

# A Guidebook to Level Up your Personal Finances

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# Introduction

In today's world, keeping personal finances under control has become a daily challenge for many people. We live in an age of immediacy, where technology encourages instant consumption of products and services. Social media constantly tempts us to spend, and the lack of financial education can easily throw off our financial balance.

However, the key to maintaining **healthy finances** is not having a high income but **developing** consistent **habits** that allow us to take **control** of our **money**, regardless of our economic situation.

I'll share here **10 healthy steps** that will help you take **control of your finances** and achieve **financial success**.

Each habit comes with **practical tips**, so you can **start** organizing your finances **today**.

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# 1 Create a Budget

A good budget will always bring you **financial peace of mind** and help reduce the stress that money can cause.

A budget allows you to **efficiently plan** your income and expenses, avoiding surprises at the end of the month.

This way, you can **prioritize saving, reduce debt**, and control impulse spending. Nowadays, with digital tools, it's very easy to do.

- Divide your expenses into categories like housing, food, transportation, entertainment, savings, etc.
- Make sure to cover your basic needs first.
- Set aside money for unexpected expenses and savings as soon as you receive your paycheck or monthly income.
- Review your budget regularly and adjust it according to your situation.

## 2

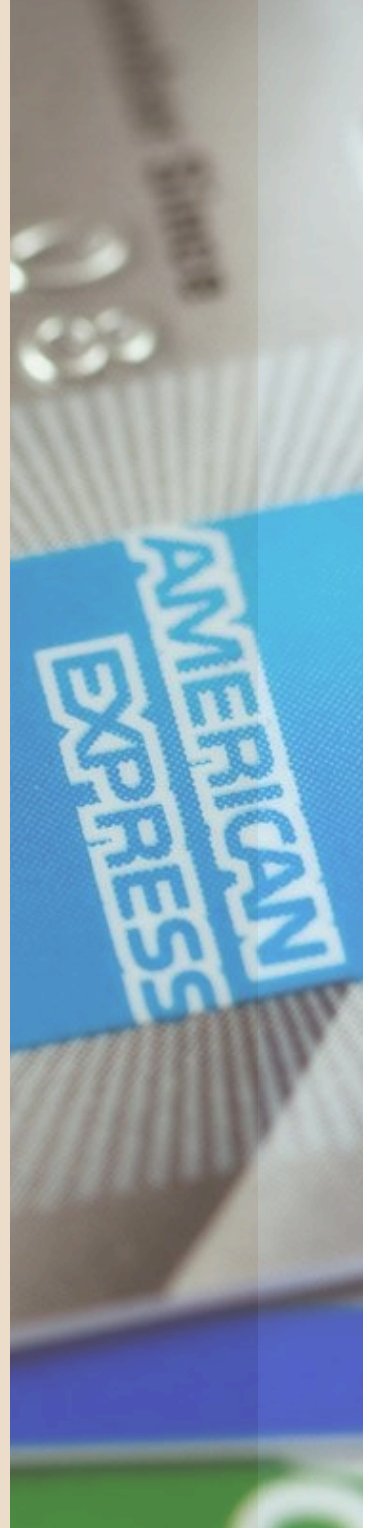
## Pay off Debt

Taking on debt can make sense in certain situations, but it's essential to have a **clear repayment plan** beforehand.

The excitement of buying something new—whether it's a car, a house, a phone, a trip, or a course—often clouds our judgment about our finances. I know it can be tough, but it's crucial to face your financial reality.

To **get rid of your debts** as quickly as possible, I recommend the following:

- **Review all your debts, noting the due dates, payment amounts, and the cost of each loan.**
- **Prioritize which debts are most urgent and which you can pay off sooner.**
- **Create a plan to eliminate these debts.**



# 3

## Identify your Red Flags



Routine, lack of knowledge, and not enough time can lead us to develop **bad financial habits**, which inevitably result in **losing money**.

To strengthen your financial empowerment and achieve financial well-being, it's **essential to adopt healthy financial habits**.

Here are some **tips**:



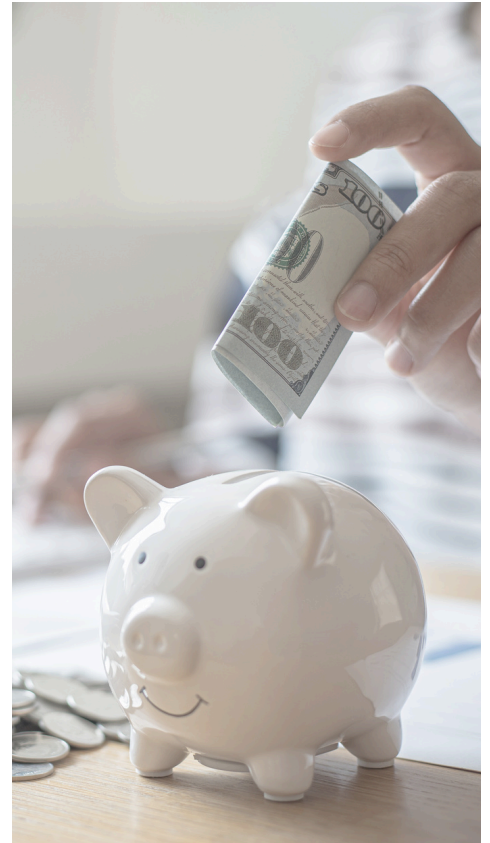
- Regularly check your accounts.
- Identify and eliminate money leaks.
- Avoid impulse purchases.
- Always keep a list of what you truly need to avoid unnecessary buying.

# 4

## Savings First

**Saving money is the key** to starting to build your wealth. Saving is a cornerstone of financial stability. Although it can be hard at first, once you start, it becomes automatic.

To help you succeed, here are my tips:



- **As soon as you receive your paycheck, automatically transfer a percentage to a separate savings account.**
- **Give this savings account a motivating name, such as “Around the World Trip,” “Children’s Education,” or “Our Home.” Think of it as a personal challenge.**
- **Ideally, aim to save between 10% and 20% of your income. If that’s not possible, save what you can. Every penny counts.**
- **Never withdraw money from this account unless it’s for the specific purpose you’ve set for it.**

## 5 Invest

Money that is saved **without** being **invested loses value** over time. We all know that life gets more expensive every day, so to fight the loss of purchasing power, it's essential to learn how to invest.

Money is like a plant: it needs to be taken care of and nurtured to grow. If we want our **money to boost**, we need to make it work for us through **investing**.

Here are a few tips:

- **First rule of investing: diversify your portfolio. Don't put all your eggs in one basket.**
- **Only invest in products that you truly know and understand.**
- **Spend time planning your investments properly. This is more important than picking the best investment products or the perfect time to enter the market.**



# 6

## Change your Mindset

**Investing isn't just for the rich**, and money isn't scarce. In fact, investment is within everyone's reach.

Every year, new people become wealthy, but many more fall into poverty. The problem isn't a lack of money, but its unequal distribution and the **limiting beliefs** passed down from generation to generation.

It's crucial to **build a healthy relationship with money**, and to do so, we need to shift our financial mindset.



- Ask yourself what negative or restrictive thoughts you have about money and when you learned them.
- Consider your parents' views on money and ask yourself if they still hold true.
- Analyze your emotional relationship with money.
- Educate yourself financially to make more informed and confident decisions. This will give you greater confidence.





## 7 Educate yourself

To avoid being misled or to make smart, informed decisions, **financial education is key.**

Without the right knowledge, we not only miss out on the best investment options, but we're also more likely to be sold unsuitable products. Plus, without a strong understanding, we can't make the most of our money.

After **30 years as a university professor**, here's my advice:



- Learn about topics that are relevant to your needs, no more, no less. There's no point in knowing about every financial market if you won't invest in them all—it'll just cause unnecessary stress.
- Start with basic financial education.
- Find someone who is knowledgeable in finance but also knows how to teach. This field is full of jargon, so it's important to have someone who can transfer knowledge in a clear and simple way.

## 8

## Identify your Financial Personality

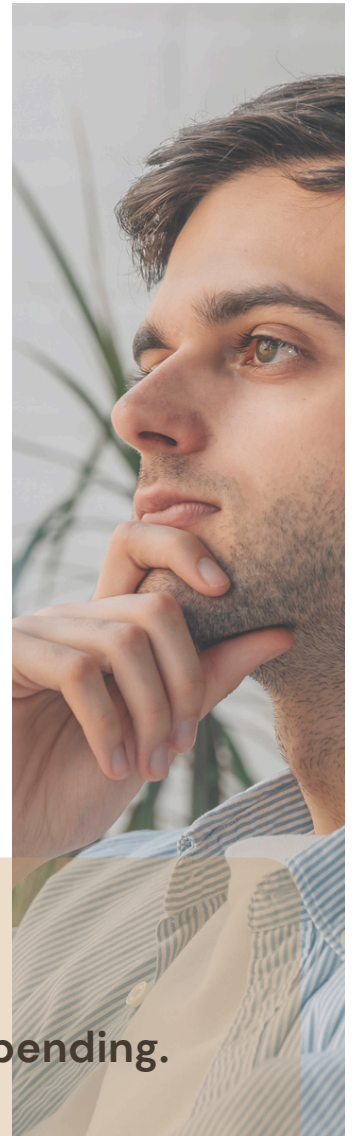
Everyone has a "**financial personality**" that affects how we make financial decisions—whether we're more of a saver, a spender, or we take more or fewer risks with investments.

By **understanding your financial personality**, you **can make the most** of your strengths and work on improving your weaknesses.

To improve your financial personality, here are a few **tips**:



- **Focus on long-term value, not immediate spending. Quick and easy money doesn't exist.**
- **Think of money as a tool, not an end goal. Money isn't just for spending; it's a tool that helps improve your quality of life.**
- **Evaluate your approach to managing money and how it influences your savings and investments.**
- **Improve your financial knowledge. Educating yourself is essential to improving your financial personality.**



# 9

## Set Financial Goals

Setting **goals** is the first step toward **success**.

You need to know where you are and where you want to go. It's also important that your **goals align** with your **values** and personal **dreams**.

Here are some **tips**:

- Your goals should be specific and clear. The more detailed, the better. Instead of saying, "I want to save money," set a specific amount and a deadline.
- Break your goals into short, medium, and long-term ones to balance your current needs with future plans.
- Set realistic goals that fit your current financial situation.
- Review your goals regularly to track your progress and make adjustments as needed.



## 10 Create a Plan



To reach your destination, it's always **necessary** to have a **roadmap** or strategy that guides you where you want to go.

A **solid financial plan** will help you manage your income better, control your expenses, and direct your money toward what really matters.

Here are my **tips**:



- **Set clear priorities.**
  - **Create a budget that helps you move toward your goals.**
  - **Review and adjust the plan regularly, as circumstances change.**
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# I'm Elisabet.RD

I have a **PhD in finance** and I'm a **certified coach**.

My background as a university teacher, researcher, speaker, and regular contributor to the media allows me to offer you the **Personal Finances 360** program.

It's a unique program designed to help you take control of your finances, change your relationship with money, and set you on the path to a secure financial future.



If you want to learn how to **manage** your **finances like a pro** and **leave behind** the **stress** that money brings, I'm offering you a **completely free session with me** to analyze your financial profile and discuss the next steps to **empower** you **financially** and **achieve financial wellness**.

**[Book it here!](#)**

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