



# IRONSHIELD®

FINANCIAL PLANNING

## TAKE 5 WEDNESDAY

Hi

It's time to take 5 minutes to refresh your mind. We think we found some interesting articles about personal finance that can save you time and money.



### **Signs You're Suffering From Social Exhaustion—and 5 Tips to beat it, According to Psychologists**

Social exhaustion stemming from work can create ripples in all areas of your life. So as you're returning to your morning commute, desk, and coworkers, make sure you have a few therapist-approved self-care tricks up your sleeve for those in-office days. [Click here](#) for more.



### **How do your Finances Stack up? Are you on Track for Retirement?**

WealthScore offers a financial-health checkup based on questions about your age, household size, income, spending, debts and assets. [Click here](#) to take the test.



## How to Break up With a Friend

How do you decide when a friendship has run its course? And, once you do, what's the best way forward? [Click here](#) for more.



## Should you join the 'Ice Bath' Movement?

Do ice baths soothe sore muscles, improve sleep, and boost mood? [Click here](#) to find out if you can benefit!

### Quote I'm Pondering

"The first step towards getting somewhere is to decide you're not going to stay where you are."  
— John Pierpont Morgan

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.

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