AGOGE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

Power Phrases (2-3)

- I already told everybody I am gonna get this done. There is no way I am gonna stop now.
- The time when it starts to get difficult is the time that 99% of people quit. YOU are not a quitter! YOU are not THEM!
- Nobody is pushing harder than me, but they will if I now decide to rest.

Core Values (2-3)

- Determination
- Tenacity
- Iron-will

Daily Non-Negotiables (2-3)

- Outreach
- Write one copy
- 100 Burpees

Goals Achieved

- 2 Stable Clients
- \$2k per Month
- Deadlifted 210kg
- Squatted 170kg
- 1 000 Followers On X

Rewards Earned

- Dinner With My Family At Steak House

- Buy my dad a test drive in a Lamborghini
- Golden Hugo Boss Watch For Myself



Appearance And How Others Perceive Him

- I will wear a white shirt to school
- I will wear a classical black pants
- I will wear a golden Hugo boss watch
- Other people flinch when they hold eye contact with me
- Other people are scared of me because they know I am a boxer and if I needed to, I could kill
- My parents finally respect me and my views on life
- My parents are proud of me for what I am doing
- My wider family knows what I am doing and they respect me
- My cousin is inspired by me and will begin his journey too

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 at approximately 6 am and I begin my morning routine of 100 push-ups coffee and checking messages on telegram from my 2 current long-term clients.

- Then I go upstairs to get dressed. I put on a comfortable white cotton button shirt with well-fit black business casual pants and I put my beautiful golden Hugo watch on my veiny hand, which reminds me of my purpose in this world of madness.
- I am driving to school knowing I am THE man and I am confident that I am the best possible version of myself that I can be at this moment.
- Writing content for my X profile with 1k followers and watching the Power-Up Call, I enter the school...
- As soon as I sit down at my desk, I immediately pull out my laptop and get to work.
- People around me think that I am crazy for working so hard, but I don't care. I feel proud of myself.
- Today is the day I need to finish a project for one of my long-term clients.
- "I am gonna earn a bunch of money!
- I have to bite the bullet and go through the school day while working on my brand at the same time.
- After school ends at 15:55, I go and hit the gym for heavy deadlift training.
- I lift 200kg for 2 reps easily and in the distance, I can see all the other people in shock.
- I finish my gym session on time, take a quick shower at the gym, and call Bolt to pick me up and drive me to a Steak house dinner for me and my family that I pay for.
- We all enjoy it and we laugh. My parents are proud of the man they raised.
- After 1.5 hours of enjoying the time with my family, while working, we decide to go home.
- When I get home, I pick up my laptop, I sit downstairs with my family and I begin working by sending cold email outreach.
- I ended up this day by doing 100 burpees and beating my previous records and 30 minutes of light cardio.
- As soon as my second session of training ends, I go take a shower and that is the end of my whole day.
- I go to sleep at 00:00 to get 6 hours of sleep.