



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.



See how humans around the world spend the 24 hours in a day

A new [study](#) calculated the average "global human day," revealing which activities take up most of our time. More than a third is spent sleeping, and the rest is split among three categories based on whether the time directly affected humans, the physical world, or where and what people are doing.



Science says celebrating holidays could make you happier

Celebrating holidays and expressing gratitude can lead to increased happiness and well-being. According to [this research](#) savoring the little things, like family holiday celebrations, can lead to stronger relationships and improved mental and physical well-being.



2024 TFSA limit, OAS clawback, and more

Understanding rules and contribution limits can help your budgeting and forecasts for 2024. [These](#) figures have the entire data set needed to calculate the indexing rate for 2024, which gives us a new TFSA limit, OAS clawback threshold, tax brackets, and more.



7 tips to have a budget-friendly, fanfare-filled holiday season

The holidays can cost a lot of money. Between decorations, gifts and holiday meals, the price tags on all the fanfare can quickly disrupt a carefully curated budget, but it doesn't have to do that. If you're looking to save some money on the holidays this year, consider employing a couple of [these tips](#).

Quote I'm pondering

"Don't take criticism from people you would never go to for advice."
— Unknown

Thanks for TAKING 5!

Scott

Whenever you're ready... here are 3 ways I can help you now:

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 get together: If you would like to get together for a free, no-obligation information session, please email me at scottplaskett@ironshield.ca and we'll coordinate a time to connect.

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 details about the next session.

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The CFP professionals are continually working to make financial goals a reality for each and every one of our clients. We're dedicated to helping you make smart, educated and well-thought out financial decisions throughout all stages of your life.

TO LEARN MORE CONTACT US scottplaskett@ironshield.ca

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