



IRONSHIELD®
FINANCIAL PLANNING

It's time to take 5 minutes to refresh your mind. We think we found some interesting articles about personal finance that can save you time and money.



Protecting your financial information in the event of a data breach

A data breach can expose your personal information to fraudsters who steal money or borrow in your name. To protect yourself, regularly change passwords, check statements, and report any suspicious activity. If you're a victim, contact your bank and credit bureaus immediately.

[Learn](#) more about data breaches and how to protect yourself in the full article.



Six financial planning tips for business owners

To help your small business succeed, you need to attract top talent, secure great financial rates, and find tax efficiencies. It's also vital to protect your business with key person insurance, plan for your own retirement, and safeguard your family with life and living benefits insurance. [Discover](#) six tips for success in the full article.



Brain health, mood, and sleep: all protected by this simple movement

Regular movement is a powerful prescription for brain and emotional health. A large study found that moderate to vigorous activity can reduce the risk of dementia, depression, stroke, and anxiety by up to 40%. Inactivity, conversely, increases risk. Discover how even short "exercise snacks" can make a difference in the full [article](#).



Eight essential money tips to try this year

Whether your goal is to save more, pay down debt, or grow your wealth, a financial checklist can set you up for success. Learn to map out a financial plan, contribute to registered savings accounts, establish a budget, and find a debt repayment strategy that works for you. [Read](#) the full article for a detailed guide.

Quote I'm pondering

"Quality means doing it right when no one is looking."

— Henry Ford

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.