
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.



Commingling money as a couple

Merging your money isn't an all-or-nothing practice, and the same approach won't work for everyone. Some couples commingle every bank account, retirement fund, and credit card, but that's not the only way you and your partner can combine household finances. Take a look at [these](#) examples, and keep in mind there's no single best way for a couple to organize their money. The most important thing is to find a system that works for both of you without adding stress to your relationship.



Pink mac 'n' cheese for Valentine's Day

Kraft has launched its Valentine's Day limited-edition mac and cheese. It's cheesy, sweet and completely pink. Would you try it?



Mental health apps for 2021

According to the Canadian Mental Health Association, in any given year, 1 in 5 people will personally experience a mental health problem or illness. You may be wondering what you can do to protect your mental health. An increasingly popular way to take care of your brain is by using apps designed to support and improve your mental health. They are less expensive than other types of support and offer diverse approaches for improving mental health. Best of all, they are right in your pocket when you need them!



The perfect Valentine's Day present for your finances

Valentine's Day tends to get a bad reputation. What if you didn't look at it as a "Hallmark holiday", where you fall into the consumerism trap, but instead treat it as a chance to really invest in your relationship. Money has a much greater impact on our relationships than we acknowledge. This article suggests that you use this Valentine's Day to start a good conversation with your partner about your finances. Having healthy, open communication about our finances and goals is crucial to the success of our relationships.

Quote I'm pondering

“You must do the things you think you cannot do.”

— Eleanor Roosevelt

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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