



**IRONSHIELD**<sup>®</sup>  
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.



### IV therapy is soaring in popularity, but it's not without risks

Whether you are suffering from a hangover, fatigue, or jet lag, chances are there is an IV therapy for that. While there are instances when IV treatments are medically necessary, such as when a person is severely dehydrated or they are in dire need of a blood transfusion, elective IV therapy may not be effective or necessary. Experts explain [here](#) the pros and cons.



### One tip from National Geographic to change the way you take pictures of nature on your phone

When it comes to making phone photos stand out, National Geographic photographer Kiliiii Yüyan said natural landscapes are especially challenging since they've been photographed so much. [Here](#) some tips on how to take photos of natural landscapes that stand out from the rest.



## Emotional intelligence is the key to more successful entrepreneurs

Society has a role to play in fostering or preventing entrepreneurship. The best way to increase the rates of entrepreneurship in a society is by increasing emotional intelligence levels. [This research](#) show how emotional intelligence impacts entrepreneurship and how sociable individuals are more likely to create social entrepreneurship opportunities.



## How to save \$10,000 in a year: A guide to achieving your goals

If you want to gain control over your finances, get out of debt, and achieve financial independence, saving \$10,000 a year is a worthwhile aim. You'll find more than ten strategies in [this post](#) to help you meet this goal.

### Quote I'm pondering

"We should certainly count our blessings, but we should also make our blessings count."  
— Neal A. Maxwell

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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