



Hi

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



### **From retirement to reirement**

Retirement is evolving into a dynamic phase focused on purpose rather than just leisure. As Canadians live longer, the traditional "stop-work" model is being replaced by part-time ventures, volunteering, and lifelong learning. Preparing for this shift requires balancing financial security with a clear vision for personal fulfillment. [Learn](#) how to navigate your own transition from retirement to reirement.



### **Overcharged at checkout? Know your rights**

The Scanner Price Accuracy Code protects Canadian shoppers from checkout errors. If a scanned price is higher than the displayed price, you may be entitled to receive the item for free or at a significant discount. Knowing your rights can save you money on every grocery trip. [Read](#) the full article to learn how to claim your discount at the till.



### **Pumpkin seeds vs. chia seeds: Which is healthier?**

Both pumpkin and chia seeds are nutritional powerhouses, but they offer distinct benefits. Pumpkin seeds are rich in protein and magnesium, while chia seeds lead in fiber and omega-3 fatty acids. Your choice depends on whether you prioritize muscle support or digestive and heart health. [Discover](#) which super-seed is the best addition to your daily diet.



### **Is filing for bankruptcy the right decision?**

Filing for bankruptcy is a major life decision that can provide a fresh start from overwhelming debt. While it stops legal actions and collections, it impacts your credit for years. Understanding eligibility criteria and exploring alternatives, like consumer proposals, is essential to determining the right path for you. In this [article](#) learn if bankruptcy is the right solution for your financial situation.

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

"The only thing we have to fear is fear itself."  
— Franklin D. Roosevelt

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.