

Empify

The **Top 10** REITs to Consider for the Highest Cash Flow

E-Guide

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Your outlook on financial independence affects how you invest. You could have a time horizon on reaching income independence that's 1 year away or 10+ years depending on your expenses and lifestyle goals. In financial terms, investment time horizon refers to the amount of time you would likely need to be invested to obtain the best returns from the investment.

Passive income is simply the result of owning assets that create income without your labor or a significant investment of time. REITs are the best at providing a great return on your investment in the form of a dividend. As a bonus, you could also see stock price growth from a REIT. The stock market lows of 2023 provide an opportunity to buy investments that are supported by consistent rental incomes from commercial real estate properties.

The current economy has created a unique scenario in which real estate values have declined based on property valuations. Even with lowered value due to increasing interest rates, most of the prime commercial real estate in the world is producing rental income that can provide consistent dividends to any investor. Here are our Top 10 REITs we think will serve you well!

1

Digital Realty



DIGITAL REALTY

Founded: 2004

Ticker: DLR

Digital Realty Trust, Inc. is a real estate investment trust (REIT) that invests in data centers and provides data storage facilities to top companies. As of 2021, the company owned interests in 235 income-producing data centers totaling 34.5 million square feet in the United States, Europe, Asia, Canada, and Australia.

[Click Here To learn more about Digital Realty as an investment](#)

Dividend Frequency:

Quarterly

Investment Time Horizon:

Long-term

Why? This company will continue to provide data storage services to the top brands in the world. Over the last decade, the need for cloud services surged and this REIT provides the infrastructure to meet the technological demands of society.

2

AGNC**Founded:** 2008**Ticker:** ANGC

AGNC is a mortgage REIT (often shown as mREIT) that owns bundles of loans and mortgages that were purchased from the initial lenders. As an owner of real estate-related loans, AGNC earns interest income as the mortgage holders make payments. Luckily, recessions do not affect their bottom line because of their focus on government-backed mortgages.

[Click Here To learn more about AGNC as an investment](#)

Dividend Frequency:

Monthly

Investment Time Horizon:

Short-Term

Why? This is a Mortgage REIT that owns government-backed mortgages issued by entities like Fannie Mae and Freddie Mac. If these loans default, the US government will step in to cover losses. The high yield provided by this REIT can help you convert your funds into more income than other typical REITs.

3

Simon Property Group**Founded:** 1993**Ticker:** SPG

Simon Property Group, Inc. is the largest retail real estate investment trust (REIT), and the largest shopping mall operator in the US. The company operates five retail real estate platforms: regional malls, premium outlet centers, The Mills, community/lifestyle centers and international properties. It owns or has an interest in more than 204 properties comprising approximately 241,000,000 square feet of leasable area in North America and Asia.

[Click Here To learn more about Simon Property Group as an investment](#)

Dividend Frequency:

Quarterly

Investment Time Horizon:

Long-Term

Why? The world of retail is always evolving and SPG is often on the leading edge of that evolution. There are worries that the concept of a mall is dying, however, Simon stepped up to change how they use their properties to serve a variety of consumers. As the largest retail property operator in the world, they are surprisingly innovative to remain successful.

4

STAG Industrial



Founded: 2010

Ticker: STAG

Are you expecting a package? There's a solid chance your package passed through a **STAG** industrial property on its way to you. This REIT owns many of the properties that top retailers and shipping companies use for storage, sorting, and distribution. STAG is one of the top companies that manage large industrial properties used for transporting goods around the world.

[Click Here To learn more about STAG Industrial as an investment](#)

Dividend Frequency:

Monthly

Investment Time Horizon:

Long-Term

Why? The e-commerce industry is reaching new levels and shipping is the premiere way to get products into consumers' hands. The shipping services offered by companies need infrastructure to work. STAG provides real estate solutions to make it happen. Their industrial/distribution properties are used by Amazon, FedEx, and other top brands globally. Prologis is a notable alternative but who can say no to a monthly dividend payout.

5

Innovative Industrial Properties



Founded: 2016

Ticker: IIPR

Innovative Industrial Properties is the first publicly traded company on the New York Stock Exchange to provide real estate capital to the medical-use cannabis industry. **Innovative Industrial Properties, Inc.** targets medical-use cannabis facilities for acquisition, including sale-leaseback transactions, with tenants who are licensed growers. The current belief is that the industry is poised for significant growth in the coming years. The company is focused on being a creative capital provider to this industry through the long-term ownership of cultivators' mission-critical facilities.

[Click Here To learn more about Innovative Industrial Properties as an investment](#)

Dividend Frequency:

Quarterly

Investment Time Horizon:

Long-Term

Why? There have been ups and downs with the process of marijuana legalization but there seems to be light at the end of the tunnel (that's not a train). The growth of the marijuana industry will cause more demand for specialized properties that cater to the needs of marijuana growers. This REIT could have serious potential and focuses on a specialty industry that is positioned to blossom.

6

EPR Properties



EPR Properties®

Founded: 1997

Ticker: EPR

EPR can be perceived as an entertainment-focused real estate owner. The portfolio is largely constituted of movie theaters, golf/play spaces, amusement parks, and even charter schools. Their top tenants include AMC and Top Golf! During the pandemic, they paused their dividend due to social distancing practices that affected their tenants' ability to pay rent. Now they are geared up to grow as people have begun to enjoy outings and experiences with family and friends again.

[Click Here To learn more about EPR as an investment](#)

Dividend Frequency:

Monthly

Investment Time Horizon:

Short-Term

Why? The higher-than-average dividend yield tells you that you can get an instant return from a company that has revived itself over the last year following the pandemic. As long as Americans want to be entertained and social, EPR's properties will thrive.

7

Realty Income



Founded: 1969

Ticker: O

Realty Income Corporation is a real estate investment trust that invests in free-standing, single-tenant commercial properties in the United States, Spain, and the United Kingdom that are subject to NNN (Triple Net) Leases. They are known for a monthly dividend and have top companies like Walgreens as major tenants in multiple properties. The company is organized in Maryland with its headquarters in San Diego, California. Based on their streak of dividend growth, they are a *Dividend Aristocrat*.

[Click Here To learn more about Realty Income as an investment](#)

Dividend Frequency:

Monthly

Investment Time Horizon:

Short-Term

Why? This Dividend Aristocrat has created dividend growth since the 1970s. They keep their expenses low while providing top companies like Walgreens and Dollar General with locations. The monthly dividend aligns with the financial needs you may have monthly as well.

8

Global Net Lease



Founded: 2011

Ticker: GNL

Global Net Lease, Inc. is a real estate investment trust that acquires a diversified global portfolio of commercial properties, with an emphasis on sale-leaseback transactions involving single tenant, mission critical income producing net-leased assets across the United States, Western and Northern Europe. In 2023, GNL acquired Necessity Retail REIT which further diversified its real estate portfolio. Now the company owns over 1,300 properties, encompassing over 66 million square feet in 11 countries.

Its average lease length is almost 7 years which means there isn't much chance that rental revenue will be disrupted or decline in the near future. If you're looking for high dividend returns, consider Global Net Lease.

[Click Here To learn more about Global Net Lease as an investment](#)

Dividend Frequency:

Quarterly

Investment Time Horizon:

Short-Term

Why? This up-and-coming REIT has recently experienced higher than normal expenses as it shifts focus to industrial, retail, and office properties. With tenants like the US Government, McLaren, FedEx, Penske, and more, their business model is solid. This REIT is positioned to pay amazingly high dividend yields due to its low overhead.

9

Omega Healthcare Investors



Founded: 2011

Ticker: OHI

Omega Healthcare Investors, Inc. maintains a portfolio of long-term healthcare facilities and mortgages on healthcare facilities located in the United States and the United Kingdom. OHI provides financing and capital to the long-term healthcare industry with a particular focus on skilled nursing facilities and assisted living facilities, independent living facilities. Their portfolio consists of long-term leases and mortgage loans with healthcare operating companies and affiliates.

[Click Here To learn more about Omega Healthcare Investors as an investment](#)

Dividend Frequency:

Quarterly

Investment Time Horizon:

Short-Term

Why? Healthcare had a once-in-a-lifetime test related to the pandemic. So much that the demand for healthcare facilities skyrocketed. Research centers, aging populations, and the constant expansion of the healthcare industry are all reasons why OHI will continue to be successful as a Healthcare REIT. The facilities that will be home to assisted living communities will be within OHI's real estate portfolio for years to come!

Federal Realty Investment



Founded: 1962

Ticker: FRT

Federal Realty Investment Trust specializes in ownership, management, and redevelopment of retail and mixed-use properties located primarily in cities in the Northeast and Mid-Atlantic regions of the US, California, and South Florida. FRT owns or has interests in community and neighborhood shopping centers and mixed-use properties, which include approximately 104 properties, approximately 3,100 tenants, 25 million square feet, and approximately 3,400 residential units. Their success has helped them become a *Dividend Aristocrat*.

[Click Here To learn more about Realty Income as an investment](#)

Dividend Frequency:

Quarterly

Investment Time Horizon:

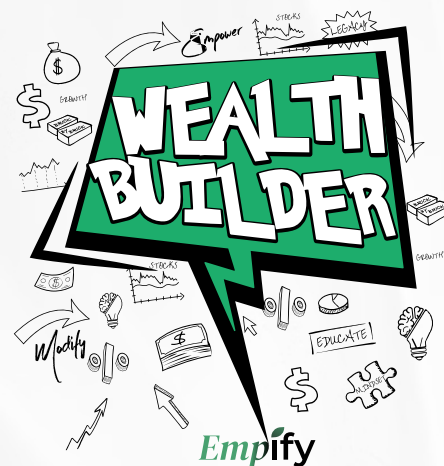
Long-Term

Why? Another Dividend Aristocrat, this time it's a REIT with a variety of property types in its portfolio. Both retail and residential properties provide rental income allowing investors to enjoy consistent dividends. FRT is not new to this! They've steadily increased the amount of their dividend consecutively for more than 25 years! If you think people will continue to need places to shop and apartments to live in, this might be a great option for you!

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