

WealthFROMLITTLE  
WITH ELIZABETH BUKO

**The Ultimate Guide  
To Creating Wealth  
From Little.  
*For Beginners***

*By Elizabeth Buko*



## THE ULTIMATE GUIDE TO CREATING WEALTH FROM LITTLE FOR BEGINNERS

# Preface

This guide might be your first step in looking into your finances, or it may serve as a reminder. I hope you build on the knowledge you gain from this ebook and most importantly take some action no matter how small.

This ebook will introduce you to the power of your mind and simple actions to adjust your mindset to build wealth. It will also present the practical steps to get started on your journey to financial freedom.

You will learn

- How to get a million-pound mindset
- My Secret Sauce to Getting Anything: The FAB Way
- My 4 E.A.S.Y. steps to building wealth and why NOW is the best time to start no matter your current situation.
- My Secret Sauce to Money Mastery: The TAP Method
- The secret to investing
- Answers to some of your top questions



## Introduction

I am so glad you have decided to join me on this wealth building adventure. I love making new like-minded friends, and I hope this guide book encourages you to think differently about your finances.

I have always been a saver, but I was never able to grow my savings successfully. I knew something was missing, and when I started to do some research, I realised I had so many friends and family who needed to know what I had found out. I couldn't just keep it to myself hence why I started Wealth From Little. What can I say? I like to share.

I hope this book introduces you to your financial possibilities and encourages you to dig deeper with me.

## About me

Hi, I am Elizabeth, thank you so much for stopping by. I am so excited that you are reading this right now. I was born in London, raised in Lagos and now live in London with my family.

I never quite figured out how to make my money work hard for me. This was a pain which became very uncomfortable for me a year after I was made redundant because my emergency funds were running scarily low. It would have been super great if I could have spent my time off work relaxed in the knowledge that my savings was growing. This was a big problem, and I went in hot pursuit to find a solution.

When I started noticing the answers, I thought of you because you are a good person and a good mother. You followed the rules that society drummed into your ears. You got an education



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and got a job and worked hard, maybe you got married, and had kids. You always take care of those around you.

You are a good earner but what's next. How will you ever get to where you want to be- where you deserve to be when you feel so far away? How do you achieve everything that seems so impossible?

I see you working hard now to make everyone else's life better, and I see the dreams you have for yourself. I know the hours you put in at work and at home. You are the centre of your home, and sometimes it feels your world never stops spinning. You need to be OK for you, today, tomorrow and the days after.

I know this is how you feel because this is how I feel too. So let me tell you something else I know. It is that you will be more than OK because you are a miracle and you have the power to create anything in life you want. And you have got to believe it. I'm right here for you boo, and I will share the tips that have helped me.

This ebook touches on some of the topics that kept me up for many nights. I wanted to build wealth and be happy, but I wasn't sure how. So I started researching, attending workshops and buying many books. The main question I was trying to answer is "How to build wealth and live well now and for the rest of my days?"

To answer that question, I have explored the importance of having the right mindset, dreaming big, taking action and having a road map for building wealth. I am actively changing the way I think and taking consistent steps to actualise the future of my dreams.

Through this ebook, my newsletter- the Fun Side and my website I hope to share with you what I know and encourage you. We can all have the life we dreamed of and it is well within our reach. I don't know all the answers, and I still have a lot to learn, but I'm happy to share what I've learned along the way. If you're ready to learn how to master yourself, your money and get things done, be sure to sign up and join me on the Fun Side.



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# Chapter 1

## Earn more, Save more, Then what?

Mastering money has always been an interest of mine mainly because I have been so bad at it.

Shocking I know, it's not every day you hear a personal finance blogger making such confessions, but it's true. I mean I knew the steps to earn more money, and I was a seasoned saver, but that was it. That was the extent of my knowledge and abilities.

So each month I would make money, save some and spend the rest, then rinse and repeat the process the following month. Earn more, Save more and... yes you guessed it... Spend more!

I had a feeling that something was amiss, but I had no idea what or how to even go about fixing it.

Well, a lot has changed since then, and I am on my way to mastering money. I am going to discuss my E.A.S.Y four-step plan to building wealth no matter your age or your bank balance.

We will discuss

- Earning
- Adjusting and Automating
- Saving and Spending
- Investing

But first, let me share a little about myself.



## Curiosity Changed My Life

As a child, I quickly learned that monetising my skills were a quick way to make money. I learned to crochet from some friends in secondary school..( yup crocheting and knitting was actually ‘a thing’ 20 years ago. Most of the girls in my year would have their hands hidden under the table crocheting a coin purse, small bag or hair ruffle while our teacher was teaching.

It was an addictive and affordable exercise, and the vast range of wool colours and techniques to combine them just made the finished product look absolutely beautiful in my eyes.

On one particular day, I got to school extra early; a friend saw me intensely watching as her hands controlled the whizzing crochet needle directing the wool in and out, and over and under so quickly yet with such ease and poise. She asked me if I wanted to “have a go”. I can’t imagine how many vices have been started because of the magic phrase.

The phrase can cause the most disciplined individual to lose their soul if they should show a trickle of curiosity or interest. “Have a go?” I did, and I was hooked! A few weeks later I started my first business selling handmade hair ruffles.

All the money I made, I used to buy more supplies or saved in a little box I kept at the back of my closet.

This was my introduction to earning and saving money. And I continued this practice of earning, saving and spending well into my 20s until one day I chose to invest all my savings, in the hope of becoming rich overnight. I was young, free from responsibilities, excited, impatient and carried out no prior research. My lack of knowledge did not slow me down. Investing I knew was risky, and I was ready to risk it all. But I invested in the shares of a single company, a





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few months later the share price took a huge nose dive. I was dumbfounded and saddened by the loss. I became cautious for many years, and I researched every investment opportunity until I filled myself with so much fear and uncertainty which paralysed me. That loss was a real bummer, and it held me down for many years, but my experience taught me so much that I would love to share. Most of all it taught me to remain curious and never to stop learning.

I will share my personal experiences and challenges with mastering money, the lessons I am learning and tips to help you build a lasting wealthy lifestyle from little.



## Chapter 2

### Why should we build Wealth?

Financial wealth is having an abundance of money, and having money gives you choices. It doesn't make you happy or healthy, but it does give you options while you are living. Having money gives you the freedom to choose where you live, how you eat, what you wear, how you see the world, your access to education. More importantly, having money gives you the opportunity to use it to help others.

#### Gift of Help

Having a fulfilled life means maximising your potential. It means caring for people, loved ones and yourself. In our world, so many people will never be able to take care of themselves, not because they don't want to but because the life they lead will have beaten and bruised them so severely leaving them stuck.

There are always opportunities for you to use your gifts and talents to shine a light into someone else's darkness. So although you don't necessarily need money to help people, we both know money plays a big part in your life and mine so having a lot of cash will help.

#### Emergencies or Nuisances - Your choice

Sometimes life throws you unwanted surprises. As much as some people don't think they need more money than what they need to cover their current expenses etc., life doesn't always deliver experiences in pretty packages.



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And there will be times when we will have to cough up cash for that unplanned bill to maintain our lifestyle. Such as a broken down boiler, an unexpected tax bill, unexpected legal expense, health treatments expenses.

Unplanned money emergencies of life can usually cause a lot of distress. Having extra money will reduce the unpleasantness of the situation and downgrade the crisis to a nuisance. If you had to pick one, which would you prefer? An emergency or a nuisance?

### **Keeping up with The (insert your family name here)**

For me, having a family was always important, and when I married the love of my life, we planned to build a family together. At the time, I worked for a fantastic small company, and unlike many more prominent companies, they didn't have a company policy in place to financially support their employees during maternity leave.

So, when we were expecting our first child, we saved hard and adjusted our lifestyle to cover our expenses during my maternity leave until I returned to work.

Two years later, we were expecting our second child, and we started saving aggressively to cover my maternity period. However, two months before our son arrived, the company folded up, and I was made redundant. My impending unemployment was a huge shock and inconvenience.

But the impressive part of this story was that the fear of how we would take care of ourselves and maintain our lifestyle significantly reduced because we had a healthy bank balance. I mean it was still on our minds, but it didn't stop me from sleeping. The redundancy was a nuisance, but it gave us time to enjoy our new family. While the emergency cash we had saved up removed any immediate money pressures.

However, saving will not make you wealthy, and during my maternity, I started to learn and find out how to indeed grow wealth. The knowledge I have gained I am now sharing with you here for free so that we both can lead healthy wealthy lives.



## Here are my top 3 things money can't buy

Having money drastically changes the options available to you. You get to do what you want to do, or buy what you want to buy and not what you have to do/can afford to buy. However, there are a few things money will not buy no matter how much you have to spend.

- Happiness
- Hours
- Heaven

### Happiness

Saturday was cleaning day while I was a child. I would have to wake up and tidy my bedroom and have it inspected by my loving but OCPD mother. Everything had to be spotless, and everything had to be 'just so'. I was never exactly sure what level of 'just so' I would need to operate at, but I didn't let that consume my thoughts. I would spend my Saturday mornings laying on my bed daydreaming of laying on my bed in my beachfront house, with millions of dollars in the bank. Able to afford enough cleaners and I would live happily ever after'... Sigh.. bliss.

KNOCK KNOCK! ARE YOU UP? ' ... ' Yes, mum' .. 'GOOD GET CLEANING!'... "I MEAN NOW!!"..(me rolling my eyes but answering with a fake smile) "Yes mum".

Yes, my mum did give out instructions in capital letters lol..

Anyway, before my daydream was interrupted, I was going to explain how I felt my ability to do what I wanted when I wanted was going to ensure I lived a happy life. Maybe like me, you also have your version of life which you frequently visit when you daydream. Perhaps it is owning and living in a big mansion, jetting around the world in your private jet, cruising in your yacht or any other Hollywood inspired idea of a happy life, or maybe you would love to feed a village, a country provide sponsorship for children who can't afford a decent education. Whatever your



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dreams are, having money may help you realise them, but it won't fill the void in you and make you truly happy. Nothing and no one can make you happy unless you decide to be right here, right now and with what you have to be happy. To be full of gratitude for both the things that you do have and the things that you will have.

In her best selling book "The Top Five Regrets of the Dying", Bonnie Ware a former palliative nurse says one of the biggest regrets her dying patients shared with her was not permitting themselves to be happy. She goes on to say "happiness is a choice".

The problem is that most people who aspire to have riches do not realise that happiness is not something you can buy but rather what you decide to be despite what your reality looks like now. Money is merely a tool. When you live a lifestyle based on what you think you should want which doesn't truly align with your real personal values, purpose in life and hearts desires, the results tend to always lead to an unhappier life no matter how much money you have in the bank.

**Money does not have the ability to make you happy. You do! - E.Buko**

### Hours

Having money gives you choices such as choices of what to do with your time, but it can not add an extra hour to your day or an extra day to your life. The most expensive gift you can give someone is your time. Because once you spend it, you cannot get it back.

**People say time is money, but I believe "Time is more important than Money and more valuable if spent with loved ones".- E.Buko**

Another top regret people have when they are dying according to Bronnie Ware was "I wish I hadn't worked so hard". She writes that "All of the men I nursed deeply regretted spending so much of their lives on the treadmill of a work existence" because they missed spending time celebrating milestones with their friends and family while in pursuit of more money, realising too late that you can't buy back missed experiences.



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Building a healthy wealthy lifestyle is about living a balanced life and making wise decisions on how to spend your money and your time.

It is far better to enjoy the time you have on earth, living and being fully present in every moment as time is more important than money.

### **Heaven**

Finally, for those who believe in life after death, no amount of money can take you to heaven. Need I say more?

## **Chapter 3**

### **Busted Money Myths and Lies**

At this point, I want to take the time to bust some myths that we all have heard over the years. I definitely believed them, and I know it held me back. I hope that by shedding light on them, it might encourage you to take action.

#### **I need specialised knowledge to start**

No no no, you don't need any particular kind of education neither do you need a financial advisor to start investing and building wealth. All you need to do is begin.

If you are an employee take advantage of your workplace pension and if you are like me a stay at home mom, you can open a personal private pension from as little as 20 pounds per month.

#### **I need to be good at budgeting**

Again no you don't. I do not want to budget because I do not like the restrictions it places in my mind. That's just me. If you do budget well, that's great, and I am happy you do. I would like to



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know how you do it, so please send me an email with your best tips. But it just doesn't seem to work for me.

Here is what I do instead. I have different savings accounts/pots for all my dreams and goals such as my "taking my kids to Disneyland fund", "education fund", "the pay of my mortgage fund", "my house maintenance fund", "annual birthday treat fund", "saving to invest fund".

Yes, I have many pots which I fund with different amount of money because these things are significant to me.

And what do I do with what I have left in my account after bills are paid and savings allocated? Simple I splash out and have a great time. ... why?

Because people like me don't like budgets or restrictions! (There must be something going on in my psyche lol). I do believe we should know where our money is going now, and where we want it to go tomorrow.

I feel I need to be a little bit clearer, so you don't get the wrong idea. There are some months when (after my husband and I have paid our bills and allocated savings) I have very little to do any splashing or even a sprinkle. But some months I have enough to treat my family to take out so I don't have to cook or meet up with friends for a fancy lunch, take my kids to a nice play area, or buy the latest cake decorating tools (which can be quite expensive).

You don't need a budget you need to plan to save and invest and just do it.

### **I need to understand all investing strategies**

Information overload usually leads to feeling overwhelmed which leads to what I would like to call "action paralysis". Which means you end up doing nothing at all.



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It is essential to do some research and read and understand things, but sometimes we have to step out in faith and take the first step even when we do not know what the next step will be. This is true in investing and in any other new projects or goals you would like to accomplish.

### **I need to earn more**

It's a known fact that the more you make, the more you spend. Don't believe me. OK let's do a small exercise.

Close your eyes and imagine your boss saying to you he is so impressed with all the hard work you have put in and your company will be giving you a pay rise of a certain percentage (pick your dream percentage). Take a minute now to imagine this happening. What comes to your mind? What's the first thing you do? Calculate "the percentage" of your current gross pay right? Good. You need to know what your pay rise means in pound signs.

So what is the second thing you do? Let me guess. You are ecstatic you think of someone to tell. But before that thought finishes you get a 3rd, then a 4th and then a 5th thought. Now the ideas are flooding your mind. Now the snowball begins, you begin to remember all the things that need fixing at home.

The bills you owe is now fighting for the spotlight in your mind with the massage you desperately need and rightly deserve. Feelings of guilt and exhaustion remind you that you need to lose weight and eat healthier meals. But all that costs money too.

Then there is the new shoes you need, a much-needed trip to the hair salon, the challenges some members of your family are facing that could do with some financial support, and maybe it rounded off with a pat on your back and an offer to buy yourself drinks and pizza tonight to celebrate.

And if you give in to all these credible thoughts, you will end up having less spare cash than before your pay rise. Don't forget the taxman is coming for his share also.





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After all, is said and paid it is hard to see the benefit of starting a long term investment plan. It will feel like a whole new monthly bill which you think you can't afford just right now. Maybe you will start after your next pay rise.

Hope you can see the best time to start saving money towards investing is now because tomorrow never comes.

### **I can start tomorrow**

In theory Yes, yes you can. But in reality, tomorrow never comes. You know this, I know this and the world knows this. Don't believe me? Think back to all those other things on your "to-do list" that you "should" have taken action by now on, but you left them there till tomorrow. I bet some things have been on your list for years. If you don't do anything, nothing will happen. And you will look back six months, a year, three years from now and think I should have started "yesterday."



## Chapter 4

### Making Money Made EASY

I will show you my 4 step E.A.S.Y model that will help imbibe a lifestyle of building a healthy wealthy future. But before we dive in, there's one thing I forgot to mention. Just as a tree needs good soil for it to grow, you need a solid foundation.

#### A solid foundation

Our mindset is the foundation upon which we will build; everything that is currently created in our physical world started as an idea, a thought. Therefore it is in our minds that we create. The iPhone was an idea before it became a reality; Instagram started as a dream. It's OK to dream big about the future you want.

#### The secret is out

Everything we currently have, we got because we or someone thought of it. Many successful people have known this secret, and I will share it with you. Wealth is created in the mind before it ever manifests physically. Hope I didn't lose you there. If I did, hang with me a little bit, and I will share all I know.

As I said before anything can manifest in the physical, it must be worked on in our minds.

This is excellent news for you and I because it means we can have anything we absolutely



want! Are you excited? Well, you should be because I am about to give you a quick overview of my F.A.B way to get absolutely anything you want.

## Chapter 5

### WfL Secret Sauce: My F.A.B way to get Anything you want in 3 steps.

Ok, so right now I want you to have in your mind a big enormous, beautiful goal for yourself if you haven't take a moment to do so now.

Great! Now whatever you imagined, scratch it out and imagine it even bigger! I want you to dream really big here. Ignore the doubts in your head and give yourself permission to dream. Dream big guys, I'll give you another moment.

**First, you FOCUS on what it is that you actually want.** Decide what you want and focus on it. Life is full of so many distractions that our brains are used to losing focus after 5 mins. So this might not be as easy as it sounds. But you have to FOCUS on what you want and never take your eye off the ball until you get it.

**Secondly, you have to take ACTION.** It is not enough that you have a beautiful idea for an ethical fashion company or maybe you want to share your passion for dance with sick children. You may even want to lose some baby fat and gain muscle. If you don't take tiny steps each day to move you closer to your goal you will end up stuck and losing faith in yourself.



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**Thirdly, and most importantly remember you are BLESSED.** You are a child of the Most High. The God who created our universe from his own words formed you. He thought it, and it became. You are created in his image, and you have his spirit in you. This means you are extraordinary my friends. **You have everything in you right now to bring your dreams to life in a remarkable way.** Times will get tough, but in those tough times, have FAITH and keep MOVING FORWARD. Fail and get over it. Find a new approach until you finally get to your goal. Remember it is not just you here; you are not alone. You are connected to God via his holy spirit which is in you. So tap into this infinite source within you and go and do exploits!

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## I Believe I Can Fly

"YOU CAN DO IT IF YOU BELIEVE YOU CAN" - NAPOLEAN HILL

You have to know that 50% of the work of building wealth is done if only you believe you can do it. Don't worry what things look like now. The other 50% is what I am here for; it is why I decided to share my EASY model with you whether you have £100 in the bank or a negative bank balance.

You can do it, Yes You, you can do it. You see I believe in you, and I will assist you on this journey. But guess what my belief in you isn't enough. You need to kick doubt out and have faith that you will turn your life around. Only you can do it, but I promise to assist you as I continue my journey to Wealth From a Little.

Ok, so let me ask you this question. Who wants to be a Millionaire or more? Then you need to adopt my WfL Million Pound Mindset.



## WFL Million Pound Mindset.

### 1: You are an Original and not a Copy

Therefore you do not need to keep up with the Jones'. This is a simple point; we all know it. I bet we have even said it to a friend, or our children at some point. However, we still lack the discipline to be true to ourselves. We cheat ourselves by trying to keep up appearances. You don't have to be someone else because you are different. Your path is unique. Don't follow the latest trend, just because everyone else does.

### 2. Think and Speak Positively

Stop the negative self-talk it crushes your self-confidence and leads to you permitting yourself to quit on your dreams. Also, stop judging and thinking negatively about other people. We have no idea how constantly bringing down others in our minds adversely affects us. Napoleon Hill explained in his book "law of success" that the golden rule to success is not only doing good to others but thinking good thoughts towards others as this practice builds our character.

We become what we think we are. Appreciate we all have our unique paths full of successes and struggles.

Don't compare yourself to other people. You should only compete against yourself to be better than you were yesterday.

Control your thoughts or your thoughts will control you.

Lastly, only think and **speak the things you want to be true** because we become who we think we are.



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### 3. Be patient with yourself

There is no get rich quick scheme here. Financial freedom comes to those who work hard, spend less than they earn, save more and make wise financial decisions.

### 4. Focus on your goal

Life is full of ups and downs. If you have ever been on a rollercoaster, then you have an idea of what life is like and the fact that you are not alone. Everyone is on the same ride experiencing highs and lows. But stay focused on your ultimate destination.

### 5. Grow your confidence

This doesn't happen overnight, but it will happen over time. Every time you choose, instruct your mind on what to do and not just follow the crowd. Every time you take small steps and accomplish your small goals your confidence grows.

### 6. Never stop learning

To build a healthy wealthy lifestyle from little. You need to understand money and then master it. The fact that you are still reading tells me you are actively looking to increase your knowledge and you are definitely on the right track.

### 7. Never give up

Failure is part of your success story.

Don't be afraid to fail; every failure is only temporary and in fact, is a tremendous opportunity to learn something new. The famous inventor Thomas Edison failed about 1000 times before he eventually got the light bulb we all have in our homes to work. No one likes failing, but



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Millionaires dust themselves off and try again and again until they get to their ultimate goal.

### 8. You need to plan to Succeed!

You need a road map to where you want to get to. However first you need to decide what the destination looks like, so you don't get distracted by the side attractions on the way to your goal. So take a moment and think about it deeply. What do you want financially? Now write it down on a piece of paper or your phone. Go on do it now. I'll wait.. Write down all you desire. Have you done it? Take this as your first exercise on discipline and let's kick out procrastination.

### **Have a Huge Goal and make it clear**

Ok, great you have written down what you want. This is your Financial Goal. Now I want you to say it out loud. Your goals may change with time, and that's ok. But as of today let's focus on this goal.

Now I want you to do something. I know you might feel awkward about doing it, I know I did.. It seems weird especially if there are people in the room. However, trust me on this.

Now, look at yourself confidently in the mirror or turn on your phones selfie camera and repeat the financial goal that you wrote down. Do this every day until see yourself achieving it because you actually believe it.

Here's one of my current bold and beautiful financial desire.

“ I WILL MAKE A MILLION POUNDS OR MORE”

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### **Side Note about setting big goals vs small goals**

- When setting big goals, do not make it restrictive. In my goal above I wrote a million



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pounds or more because I do not want to limit my ability to earn more.

- Also, I did not put a time limit, because I am happy to start making my millions from tomorrow, next month, next year or in the years to come. I do not know when or how fast my investments (in myself, my business and my finances) will grow but I know it will as long as I keep moving forward consistently. So dream big, bigger even. Go all out.
- When setting the smaller steps to accomplish your big goal, they should be more specific and have a definite deadline.

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OK so now we have covered steps to developing your million-pound mindset. Keep practising them every day until they become a habit.

Now you know what you want, you need a unique plan to achieve this. One that compliments your personality and your values. I want to help you map out your financial plan.





## Chapter 6

### 4 E.A.S.Y Steps to Kick ass in your Finances

Let me start by saying it is never too late to start building wealth; neither is it ever too early. I want to put that out there to bust any myths or random self-talk that says “I’m too young”, or “I wish I started earlier”. The right time to start building your future is now. It doesn’t matter your age or the numbers on your paycheck.

There are four main steps to creating wealth. The best part is it is super E.A.S.Y to remember so that you won’t forget it any time soon. They are :

1. Earning
2. Adjusting and Automating
3. Saving and Spending
4. Investing

#### Step 1. Earning Money

No matter what stage you are in life or your current financial situation, there is always a legal way for you to start earning or increasing your income. How do I know this? I know this because I know you were born with unique talents and gifts that no one else on earth possesses, and because of the interdependent nature of us human beings, no man can be an island. This is good news for you and me because it proves someone else is living with a need, and our skills can meet that need in exchange for monetary gain.

To earn money you need a set of skills which you can leverage. Most jobs require a universal set of soft skills like good communication, punctuality, self-control, and patience.



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As a university student, if you get the opportunity to apply for and undergo an internship, it will be a great source of practical experience.

As a young professional, you can put yourself on the route for a pay rise if you always go above and beyond in all your responsibilities, use your initiative, and have an all-around positive personality. This does not mean sucking up or kissing ass, it means you look out for solutions, you avoid complaining, and you have a positive perspective.

Professionals and parents (like myself) may be interested in starting a side hustle in addition to your 9 to 5 or turning your current side hustle to a full-time business.

Whatever you choose to do, it's important to know that in most cases your income is dependent on the level of service you provide. And, the service you can offer is dependent on your skills. So it is important never to stop learning, increasing and polishing your skills.

**“When it comes to earning money you are your greatest asset and your greatest obstacle, so get out of your own way “- E. Buko**

### **Two ways to start earning money today are :**

1. Free Money
2. Paid Money

#### **Free Money**

By getting money free, you can

- Get an allowance maybe from your parents if they are so kind
- Get monetary gifts
- You may inherit some money
- Win the lottery. The chances of winning are always slim, and of the few who succeed most lose it just as quick.
- You may be entitled to receive money from the government.



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### **Paid Money**

For the majority of us, we will have to create and provide some value to earn money.

#### **1. Get a job**

The first step to getting a job is to apply for an interview. To get an interview, we will have first to write a dope CV and then apply for the job roles that meet your current financial needs. Depending on the type of job you are going for you might need some specialised knowledge or schooling.

If you have never written one before that's ok, there are many different layouts of CVs, but they all include these five main things.

- Your name
- Your contact details
- Your education
- Your experience
- Your skills

I have created a CV template below in the [Free Resources](#) section of my website [www.wealthfromlittle.com](http://www.wealthfromlittle.com) which you can use as a guide.

If you already have a CV make sure you keep it updated with relevant work experience tailored to the job you are seeking. It is a good idea to have multiple versions of your CV tailored to different job roles.

The best part of getting a job is the fact that you get paid pretty soon after you start working. This may be every week, fortnightly or monthly depending on your job contract with your employer.

#### **2. Offer a service**



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From running errands, baking cakes, cooking, to cleaning houses, filling out surveys online, freelance work. Any of your current skills and talents can be offered as a service to someone willing to pay you immediately for your time and effort.

### **3. Start a business**

Starting a business could turbocharge your earning power. However, you may not be able to reap the full benefits instantly. But if you have the patience to put in the work, you will reap the returns on your capital. You can start a business around the skills or talents you already have or interest or passions. You can also start a sales business without prior experience. Side businesses you can start today with little skills are selling on eBay, selling on Amazon, arbitrage selling, direct selling, or affiliate marketing. Your company doesn't need to solve a global crisis like global warming to be successful neither do you need to create the next social media platform. All you need to do is address a specific pain for a small category of people and solve it well.

### **4. Home rental**

You could also earn extra income by renting out a spare room in your home privately or renting out your whole house. Websites such as [www.spareroom.co.uk](http://www.spareroom.co.uk) and Airbnb make this process stressfree. I have read many stories of average people who paid off their mortgage 10 times faster by renting it out on Airbnb and staying with family.

## **Step 2. Adjust & Automate**

If you are like me once you start earning money, you already have a hundred and one things to spend your earnings on and a further million things fighting for wallets attention. Most importantly you have to reduce your debt. It is essential to pay off all credit card debt as quickly as you can to avoid paying their high-interest rates. If you have no debt that's awesome. You can hit the ground running.



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No matter which side of the debt fence you reside, you will still have to do these two things.

### **Adjusting the way you spend**

Firstly, you have to **adjust** the way you spend and make sure it aligns with your goals. What I am not saying that you have to cut back on everything you like to do. Not unless of course that cutting back on all good things is what you want to do for a while.

What I am talking about is spending consciously, I am not talking about being cheap. It is about knowing where your money is going now and deciding where you want it to go ahead of time. Choosing to spend money on those things that are important to you and cut back spending on things that are unimportant or unhelpful to you in achieving your financial goal.

To accomplish this, we have to know:

#### **1. Where our money is currently going**

You can do this by downloading and filling out my [Free expenses tracker](#) and use it as an aid to help you track how much you spend on your essential and non-essential bills, how much money you save and how much you have (or owe) at the end of the month.

Knowing where your money is currently going is the very first step in managing your money better.

#### **2. Where we want our money to go**

We all have dreams and goals for our lives. And I believe that we can achieve them if we want to. We create happiness in ourselves when we pursue those dreams and goals that align with our God-given values and purpose for our lives.

For example, one of my values is my family, and I would like to spend quality time with my husband and my kids while the sun is still out, i.e. before bedtime (midterm desire), I would love



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for our family to go on holiday to Disneyland Paris (short-term dream) and I would not want to be a financial burden on my children when I am older (long term goal).

Therefore I will adjust the way I currently prioritise spending my money. After paying my essential bills, I prioritise saving towards achieving my mid term (time with my husband), short term (family holiday), and long term goals (retirement years) first.

The easiest way is to do this is by setting up a standing order to pay your savings account a fixed sum each month. Decide how much you want to put towards each goal and set up a direct debit to do so.

Most companies have direct debit options to pay all your essential and non-essential bills? Why do you think this is so? Could it be because they know how bad we are at budgeting monthly (and I am terrible at budgeting). So they offer discounts if you opt-in to pay via direct debit. That is to say; they collect their fees automatically from your bank thereby avoiding our human nature excuses. Now I know most of us are ok with the idea of paying our bills by direct debit because it's just easier right?

### **WFL Secret Sauce: The TAP Method.**

Three steps to instructing your money successfully

The TAP method is my 3 step plan to mastering your money with ease. It takes all of 5 minutes to do.

#### **1. Track it:**

Get my Free expense tracker from the [Free Resources](#) page on my website. I set it up to monitor my finances. You can use it as you start to design your unique action plan for your finances

#### **2. Automate payment of bills:**



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Set up a direct debit for all your essential bills. This will make sure you don't forget especially when life happens. Missing payments can adversely affect your credit score. A poor credit score will reduce the speed to financial freedom. This is because a poor credit score will lead to higher interest rate been offered to you if you need to apply for any loan (credit cards, mortgage, car loans, any loan really).

### **3. Pay yourself always:**

Set up a fixed standing order to transfer your set personal saving amount from the account your salary is paid into and move it to your saving account on payday. You can set this up once and forget all about it. Review on your next pay rise.

**The secret to wealth - 'A part of all you Earn is yours to keep - G. Clasons, Richest Man in Babylon'**

### **Step 3. Save & Spend**

As your income increases, it is easy to feel like we should increase our spending. I am not against living well now, but I am just highlighting this point because it is easy to have a sizable pay rise and actually reduce the amount we have left to put towards our savings and investments, leaving us only appearing more affluent. However, we are stealing from our future. This is why it is good to get into the habit of saving and paying yourself a fixed percentage of your earnings by direct debit.

**What is more important than how much you earn? - how much you save.**

Here is the golden rule for building a strong financial foundation.

**Spend Less and Save More.**



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It is super easy to say but hard to do; therefore so few people do it. But for the select few who can, you are setting yourself up for something genuinely miraculous which I will highlight in step 4.

If you are wondering how much to save, start with what you can afford and slowly push yourself. Aim for 10-20% of your monthly income.

### **Nuisance Fund (for emergencies)**

You should have some money saved for 'nuisances'. Those things that are unplanned, unwanted and a great inconvenience. Yet they happen all the time. In the past, we tried to save up enough money to cover six months or more worth of bills, which I was super grateful for when I lost my job. But lately, that has been difficult to do. So we try to take good care of our home appliances and car so that we don't wear them out and we pray against emergencies. Funny I know, maybe even borderline silly but you get the gist, have some money set aside for unexpected bills. If you can afford to save six months worth of bills, then I'll give you a virtual high five! But if you can't start with what you can afford and push yourself a little bit.

**“Saved Money I just like Earned Money”- Not sure if I heard it somewhere or if I just made it up.**

If you have debt, you may split your savings contribution into two. One to reduce your debts quicker and the other to fund your investments. But take high interest debt elimination seriously.

Now on to the fun part. Spending! I love spending money especially on things I value (which tends to concern my family). Spending is great when you spend the right way. Yes, there is a wrong way to spend money. That is when you spend only on things and experiences that don't align with your values, dreams and purpose.

For example, you know you are a philanthropist at heart, but you spend all your spare cash on take-out dining instead of cooking. This means you never have enough to give to charity when





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the need arises, thus making you feel unhappy because you think you don't earn enough to help. Your big heart is starved of the opportunity to show love and receive love, joy and happiness.

Spending well is cutting back on things that don't make you happy and spending strategically on things that bring you joy.

So for me, I continuously look for the best deals for my mobile phone, electricity and gas because I don't want to give large corporations more cash than I need to. I wouldn't mind splashing out on a family holiday though or extracurricular activities for my children.

### **Step 4. You must Invest**

The final step in building wealth is to invest the money you have now saved up in the stock market, real estate, or commodities to earn a profit based on the rate of return. Investing involves delaying the excitement of spending all you earn now, to enjoy the comforts from being able to afford to spend even more cash later.

You can invest in different ways towards your short term, mid-term and long term goals. Ideally, you should leave your money invested for a few years to see good gains.

## **Chapter 7**

### **What is investing anyway?**

When you invest, you buy part or all of an asset, e.g. companies, property or commodity with the hope that the value of the assets will increase significantly with time and/or it can generate an income for you.

Investing does one major thing for you.



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It produces an income which you can spend, save or re-invest, this time bypassing the hard work of getting a job or running a business to earn. Literally speaking, your money is going to work instead on your behalf, and you get to enjoy the fruits of its labour. So you could be sleeping, chilling with your friends, sipping tea or working at your day job. It doesn't matter. Your money will still be working hard. This all happens because of the miracle of compound interest.

**“Investing is the easiest way to easy income”- E. Buko**

### Why should you invest?

The UK currently has an ageing population, where a lot of people are living 20 to 30 years after retirement. This means the national insurance “tax” we currently pay now is funding the state pensions of current pensioners. This expense is unsustainable, and we can see signs of things to come with the continuous increase of the pension age to 68 from 60 in 2010.

Therefore, you can not rely solely on your state pension to provide all you need during retirement. It should be looked at as a supplement to your investments.

### Where can you invest your money?

Where you choose to invest is heavily dependent on your goals.

Short term goals of less than a year are best kept as cash in a **high-interest savings account** or premium bonds.

Cash ISA's and **Stock and shares ISA's** are good ways to save and invest for mid-term goals of (minimum of 4 to 10 years).

An **invested Lifetime ISA's** can be used to save towards buying your first home. Buying real estate in a good location is also an excellent way to cash in on the property market.

Homeownership has proven to be one sure way for people to build wealth from little earnings.



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You can also invest in commodities such as art, gold and silver.

For long term goals such as retirement (which may be 10 to 40 years away), investing in the stock market via **private pensions (such as your workplace pension, or a self invested pension plan)**, **lifetime ISA's** are the ways to save towards the future. This is because little cash deposited and invested over many years can grow substantially due to the power of compound interest.

How and where you choose to invest your money depends on your values and risk tolerance.

## The secret to Winning Big when Investing in the Stock Market

### 1. The duality of Compound Interest

The rule of 72 is a simple way to calculate the effect of compound interest. In his book 'Making Money made simple' by Noel Whittaker calls 72 a magical number which can be used as a simple financial calculator. For any amount of cash invested, if you divide 72 by the interest rate it will give you the number of years it will take for your initial investment to double. For example, if you invest a one-off lump sum of £1000 at a rate of 8%, (let's do our quick calculation  $72 / 8$  is 9). So it will take nine years for the £1000 to double to £2000. And at the same rate, you will have £4000 in another nine years and £8000, nine years after that. With no extra effort on your part and in this example no additional contributions. It's really that simple and easy.

Utilising the power of Compound interest plus patience is the catalyst to supercharge and grow your investment.

### 2. Asset Allocation

This is your plan for how you want to invest. It is the recipe for how you spread /assign/mix/ allocate what you invest in. Basically, you should spread your investment over a mixture of



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assets to balance out how much risk (i.e. How much money you could lose vs how much you could make) your money is exposed to.

There are three main classes of assets when investing in the stock market.

They include

**Leaving it as Cash:** This is the safest and therefore has the lowest risk of losing your money except due to inflation.

**Buying Bonds:** This means loaning your money to the government. Governments seldom go broke, so this is also a low-risk investment.

**Buying Stocks:** This means buying a little portion of a company. Companies are unpredictable, and they could grow remarkably or fail spectacularly. Therefore they have the highest risk. This means if you invest in a company that grows at a remarkable rate (interest rate), your money will be double according to the "rule of 72" above.

The ratio of which you buy cash:bonds: stocks is how you allocate your assets.

### 3. Play the long game

Patience is a virtue especially when investing. Impatience people need not apply. Buying and selling your investments when pressured by fear can cost you dearly. Aim to leave your money invested for a long time. This is why having some savings towards unplanned expenses is essential, so you never need to cash out your investments in a hurry.



## Chapter 8

### Tips for Success in building wealth no matter how little you have right now

1. Always go the extra mile and become a top performer.
2. Spend less than you earn.
3. Save more and Invest wisely.
4. There are many ways to invest and different levels of risk involved, start small and investigate the type of investor you are.
5. Live generously.
6. Spend time with your loved ones and help those less fortunate than you.

### Your Questions Answered About Building Wealth from Little

1. I'm confused where to start, what do I do?

When investing for the first time, it might feel daunting. If you are an employee start by speaking to your company about increasing your contribution to your workplace pension, if you are self-employed, look into setting up a Self Invested Pension Plan S.I.P.P.

2. What can I invest in?

Investment opportunities are very widespread, and you can invest in almost any business. The most popular include, investing in the stock market, and real estate.



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### 3. What is a good investment platform for newbie investors?

Investment platforms like moneyboxapp, wealthify, moneyfarm, IG, evestor and nutmeg are very easy to understand and use. You decide your risk tolerance, and they automatically build your portfolio for you. But check the fees before you commit yourself.

### 4. Do I have to be rich to invest?

No, you can start investing right now from [1 pound](#).

### 5. How should I prepare for retirement

The first step is deciding what you want your retirement to look like. Once that is done try and put a cost to that lifestyle, you will have to take into account inflation. Once you have the price tag for your lifestyle, have a look at [pension calculator](#) from the money advice service to decide how much you need to invest to be able to afford to live excellently in your retirement.

### 6. Can I build my own portfolio?

Yes, you can develop your investment portfolio based on your values and tolerance for risk. You can choose the type of companies you want to invest in and the type you don't want to support. If you are a vegan fashionista, for example, you may want to invest in retail companies, and you may decide to avoid food companies who don't align with your vegan values.

### 7. Shall I buy stock options at the company I work for?

Yes, you can, but don't over commit. It is best to diversify your investments. As the saying goes, don't put all your eggs in one basket.

### 8. How do I know my risk tolerance?



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I once read someone describes risk tolerance as deciding if you wanted to “eat well or sleep well”. All investments are risky as their value can always go up or down so you may make or lose money at any given time. Risk can be looked at as a percentage. Higher risk investments usually have a higher rate of return.

### The Last Thing You Need to Know about Building Wealth

The EASY way to build wealth is by earning, adjusting your spending, saving and wisely investing the money you have saved.

It is important to remember all investments carry an amount of risk which means your capital can go up or down. Because of this, it is important to diversify and leave your money invested for a long time.

**Above all**, building financial wealth is most fulfilling when all areas of your life are in balance. That means investing in your mind, relationships, and health.

### So what's next?

Make a list of all your hopes and dreams that are related to money and calculate how much you will need to achieve them.

Calculate how much you will need in your pension to retire.

Ensure you are on track to receive a state pension. Note you have to have worked a minimum of 10 years to receive a state pension. This will be reduced, however.

Optimise your workplace pension if you are an employee. A lot of employers match your contribution to make sure you take advantage of this.



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Your pension contribution is tax-free. And when you retire you get the first 25% as a lump sum tax-free, the remain 75% is then taxed when paid to you as an income. However, you are still entitled to your personal allowance taxfree.

Get a lifetime ISA if you are under 39 years old or intend to buy your first home. Who wants free cash? You get a 25% contribution from the government. However, you can only use this money to buy your first home or towards your retirement. There are penalties for cashing out for any other reason.

Optimise your mortgage payments. You can pay off your mortgage many years earlier at no extra cost to your monthly bills by requesting to pay fortnightly instead of monthly.

Need help with any of these or anything at all, do contact me at [elizabeth@wealthfromlittle.com](mailto:elizabeth@wealthfromlittle.com).

**Wooowhoo!!! You did it!**  
**You got to the End. Well done I am so excited**  
**because we are now one step closer to the goals**  
**we have set ourselves.**

**Next step is to TAKE ACTION. Do something no**  
**matter how small that will move you closer to**  
**your big goals.**





**Now I want you to send me an email with your big audacious goal and the little step you will take next. I can't wait to hear from you.**

**THANK YOU!**

