



**IRONSHIELD®**  
FINANCIAL PLANNING

Here is your weekly dose of "TAKE 5 Wednesday", a list of what I'm enjoying, pondering and working on.



### **Canada announces new support for Canadian businesses affected by U.S. tariffs**

New measures offer relief to Canadian businesses impacted by the Canada-U.S. tariff dispute. This includes the remission of certain Canadian countermeasure tariffs, conditional on automakers maintaining production and completing planned investments in Canada. For full details on these measures and their implications, read the complete [article](#).



### **This where Canadians are travelling instead of Florida, Hawaii and other U.S. spots**

Due to the trade war, some Canadians are altering their U.S. vacation plans, with one long-time Hawaii visitor opting for Mexico instead and vowing to avoid the U.S. entirely. This reflects a broader trend, as data shows a significant drop in Canadians returning from the U.S. by vehicle and decreased international traffic from Canada at major U.S. airports. Discover more about this shift in travel patterns in [here](#).



### **How gratitude changes you and your brain**

As mental health care increasingly values efficiency, researchers are exploring brief, high-impact strategies to enhance the effectiveness of therapy. While gratitude practices are known to boost overall happiness, a recent study zeroed in on individuals undergoing counseling. The findings revealed that writing gratitude letters significantly enhanced mental health outcomes beyond the

benefits of counseling alone. [Discover](#) how this simple yet powerful practice can make a meaningful difference.



## **What is the minimum payment on credit cards in Canada**

Credit card statements show a minimum payment, but paying only this extends debt repayment and accrues significant interest. Minimum payments are a percentage of your balance or a fixed amount. Understanding how these payments are calculated helps you make informed financial decisions and manage your credit effectively. Learn more about the implications of minimum payments in the full [article](#).

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

"Don't let yesterday use up too much of today."  
— Will Rogers

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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