



Hi

It's time to take 5 minutes to refresh your mind. We've curated a few insights on personal finance and wellness designed to save you time and money.



Building businesses that last beyond the founder

Serial entrepreneur Geoff Bell argues that a truly successful business is "exit-ready" from day one. By designing systems that don't rely on the founder, owners create more valuable, scalable companies. Bell shares how shifting your operating model at key revenue milestones ensures long-term independence and a smoother eventual transition. Read more [here](#).



A Simple Supplement for Heart Health

A recent study highlighted by EatingWell suggests that specific supplements, such as magnesium, can significantly aid in managing high blood pressure. By supporting blood vessel relaxation and improving circulation, these nutrients offer a natural complement to heart-healthy lifestyle changes. [Learn](#) more in this article.



Master the Art of Staying Debt-Free

Debt can accumulate quickly through high interest rates and unplanned spending, but it is avoidable with the right strategies. By mastering budgeting, building an emergency fund, and understanding the true cost of credit, you can maintain financial freedom. Proactive habits are the key to achieving long-term stability. [Discover](#) the strategies in this article.



Is Pet Insurance Worth It?

Pet insurance provides a vital financial safety net, covering unexpected veterinary costs for illnesses and accidents. By paying a monthly premium, owners can avoid the heartbreak of "economic euthanasia" and ensure their pets receive life-saving treatments. Since plans vary by deductible and coverage, research is essential for every pet parent. View the [guide](#).

Quote I'm pondering

"It's not enough to be busy; so are the ants. The question is: what are we busy about?"
— Henry David Thoreau

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.