📘 **MONEYONLINERS MONEY MANAGEMENT ACADEMY**

MODULE 1 • LESSON 3 OF 40

Understanding Income and Cash Flow

📄 **PAGE 1**

LESSON PURPOSE

Understand the difference between **income**, **expenses**, and **cash flow**, and learn how managing the movement of money helps you make better financial decisions.

WHY THIS LESSON MATTERS

Every financial decision begins with understanding how money flows through your life. When you know how much money comes in and where it goes, you can spend wisely, save consistently, reduce financial stress, and plan confidently for the future.

BEFORE YOU BEGIN

☐ I am ready to learn.

☐ I will identify all my income sources.

☐ I will think honestly about my spending habits.

☐ I will complete every activity.

MONEY TIP OF THE LESSON

"Income creates opportunities, but positive cash flow creates financial freedom."

MY CONFIDENCE LEVEL BEFORE THIS LESSON

1 2 3 4 5

Not Confident • Neutral • Very Confident

MY GOAL FOR THIS LESSON

How do you want to improve your understanding of income and cash flow?

PAGE 2

ACTIVITY 1

Identify Your Income Sources

Write **five** possible income sources that apply to you or your household.

1.
2.
3.
4.
5.

ACTIVITY 2

How Well Do You Understand Your Cash Flow?

Cash Flow Habit	Good	Needs Improvement	Not Yet
I know my monthly income.	☐	☐	☐
I know my monthly expenses.	☐	☐	☐
I track my spending.	☐	☐	☐
I know how much I save each month.	☐	☐	☐

Cash Flow Habit	Good	Needs Improvement	Not Yet
I know whether my cash flow is positive.	☐	☐	☐

KNOWLEDGE CHECK

1. What is income?

---

2. What is cash flow?

---

3. What is the difference between fixed and variable expenses?

---

4. Why is positive cash flow important?

---

5. Name three different income sources.

WEEKLY CHALLENGE

Record every amount of money you receive and every amount you spend for the next **7 days**.

Why will this challenge improve your money management?

📄 **PAGE 3**

PRACTICAL WORKSHEET – MY PERSONAL CASH FLOW PLANNER

A. MY MONTHLY INCOME

Income Source	Amount
Salary or Wages	
Business Income	
Freelancing	
Investments	
Other Income	

B. MY MONTHLY EXPENSES

Expense	Amount
Housing	
Food	
Transport	
Utilities	
Other Expenses	

C. MY CASH FLOW SUMMARY

Total Monthly Income

Total Monthly Expenses

Money Remaining

D. REFLECTION

What one change would make the biggest improvement to your cash flow?

____

____

____

____

PAGE 4

KEY TAKEAWAYS – WHAT I LEARNED TODAY

1. The most important thing I learned about income is:

____

2. One spending habit I want to improve is:

____

3. One saving habit I will build is:

____

4. One action I will take this week is:

____

____

MY 7-DAY CASH FLOW ACTION PLAN

Day 1: ________________________________

Day 2: ________________________________

Day 3: ________________________________

Day 4: ________________________________

Day 5: ________________________________

Day 6: ________________________________

Day 7: ________________________________

LESSON COMPLETION CHECKLIST

☐ I completed all activities.

☐ I completed my Cash Flow Planner.

☐ I tracked my income and expenses.

☐ I identified one improvement I will make.

☐ I am ready for Lesson 4.

MY CONFIDENCE LEVEL AFTER THIS LESSON

1 2 3 4 5

Not Confident • Neutral • Very Confident

NEXT LESSON PREVIEW

Lesson 4 – Needs vs Wants: How to Spend Money Wisely

Learn how to distinguish between essential needs and personal wants so you can make smarter spending decisions and strengthen your financial future.

MY COMMITMENT

I commit to understanding my cash flow and making better money decisions every day.

Signature: ___________________________

Date: _______________________________