



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.



How to enjoy Christmas food, drink and socialising without harming your heart

The Christmas season often leads to increased dining out and indulgence. While it's a time for enjoyment, it's important to maintain a balance. Senior Dietitian Victoria Taylor shares expert tips to savor the festive flavors without compromising your health. [Read](#) the full article to discover how to enjoy your holiday treats mindfully and protect your heart.



Money-saving gifts that keep on giving: MoneySense's 2024 holiday guide

Canadians are seeking budget-friendly holiday gifts this year. Consider practical presents that offer long-term savings, especially in areas like groceries. [MoneySense](#) curated a list of 10 affordable gift ideas, discover thoughtful gifts that will be appreciated all year round.



17 lovely family Christmas traditions to start enjoying together in 2024

The holidays are a time for cherished traditions that bring families together. From decorating trees to watching classic Christmas specials, these rituals create lasting memories. [Discover](#) 17

fun and festive traditions to start this year, and learn about the oldest and most popular holiday customs.



How much should I save each month?

Saving money is crucial for financial security, regardless of your income level. While there's no one-size-fits-all approach, setting personalized savings goals based on your budget and aspirations is key. [Here](#) are some practical tips to start saving today and work towards a brighter financial future.

Quote I'm pondering

"As we look to the new year, hold on to what is good. Let go of what is bad. It really is that simple."

— Mandy Hale

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.

Copyright © 12/18/2024, All rights reserved.