

BONUS
#1

CAPITAL AUDIT

WORKBOOK

DISCOVER THE WEALTH
YOU ALREADY POSSESS

— AND —

BUILD A 90-DAY CAPITAL
GROWTH PLAN



90-DAY
ACTION PLAN
INCLUDED



ASSESS



DEVELOP



CONVERT



MULTIPLY

OLA - VINCENT

Companion Workbook to The Capital Multiplication System™

Introduction

Congratulations!

If you've finished reading *The Capital Multiplication System™*, you've already discovered one life-changing truth:

You possess far more capital than money.

This workbook is designed to help you identify, measure, and intentionally grow each of your five forms of capital. Don't rush, its value is found in completing the exercises honestly.

Remember, your goal isn't perfection but awareness because you cannot multiply what you are not aware of or have not measured.

How to Use This Workbook

- Set aside about 45–60 minutes.

- Use a pen.

- Write honestly.

- Repeat this audit every 90 days.

You should notice measurable improvement every quarter.

Your Capital Snapshot

Rate yourself honestly. Score yourself a number between 1 and 10.

YOUR CAPITAL SNAPSHOT

TYPE OF CAPITAL		SCORE
	ECONOMIC CAPITAL	_____
	CULTURAL CAPITAL	_____
	SOCIAL CAPITAL	_____
	SYMBOLIC CAPITAL	_____
	SPIRITUAL CAPITAL	_____
TOTAL SCORE		_____/50

Score yourself between 1 and 10.

Now draw your own version on paper using your actual scores.

PART ONE

Economic Capital Audit

Though money is only one form of capital it still matters. Economic capital includes your savings, investments, business assets, equipment, and any resources with financial value.

Score yourself below:

MY ECONOMIC CAPITAL AUDIT

1

I SAVE CONSISTENTLY.

☐ NEVER ☐ SOMETIMES ☐ USUALLY ☐ ALWAYS

2

I LIVE BELOW MY MEANS.

☐ NEVER ☐ SOMETIMES ☐ USUALLY ☐ ALWAYS

3

I HAVE AN EMERGENCY FUND.

☐ YES ☐ NO

4

MY MONEY IS INVESTED RATHER THAN SITTING IDLE.

☐ YES ☐ NO

5

I KNOW MY MONTHLY EXPENSES.

☐ YES ☐ NO

Reflection

What are my three biggest financial strengths?

Biggest financial weakness?

What one habit would improve my finances immediately?

Financial Asset Inventory

FINANCIAL ASSET INVENTORY		
ASSET	CURRENT VALUE	INCOME PRODUCED
 SAVINGS		
 INVESTMENTS		
 PROPERTY		
 BUSINESS		
 EQUIPMENT		
 OTHER(S)		

Money Leak Detector

MONEY LEAK DETECTOR



TICK EVERYTHING THAT APPLIES:

☐

IMPULSE BUYING

☐

EXCESS SUBSCRIPTIONS

☐

LIFESTYLE INFLATION

☐

UNNECESSARY DEBT

☐

FREQUENT EATING OUT

☐

GAMBLING

☐

POOR BUDGETING

☐

OTHER(S) _____

Action Plan

Three actions I'll take within seven days

1.

2.

3.

PART TWO

Cultural Capital Audit

Cultural capital is your knowledge, skills, education, communication, habits and judgment. It shapes how you think and determines how you solve problems.

CULTURAL CAPITAL AUDIT

 Score yourself on your cultural capital:

1

I READ REGULARLY.

☐ NEVER

☐ SOMETIMES

☐ WEEKLY

☐ DAILY

2

I INVEST IN LEARNING.

☐ NEVER

☐ SOMETIMES

☐ REGULARLY

3

I HAVE MENTORS.

☐ YES

☐ NO

4

I CONTINUOUSLY IMPROVE MY SKILLS.

☐ YES

☐ NO

Skills Inventory

List every valuable skill you possess.

1.

2.

3.

4.

5.

Knowledge Audit

People usually ask me for help with?

Reading Planner

READING PLANNER			
BOOK TITLE	START DATE	FINISH DATE	KEY LESSON

Learning Investment Plan

Courses to take this year

Course

Cost

Completion Date

PART THREE

Social Capital Audit

Social capital is the trust, goodwill, influence, and access you build through relationships. It grows when you keep promises, add value, and nurture genuine connections.

Relationship Score

How many people would happily recommend you?

How many mentors do you have?

How many people do you mentor?

How many professional relationships have you nurtured this month?

Relationship Inventory

RELATIONSHIP INVENTORY

NAME	RELATIONSHIP	LAST CONTACT	NEXT ACTION

Networking Opportunities

People I'd like to meet

- 1.
- 2.
- 3.
- 4.
- 5.

PART FOUR

Symbolic Capital Audit

Symbolic capital is your reputation, credibility, integrity, and track record. It often determines whether opportunities come your way before you even ask.

Rate yourself (one to ten) on each of the following.

SYMBOLIC CAPITAL AUDIT	
PERSONAL QUALITIES	SCORE
INTEGRITY	_____
RELIABILITY	_____
PROFESSIONALISM	_____
LEADERSHIP	_____
COMMUNICATION	_____
OTHER(S)	_____
TOTAL SCORE	_____

** Score yourself between 1 and 10.*

Reflection

People describe me as:

My reputation is strongest in:

One area where I need improvement.

PART FIVE

Spiritual Capital Audit

Spiritual capital reflects your wisdom, character, values, stewardship, and relationship with God. It strengthens every other form of capital.

Reflection

How often do I pray?

- ☐ Daily
- ☐ Weekly
- ☐ Occasionally
- ☐ Rarely

How often do I study scriptural texts?

- ☐ Daily
- ☐ Weekly
- ☐ Occasionally
- ☐ Rarely

My greatest spiritual strength

Area needing growth.

Overall Capital Assessment

OVERALL CAPITAL ASSESSMENT			
CAPITAL	CURRENT SCORE	DESIRED SCORE	90-DAY GOAL
 ECONOMIC			
 CULTURAL			
 SOCIAL			
 SYMBOLIC			
 SPIRITUAL			
TOTAL SCORE:	/50		

Your Top Three Priorities

1.

2.

3.

My 90-Day Capital Growth Plan

MY 90-DAY CAPITAL GROWTH PLAN

MONTH	PRIMARY FOCUS	WEEKLY ACTIONS	SUCCESS MEASURE
MONTH 1			
MONTH 2			
MONTH 3			

Weekly Review

Week	Biggest Win	Biggest Lesson	Next Action
1			
2			
3			
4			

Final Commitment

MY CAPITAL MULTIPLICATION DECLARATION

I acknowledge that I already possess valuable capital.

I will intentionally develop my economic capital.

I will grow my knowledge.

I will strengthen my relationships.

I will protect my reputation.

I will deepen my spiritual life.

I will invest before I consume.

I will become a multiplier.

Signed:

Date:
