COMPANION EXERCISE PAGES

Quiet Wealth Starts Here

A practical guide to building financial confidence after 40 · Julia Bose

These are the six write-in pages from the book, set out on full-size paper with room to write. Print as many copies as you like, or use the fillable version to type straight into the pages on a laptop or tablet and save your work.

From the book: *"Each chapter gives you one practical page to create. By the end, you will have a small set of pages you can return to: a starting money page, an account and document map, a money calendar, a one-decision page, a future-question page and a simple review page."*

What is inside

No.	Worksheet	From the book	Page here
01	My First Money Page	Chapter 1	2
02	My Account & Document Map	Chapter 2	3 to 4
03	My Money Calendar	Chapter 3	5
04	My One-Decision Page	Chapter 4	6 to 7
05	My Future-Question Page	Chapter 5	8 to 9
06	My Quiet Wealth Review	Chapter 6	10 to 11

> **Before you start.** Never place passwords, PINs, security answers or full account numbers into these pages. Store finished pages somewhere private.

You do not need to use all six pages every month. Use the page that matches the question in front of you.

WORKSHEET 01

My First Money Page

From Chapter 1 · book page 130

Date

What I know:

What I want to understand:

My next step:

Understanding this would help me because...

WORKSHEET 02

My Account & Document Map

From Chapter 2 · book pages 131 to 132 · account or document 1 of 2

> **Keep it safe.** Write institution names and last 4 digits at most, never passwords, PINs, or full account numbers.

Date

Account or document:

Provider or relevant contact:

Where I can find the information:

What I have checked and when:

What I still need to understand:

My next step, if one is needed:

WORKSHEET 02

My Account & Document Map

From Chapter 2 · book pages 131 to 132 · account or document 2 of 2

> **Keep it safe.** Write institution names and last 4 digits at most, never passwords, PINs, or full account numbers.

Date

Account or document:

Provider or relevant contact:

Where I can find the information:

What I have checked and when:

What I still need to understand:

My next step, if one is needed:

WORKSHEET 03

My Money Calendar

From Chapter 3 · book page 133

Account I'm looking at:

Dates this calendar covers:

Starting balance and date checked:

Then list each movement by date: money in, money out, amount, whether it is confirmed or estimated, and the balance afterward.

Date	Money in or out	Amount	Confirmed or estimated	Balance afterward

Finish with: the date I need to pay attention to is...

WORKSHEET 04

My One-Decision Page

From Chapter 4 · book pages 134 to 135

What I want to improve:

Why it matters to me now:

Any deadline I need to know about:

Compare two or three realistic options, including keeping things as they are when that is reasonable.

	OPTION 01	OPTION 02	OPTION 03
In a few words:			
What would improve:			
What would it cost or affect:			
What do I still need to check:			

WORKSHEET 04

My One-Decision Page

From Chapter 4 · book page 136 · then finish with:

My decision for now:

The action I will take:

When I will do it:

How I will know it is done:

When I will check the result:

WORKSHEET 05

My Future-Question Page

From Chapter 5 · book page 137

What I want to understand about my future:

Why this matters to me:

When I might need to make a decision:

What I already know:

What I am assuming:

WORKSHEET 05

My Future-Question Page

From Chapter 5 · book page 138

My three questions:

1.

2.

3.

Who can help me answer them:

My next step:

WORKSHEET 06

My Quiet Wealth Review

From Chapter 6 · book page 139

Date

What needs my attention now, and by when?

What changed since the last time I looked?

What happened with my last action?

What is the next useful thing to do?

WORKSHEET 06

My Quiet Wealth Review

From Chapter 6 · book page 140 · then write:

My next action:

When I will do it:

When I will check the result:

My next review:

BUSY WEEK VERSION

And for the weeks when life is especially busy:

When I don’t have time for a full review, I will...

YOUR QUIET WEALTH PAGES

Keep this page somewhere you can find it again.

You do not need to use all six pages every month. Use the page that matches the question in front of you.

That is the point of the system: it should make your financial life easier to return to, not harder to maintain.

> **Extra copies.** Download fresh printable and fillable pages any time at thequietwealthsociety.com/book-resources. No sign-up is required.

A small request

Once you have spent some time with the book, would you consider leaving a short, honest review on Amazon in your own words?

Whether a chapter helped or missed the mark, a few sentences about your experience help another woman decide if these pages are the right starting point for her.

On Amazon, search *Quiet Wealth Starts Here* and select *Write a customer review*. Thank you for reading.

Educational only. Not individualized financial, tax, or legal advice. Account rules, taxes and benefits can change and may apply differently to you. When a decision depends on your personal situation, use current information from the relevant provider or government source and, when appropriate, speak with a qualified professional.

Questions? help@thequietwealthsociety.com · thequietwealthsociety.com/book-resources

Quiet Wealth Starts Here by Julia Bose. Copyright © 2026 Julia Bose. These companion pages may be printed for personal use.