



Thanks for keeping your social distance!



TAKE 5 WEDNESDAY

Hi

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



Get over your fear of spending

Most of us have struggled with financial stress at some point in our lives. In many cases it leaves a lasting impact on how we handle our save vs spend decisions. It's important to figure out where your fear of spending comes from. The author of [this article](#) shares his personal experience in overcoming the fear of spending and provides some useful tips for others.



What's behind your mortgage rate

Buying a home is probably the biggest purchase you'll ever make. If you're like most people, you won't pay cash - you'll borrow most of the money by taking out a mortgage. And over the life of the mortgage, you'll pay a lot in interest. Small changes in interest rates can make a big difference in how much you'll pay. So it's important that you understand what determines the interest rate on your mortgage.



Ontario 211 services

The ongoing pandemic has many people feeling anxious and unsure where to get help. A free and confidential helpline is available across most of Canada, including Ontario, to connect you to the right resources. 211 is a helpline available by phone, chat, website, and text. It provides a gateway to community, social, non-clinical health and related government services 24/7. It also provides interpreters in over 150 languages.



Regretting your past money mistakes isn't helpful

When you're learning how to manage your finances, it's easy to look back at past behaviour and past spending patterns and cringe a little bit. And, while cringing may be a natural reaction, blaming yourself may damage your ability to manage your finances in the future. [This blogger](#) has gone through a similar experience and shares her findings about the right way and the wrong way to look back at your bad money decisions. When you focus on what you've done "wrong" in the past, you're reinforcing that you've made bad decisions before. Instead, focus on what those decisions can teach you for the future and use that information to put plans or goals in place.

Quote I'm pondering

"It is by acts and not by ideas that people live."

—Anatole France

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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The CFP professionals are continually working to make financial goals a reality for each and every one of our clients. We're dedicated to helping you make smart, educated and well-thought out financial decisions throughout all stages of your life.

TO LEARN MORE CONTACT US scottplaskett@ironshield.ca

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