

New identity template

Power phrases.

- So you want to be a normal human being? Do you want to be an average fucking person walking down the streets? NO, YOU don't, so train fucking harder than.

Core Values

- Hard worker
- Serious
- Bravery

Daily non-negotiables

- Daily checklist
- Not touching garbage food drinks
- Reading 10 pages of a book

Goals achieved

- Doing a half marathon
- Having the regional boxing tournament
- completing every day for the past 4 weeks the daily checklist

Reward Earned

- Provide value to the company I work with.
- Knowing how to combat and being strong

- My self-respect

Appearance And How Others Perceive Him

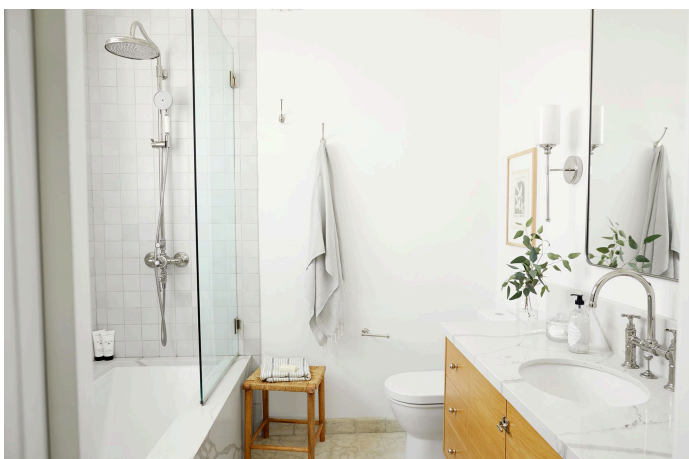
- Serious
- focused on his goals
- strong muscular

A Day In My Life

I wake up at 6:00 am, at my white apartment house in Italy.



Even when I get up I'm ready to affront the day, with a strong mindset I get up on my skinny bed, with white sheets, and I immediately go to my bathroom with white walls and small.



I brush my teeth, wash my face, check my phone, and dress for school.

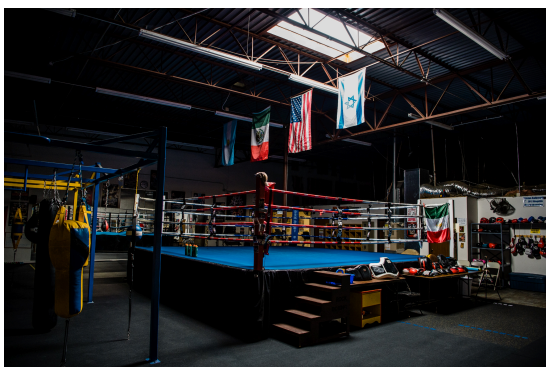
I get the electric bus at 6:45 am, the bus is with Matrix people that are seeing their phones like losers, talking a bunch of shit, and telling their friends what are they doing on Saturday night.



Then at 2:30 pm, I go to my white apartment, I eat usually rice with chicken and have some water, and then I study or work, in my room with my PC.

I work for about 3-4 hours, and at 6:00 pm I talk with my friend on how to grow as a team.

Then at 7:00 pm I dress up and go to the boxing gym, with my black and red bicycle I cycle for 15 minutes and then arrive at the boxing gym.



Then I return home at about 10:00 pm.

Eat spaghetti, with chicken, with some tomato sauce at 10:30 pm. and sleep on my red sheet bed at 11:00 pm



