



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



### Looking at your business like it's a family

Chris Grant, a successful entrepreneur, shares his journey of building and selling a company. Influenced by his "make a change" philosophy, he embraced challenges and opportunities throughout his career. After guiding his company to global success, he carefully chose a buyer who would ensure its legacy and his employees' well-being. [Read](#) the full story to learn valuable insights for entrepreneurs considering selling their businesses.



### The overjustification effect might explain why you don't want to exercise

Forget "no pain, no gain"! Motivation myth makes exercise a chore. We focus on looking good, not feeling good. This backfires - joy disappears, workouts stop. This [article](#) offers 3 science-backed tips to find intrinsic motivation and actually enjoy exercise, and how to make it a fun part of your life!



### Going on a summer vacation? Here's how to keep costs in check when you travel

Summer vacations can be expensive! Budgeting includes meals, gas, and unexpected costs. Ideally, avoid new debt while vacationing. [Here](#) are tips to save: be flexible with location and dates, leverage credit card rewards, avoid foreign transaction fees and plan your budget carefully.



## **Cross-border estate planning: What should Canadian parents with U.S. beneficiaries do?**

Canadian parents with U.S. resident children face unique estate planning challenges. U.S. estate taxes might apply depending on the state your child lives in. [Here](#) are some practical steps for cross-border estate planning.

### **Quote I'm pondering**

"A photograph is a secret about a secret. The more it tells you the less you know."  
— Diane Arbus

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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