



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



### **This two-step plan can be ‘incredibly helpful’ for your savings**

Combining financial goals with automated savings is a powerful way to build wealth. Behavioral economists say that automating contributions helps overcome inertia, making it easier to achieve your financial objectives. This simple act can make all the difference.

[Discover](#) how this powerful duo can help you in the full article.



### **Five common types of medication you shouldn't have with coffee**

Your daily coffee habit might interfere with your medications, reducing their effectiveness or increasing side effects. From common cold tablets to antidepressants, caffeine's impact can be significant. To stay safe, it's important to understand these interactions. [Learn](#) how coffee can interfere with your medications and how to stay safe in the full article.



### **Canadian entrepreneurship dreams up, growth lags**

Entrepreneurial ambition is at a post-pandemic high in Canada, according to the 2025 RBC Small Business [Poll](#). 59% of Canadians say they aspire to own a business — the highest share since 2017. The majority see it as a viable path to earn a living, demonstrating a surge in entrepreneurial spirit. Current business owners also show resilience by pivoting their strategies.



### **Halloween 2025 is on a Friday. It's a long time before it happens again**

Ready for Halloween? This year, the spooky festivities fall on a Friday, making trick-or-treating a bit easier for everyone. The last time Halloween was on a Friday was in 2014. To learn more about what to expect this Halloween, read the full [article](#).

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

“It never ceases to amaze me: we all love ourselves more than other people, but care more about their opinion than our own.”

– 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](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.