

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.



**IRONSHIELD®**  
FINANCIAL PLANNING

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### **7 password rules to live by in 2024, according to security experts**

Contrary to what you might be told at work, experts have some surprising advice when it comes to creating strong passwords. From password best practices to simple security measures, [these](#) resources offer practical advice for everyone, regardless of technical expertise.



### **How to create a business that can survive a century**

From initial struggles to sustainable growth, every business has a life cycle. In this [article](#) learn about the factors that contribute to business longevity, including finding a profitable business model, managing cash flow, and adapting to changing market conditions.



### **Best GIC rates in Canada for September 2024**

Ready to grow your money in a secure, low-risk environment? Guaranteed Investment Certificates (GICs) offer a fixed-term investment with competitive interest rates. Rates vary based on factors like term length, redeemability, and interest payment options. [Here](#) the GIC rates available in Canada as of September 4, 2024.



## Inflation and your household budget

Inflation measures how much prices have risen over time. While gradual inflation can be offset by wage increases, sudden spikes can create financial strain. Read this [article](#) to learn more about the causes, effects, and strategies for managing inflation.

### Quote I'm pondering

"We cannot change anything until we accept it. Condemnation does not liberate, it oppresses."  
— Carl Jung

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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