



coliving **cashflow**
academy
Module 1 Workbook

Define Your Why

Use this workbook to take action.

This isn't just a note-taker — it's your blueprint.

Use it to:

- Get clear on your financial vision
- Set real, achievable goals
- Define your next moves with purpose
- Track your progress as you build cashflow and equity

Whether you're just starting out or scaling up, this is where clarity turns into strategy — and strategy into results.

Reflect Before You Project

Where Are You Now?

Financial: ____/10

Work/Career: ____/10

Health: ____/10

Family & Relationships: ____/10

Where Do You Want to Be?

Describe what a 10/10 looks like for each:

Financial:

Work/Career:

Health:

Family & Relationships:

What limiting beliefs do you currently hold in each area?

Financial:

Work/Career:

Health:

Family & Relationships:

Where Do You Want to Be?

Describe what a 10/10 looks like for each:

Financial:

Work/Career:

Health:

Family & Relationships:

Write Your Goals in Future Tense

Describe your future achievements as if they are already done.
Where are you? Who are you with? How do you feel?

Future Goal: Financial

Write your financial goal in the present tense, as if it's already real:

Future Goal: Work

Write your career goal in the present tense, with emotion and clarity:

Future Goal: Health

Write your health goal in future tense, describing how it feels to be there:

Future Goal: Family

Describe your ideal family/relationship experience in present tense:

Future Goal: Personal

Describe who you've become as a person and how that life feels:

Circle of Inspiration	
Who or what do you need to increase exposure to?	Who or what do you need to decrease exposure to?

90-Day Sprint
What 6 major tasks will move you toward your goals in the next 90 days? 1. 2. 3. 4. 5. 6

Milestones & Calendar

Now diarise your 90-day milestones.
What will happen by when?

Key Dates:

A man with a beard and short hair, wearing a white button-down shirt and dark jeans, is shown from the waist up. He has a wide, joyful smile and his fists are clenched in a celebratory gesture. The background is a textured, light gray.

**“EVERY WINNER
WAS ONCE A
BEGINNER”**

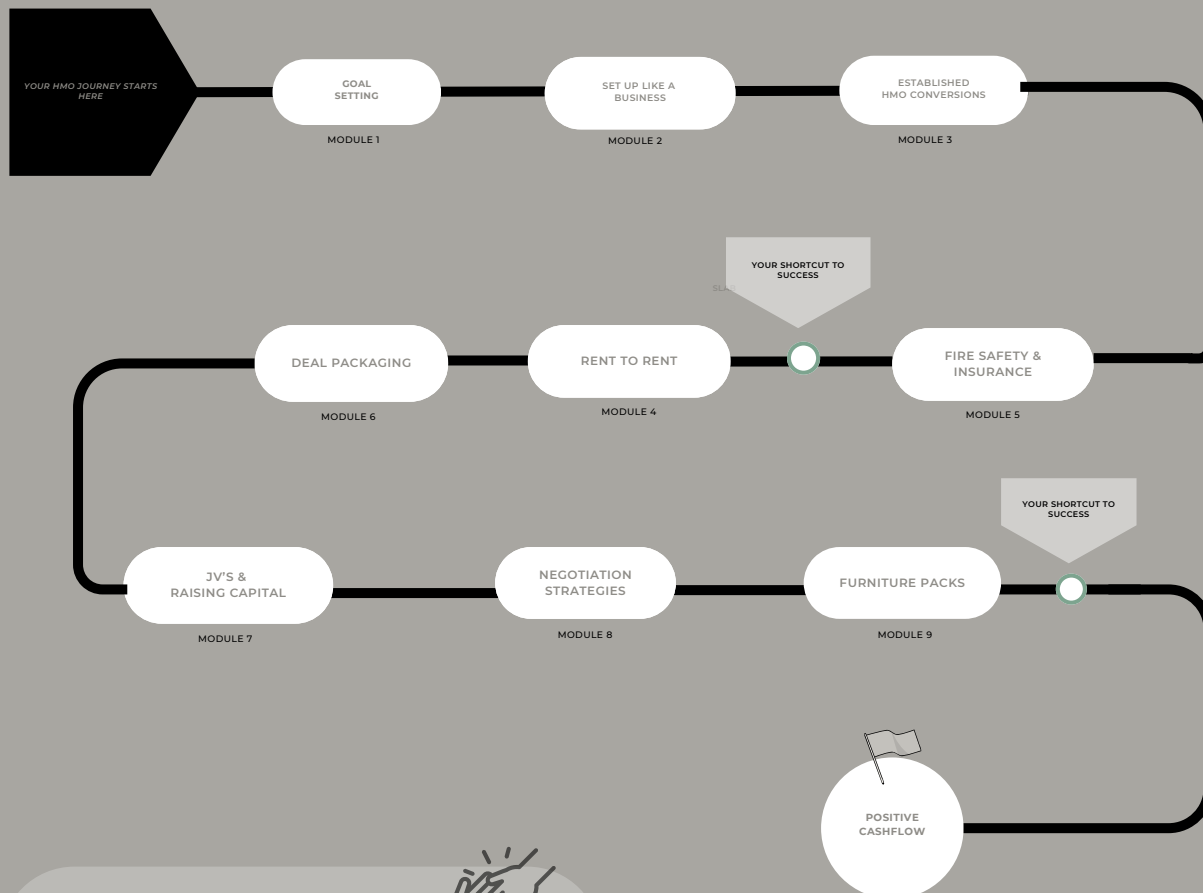
NEIL GIBB

@HMOPROPERTYCO

THE ROAD AHEAD

The Cashflow Academy Advantage

This course gives you everything you need to succeed. You'll learn our tried-and-tested HMO model — the exact strategy that has delivered consistent cashflow and strong returns for 90+ investors. Every step, every tool, and every lesson is designed to fast-track your results and give you the clarity to take action with confidence.



Done-For-You Support



We know that even with the best roadmap, sometimes you hit roadblocks. That's why we offer a done-for-you service — your shortcut to success. Whether you get stuck, want to move faster, or simply prefer hands-free investing, we're here to step in and do the heavy lifting for you.

Think of it as your safety net: learn the model, take control, and know that whenever you need it — we've got you covered.