

THE WEALTHWISE MINDSET WHAT YOU MUST KNOW

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INTRODUCTION

The purpose of this guide is to introduce foundational concepts that will reframe your mind as a beginner in financial literacy. I have learned this information by challenging myself to grow. I strongly believe that as with anything, your mindset is what must come first and subsequently everything else will follow after it. It is true that poverty is a mindset carried out through series of actions; our mindset informs our actions, not vice versa.

Growing up without much money, I developed a habit — whenever I had extra, I would spend it. Not recklessly, but because there were things I wanted, and that extra cash felt like my one shot to finally get them. But that pattern always led me back to the same place: broke. Eventually, I tried to save, but without knowing how, my efforts never stuck — and I would end up right back where I started. Over time, the frustration grew. It felt like I was hitting a wall I could not break through. But I do not choose to stay stuck. I decided to take control and change the way I lived; I will overcome — and so will you.

I believe this information is transformative and will change our lives. I am still learning these concepts as well - as I do not believe the learning curve will ever stop. While there are systems and structures at play that try to keep people in poverty, we still have power to do better. And that power starts with your mindset.

SECTION 1

CONSCIOUS SPENDING

Conscious spending is likely the biggest piece you are missing.

Most of us have not had much, and we live for tomorrow. We focus on what we can get today because it is tough just to make it to today. So naturally, we do not see with longevity when it comes to finances.

So, a lot of us never stop to identify long-term financial goals in detail because:

- 1. We do not believe anything will change — it feels as if it would take forever, so why try?**
- 2. We live for the day, and thinking long-term feels out of reach.**

Yet, when you take the time to identify what is truly important to you and where you want to head in life, you give yourself a foundation for long-term motivation, purpose, and a mindset that can grow with you.

Even if you only have \$5 — there is power in allocating it to something meaningful. *Building the habit builds the mindset.*



STEP 1: IDENTIFY YOUR PRIORITIES

Start by listing everything that is important to you. Then list what is not important. *Take all the time you need.*

Once you have your list, group similar items into general categories. Then narrow it down to what truly matters most. Now ask yourself:

“Does my spending match what I say is important to me?”

Example:

Maybe you would like to put more money toward professional development, but right now all of your excess money goes to eating out.

Deliberate similarly concerning everything that is important to you — *this will show you signs of unconscious spending habits.*

STEP 2: BUILD A THEORETICAL ALLOCATION PLAN

You are not physically taking action yet - but you *are* giving every dollar a purpose.

This could take weeks or even a couple of months.

It personally took me a couple of months and here is why.

These are hard decisions to make.

You are going to have to choose what comes first between goals that are all important - it is emotional.

It is hard to do, but remember: You are not saying “no” forever. You are saying “not right now” to pave a road for something better later.

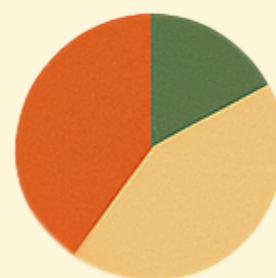
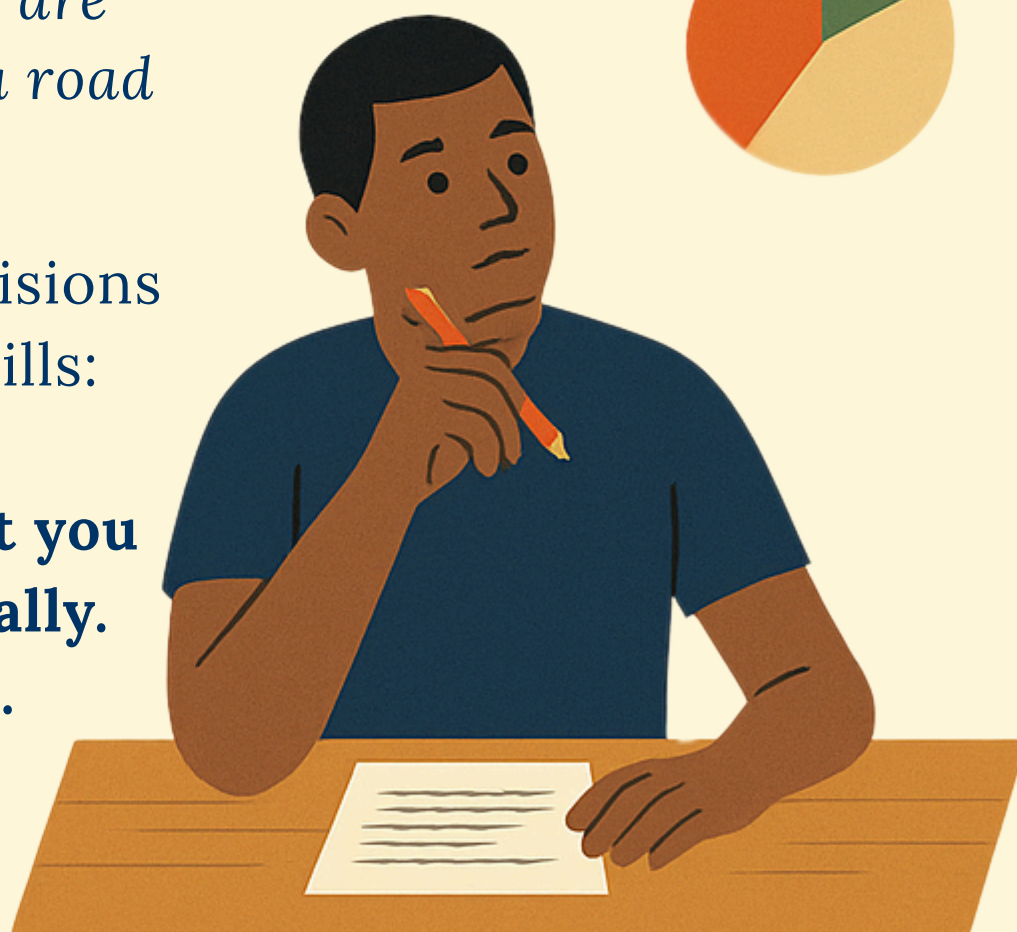
Once you have made those decisions look at your income and your bills:
What portion of your income is fixed? What remains is what you can begin allocating intentionally.
We will touch this in section 3.

Consider:

Stay stuck and make no attempts to improve?
Or do what feels small and prove yourself wrong in time?

Even if it's just \$5 per week in some categories - *decide.*

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LET'S TAKE ACTION

STEP 3: CREATE YOUR FINANCIAL SYSTEM

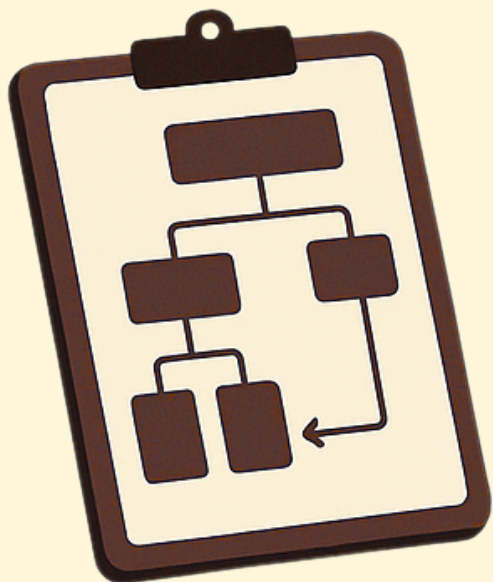
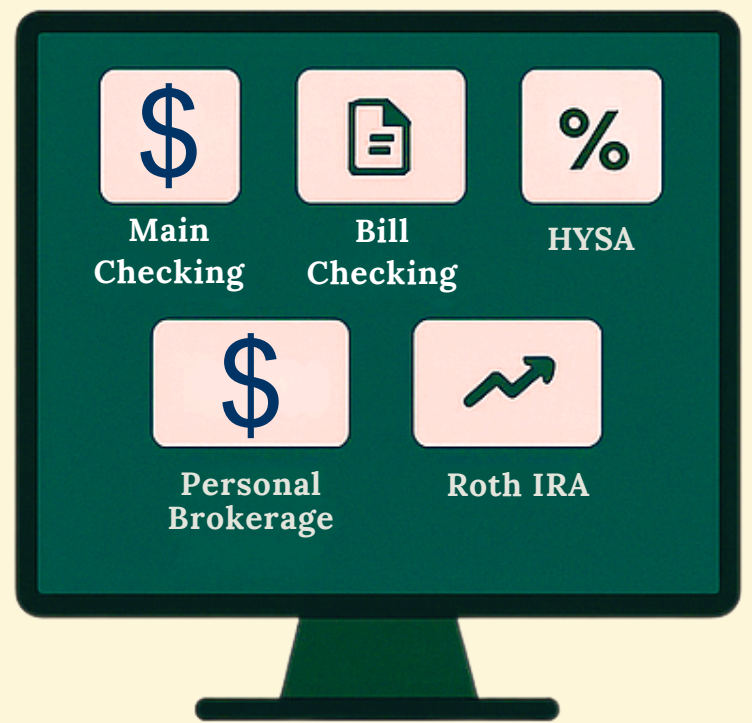
Most of us do not have the time or energy to micro-manage our finances every day. A system is a necessity.

Start by setting up the right basic accounts:

- Main Checking
- Bills Checking
- High-Yield Savings Account (HYSA)
- Roth IRA
- Personal Brokerage Account

Then, decide your flow:

- Where do you want your direct deposits to go?
- Should you separate banks for savings and checking?
- How much flows from main checking into savings, investments, and bills?
- Will you use a credit card for personal spending and bills? If so, make sure it only covers what you already have the cash for.



STEP 4: VISUALIZE & AUTOMATE

Draw this system out for yourself. Literally map it out like a chart

Then — *automate everything you can:*

- Transfers to savings and bill checking
- Investment contributions
- Paying your credit card in full every month

This system is meant to grow and evolve with you.

Perfection is *not necessary* to start. It just needs to be *aligned*.

SECTION 2

THE POWER OF INVESTING

Why is investing important for generational wealth?

You have probably heard the word your whole life. I have too — but I have not truly understood the active application of it until recently. You can learn theories all day, *but they do not hit home until you can place it within and act on it in the real world.*

At its core, investing simply means putting your money into something that has the potential to grow over time. These are the “wealth-growing vehicles” you may hear people mention.

For our context, the investing you have likely heard of is referring to investments in the stock market using brokerage platforms.

Investments of the sort:

- Stocks
- Bonds
- Mutual funds
- REITs
- Crypto
- Natural Resources/Commodities



These investments tie your money into something that, over time, can compound its value — *instead of letting it sit, lose value to inflation, or for you to spend it.* **This connects right back to conscious spending. Your allocation decisions matter.**

Understand that investing is the opposite of debt. Employers offer 401(k)s because they work. Businesses invest in the stock market because it works. **So why are you not?** The market does not care about your background or identity—and that is exactly why you should be investing. But do it with knowledge.

We are not often taught how to invest or why it matters, so we delay action. But once you understand the true power of investing — it is extremely unlikely you would delay beyond today. Small amounts matter. Even \$5 per week builds the habit.

And **when your income grows, you will already know what to do with your money.**

ASSET CLASSES & INVESTMENT TYPES

Asset Classes - To build a solid investment strategy, you must understand the four main asset classes:

- Cash & Equivalents
- Stocks (Equities)
- Bonds (Fixed Income)
- Alternative Investments



Each one behaves differently. Some grow fast with higher risk, while others stay steady and protect your wealth. A healthy portfolio uses a mix — adjusted based on your age, goals, and comfort with risk. Now here is the breakdown of different investments types you can make in the market on a brokerage platform.

These investment types are key to determining your portfolio mix:



Individual Stocks - Highest growth potential, but also highest risk. Company-specific factors can drastically impact value.



Mutual Funds & Exchange Traded Funds (ETFs) - A bundle of investments that reduce risk through diversification. They tend to provide stable, long-term growth.



REITS (Real Estate Investment Trusts) - Real estate investing without owning property. Helps diversify and can generate a steady income. 🔑 REITs don't move like stocks — they are driven by rental income and real estate cycles.



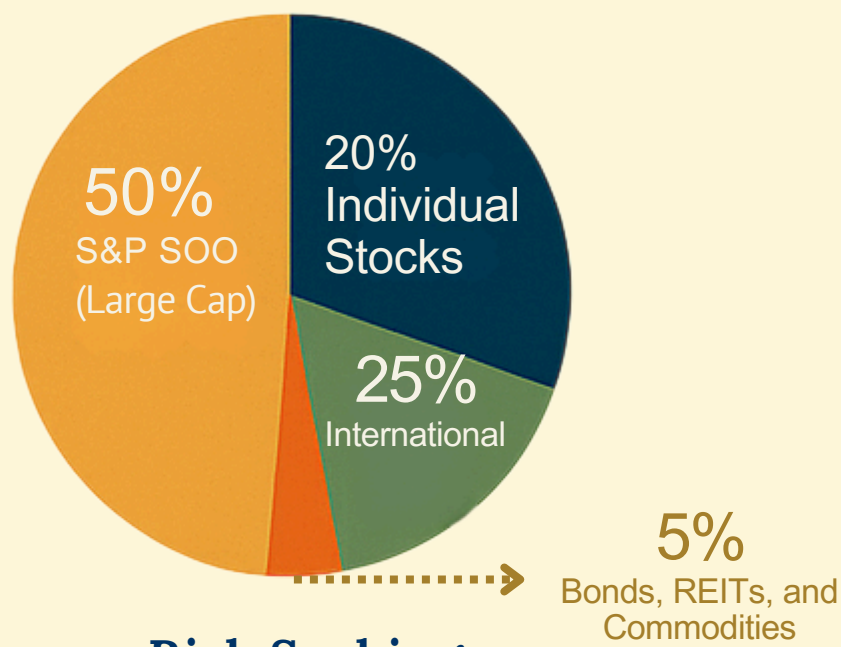
Bonds & T-Bills - Low-risk, low-return investments. Best for preserving wealth or for those close to retirement.



Alternative Investments - Includes crypto, gold, and commodities. 🔑 These often move independently of the stock market — offering a hedge during downturns.

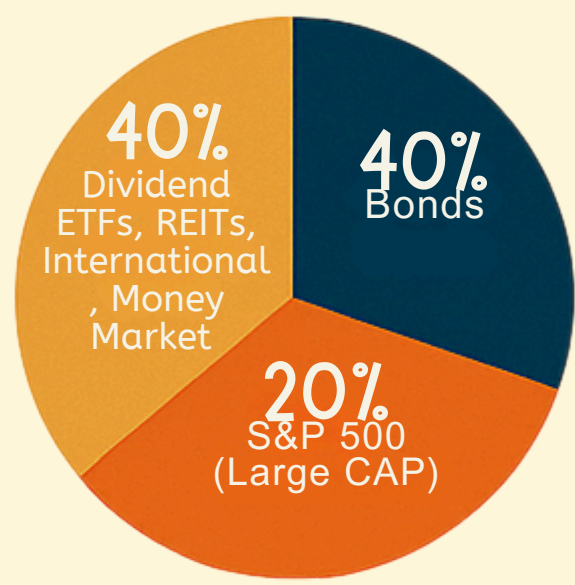
SAMPLE PORTFOLIOS + INVESTING WISELY

AGE 23



- Risk Seeking
- Wealth creation

AGE 60



- Risk Averse
- Wealth preservation

These allocations are for example only and are not guides for your personal portfolio.

PRINCIPLES OF INVESTING WISELY



Avoid Trends and Gambling

Do not chase fads and get-rich-quick schemes. Investing takes time. **You should be in it for the long run. 20-40+ years.**



Don't Panic or Sell

Short-term drops in value are normal. **Stay focused on long-term growth and hold.**

Rebalance Quarterly Review

Target reviewing your portfolio every 3 months at a minimum. You can review bi-weekly, monthly, etc., however you would like to be involved. While reviewing, maintain or reallocate to ensure alignment with your mix and goals. Reallocate as you age, and as your values change. *Be sure to reduce risk as you approach retirement age.*

Exit Strategy

The number in your portfolio is not real until you sell.

Your gains depend on finding buyers at your desired price.

Selling at peaks, unloading everything at once, or trading low-volume assets can slash your returns by over half.

Do not fall into that trap — plan your exits as carefully as your entries.

FINAL NOTE ON CONSCIOUS SPENDING & INVESTING

Building wealth takes time.

There is no one-time fix. Applying conscious spending is an iterative process. But once your system is in place and aligned with your values, it will not demand your constant attention. It will support you automatically.

You will still need to adjust your plan as your life evolves; that is okay - that is the point. The key though is to get started now - not later.



Even if all you have is \$5 per week in excess, start building the habits because it counts. Start shaping your future with the structure you have today.

That same mindset applies to investing.

If you are serious about creating lasting wealth, **you must start investing now**. Even while paying down debt, building the habit of investing sets you up to grow - **remember, it is the opposite of debt**. Because when your income increases, *and it will*, **you will already know how to make it work for you**. The vast majority of those who grow their assets learn how to operate them properly **before** their goals are achieved.

Investing and conscious spending are two of the greatest mindset adoptions available to change the trajectory of you and your family's life.

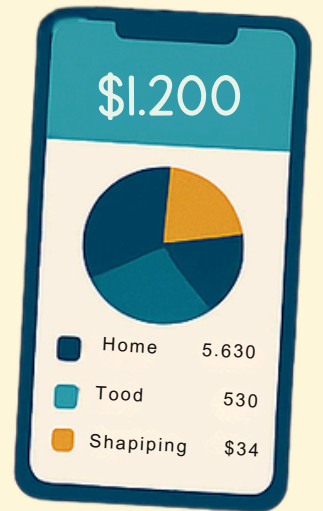
SECTION 3

THE POWER OF AWARENESS

This is where it is time to pause—and go deeper.

Ask yourself: “Do I genuinely have no excess income? Or have I simply never taken the time to examine where all of my money is actually going?”

For some, the financial pressure is real. Living paycheck to paycheck, navigating unemployment, or barely covering essentials—those challenges are valid. And the path forward often involves increasing income: better-paying jobs, side hustles, strategic negotiations, or major cost reductions.



But for many others—with steady jobs, consistent pay, or entrepreneurial revenue—the real issue is not income. It is clarity.

If you have ever thought, “I just cannot afford to invest right now,” this is your moment to zoom out. **Before anything changes, you need to know what is actually going on with your money.**

STEP 1: LEARN YOUR SPENDING HABITS

You cannot manage what you do not track.

Start with conscious spending and build a clear picture of your true excess income.

Use tools like: **Rocket Money, NerdWallet, YNAB (You Need a Budget), Monarch**

This is not about tracking every penny for the rest of your life. It is about building enough awareness to make smarter decisions. *Learn where your money flows—so you can redirect it with purpose.* At the same time, build your own Excel or Google Sheets budget. List all income sources, fixed bills, flexible spending, and irregular expenses. Then compare what you see with your tracking data. That is how you begin making real changes—and align your money with your goals.

You cannot move into the future if you do not know where you are right now.

TIME IS KEY & FINAL NOTE ON AWARENESS

STEP 2: KNOW THAT IT TAKES TIME

Getting control of your money is not a one-day fix—it is a process.

When I first started tracking my spending and building my system, it did not all click right away. It took me a few months of trial, error, and readjusting to really get it right. And that is okay.

The point is: *start now. Start messy. Start imperfect.* But start. Once you begin, it gets easier. You will see patterns. You will notice waste. You will discover what truly matters to you and what does not—and that is when the system becomes personal, powerful, and sustainable - *conscious*.

FINAL NOTE ON AWARENESS

Awareness is the beginning of all transformation.

Without it, you are just reacting—spending blindly, feeling stuck, wondering where your money went. But with it? You reclaim control. You stop drifting and start directing. You begin to see options, make empowered decisions, and build with intention. So don't rush this part.

Learning where your money is going—and why—is the foundation for everything else: investing, saving, growing, and reaching financial peace. This guide is not just about discipline—it is about clarity. Once you see clearly, you can move boldly.

MASTER YOUR MONEY. SECURE YOUR FUTURE.

CLOSING THOUGHTS

Thank you for taking the time to read this guide.

Whether you are just getting started or you have been on this journey for a while, I hope something in these pages resonated—whether it was a mindset shift, a new strategy, or even just a quiet reminder to keep going.

I would like to highlight that I am still learning and refining. But what matters is that *we are in motion—moving toward something real.*

Even one small shift can change everything.
You do not need to be perfect. You just need to be present—and intentional.

Everything in this guide came from my own process of research, reading books, making mistakes, experiencing breakthroughs, and making the decision to build a better future on purpose. I do not have it all figured out. But here is what I do know:

**YOUR MINDSET
LEADS YOUR MONEY.**

And with the right foundation, you can build something lasting—not just for yourself, but for generations to come.

If this guide helped you—or sparked something real in you—feel free to reach out.

Let's keep growing together. Thank you!

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WealthWise Live

