

---

**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.



### **TFSA limit for 2021**

The TFSA contribution limit for 2021 is \$6,000, matching the limits in 2019 and 2020. The total contribution room available in 2021 for someone who has never contributed and has been eligible for the TFSA since its introduction in 2009 is \$75,000. The annual TFSA contribution limit is indexed to inflation and rounded to the nearest \$500. For 2021, CRA's indexation increase is 1.0%. Click [here](#) for more information about unused TFSA contribution room and federal tax bracket thresholds for 2021.



### **Train your body to work out – or just hang out – in colder weather**

If you dread winter's chill, [these tips](#) can help you handle the cold better. Practise consistently and you might start enjoying it! You may decide to go out with friends and hang out outdoors this New Year's Eve! More good news... cold, like exercise, makes you healthier.



### **A charity that supports all Canadian charities**

For more than 20 years, CanadaHelps has been a trusted platform connecting donors with the charities and causes they care about. If you're thinking about year-end donations, visit [CanadaHelps](#) to explore over 86,000 charities. Spread the word and encourage others to make a difference now!



### **Little things therapists recommend doing for your mental health everyday**

John Trainor, chair of Mental Health Research Canada's board, recently said a new survey produced "[deep concerns about the trends we are seeing](#)" in mental health among Canadians. A shortlist of recommendations from a somatic practitioner, two psychotherapists and a psychologist are captured in [this article](#) to help you protect your well-being.

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

"Do not judge me by my success, judge me by how many times I fell down and got back up again."

– Nelson Mandela

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.

Copyright © 2021, All rights reserved.

The foregoing is for general information purposes only and is the opinion of the writer.

This information is not intended to provide specific personalized advice including, without limitation, investment, financial, legal, accounting or tax advice. Please call us to discuss your particular circumstances.

Please contact us at: [scottplaskett@ironshield.ca](mailto:scottplaskett@ironshield.ca) to discuss your particular circumstances.

---

----

### UNSUBSCRIBE BUTTON

On July 1, 2014 the Canadian Federal Government rolled out the new anti-spam legislation to protect your privacy. This law governs email permissions.

We are committed to doing our part to fight unwanted spam. We value our business relationship with you and would like to continue to provide you with our informational e-mails.

#### Please Note:

Where a pre-existing business relationship exists between you and us, we will continue to send you our informational emails unless you unsubscribe. If you do not wish to receive electronic messages in the future, please unsubscribe.

A safe unsubscribe button is located on every email at the bottom of the page. Please be advised that this may restrict our ability to send you messages in the future.