TAKE CONTROL Rx

CASH FLOW PULSE CHECK

Let your cash flow set you free.

You don't need to track every dollar. Start with three numbers.

01

MONEY IN

What actually comes into your household each month?

Monthly Money In: $

02

MONEY OUT

What does your current life actually cost each month?

Monthly Money Out: $

03

WHAT'S FREE

MONEY IN - MONEY OUT = WHAT'S FREE

This is your free cash flow.

What's Free: $

Money In may include W-2 or 1099/locums income, bonuses, distributions, and other recurring household income.

For Money Out, use a realistic monthly average - not a perfect category-by-category budget.

Is what's free enough to fund the future you actually want?

- ☐ **YES** — Our future goals are being funded.
- ☐ **NOT SURE** — We know our cash flow, but not what our future requires.
- ☐ **NOT YET** — Our current margin isn't enough for the goals we've identified.

CHECK YOUR OXYGEN

How much accessible cash would help your household sleep well at night?

Months of expenses: ______ months

Target cash reserve: $ ______

A common starting range is 6-12 months of expenses, but the right amount depends on your household and what helps you sleep well at night.

YOUR PERMISSION CHECK

If your future is being funded, what is one thing you've been unnecessarily hesitating to spend money on?

Permission is not irresponsibility. It is clarity applied to your life.

Your cash flows set you free.

Not by restricting your life - by showing you what's actually free to enjoy.

READY TO MAP YOUR FULL CASH FLOW?

Get a clearer picture of the money moving through your household.

SCAN TO DOWNLOAD THE FULL CIRCULATORY CASH FLOW SYSTEM.