



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.



Overspending and mental health

Overspending refers to spending more money than one can afford or more than was planned. For some individuals, overspending can be a symptom of mental health challenges or disorders like depression or anxiety. [Here](#) are some practical tips to help you address the underlying triggers if you are struggling to stay within your budget.



10 Best personal loans in Canada

A personal loan can be handy for managing a variety of financial situations. The best personal loan interest rates depend on your financial situation and how much you can pay back each installment period. [These](#) online loan providers offer some of the best interest rates in Canada.



When digital nomads come to town

As their name suggests, digital nomads move around a lot. The typical nomad might visit 12 or 13 countries in a year, all the while holding down a corporate job, usually in the tech sector. [Here](#) are the most popular cities and how it is affecting the locals.



Disability insurance in Canada: What is it?

Disability insurance provides you and your family with an income if you're suddenly unable to work due to an illness or accident. It is always important to discuss with your financial planner if it is right for you. [Here](#) is how disability insurance works and types of plans.

Quote I'm pondering

"It takes 20 years to build a reputation and five minutes to ruin it. If you think about that, you'll do things differently."
— Warren Buffett

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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