



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.



6 ways to cope with financial anxiety

Financial anxiety, distinct from financial stress, is a chronic, internal worry about money, affecting over 60% of people regardless of income. It can manifest as excessive worry about past mistakes or future finances, triggering physical symptoms like a racing heart. Learn to [recognize](#) and address this common condition by reading the full article.



RRIF and LIF withdrawal rates: Everything you need to know

You must convert your RRSP to a RRIF by the end of the year you turn 71, triggering minimum taxable withdrawals. Some Canadians also have locked-in accounts, like LIRAs, from pension plans. These must be converted to LIFs to withdraw funds. [Learn](#) about RRIF withdrawal rates and locked-in accounts.



11 best international money transfer apps

Sending money internationally is now easier and more affordable with money transfer apps. These apps are a convenient alternative to banks, often saving you on fees. [Discover](#) the 11 best international money transfer apps and learn what features to look for to choose the right one for your needs in the full article.



Fraudsters are targeting Canadians by text

Canadians are increasingly targeted by sophisticated smishing scams, which use text messages to steal personal data. Scammers now leverage AI to mimic trusted senders, making fraudulent texts more convincing and harder to detect. These attacks aim to trick you into clicking malicious links or revealing sensitive information. For more on how to defend yourself against these evolving threats, read the full [article](#).

Quote I'm pondering

"What man actually needs is not a tensionless state but rather the striving and struggling for some goal worthy of him."

— Viktor Frankl

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.