



**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.



### **If you habitually hit the snooze button on your alarm, new research says you may be mentally sharper for it**

A study published in the Journal of Sleep Research suggests that hitting the snooze button in the morning may not be as bad for you as previously thought. While snoozing resulted in a loss of about six minutes of sleep, it prevented awakening from deep slow-wave sleep. [This study](#) also found no apparent effects on stress hormone levels, morning sleepiness, mood, or overnight sleep patterns.



### **PC optimum points guide | How to maximize your points**

PC Optimum is a fantastic loyalty program that allows you to maximize your points and reap incredible benefits with every purchase. [This guide](#) walks you through everything you need to know about PC Optimum points value, how to earn and redeem them, and some expert tips on how to make the most out of this rewards program.



### **The future of cities, according to the experts**

Even during the pandemic when remote work became more prevalent and some residents left, the biggest cities in the US are showing signs of revival and will remain attractive places to live. Although some residents left cities in search of more space or lower-priced housing, large cities are switching from losing to gaining population according to this [analysis](#) by the Brookings Institution.



### **How to save money: strategies for saving in Canada**

Financial experts are urging people to start saving in spite of rising bills and the cost of essentials. The interest being paid on some savings accounts is at its highest in 15 years, so experts recommend finding a savings account with high interest. [Here](#) some strategies and places for Saving Money Each Month.

### **Quote I'm pondering**

"You have power over your mind – not outside events. Realize this, and you will find strength."

— Marcus Aurelius

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](mailto: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](mailto:scottplaskett@ironshield.ca) and I'll forward you the details.

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