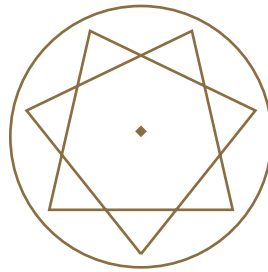


A COMPANION WORKBOOK



The 30-Day Inner Fortune Practice

Thirty ordinary days that turn the seven territories into a life you are actually building.



Companion to the book

THE INNER FORTUNE

Seven Territories for Building Real Wealth in the Age of AI

ERDAL BEYOGLU

Free to print and keep · theinnerfortune.com

A NOTE ON USE

This workbook is a companion to *The Inner Fortune*. It is a practical, reflective tool for personal development — a place to think on paper and to turn ideas into small daily action.

It is not financial, legal, tax, medical, or psychological advice. The exercises are for self-reflection only. Before any significant financial, legal, health, or life decision, consult a qualified professional who knows your circumstances.



How a book becomes useful is by being used. Read each day in the morning, take the one small action during the day, and answer the reflection at night. Begin on any date; miss a day without drama and simply continue.

HOW TO USE THIS WORKBOOK

This workbook turns the seven territories of *The Inner Fortune* into thirty ordinary days. Each day names one small action and one short reflection. The actions are deliberately modest — modesty is what makes them survivable, and survival is what makes them compound.

Where a day points back to a chapter's Practice in the book, treat that as the fuller version of the day's work. This workbook is the on-ramp; the chapters are the road.

THE SEVEN TERRITORIES, IN ORDER

- | | | |
|-----|-------------|--|
| 0 | The Body | — <i>the foundation beneath the seven</i> |
| I | The Mind | — <i>the ledger and the gate</i> |
| II | The Vision | — <i>the destination you move toward</i> |
| III | The Will | — <i>the engine that acts without the mood</i> |
| IV | The Craft | — <i>the value only you can deliver</i> |
| V | The Network | — <i>the people whose normal you absorb</i> |
| VI | The Vault | — <i>money made to work across time</i> |
| VII | The Legacy | — <i>what is built to outlast you</i> |



THE 30-DAY TRACKER

Check a box each night you complete the day. The aim is not perfection — it is the unbroken habit of returning.

Preparation · The Body	<input type="checkbox"/> 0			
The Mind	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
The Vision	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
The Will	<input type="checkbox"/> 9	<input type="checkbox"/> 10	<input type="checkbox"/> 11	<input type="checkbox"/> 12
The Craft	<input type="checkbox"/> 13	<input type="checkbox"/> 14	<input type="checkbox"/> 15	<input type="checkbox"/> 16
The Network	<input type="checkbox"/> 17	<input type="checkbox"/> 18	<input type="checkbox"/> 19	<input type="checkbox"/> 20
The Vault	<input type="checkbox"/> 21	<input type="checkbox"/> 22	<input type="checkbox"/> 23	<input type="checkbox"/> 24
The Legacy	<input type="checkbox"/> 25	<input type="checkbox"/> 26	<input type="checkbox"/> 27	
Integration	<input type="checkbox"/> 28	<input type="checkbox"/> 29	<input type="checkbox"/> 30	



My start date: _____

Territory to strengthen: _____

One promise I am making to myself for these thirty days:

BEFORE YOU BEGIN

A practice survives on its reasons. Before Day 0, set down — plainly — why you are here and how you will meet the day you inevitably miss.

Why I am doing this

The territory I most want to strengthen

What usually stops me

What I will do when I miss a day



TERRITORY ZERO · THE BODY

Day 0

Date _____

Before any territory can be built, tend the body that carries the builder. Energy is the silent budget behind every other discipline — sleep, movement, food, and attention set the ceiling for the thirty days ahead.

TODAY'S PREPARATION

Take one honest reading of the body that will carry this work — how you are sleeping, moving, eating, and where your attention leaks. Choose one small thing to steady for the next thirty days.

A STARTING SELF-ASSESSMENT

Rate each territory from 1 (barely built) to 5 (strong). Do not deliberate — the first instinct is usually the truest. On Day 28 you will rate all eight again and see what has moved.

The Body	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
The Mind	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
The Vision	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
The Will	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
The Craft	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
The Network	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
The Vault	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
The Legacy	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

THE MIND

Day 1

Date _____

The money story you inherited was written by someone else; you cannot revise what you have never read.

TODAY'S ACTION

Write down, without softening it, the money story you absorbed before you ever chose one.

I did this today.

TONIGHT'S REFLECTION

Whose voice is it actually in?

THE MIND

Day 2

Date _____

Most of what you call reality is interpretation; the ledger of belief is editable once you can read the entries.

TODAY'S ACTION

Catch one automatic interpretation today and ask whether it is fact or habit.

I did this today.

TONIGHT'S REFLECTION

What did the pause change?

THE MIND

Day 3

Date _____

You do not rise to your goals; you fall to the identity you quietly believe is already yours.

TODAY'S ACTION

Name one identity sentence — 'I am the kind of person who...' — that is quietly setting your ceiling.

I did this today.

TONIGHT'S REFLECTION

Did you choose that sentence, or inherit it?

THE MIND

Day 4

Date _____

Attention is the gate of the mind; whatever you let through becomes, in time, the thinker.

TODAY'S ACTION

Notice one thing you let through the gate of your attention that left you smaller.

I did this today.

TONIGHT'S REFLECTION

What would guarding the gate have cost, and been worth?

THE VISION

Day 5

Date _____

A renovated mind with no destination only spins; clarity is what turns energy into direction.

TODAY'S ACTION

Write one sentence describing the destination you are actually moving toward.

I did this today.

TONIGHT'S REFLECTION

Is it clear enough to act on, or only a mood?

THE VISION

Day 6

Date _____

A vision becomes usable the moment it has edges — specific enough to act on, not only to admire.

TODAY'S ACTION

Design one concrete feature of the destination you want, in specific terms.

I did this today.

TONIGHT'S REFLECTION

What got clearer once it had edges?

THE VISION

Day 7

Date _____

Writing a vision down converts a mood into a commitment your future self can be held to.

TODAY'S ACTION

Put the vision in writing, fully, where you will see it.

I did this today.

TONIGHT'S REFLECTION

What changed in the act of writing it down?

WEEKLY REVIEW

Week One

The Mind, and the first steps into Vision. Look back before the next stretch of days.

What did I notice?

Which day changed something?

What did I avoid?

What will I carry into next week?



THE VISION

Day 8

Date _____

Seeing the achieved aim in detail rehearses the path, not merely the prize.

TODAY'S ACTION

Spend five minutes rehearsing the process of reaching your vision — not only the prize, but the work, the obstacles, and the next steps.

I did this today.

TONIGHT'S REFLECTION

Did it sharpen the direction, or only the wish?

THE WILL

Day 9

Date _____

Discipline runs on a reason; name the desire underneath the goal or the engine stalls on hard days.

TODAY'S ACTION

Name the desire underneath the goal — the real engine.

I did this today.

TONIGHT'S REFLECTION

Is it strong enough to move you on a hard day?

THE WILL

Day 10

Date _____

The dividend of will is paid to those who act on schedule rather than on mood.

TODAY'S ACTION

Do one thing you did not feel like doing, on schedule rather than on mood.

I did this today.

TONIGHT'S REFLECTION

What did acting without the feeling prove?

THE WILL

Day 11

Date _____

Small habits are not small; compounded, they are the largest force you have.

TODAY'S ACTION

Identify one small habit that, compounded, would change the most.

I did this today.

TONIGHT'S REFLECTION

Are you willing to do it on the unimpressive early days?

THE WILL

Day 12

Date _____

Every worthwhile path has a valley; persistence is the decision to step through it, not out of it.

TODAY'S ACTION

Locate where you are currently in a valley, and take one step through rather than out.

I did this today.

TONIGHT'S REFLECTION

What does persistence cost here, and what does quitting cost?

THE CRAFT

Day 13

Date _____

The world rewards the indispensable; find the skill that would make you hard to replace.

TODAY'S ACTION

Identify the one skill that would make you most indispensable.

I did this today.

TONIGHT'S REFLECTION

What would becoming genuinely good at it require?

THE CRAFT

Day 14

Date _____

Mastery lives just past your current edge — one deliberate rep beyond comfortable repetition.

TODAY'S ACTION

Find the edge of your current ability and work one deliberate rep just past it.

I did this today.

TONIGHT'S REFLECTION

Was it practice, or only repetition?

WEEKLY REVIEW

Week Two

Vision, Will, and the edge of Craft. Look back before the next stretch of days.

What did I notice?

Which day changed something?

What did I avoid?

What will I carry into next week?



THE CRAFT

Day 15

Date _____

Value delivered to others is the only currency the world reliably pays for.

TODAY'S ACTION

Ask what value you actually deliver to others — the only currency.

I did this today.

TONIGHT'S REFLECTION

Is it growing, or merely steady?

THE CRAFT

Day 16

Date _____

The fortune compounds fastest in the person who never stops being a student.

TODAY'S ACTION

Spend twenty minutes learning something that compounds your craft.

I did this today.

TONIGHT'S REFLECTION

Are you still a student, or quietly coasting?

THE NETWORK

Day 17

Date _____

You absorb the normal of the people around you; your circle is a mirror and a thermostat.

TODAY'S ACTION

List the few people you are regularly close to and mark each one's direction — up or down.

I did this today.

TONIGHT'S REFLECTION

Whose normal have you been calibrating to?

THE NETWORK

Day 18

Date _____

Mentors and models let you stop paying full price for lessons someone else already paid for.

TODAY'S ACTION

Choose one mentor channel and one model channel to actually use.

I did this today.

TONIGHT'S REFLECTION

Which lesson could you stop paying full price for?

THE NETWORK

Day 19

Date _____

Giving first, with nothing attached, is the most durable form of influence.

TODAY'S ACTION

Give first to two people, with no return attached.

I did this today.

TONIGHT'S REFLECTION

Was it a posture, or a tactic in disguise?

THE NETWORK

Day 20

Date _____

Communication that lands begins from where the other person is, not from where you are.

TODAY'S ACTION

Send one message built from where the other person is, not where you are.

I did this today.

TONIGHT'S REFLECTION

Did the thing you intended actually arrive?

THE VAULT

Day 21

Date _____

You cannot manage what you refuse to look at; the map of money comes before the moves.

TODAY'S ACTION

Draw your map — what you own, what you owe, what comes in, where it goes.

I did this today.

TONIGHT'S REFLECTION

Where did you flinch, and why there?

WEEKLY REVIEW

Week Three

Craft, Network, and into the Vault. Look back before the next stretch of days.

What did I notice?

Which day changed something?

What did I avoid?

What will I carry into next week?



THE VAULT

Day 22

Date _____

Wealth begins the moment you spend less than you earn and claim the surplus first.

TODAY'S ACTION

Calculate your real monthly surplus, then set a first amount aside before spending.

I did this today.

TONIGHT'S REFLECTION

Had the surplus been getting saved, or only hoped for?

THE VAULT

Day 23

Date _____

Money put to work compounds across time; the most powerful variable is not amount but patience.

TODAY'S ACTION

Learn one general principle of making money work, and notice the role of time.

I did this today.

TONIGHT'S REFLECTION

What is the cost of waiting for a 'better' moment?

THE VAULT

Day 24

Date _____

Freedom, in financial terms, is a number — the moment your money's work covers your life's cost.

TODAY'S ACTION

Estimate, roughly, the two figures behind your freedom number.

I did this today.

TONIGHT'S REFLECTION

What does turning a wish into a measurable gap change?

THE LEGACY

Day 25

Date _____

Generosity is not what you do with a fortune after it is built; it is one of the forces that builds it.

TODAY'S ACTION

Give one non-money thing — clarity, will, craft, a contact, understanding.

I did this today.

TONIGHT'S REFLECTION

How much did you have to give that you had been discounting?

THE LEGACY

Day 26

Date _____

What is built to outlast you quietly changes the decisions you make today.

TODAY'S ACTION

Begin one durable thing meant to outlast you, at your current stage.

I did this today.

TONIGHT'S REFLECTION

How did aiming past your own horizon change today's decisions?

THE LEGACY

Day 27

Date _____

The territories are one system; trace a problem to where it actually begins before you treat it.

TODAY'S ACTION

Trace one thing that feels wrong to the territory it actually originates in.

I did this today.

TONIGHT'S REFLECTION

Were you about to treat the symptom instead of the cause?

WEEKLY REVIEW

Week Four

The Vault and the Legacy. Look back before the days of integration.

What did I notice?

Which day changed something?

What did I avoid?

What will I carry into next week?



INTEGRATION

Day 28

Date _____

An inner fortune is only as strong as its weakest territory; find the wall that is sagging.

TODAY'S ACTION

Rate all eight territories honestly and find the weakest.

I did this today.

TONIGHT'S REFLECTION

What else is sagging because of it?

INTEGRATION

Day 29

Date _____

Repair beats addition; one honest fix in the weakest place restores the whole.

TODAY'S ACTION

Do one repair in that weakest territory, using its chapter's Practice as the fuller guide.

I did this today.

TONIGHT'S REFLECTION

Did the system come back toward balance?

INTEGRATION

Day 30

Date _____

Thirty days build the habit, not the fortune; the work continues where the reading ends.

TODAY'S ACTION

Choose the one territory you will keep working past today, and name the first action of week five.

I did this today.

TONIGHT'S REFLECTION

What does the road now look like — and are you willing to keep walking it?

WHAT HAS CHANGED

Rate all eight again. Set the closing number beside the one you gave on Day 0, and read the movement honestly — both what grew and what is still waiting.

	Day 0	Day 30	Moved
The Body	<input type="checkbox"/>	<input type="checkbox"/>	_____
The Mind	<input type="checkbox"/>	<input type="checkbox"/>	_____
The Vision	<input type="checkbox"/>	<input type="checkbox"/>	_____
The Will	<input type="checkbox"/>	<input type="checkbox"/>	_____
The Craft	<input type="checkbox"/>	<input type="checkbox"/>	_____
The Network	<input type="checkbox"/>	<input type="checkbox"/>	_____
The Vault	<input type="checkbox"/>	<input type="checkbox"/>	_____
The Legacy	<input type="checkbox"/>	<input type="checkbox"/>	_____

CARRYING IT FORWARD

The one territory that moved most: _____

The one practice I will keep: _____

My first action for the next thirty days: _____

MY NEXT 30 DAYS

Thirty days build the habit; what follows builds the fortune. Turn the proof you now hold into the first lines of the next round.

Territory I will continue _____

Chapter I will return to _____

Daily action I will keep _____

Date I will restart the practice _____





After the Thirty Days

Thirty days does not build an inner fortune; it builds the habit of working on one, and proves to you that the work is survivable and that it moves something. That proof is what these pages were for.

From here, the structure is the book itself: return to the territory that is weakest, do that chapter's Practice as written, and keep cycling — notice, locate, repair — for as long as the life lasts.

*Build the person. Become the fortune.
Begin, or continue, today.*



KEEP GOING

For the full framework, read *The Inner Fortune*, available on Amazon worldwide. For the monthly Letters and more free tools, join at theinnerfortune.com.