewarded ones, lead to greater engagement, meaning, and positive emotions. Pursue what interests you, and happiness will follow.



Allowances can be an 'amazing financial teaching tool.' So how much should you give?

Canadians are divided on giving kids an allowance. It can be a great financial teaching tool but there's no one-size-fits-all approach. Let your kids make some choices and involve them in setting up the [allowance system](#). Start small with cash for younger kids and gradually move to digital systems.



The benefits of beneficiaries

Beneficiary designations on accounts like bank accounts and life insurance can bypass probate, saving your loved ones time and money. Update your [designations](#) regularly to reflect your current wishes. Consider consulting a financial professional for personalized advice.



The \$1 rule, reverse budgeting: Tips and trends that could save you money

Summer can be an expensive time of year. Keep your budget in mind while you are having fun. [Here](#) are the most-recent budgeting trends and how to keep your budget on track during what can be an expensive time of the year.

Quote I'm pondering

"Don't forget to love yourself."
— Soren Kierkegaard

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.