



Hi

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



CPP payments shifted in January

As of January 2026, Canada Pension Plan (CPP) maximums have increased due to ongoing program enhancements. The maximum retirement pension at age 65 is now \$1,507.65 per month, with updates also applied to disability and survivor benefits. Your actual payment depends on your specific contribution history and age. In this [article](#), the complete 2026 payment schedule and benefit details.



10 entrepreneurs who prove success has no expiration date

Entrepreneurial success isn't reserved for the young. While mythology favors dorm-room founders, legends like Sam Walton and modern innovators like 85-year-old Joan Alford prove that experience and curiosity compound with age. [These](#) stories destroy ageist myths, showing how mid-life resilience and systems thinking become a founder's ultimate unfair advantage.



Why 'unwinding' with screens may be making us more stressed

Despite a multitrillion-dollar wellness industry, mental health continues to decline. This "self-care paradox" suggests that many products fail to address the root of burnout: chronic

sensory overload. True restoration often comes from reducing cognitive stimuli and "unplugging" to allow the brain's regulatory systems to recover from constant stress. [Discover](#) how reducing stimuli can transform your self-care routine.



6 winter vegetables that are packed with protein—and how to enjoy them

Vegetables are underrated protein sources that also provide essential fiber and antioxidants. Hardy winter varieties allow you to shop seasonally while boosting your nutrient intake. Dietitians highlight specific cold-weather greens and roots as excellent additions to your meals for sustained energy and health during the cooler months. [Here](#) is a list of the top protein-packed winter vegetables and expert recipe ideas.

Quote I'm pondering

"Nature had the impulse to create an orderly world. Remember this, and you will face many things more calmly."

— 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 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.