



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.



### **Managing your money in challenging times**

Managing finances during difficult times requires a proactive plan. Start by creating a budget, reducing non-essential spending, and contacting your financial institution for mortgage or credit relief. Whether seeking a financial advisor or a credit counsellor, professional guidance can help you navigate debt and rebuild your credit. [Read](#) the full article for more.



### **The Leadership Style That Builds Loyalty—and Destroys Company Value**

Leading "from the trenches" can inadvertently devalue your business. Companies revolving around their owner often receive offers 35% lower than independent ones. By empowering your team and stepping back from daily operations, you transform your company into a transferable asset. [Learn](#) more here on how to stop being the hub.



### **5 Best Foods for Anxiety and Stress, According to a Top Doctor**

Anxiety is a brain health issue rooted in overactive fear centers, not a character flaw. Fortunately, your diet significantly impacts brain chemistry and emotional balance. By choosing foods that reduce inflammation and stabilize blood sugar, you can naturally soothe your nervous system. [Discover](#) five anxiety-easing foods in the full article.



## **Prenups can be an uncomfortable topic, but a big help in the event of heartbreak**

A prenuptial agreement doesn't signal a lack of trust; rather, it provides clarity for couples entering marriage or common-law relationships. By documenting assets and expectations early, partners can protect their financial futures and avoid costly legal disputes later. Learn how to navigate this conversation and set ground rules in the full [article](#).

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

"Nothing, to my way of thinking, is a better proof of a well-ordered mind than a man's ability to stop just where he is and pass some time in his own company."

— Seneca

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.