

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



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Strategically growing your business for a future sale

In this [interview](#), Cheryl Zealand, Founder and CEO of Cranked Energy, discusses how the business came to be, how it's growing, and ways to make it attractive for a future sale. She believes that focusing on growth, cost efficiency, and building a strong brand will make her business attractive to investors.



3 ways to spend less on food

[This](#) article discusses strategies to save money on groceries amid rising food prices. It highlights price matching, rescuing surplus food, and utilizing a freezer and slow cooker. Price matching apps and surplus food apps like Flashfood and Too Good To Go are recommended. Freezing food and using a slow cooker are also effective ways to save money and reduce food waste.



9 natural remedies for calming anxiety without medication

Anxiety disorders are common and treatable. They can manifest in various forms, including generalized anxiety, OCD, panic disorder, and PTSD. Treatment options include medication, therapy, and natural remedies like exercise and meditation. [Here](#) are some natural remedies, although natural remedies for anxiety can be helpful for many people, these are not always enough to deal with anxiety disorders.



Here are the most common mistakes lawyers see in wills – and how to avoid them

A will is a markedly important piece of paper that outlines what happens to your possessions and property, and who cares for your children. This [article](#) emphasizes that a DIY approach can be risky, and discusses common mistakes people make, such as outdated wills and unclear beneficiary designations. It also emphasizes the importance of open communication with beneficiaries and having a clear plan for your estate.

Quote I'm pondering

"The foundation of every state is the education of its youth."
— Diogenes

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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