

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



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How a mindful hobby could help you break your after-work 'doomscrolling' habit

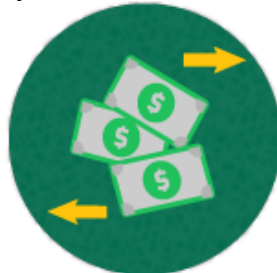
After work, endless phone scrolling, driven by FOMO, leads to "doomscrolling" and psychological distress. This habit lowers well-being, satisfaction, and work engagement. Replacing screen time with mindful hobbies, like knitting or coloring, combats this. Focused activities boost present-moment awareness, reducing stress and fostering emotional resilience. [Here](#) are just a few ways that mindful hobbies can help you break your "doomscrolling" habit.



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How to deal with your finances when the economy is stressing you out

Recent months brought escalating financial anxieties beyond pandemic woes. Tariffs, boycotts, and fluctuating inflation compound existing money stressors, now the top concern for 44% of Canadians. This volatility makes long-term financial planning feel futile, exacerbating decision-making paralysis amidst overwhelming uncertainty. This [article](#) suggests some processes you can put in place to reduce the stress around your finances.



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Personal loan versus line of credit: Which should you choose?

Personal loans and lines of credit offer borrowing for major expenses. Loans provide a fixed sum, repaid in installments, often for specific needs. Lines of credit offer flexible, revolving access to funds, like a credit card. Both can be secured or unsecured, with eligibility tied to your credit. Understanding their [differences](#) aids in choosing the right option.



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Supports for business

Optimize your business, from startups to expansions, with the Government of Canada's extensive programs and services. Access hundreds of [resources and tools](#) designed for efficiency and growth.

Quote I'm pondering

"External things are not the problem. It's your assessment of them. Which you can erase right now."

— 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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