



From Broke To *Blessed*

WORKBOOK

Turn Your Passions to Profit 💎

FAITH LIZ'S CORNER

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Hi. I'm Dr Faith Liz!

HELPING YOU TURN PASSION INTO PURPOSE-POWERED INCOME

After being laid off in 2023, even with a PhD, I had to reinvent myself. What began as a setback turned into a breakthrough: In just a long weekend, I had launched my digital business. To date, I have built multiple income streams from my passions in fitness, the Christian life, and career coaching using nothing more than free online tools and a small audience.

What started as fear: What am I going to do now? How soon will I be employed again? How will I pay my bills?; transformed into a monetised system that allows me to earn even while I sleep. I get to serve with integrity, build an audience authentically, and live with purpose online.

But this was not so. I had to overcome so many myths, and let's do that before we start.



01 Do Not Believe These Myths

You might be asking yourself, 'How can I monetise my passions? How can I sell online without an audience? Who will buy my services or products?' The internet is already saturated. I am here to show you that these fears are only myths.

1. The world is eagerly waiting for your services and or products.
2. Even as little as a small audience of 50 people, you can sell so long as you learn how to.

Myth One: You need a big audience to make money online.

No, you don't. When I made my first sale in 2020, I had 200 Instagram followers and 50 email subscribers. I sold my Get Unstuck Coaching Blueprint, and before I was laid off, I was already earning at least \$500/month doing something I loved in my free time. That income became a financial lifeline when I lost my job. And after that? I went all in.

Myth Two: The internet is crowded. There's no room for me.

The internet isn't your obstacle; clarity is. You just have not found your voice. You don't need the whole world. You need your people; your God-aligned tribe. The Psalmist says, "Your people will be willing in the day of your power." Your "power" is your identity, your strengths, your voice, your unfair advantage, and your passion. When you stand in that power, the right people show up.

Truths about making money online

1 Whatever you know, enjoy and love, probably there is someone who wants it & looking for how to have it.

2 If you can solve a problem, you can sell the solution online.

3 Focus on Purpose over Title. Why are you selling not what you are selling?

4 Your distinctive voice is what stands out of the crowd

Myth Three: I don't have anything to sell.

Maybe you feel like the widow in 2 Kings 4:1-7. You are convinced there's nothing in your "house" of sale value. She believed that her sons would end up as slaves since she couldn't afford to pay the debt that her husband had left before he died. Yet that widow already had what God would multiply. And so do you. You have something of sale value. You have something to bring to the table. There is something inside you that is valuable, marketable, and needed. You have gifts, knowledge, experience, and passion. In this ebook, I'm going to help you discover what you already carry.



Myth Four: No one will buy from me. I can't sell.

This fear is common; and it's a lie. Doubt fuels hesitation, and hesitation delays destiny. "What if no one buys?" is a sign that you're stepping into a faith over territory. Entrepreneurship requires courage, and courage is built by conviction, clarity, and taking action even when you feel fear.



Myth Five: I am not a born seller.

Perharps, you have discovered a problem. You've said: I wish we had this one the market. I can't find this and that, so I will make it. Ah! The way people do things! I might as well do it myself. You have identified a problem and solved one before, meaning you can sell the solution to someone else with the same problem.



All Selling is Change. You do not sell the thing, you sell the transformation. You sell the result. You don't sell an ebook; you sell a problem solved.

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02

Mindset For building your digital Business



You are the light to the world; a city built up on a hill cannot be hidden.

“

One offer, one outlet, one audience.

Start with one offer. Make it able to solve one problem. Clarity is king in building authority and your voice. You are the light to the world; a city built up on a hill cannot be hidden. Stand on this mindset. Even when progress is slow, Times will come when the world will hear your voice. It is just a matter of time. Do not give up early.

For me, when I decided I wanted to coach and build my business around God and His principles, I went all in. I love the word of God. I love sharing biblical principles in all I do. So, starting a Podcast, *For His Glory Podcast* on YouTube and all other podcast platforms was a no-brainer. I showed up even when there was no visible growth. I started with one audience, one offer and one outlet, YouTube. All I share on other platforms are repurposed video clips from my main YouTube channel. So decide today: is it YouTube, TikTok, Instagram, or blog?

Longevity over quick fixes

I am here to tell you that it pays to play the long game. At the start, you will feel motivated and fired up about what you are to do, but sometimes it will be tough even to show up, especially when the results you expect are not coming. But hold fast, do not waiver. Keep the rubber on the road. You will eventually break through. My YouTube channel was not monetised until April 2025. I started it in October 2022. So, almost 3 years. This did not stop me from showing up. So, do not show up.

You can sell even with a small audience

As you offer authentic value in your content, your audience even when small, will see it and buy. So start creating low-entry ebooks. I sold my first fitness ebook for only \$30. I repurposed my long-form YouTube videos in a precise ebook guide for someone who wants to lose fat while building muscle. To date, that ebook has made me close to \$5000. Be honest and sell what you know such as ebooks guides, mini challenges, PRLs, courses, Google Sheets, Notion templates, or 1:1 strategy calls, among others.



YOU HAVE SOMETHING OF SALE VALUE

- 1 Elisha said to her, What shall I do for you? Tell me, what have you of sale value in the house? She said, Your handmaid has nothing in the house except a jar of oil.
- 2 Think of your interests, skills, passions, experiences and talents. How can you monetise them?
- 3 Whatever you love, whatever you enjoy, whatever you know; chances are, someone is looking for it.

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03 Discover Your Strength

Our strengths are our internal compass; without any effort, they are there, ready for us to tap into, making our life path easier and more enjoyable.

We can spend a significant amount of our time on the merry-go-round in our minds, churning over our weaknesses and focusing on how to overcome them. Rather than spending time in this unrewarding thought pattern, it is much more fulfilling to focus on your strengths and tap into them as often as possible. For example:

- If you love decorating, shopping for new outfits, and changing around rooms, your strengths may be creativity, attention to detail, and an appreciation for beauty.
- If you enjoy exploring new ideas with others, discussing plans, and taking action, your strengths may lie in relationships, planning, and strategic thinking.

Natural strengths are the parts of us that we don't have to do anything to get; they are already there, and we can call upon them during our day-to-day experiences of life.

Additional strengths are generally something we've learned, shaped by our environment, our experiences and the values with which we identify and choose to live by.

We all have a collection of strengths that make up our unique architecture; getting to know your strengths unlocks the confident and competent part of us that thrives in high flow.

So, what are your strengths?



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04 Discover Your Values & Passions

Values precede passions. Values dictate our evaluations, interests, inclinations, decisions, and actions, which, in turn, guide our actions and create our destinies.

Values guide our habits, passions, lifestyle choices, our sources of incomes too. If you value job security, you might stay in a toxic job environment for fear of venturing into something new elsewhere.

Values influence and define our self-worth and self-image. They steer us in the right direction for long term fulfilment. They serve as a foundation for confidence and fire proof our long-term plans.

Values are your lighthouse, giving you direction, signals, meaning, and purpose. They restrain you from compromising your boundaries and who you are.

A life of simple well-defined values is a life of self-respect, dignity, integrity, authenticity and confidence.

TAKE ACTION

1 What is more Important to you?

Think of your interests, skills, passions,

2 experiences and talents. How can you monetise them?

3 What are you truly passionate about?

4 What do you really want for your future?

5 If you could change one thing in your life what would it be?

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05

You Are The Solution You See



Every problem you discover, you are capable to provide its solution.

The burdens you see, you have a solution to them. Look at Moses: He was convinced that he could rescue his fellow Israelites from bondage while in Egypt. It is this problem he saw that God used as the solution to rescue the Israelites.

As you link the problem you've discovered to your values, interests, passions, skills, expertise and strengths, you can draw out an action plan.

For instance: **This is my value: Women Empowerment.**

I want every woman to know that nothing is Impossible. Faith in God, education, and self-leadership have enabled me to create opportunities for myself, my children, and others. This passion fuels my work as a leader and mentor. I want to see great women making great money while making meaningful impact.

Therefore, every solution I create has women empowerment and advancement at its core as its lighthouse. I want every woman to know that nothing is Impossible to her who believes.

Think Of One Problem You can Solve

Using the cocktail of your strengths, values, passions, gifts, experiences, expertise and commendations from others, identify and analyse a problem you can solve. Remember one problem statement.



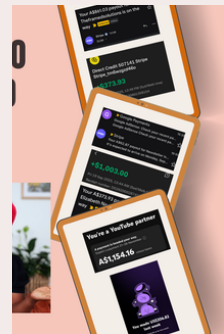
Think Of How You Can Solve This Problem

Remember, it's not just about losing weight, It's about the frustration of not fitting into her favourite clothes, the fatigue that keeps her from being strong and active with her kids, and the lack of confidence that comes from not feeling comfortable in her own skin.



Think Of How You Can Monetise This Solution

Always lead with value. Take your ideal client from point A to point B. Avoid ambiguity. When you solve problem B then you can solve problem C, from problem C you go to problem D etc. Remember one problem, one solution.



The things people come to you for help are what you are good at. These gifts make room for you and bring you before the King. Joseph was first a dream interpreter before he was a prime minister. Do not Undermine Your Gifts

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06

CHRISTINE'S TRANSFORMATION



Today, I introduce you to Christine.

When I first met her, she was working a quiet 8–5 job as an administrator. But from the very beginning, I could tell that there was more:

- ✦ More vision.
- ✦ More heart
- ✦ More purpose waiting to be lived.

And then, in one conversation, she let me in; that was the spark ✦.

Together, we turned it into a flame 🔥.

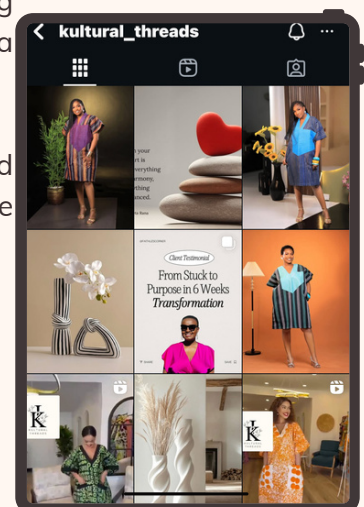
In just 4 weeks, Christine launched her dream business, **Kultural Threads**, an idea she had had for close to 5 years.

In 4 weeks Christine had a clear strategy, sourced her first stock, and began showcasing the beauty of African fabrics while supporting local artisans. And best of all? A part of profit from every sale funds a child's education

Just this September, Christine messaged me saying that she had made her biggest sale yet; over \$900 without lifting a finger, in the comfort of her home. Her dream is real. Her impact is growing.

She has

And it all started with one step: Getting Unstuck.



KULTURAL THREADS

Supporting a child's education and livelihood one sale at a time.



How To Monetise Your Gifts and Passions

06 My Streams Of Income



PART TIME CONSULTING

25 hours of work/ per week: Business Systems, CRM and Administration

GOOGLE ADSENSE

YouTube AdSense and Google Adsense on the content I make

PAID NEWSLETTER

I write to on topics I am an expert & teach what I know. There is a paid subscription & paywall to my newseltter

STRATEGY CALLS

VIP Strategy calls for someone who wants a quick solution to a problem & leave with an action plan



*She sees that her trading is profitable,
and her lamp does not go out at night.*

Proverbs 31:18

MY STREAMS OF INCOME

You too can monetise all you know.



FITNESS MINDSET & WELLNESS

Fitness, wellness and mindset coaching: habit formation & sustainable change coaching

ONE to ONE COACHING

High-Ticket Clients my cheapest offer is \$1200 for 6 weeks.

EBOOKS & DIGITAL

Passive Income generated once but sells on evergreen basis

AFFILIATE MARKETING

Amazon, Softwares I use to run my business. I earn a commission when someone uses my link to sign up

“Cast your bread upon the waters,
For you will find it after many days. Give a serving to seven, and also to
eight, For you do not know what evil will be on the earth.

Ecclesiastes 11:1-2

MY STREAMS OF INCOME



PATREON DONATIONS

Audience that love my content always donate

YOUTUBE MEMBERSHIPS

I create members only YouTube videos.
Accessible to only members on a monthly payment

CAREER COACHING

Professionals looking for career clarity, resume edit, CV, scholarship personal statements

SPEAKINGS & EVENTS

Events where I share my expertise and knowledge.

“

*The man began to prosper, and continued prospering until he became very prosperous;
Genesis 26:13*



Dr MAYIMUNA NALUBEGA'S

PhD Acquired & Generating new therapeutics against Malaria



Today, I introduce to you Dr Mayimuna Nalubega.

When I first met her, she was looking for clarity and advancement in her career. She had completed her MSc in Immunology from the University of Manchester, U.K., and had returned to Uganda as a condition of her MSc scholarship.

She knew she wanted to pursue a PhD to become an independent immunologist, but she did not know where to start or how to obtain a PhD candidature.

This is what she had to say:

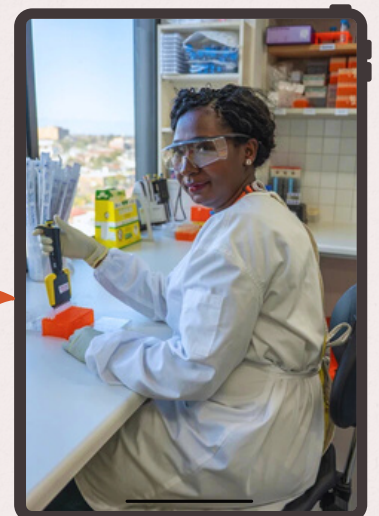
Many times, we never know how close we are to achieving our dreams until we talk to someone. In 2018, during my search for a PhD opportunity, the competitiveness of the available positions seemed overwhelming until I was introduced to Dr Faith Elizabeth Nanyonga by a mutual friend.

Since then, I have never looked back. She inspired me greatly and filled me with renewed enthusiasm to pursue my dream. She guided me in how to overcome imposter syndrome and go after what I knew I wanted, but fear had caged me in.

Today, I have a PhD from the University of Queensland, Australia. I have recently secured a position as a Research Officer at the Burnet Institute in Melbourne, Australia, all because of Faith's mentorship and coaching.

Thank you so much, Faith, and keep up the great work."

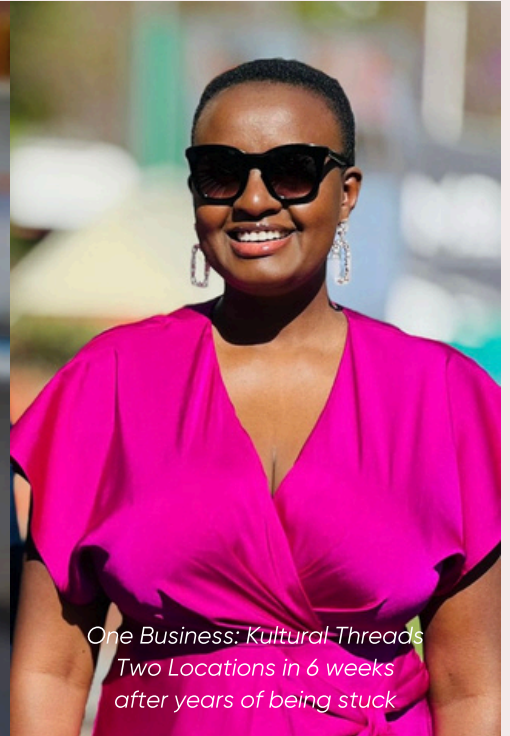
Read Dr Mayiimuna Nalubega's story here



PURPOSE REVEALED & ACTIVATED



*MSc to PhD Scholarship Awardee
Career Clarity, Confidence & Fulfilment*



*One Business: Kultural Threads
Two Locations in 6 weeks
after years of being stuck*



*Soul healing from Shame & Pain.
New Confidence and Divine clarity in life*



*Career Clarity and Career change with
confidence. Now a psychologist*



*Boldness, Confidence, Impact and Business
and Career alignment*

BROKE TO BLESSED MENTORSHIP

A 6-Month Group Mentorship for Multi-Talented, Vision-Driven Women Ready to Rise

JOIN TODAY

SHAMIM'S TRANSFORMATION



Shamim came from being stuck in her career to a career with purpose. She defied her status quo and her academic background to go after what she believed was hers. Right now, she is helping organisations set up mental health policies to support their employees.

SHAMMIM'S STORY & TESTIMONIAL

This could be you:

Just like Shamim, you are a woman called to influence and challenge status quos, to build businesses, ministries, programs, movements, communities, books, service-based brands, coaching offers, and creative works, name it.

But because you lack clarity and confidence, you remain hidden.

You are **brilliant, gifted, and called**, but broke, confused, and overwhelmed.

You should be leading, but you are still lurking.

God is calling you out of the shadows.

This mentorship was created to take you from stuck to strategic, from broke to blessed, from silenced to influential, from confused to called, from pain to purpose.

07 Conclusion and Next Steps

By the end of this Monetise Your Passion Module, You should have a clear idea of your strengths, values, skills, and what problem you can solve. Remember, someone out there is looking for the solution you carry.



The Broke to Blessed Collective is a 6-month group coaching program for high achieving women like you who want to accelerate their Income, and lifestyle.

WE START JULY 15th, 2026

Mentorship capped to 20 women for the duration of the cohort

JOIN THE BROKE TO BLESSED MENTORSHIP

Broke to Blessed Coaching



Purpose & God's Will



07

The Broke to Blessed Collective

“

You are blessed to be a blessing. Be ready to re-write your story. By fulfilling your life's purpose you partner with God to fulfil His will for your life.

The Investment

FOR THE BROKE TO BLESSED COLLECTIVE 6-MONTH GROUP COACHING PROGRAM

- + 12 BI-WEEKLY COACHING CALLS
- + 6-MONTH COACHING SUPPORT
- + ACCESS TO SLACK COMMUNITY CHANNEL
- + MONTHLY HOT SEAT COACHING
- + MONTHLY 1:1 PRIVATE CHECK INS

PAY IN FULL

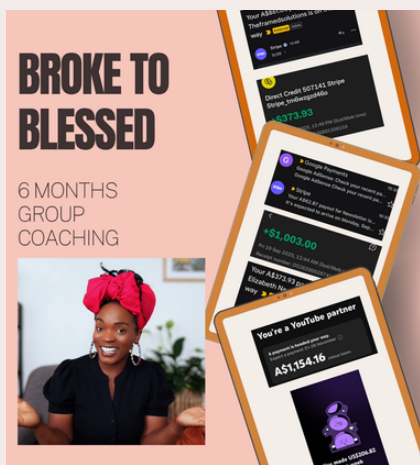
\$ 3000

PAYMENT PLAN

\$ 575

PER MONTH FOR 6 MONTHS

No refunds. All sales are final. Access to Broke to Blessed Collective provides you with full access to all other programs & products I launch during your 6 months in the program (with the exception of private 1:1 coaching).



BOOK A 1:1 VIP STRATEGY CALL.

Turn Your Idea into a Freedom Filled Digital business rooted in God's word while building wealth and legacy.

GET CLARITY CALL