

Author:
Victoria Rempel

WORKBOOK
2022

Cash Flow



An essential tool in building your financial
well-being



Introduction



Victoria Rempel

Victoria is a Wealth Advisor at iA Private Wealth that collaborates with her clients to design a plan, fill in the knowledge gaps and realize their financial goals.

What is it?

A cash flow statement outlines your inflows and outflows to show you where your money is going and if it aligns with your goals and values.

How is this useful?

Understanding your cash flow is key to financial well-being. It shows you where your money is going. This illuminates extra income for savings 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.

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)	
OAS and CPP (get rid of social security)	
Pension Income	
Interest/investment income	
Other income (specify)	
Other income (specify)	
Other income (specify)	
Total Monthly Income Amount:	

Expenses: Monthly Fixed Amounts

Fill out the table below:

Mortgage or rent	
Property taxes	
Home insurance	
Electricity and heating	
Mobile	
Cable	
Internet	
Car loan or lease	
Gas	
Car insurance and registration	
Car maintenance and repair	
Groceries	
Healthcare (dentist, pharmacy, therapy etc.)	
Life insurance premiums	
Education loan	
Debt repayment (credit cards, loans etc.)	
Savings	
Total Fixed Monthly Expenses:	

Expenses: Monthly Discretionary Amounts

Fill out the table below:

Personal care (haircuts, gym memberships, etc.)	
Entertainment (subscriptions)	
Furniture and home improvement	
Childcare	
Restaurants and food delivery	
Alcohol	
Travel	
Clothing	
Gifts	
Pets	
Cannabis, nicotine etc.	
Total Discretionary monthly expenses:	

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

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Have Questions:

victoria.rempel@iaprivatewealth.ca

Phone: 204-392-0511

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