From this lesson, I learned about the history of money, different systems of trade, the impact of -1 printing money on the economy, and the role of central banks in regulating monetary policy. It benefits me by enabling me to have a better understanding of how the economy functions and how my actions as a consumer can impact it. 4– In the future, I could apply what I've learned from this lesson by being more .conscious of the economic implications of decisions made by policymakers, businesses, and individuals