1– From this lesson, I learned about the history of money, different systems of trade, the impact of 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.