

## Practical Action Checklist

### Wealth Is a Behaviour Pattern

Use this checklist as a regular reset.  
Not to feel motivated — but to stay aligned.

Tick what you're practising.  
Circle what needs attention.

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#### 1 Act Before Certainty

- I act when I have enough information, not perfect clarity
- I prioritise movement over overthinking
- I treat action as a way to gain information

#### Reminder:

Clarity follows action — not the other way round.

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#### 2 Make Clear Decisions

- I avoid drifting by default
- I make decisions consciously instead of postponing them
- I review decisions after acting, not before

#### Reminder:

Indecision has a cost — even when it feels safe.

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#### 3 Move on Opportunities Quickly

- I pay attention to time-sensitive opportunities
- I act before comfort arrives
- I accept imperfect starts

#### Reminder:

Opportunities reward speed more than certainty.

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#### 4 Increase My Value Deliberately

- I focus on skills that compound over time
- I choose responsibility that increases leverage
- I work to become harder to replace

#### Reminder:

Income follows value, not effort.

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#### 5 Build Confidence Through Evidence

- I take small actions that stretch me
- I collect evidence instead of waiting for belief
- I use action to build self-trust

**Reminder:**

Confidence is built, not found.

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**6 Reduce Dependence on Time Alone**

- I look for ways effort can pay more than once
- I build ownership, systems, or assets gradually
- I accept delayed reward for long-term leverage

**Reminder:**

Time pays once. Leverage pays repeatedly.

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**7 Focus on Fewer Things**

- I commit to fewer priorities at a time
- I finish what I start
- I protect time for deep, meaningful work

**Reminder:**

Focus beats frenzy.

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**8 Tolerate Discomfort to Grow**

- I move toward discomfort instead of away from it
- I distinguish discomfort from real danger
- I use challenge as a signal of growth

**Reminder:**

Comfort maintains. Discomfort expands.

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**9 Design My Environment for Progress**

- I reduce friction for good habits
- I increase friction for distractions
- I choose inputs that raise my standards

**Reminder:**

Design beats discipline.

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**10 Play the Long Game**

- I think in years, not weeks
- I stay consistent through slow phases
- I review progress without abandoning direction

**Reminder:**

Wealth is built quietly over time.

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**Weekly Reset Question**

*What one behaviour will I practise more deliberately this week?*

Write it down. Schedule it. Do it.

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**Wealth isn't a breakthrough. It's a pattern you repeat.**