
Thanks for keeping your social distance!



TAKE 5 WEDNESDAY

Hi vanesa

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



COVID-19: Tenants and property owners

Canadians with reduced income, or no longer earning income, are having a hard time keeping up with their rent. It's a good practice to work out an arrangement with your landlord if you can't pay your rent. Most landlords are open to negotiating some sort of payment plan, since they may also be facing a financial crunch. Click [here](#) to learn more about the help available to Ontario tenants and property owners during the COVID-19 pandemic.





The secret to giving a compliment that makes people glow

Want an easy way to brighten another person's day? Offer them specific, heartfelt praise, says educator Cheryl Ferguson. It takes only a tiny bit more effort to turn a vague comment into the kind of praise that will make someone's day. [Here](#) are the three basic components of an effective compliment.



Ways to curb financial anxiety when you're stressed about money

If you are feeling embarrassed by past financial mismanagement, such as unsuccessful budgeting, remember that taking the time to educate yourself and organize your finances can set you on a healthier path for the future. There's no shame in wanting to be better with money, so don't feel awkward if you need to broach the subject with your partner, see an advisor, or ask for help. Click [here](#) to learn how to manage your financial stress.



Biggest myths in fitness

You may think that fitness is confusing because new exercises are invented every week, new gurus are trending by the day and a fresh study that contradicts all the other ones is released every time you think you're getting the hang of things. Learn the basic facts and remember that the fundamentals stay the same. Also, learn the [common fitness myths](#) and misconceptions that could sabotage your efforts at the gym—and enjoy your workout!

Quote I'm pondering

“Don't let yesterday take up too much of today” – Will Rogers

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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TO LEARN MORE CONTACT US scottplaskett@ironshield.ca

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