

MINDSET ACTION CHECKLIST: TRAIN LIKE A CHAMPION – REAL ESTATE INVESTING

Use this checklist daily, weekly, and at every deal touch-point to keep your mindset in championship form. Tick each box as you execute the habit, then review and reset every Sunday night.

1. Pre-Game Mindset Preparation (Daily, first thing)

- Clarify your 'Why' and re-read it aloud.
- Repeat your top three affirmations (morning & night).
- Visualize your next successful deal for 2 minutes.
- Write down three things you're grateful for.
- Identify one limiting belief and rewrite it as an empowering belief.

2. Skill Drills (Daily Habits)

- Read 20 pages of a real-estate or mindset book.
- Analyze one new property deal in a spreadsheet.
- Practice a negotiation script for 10 minutes.
- Review key metrics: cash flow, equity growth, reserves.

3. Strategy Huddle (Weekly Review – Sunday)

- Set three priority outcomes for the coming week.
- Update your personal scoreboard (KPIs & lagging/leading metrics).
- Attend or listen to one investor meetup/podcast.
- Refresh your pipeline and follow-up list.

4. Game-Day Execution (Deal Days)

- Run the property through your 5-minute decision checklist.
- Complete on-site due-diligence tasks (photos, repair estimates).
- Communicate next-steps to lenders, agents, and partners within 24 hours.
- Debrief immediately after each property visit – capture three lessons learned.

5. Post-Game Reflection (End of Each Week)

- Journal wins, losses, and adjustments.
- Celebrate progress with your accountability partner.
- Document systems or templates created this week.
- Schedule one improvement or learning action for next week.

6. Recovery & Growth (Ongoing)

- Block 30 minutes of exercise or movement daily.
- Practice 10 minutes of mindfulness/meditation.
- Take one digital detox evening per week.
- Plan your next play: confirm the next lead, partner, or learning focus.