



Take 5 and read through some articles we think could give you an interesting perspective.



### Seven tips for finding happiness at work

Work can sometimes be something we have to do rather than something we want to do. But given that the average person will spend 90,000 hours at work over a lifetime it makes sense to try and enjoy it if you can. By implementing [these](#) strategies, you can improve your well-being and find more enjoyment in your work.



### The ultimate productivity hack is saying no

The statement "Not doing something will always be faster than doing it" highlights the importance of saying no to unnecessary commitments and tasks. [Here](#) are the differences between yes and no and why it is crucial to find a balance between saying no to distractions and saying yes to opportunities that align with our goals.



### Stop using passwords

Many people use weak or easily guessable passwords across multiple accounts, compromising their online security. However, the adoption of passkeys is changing this. Passkeys are secure codes generated through public key cryptography that can be used for login authentication using biometrics or a PIN. Learn [here](#) pros, cons and how to implement them.



## How to sleep better

Lack of sufficient sleep can have a negative impact on emotional well-being and physical health. Consistency and getting seven to eight hours of sleep each night are crucial for the brain to go through the necessary sleep stages. Here are 4 [strategies](#) on how to strike the right balance between quantity and quality for more robust rest.

### Quote I'm pondering

"Discipline is the bridge between goals and accomplishment."  
— Jim Rohn

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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