



Hi

Take five and read through some articles we think could offer an interesting perspective.



### **Deals that last**

Many business owners mistakenly believe price is the only factor in a successful exit. As William M. Donnellan explains, deals often collapse due to misaligned terms and broken trust. Success requires viewing negotiation as a partnership, maintaining market visibility, and ensuring both sides are comfortable with the final agreement. Read the [article](#) for insights on navigating complex deals and securing your legacy.



### **The best no foreign transaction fee credit cards in Canada for 2026**

Traveling with a standard Canadian credit card can cost an extra 2.5% on every purchase. By switching to a card with no foreign transaction fees, you can save hundreds while accessing premium benefits. Stop paying unnecessary surcharges and maximize your vacation budget today. [Discover](#) the best no foreign transaction fee credit cards in Canada.



### **Not so golden: Older adults are a lot more lonely (and broke) these days**

Optimism regarding aging has declined significantly among Canadians, driven by financial insecurity and rising loneliness. A new report reveals that positive sentiment fell to 57%, with one in five seniors holding less than \$5,000 in retirement savings. These findings highlight a growing crisis in retirement preparedness and emotional well-being. [Listen](#) to this podcast to explore these shifting perspectives on growing older in Canada.



### **The #1 protein you should be eating to help lower cholesterol**

Diet plays a vital role in heart health, and walnuts are a scientifically proven powerhouse for lowering harmful LDL cholesterol. As a nutrient-dense protein source, they help prevent arterial plaque buildup. Dietitians explain how these nuts support "good" HDL cholesterol in clearing excess fats from your bloodstream. [Read](#) the full article to see why walnuts are a win for your heart.

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

"I begin to speak only when I'm certain what I'll say isn't better left unsaid."  
– Cato

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.