

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.



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### **The best low maintenance cars in Canada in 2024**

Whether you're a new driver or looking to save money, finding an affordable and reliable car can be a game-changer. This [guide](#) highlights the best low-maintenance vehicles to simplify your search and minimize costs.



### **Strategically growing your business for a future sale**

Cheryl Zealand, the visionary behind Cranked Energy, shares her entrepreneurial journey. She delves into the company's origins, its current growth trajectory, and the strategic steps being taken to enhance its market appeal and future valuation. [Here](#) is the full interview.



### **How advisors can help Canadians prepare for dementia**

The Alzheimer's Society of Canada predicts a staggering rise in cases, impacting millions of Canadians and their families. Beyond the health crisis, dementia poses significant financial challenges. Cognitive decline can impair decision-making, potentially jeopardizing financial well-being. To learn more about this pressing issue and how to prepare, [read](#) the full article.



#### **4 financial trends that could shape 2025**

After a challenging year, inflation is expected to ease and the nation is poised to lead G7 economic growth. However, challenges remain, including high credit card debt and housing market affordability. As interest rates decline, Canadians will need to make strategic financial decisions to secure their future. [Learn more](#) about how this transformative year could impact your wallet.

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

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."  
— Melody Beattie

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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