

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



IRONSHIELD®
FINANCIAL PLANNING

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How to change your life in 5 seconds

Want to overcome procrastination, break bad habits, and boost your performance? Try this simple 5-second rule: whenever you find yourself hesitating or avoiding a task, count backward from 5. [This](#) technique helps break the cycle of indecision and procrastination, making it easier to stay focused and productive.



Every path is different in a business transition

This [article](#) tells the story of Polly Craik, a seasoned entrepreneur who sold her business and started a new venture. Learn from her experiences and insights on selling a business, including the emotional rollercoaster, due diligence, and finding the right buyer.



3 quick tips for starting the school year on the right financial track

Canadians are struggling financially due to inflation and rising interest rates. It highlights that many people are not making enough money to cover basic expenses and are close to

insolvency. This [article](#) provides three quick tips to help readers start the school year on the right financial track: take control of debt, get proactive with savings goals, and take advantage of educator-specific perks.



How to save money in 8 easy steps

Saving money doesn't have to be overwhelming. By following these simple [steps](#), you can watch your savings grow steadily. Remember, every little bit counts, so start small and gradually increase your savings as your income grows.

Quote I'm pondering

"The best way out is always through."
— Robert Frost

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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