



TRAINING PILL 1 • 5 MIN

Understanding and taking control of your finances

- Know six basic money words, from income to interest
- See why money in your own name, with your own access, gives you control
- Take a first picture of your money: what comes in and what goes out



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Money is not only numbers

Taking control of your money is not about being rich. It is about access, knowledge and choice.

Training Pill 1 · Take charge of your money



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Six words to know

Income, expenses, assets, debt, net worth and interest.
Each word helps you understand your money.



03

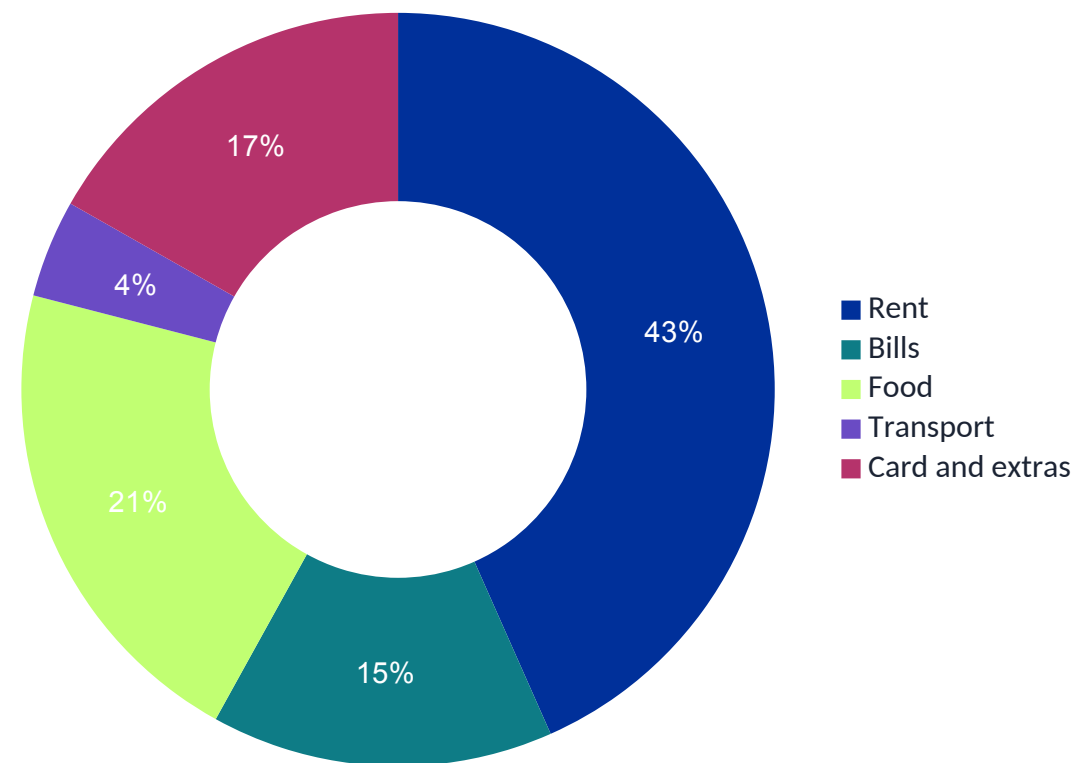
Money in, money out

Income is the money that comes in. Expenses are the money that goes out: needs first, then wants.



A first picture

Example only: €1,430 comes in each month.
Rent, bills, food and transport take most of it.



Example only: where €1,430 goes in one month

05

Money you can reach

Your own account, your own PIN and passwords, your own documents. They keep your money in your hands.



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Know your numbers

Know your balance, the day your income arrives and your regular bills. Then no one can mislead you.



07

Your first step

Try the Money confidence check to see where you stand today. There are no wrong answers.



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TRY THIS WEEK

This week, write down all the money that came in last month and all the money that went out. Circle the one number that surprises you most.

Learn more, free: fire.elnlab.eu · In an emergency, call 112.



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