

AGOGGE IDENTITY

Ideal Version of Yourself 3-6 Months From Now

Power Phrases

- I am [NAME] and I am a high output man, and I don't give up
- Is this what I was born for? Is this the man I want to be?
- If Professor Andrew was gonna watch me do XYZ, would he be proud? Or would he be ashamed?
- What would Tate say?
- Did you really go through all that just to quit?
- I will find a way or I will make one.
- What is the brave choice
- Will this make me rich?

Core Values

- Whenever I say something, consider it done. I always follow through with it. If I say I'm going to do something. I do it. Every. Single. Time. I will get it done, no matter the time, the place, the circumstance, I am and need it by tomorrow?... No problem. On a plane?... I'm a rebel, I'll get it done, I need to train but my foot hurts?... Too bad for me I'm going to train anyways.
- I am always working hard and consistently even in the most distracted environments, and even while on vacation I am always working on either myself or my business. I will find a way or make a way to work. Even if I was in the hospital for some reason, I'd be working or trying to work.
- I am always groomed and walk with confidence. Even when I am camping, I will find a way or make a way to be well groomed and look good.
- I never give up under any circumstances especially in business, fighting, the gym, and other physical activities. Whenever there's a problem that arises, a challenge, an issue, I always persevere through it, Find a way or make a way
- I always finish what I start, whether that is a workout or some sort of challenge. 200 burpees? If I start, I will finish them.
- I am a very respectful individual to everyone who I meet, but I don't take disrespect from anyone and I would tell you off if you were rude or disrespectful, or I would just ignore you.

Daily Non-Negotiables

- Send at least 4 Outreach messages or perform two 1.5 hour G - Work sessions on client work
- Post something on social media
- Practice something for hockey (Stick handling, shooting etc.)
- 200 Burpees or 100 jump squats or hard gym session
- 10 mins of stretching
- 10 Mins meditation

Goals Achieved

- Got the two paying new clients I wanted doing successful outreach
- Owns a Rolex [Oyster Perpetual 36](#)
- Muscle-Ups for reps
- Made A for hockey (Tier 1)

Rewards Earned

- ☐ Rolex
- ☐ Respect from everyone
- ☐ Macbook Pro

Appearance And How Others Perceive Him

- High value - Impressive physique, well groomed, clear skin, expensive jewelry
- Respectful - shows respect to everyone
- Fit as fuck - from doing burpees and other training
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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..."

He wakes up at 6:30 AM. Rolls out of bed. Push-ups. He loves pushups. He walks over to the washroom to shower, wash his face, and groom his hair. Then, goes and eats breakfast and catches the bus to school. When he gets to school, the morning power-up call starts, he usually fits this in right as class begins. He swiftly does his school work to then moves to the REAL WORK, he goes out, he gets it, he conquers, and does as much as he possibly can during these long hours of useless information. He works during class, breaks and lunch. Then catches the bus to the gym. Grind. He looks around "who is the strongest person in here, why is that not me?". He doesn't need music, his internal dialogue is more powerful than any song... "FIVE MORE... YOU NEED TO BE STRONG TO PROTECT YOUR FAMILY", "AHHHHH, COMFORT IS FOR THE WEAK, THE ONLY WAY TO MOVE FORWARD IS TO PUSH YOURSELF OUTSIDE YOUR COMFORT ZONE", he also imagines that Andrew Tate, is standing behind him, telling him he's weak, 5 more, 10 more reps, quitters never win, so on and so forth. After the hard training, he walks home, to start client work. G-Work session. Push-ups. G-Work session. Push-ups. G-Work session. Then he eats the feast of the day. After this, another G-Work session. Then he goes and fights for an hour and a half, and when he comes home, it's time for the burpees. 200 Burpees later, 5 second improvement from the day before. Then he showers, and does some facial cleaning, and a "cool down work session", no push-ups during this one. Then, it's sleep time. He meditates, then goes to sleep, onto the next day the 3rd monday of the week, for even more conquering, conquest.