



IRONSHIELD[®]
FINANCIAL PLANNING

TAKE 5 WEDNESDAY

Hi

Stop what you're doing and read through some articles we think could give you an interesting perspective. Check out this week's Take 5.



How much debt is normal in Canada? We break it down by age

After a brief decline during the pandemic, the Canadian household debt-to-income ratio soared to 184.5% in the first quarter of 2023. Remember, debt is a normal part of life for most Canadians—particularly those located in high cost of living areas of the country. Click [here](#) for the age groups and the sources of debt for each.



3 simple habits that can protect your brain from cognitive decline

Aging affects the brain, but lifestyle behaviors can significantly impact its well-being. Activities like learning a new language, engaging in aerobic exercise, and developing meaningful social relationships can improve brain health. [These](#) three habits plan to encourage “resilient aging” by activating neurogenesis in the brain.



What is the September Effect?

The September Effect is a market anomaly where stocks turn negative in September. The effect is not overwhelming, and more importantly, is not predictive in any useful sense. This is because the time period under consideration will matter a great deal. Read [here](#) the stock market history and theories about the September Effect.



5 survival strategies for times of high inflation

Inflation in Canada is high, with 55% of Canadian adults being very concerned about it, and 45% at least somewhat concerned. This can negatively impact quality of life, especially for those with lower incomes. [Here](#) are some ways to manage soaring costs right now.

Quote I'm pondering

"People may hear your words, but they feel your attitude."
— John C. 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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