



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.



One counterintuitive strategy led to this \$380 million payday

Why would a startup business with no revenue or employees be thinking about [potential acquirers](#) so early? Whether you are looking to sell soon or are years away from selling, the process of developing a shortlist of potential acquirers tomorrow will help you make better decisions today.



Just 1 workout a month can keep your brain healthier as you age

Staying physically active throughout adulthood was linked to better brain function later life, including a stronger memory. [Learn more](#) of the benefits of exercise from the study published in the Journal of Neurology Neurosurgery & Psychiatry.



If you spend more than you earn

It's a good idea to look at your overall lifestyle before you start finding ways to reduce your spending. [These tips](#) will help you find ways to balance your budget.



March gardening: what you need to do this month

March in the garden is a busy time. You will have to prepare your garden soil and start working in the garden. [Here](#) is a complete list of what to do in the garden in March.

Quote I'm pondering

"Tough times never last, but tough people do."
— Robert H. Schuller

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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