



IRONSHIELD®
FINANCIAL PLANNING

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



Is 5 years ahead of retirement the right time to start talking to a financial adviser?

Retirement portfolio adjustment is an ongoing process, ideally starting five years prior to retirement. Gradually shifting to safer assets and continuously rebalancing with an advisor ensures you stay on track. This proactive approach helps protect investments and align with your goals. [Discover](#) optimal timelines and strategies for a secure retirement in the full article.



Canada faces potential wave of small business closures

Amid economic shifts and a "Silver Tsunami" of retiring Baby Boomer owners, Canada faces widespread small business closures, especially in rural areas. With most businesses lacking succession plans, a critical gap in local ownership and employment looms. [Explore](#) how robust succession planning can secure businesses, jobs, and community economies in the full article.



13 ways to budget and save money during the summer

Summer expenses, from vacations to childcare, can be overwhelming. However, smart budgeting and saving are achievable. By setting limits, scheduling wisely, using cash, and tracking spending, you can navigate the season without financial stress. Discover more simple yet effective strategies to make your money go further this summer by reading the full [article](#).



No test, no technology – this simple physical exercise reveals how old your brain really is and how healthy your mental health is

Did you know your walking speed can reveal your brain's age and cognitive health? Neuroscience experts have linked slower walking to faster brain deterioration and other health issues, even in younger individuals. Simple tests can measure your speed against age-specific healthy benchmarks. Ready to assess your brain's pace? [Read](#) the full article to discover how and why movement is key for mental well-being.

Quote I'm pondering

"Waste no more time arguing what a good man should be. Be One."
— 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.