



**IRONSHIELD®**  
FINANCIAL PLANNING

Hi

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



### **Supercharge your efficiency: Smart, budget-friendly AI hacks for entrepreneurs**

Smart, budget-friendly AI hacks can supercharge your business efficiency without breaking the bank. By automating repetitive tasks, drafting content, and streamlining customer service, entrepreneurs can reclaim valuable hours every day. Embracing these [accessible tools](#) allows small businesses to compete at scale while keeping operational overhead remarkably low.



### **What happens to an RESP when a family moves to the U.S.?**

Moving a Registered Education Savings Plan (RESP) to the U.S. brings complex tax implications. Because the IRS does not recognize the RESP's tax-sheltered status, growth and government grants may face annual taxation and foreign trust reporting requirements. Understanding these Cross-Border rules is crucial to prevent costly tax penalties. Read the full [article](#) to learn how to manage your child's education savings when moving cross-border.



### **The #1 exercise to maintain lower-body strength as you age**

Maintaining lower-body strength is essential as you age to preserve mobility, balance, and independence. Incorporating functional exercises targets major muscle groups like the glutes, quadriceps, and hamstrings, protecting joints from injury. Focusing on consistent, low-impact movements keeps you active and lowers the risk of debilitating falls in later years. [Discover](#) the best lower-body routine for longevity.



### **AI answers personal finance questions incorrectly 35% of the time**

Millions of savers rely on retirement tools to forecast their future financial health, but a major flaw in these calculators could lead to disaster. By using unrealistic inflation and investment return assumptions, these popular tools often paint an overly optimistic picture. Relying on them without careful adjustment can jeopardize your financial security. Read the full [article](#) to see if your retirement plan is based on faulty data.

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

"What upsets people is not things themselves, but their judgments about these things."  
— Epictetus

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.