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WORKBOOK
2021

Cash Flow



An essential tool in building your financial well-being



Introduction



Victoria Rempel

Victoria is an Investment Advisor at Holliswealth, focusing on collaborating with her clients to design a plan, fill in the knowledge gap and realize their financial goals.

What is it?

A Cash Flow Statement outlines your inflows and outflows to provide awareness of where your resources are going and if they align with your goals.

How is this useful?

Understanding your cash flow is a key to financial well-being. It is a useful tool for understanding your extra income for saving and investments, or your deficits and areas that could improve.

The reason many folks don't use one is that they don't have time, or it isn't a priority.

However, our time here is precious and the resources that free up or take up our time are counted, so building mindfulness on how we spend our resources matters.

How do I use it?

List all of your income and regular expenses. Everyone's financial picture looks a little different, so revise any categories that aren't relevant to you. Fixed costs are generally straightforward. It is discretionary spending that can fizzle progress quickly.

If calculating your spending feels overwhelming, consider automating your spending management using a financial aggregating app, like, (my personal favourite) Mint.

Once you have determined your monthly income and spending, you will have built awareness of the areas in your personal finances that need work or the additional cash flow you can put towards your goals.

Income: Monthly Amount

Fill out the table below:

Salary (Net: After taxes and benefits)	
Your partner's salary (Net: After taxes and benefits)	
Pension Income	
Social Security Income	
Interest/investment income	
Other income (specify)	
Other income (specify)	
Other income (specify)	
Total Monthly Income Amount:	

Expenses: Fixed Monthly

Fill out the table below:

Mortgage or rent	
Auto loan	
Student loan	
Credit card payment	
Utilities	
Child-care	
Food	
Clothing	
Other	
Total Fixed Monthly Expenses:	

Expenses: Discretionary Amount

Fill out the table below:

Personal care (haircuts, gym memberships, etc.)	
Entertainment (subscriptions)	
Other savings/investments (specify)	
Other savings/investments (specify)	
Other savings/investments (specify)	
Other expenses (specify)	
Other expenses (specify)	
Other expenses (specify)	
Other expenses (specify)	
Total Discretionary monthly expenses:	

Total Monthly Income:
- Total monthly expenses
= Total Monthly Cash Flow

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Have Questions:

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