



IRONSHIELD[®]
FINANCIAL PLANNING

TAKE 5 WEDNESDAY

Hi

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



4 questions to ask yourself to avoid financial stress in retirement

What are your plans for retirement, and have you figured out how you're going to afford them? A professional financial planner can help you map out all your key numbers. In [this article](#) Kelly Ho, CFP, suggests starting with these 4 questions to help make a plan that will work for you.



Early inheritance? The benefits of giving money to your family today

It's important to plan for retirement and to prepare your estate for your loved ones. But some people would rather pass along these gifts earlier — while they're alive and perhaps while their children (or grandchildren) need it more. This lets them witness the joy and security they're providing to their loved ones. [Here](#) are some benefits of giving sooner. There are many ways that your gift can help loved ones over time and still honour your wishes.



The best currency exchange options for travellers

There are usually fees involved when exchanging currency. Limiting those fees leaves you with more money in your pocket. The exchange rate listed on government and currency conversion websites isn't what you'll get when you need to convert currency, because those exchange rates don't factor in any fees. Picking the best currency exchange option depends on your situation. Click [here](#) to see what choices you have and what might work best for you.



Figure out why you're so grumpy

When you're feeling upset, take a moment to figure out what's really bothering you before you say or do something you'll regret. Click [here](#) to learn about the HALT (hungry, angry, lonely, tired) method — an excellent way to tame emotions and create calm by addressing basic human needs. HALT is the pause button that may prevent you from taking out your frustrations on someone else. After all, you're never too old for a nap or a snack.

Quote I'm pondering

"From a small seed a mighty trunk may grow."

—Aeschylus

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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