

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



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How to maintain your mental wellbeing when you have money worries

Worried about money? You are definitely not alone. The cost-of-living crisis continues – and it's not just your finances that can suffer. In this [article](#) find out how financial advice can help your mental health and keep your day-to-day family finances on track.



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.



Why having a little hobby is so good for you

Hobbies can provide numerous benefits for your mental health, from stress reduction to increased happiness and life satisfaction. Whether you're a seasoned hobbyist or looking to find your passion, this article explores the many ways hobbies can enrich your life. [Discover](#) the psychological, biological, social, and behavioral benefits of engaging in leisure activities and learn why it's worth making time for your favorite pastimes.



Growing your business through mergers and acquisitions in 2025

Looking to expand your business globally? Mergers and acquisitions (M&A) may be the key. By joining forces with another company, you can extend your reach and unlock new opportunities. In this [article](#) learn more about the M&A process, the difference between mergers and acquisitions, and the benefits and challenges involved in this strategic move.

Quote I'm pondering

"Choose not to be harmed — and you won't feel harmed. Don't feel harmed — and you haven't been."

— 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 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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