



Seven-Day Cash-Flow Reality Check

Session 2 - Cash Flow, Budgeting and Emergency Readiness | Participant Resource | Version 1.0

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Complete the check

- ☐ Gather recent income, bank, credit-card, recurring-bill, and periodic-expense records.
- ☐ Replace estimates with actual figures.
- ☐ Track every purchase for seven consecutive days.
- ☐ Review at least two possible budget leaks.
- ☐ Take one concrete action.
- ☐ Revise the next-month spending plan.
- ☐ Schedule the first or next emergency-fund contribution.

Review

My revised cash-flow result: _____

One discovery or win: _____

Priority question for Session 3: _____

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