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AGOGE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

Power Phrases (2-3)

- I am Andrew Bass and I...
- I am Derek Paredes and I am accountable for my actions
- I am Derek Paredes and I am respectful to every man and women that I come across, I will refer to each person as sir / ma'am
- I am Derek Paredes and I am very disciplined and I charge forward at any objective and I never run away from my problems
- I am Derek Paredes and I act like a professional, not an amateur.



Core Values (2-3)

- Bravery is fleeting, but obscurity is forever
- Always did things which he was proud of
- Always did what came out of his mouth, his words are IRON WILLED



Daily Non-Negotiables (2-3)

- Daily checklist
- Training/Work out
- MPUC
- Not let yourself sleep until task is finished
- BIAB
- Sunlight, water, unprocessed foods
- Follow routine



Goals Achieved

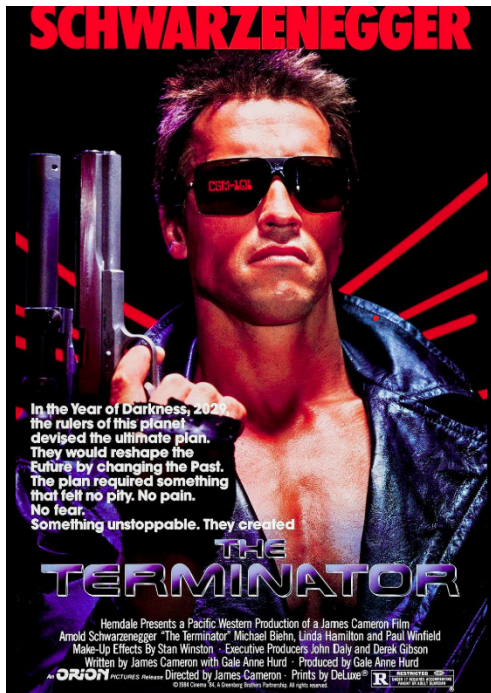
- Get 1 client and \$500 a month

Rewards Earned

- Buy Acai bowl

Appearance And How Others Perceive Him

- Respectful
- Hard working
- Disciplined
- Took care of health
- Consistent
- He feels honor
- Willing to take a bullet for others
- He doesn't do any degenerate shit



Day In The Life

Make it as vivid as possible. What does he FEEL like as he goes through each part of his day? Add images vision board style. Use the first person and present tense, i.e. "I walk through the streets..."

- I wake up, do my hygiene, drink water, go outside to receive sun while listening to Luc's lessons and saying GM in the chat

- I go back inside to work on my business and I do 20min of work and 1min squat on repeat til it's lunch time
- Eat and go back to work
- Smoothie and then I go to boxing
- After boxing I analyze what I've done and what others problems can be solved for the next day



1 - Pick one of the goals that your ideal self is going to achieve in the next 3-6 months

Get \$1200 from 2 clients

2 - Work backwards from your goal and identify the as many of the cause and effect chains that will lead to the desired result.

If I get \$1200 from 2 clients in 3-6 months then, I will have to get a client from the ice cream niche and then, I will have to get a client from the dermatology niche

If I show my testimonial from the ice cream niche towards the dermatology niche then, I will get my 2nd client

If I get my 2nd client then, I will get a starting pay of \$1000 a month

If I show enough ambition towards the ice cream niche that I will guarantee to scale their business then, I will get my 1st client

If I get my 1st client then, I will get a starting pay of \$200 a month

If I learn how to sell my service and prove that it's the best then, the client will trust me to scale their business

If they trust me and I prove that I'm able to give them results and scale their business to higher heights then, I will get paid

If I want to get paid, then I have to start learning and dedicating some time towards outreach.

If I want to have enough knowledge for outreach then, I need a routine to have a specific time to focus on this particular skill

If I want to be successful life then, I need a routine and have an idea of when I'll go to sleep and wake up

If I want to go to sleep soundly then, I need to complete the daily checklist

If I want to complete my daily checklist then, I need to complete every task to the best of my ability without distraction

If I want to remove all distractions then, I need to stop wasting time and accepting temptations.

If I want to remove all temptations then, I need to stop bringing my phone in the bathroom, study in a different environment like my tent, and only use Instagram for posting content each day

If I remove all temptations then, I will have more time to cross out and finish my daily checklist

3 - Identify any potential "unknowns" or assumptions in your understanding of the cause effect chains

Unknowns - how much the ice cream niche spending on ads

Assumptions - \$100 on ads

Unknowns - how much the dermatology niche is spending on ads

Assumptions - \$500 on ads

Unknowns - dad or mom dying

Assumptions - soon, in less than a month

Unknowns - having less time to work on business model

Assumptions - use those 2-3 hours to solidly focus without distraction

4 - Share your cause and effect chain, assumptions and unknowns in

Cause... create routine Effect... more time to study

Cause.... More time to study Effect... well rounded in this business model

Cause.... Well-rounded in a business model Effect... helps clients

Cause... helps clients Effect... get money

If dad or mom dies then, my routine is the only thing that will be able to save me