



**IRONSHIELD®**  
FINANCIAL PLANNING

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



### **Holiday survival guide: food, stress, and mental health tips**

The holiday season brings joy, but also considerable stress due to busy schedules and expectations. To balance your mental and physical health, focus on three key areas: eating wisely with balanced plates, supporting your mood through movement and time outdoors, and prioritizing mental health by setting boundaries and resting. Navigate the holidays with ease by reading the full [health checklist](#).



### **Remember to give thanks to yourself during the holidays and beyond**

While we often focus on external factors, experts say directing gratitude toward ourselves is vital for well-being. Our brain's negativity bias makes self-gratitude awkward, but acknowledging your strengths and resilience promotes mental health. Psychologists suggest that regular self-compassion can transform your daily life. [Learn](#) how to practice this important self-care in the full article.



### 3 tips to help prepare you for retirement

Retirement preparedness goes beyond money and health, focusing on the non-financial aspects like missing colleagues, finding purpose, and building social networks. The Longevity Preparedness Index highlights the need for awareness, assessment, and action regarding relationships and activities. In this [article](#) learn how to truly prepare for a fulfilling long life.



### The top 8 things that should be on your end-of-year financial to-do list

Before year-end, tackle crucial financial to-dos for peace of mind. Withdraw from your TFSA by December 31st for immediate re-contribution room next year, and maximize RESP contributions to secure the full government grant (CESG). These steps build future wealth and savings. [Discover](#) all eight essential tasks in the full article.

### Quote I'm pondering

"Laughter is timeless, imagination has no age, and dreams are forever."  
— Walt Disney

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.