

AGOGÉ NEW IDENTITY

Ideal Version of Yourself 4 Months From Now

Power Phrases (2-3)

- I am David and I can achieve anything that I set my mind to.
- I will do whatever it takes to succeed.
- People respect me because they know I am absolutely competent and capable.

Core Values (2-3)

- **Stoic.** I don't react to the pressures of life. I observe, with respect, deliver the best of me. When times demand aggression, I resort to all other options before I engage in direct conflict. If I am forced to engage in conflict, I destroy it.
- **Strong.** Every day I become stronger. Every day I train and prepare for battle to protect those whom I love. Every day I work to become the strongest, most brutally powerful that I can.
- **Competent.** Every day I work on sharpening my swords and perfecting my craft. I focus on delivering results versus promises. Every day I learn something new and perfect my art.

Daily Non-Negotiables (2-3)

- **Daily checklist.** 50 push ups, outreach or G-work session, breakdown copywriting
- **Visioning exercise.** Everyday I become my ideal version.
- **No Alcohol.** Alcohol clouds my vision and severely distracts me. By removing alcohol, I will consistently have a clear vision of my ideal self within reach.

Goals Achieved

- Send out 5 job applications per week to secure a fully remote job that pays me at least \$50,000 after tax to sustain me for the remainder of the year while I grow my copywriting business.
- Move to Colombia by June 2024.
- Secure 2 paying clients for my copywriting business by June 2024.
- Earn at least \$5000 USD per month in client work for my copywriting business by December 2024 and evaluate if I transition out of my job.

Plan

- Craft outreach message
- Set up a list of prospects
- Build portfolio
- Update page with testimonials
- Research
- Test versions of outreach messages

Send out outreach message

X per day

Follow up

Create portfolio

Rewards Earned

- Watch a movie at night
- Steak dinner at a restaurant

Appearance And How Others Perceive Him

- The ideal version of me is groomed, smells great, is eloquent, a great story teller, dresses impactfully, and addresses everyone looking at them in the eyes, whoever they are. This person is incredibly intelligent, has tactful foresight and can anticipate opportunities as well as threats. This person is respected amongst men because they know that he is physically capable of causing harm, but also intelligent in being able to create pain for people without having to engage in conflict. This person is also respected because he is reliable and for the people that he cares for and loves, is able to step in at any given time, with a calm demeanor, to address their problems and help them. The ideal version of me does not suffer from limited resources, he always has at least \$10,000 sitting in the bank. Women admire and respect this man because he is a gentleman who creates unforgettable experiences for them, protects them, and is also not afraid to walk away whenever they behave in a way that is demeaning to his characters. Women understand that all the struggles he has endured make him an exceptional man amongst his peers and that jeopardizing losing his affection is a big loss.

Day In The Life

I wake up, without an alarm, at 6am energized for the day ahead. Immediately acknowledge that I am starting the day from zero and in order to sleep in peace at night I must accomplish something that I feel proud of. I conduct the visioning exercise of my ideal self, thank God for living another day and ask him to protect my loved one. I name each and every one of them by name. I then ask God for strength to accomplish all my goals and drop to the floor to complete 50 pushups.

I wash my face, drink 2 cups of water, drink a cup of coffee and then brush my teeth.

By 7am I am sitting at my desk, working intensely on a client work until 9am morning.

Around 9am, after having completed substantial focused work for 2 hours, I do 100 burpees as fast as possible. I then have breakfast and drink a second cup of coffee and 2 glasses of water.

By 10am I am back at my computer prospecting for new clients.

At 11am I am breaking down copy and learning/practicing a new technique.

Between 12-2pm I have lunch and a break.

By 2pm I am back at my computer doing client work.

By 5pm - I am completing one job application using AI to streamline the process.

By 6pm I hit the punching bag for 25 minutes while the sun sets. I drink a protein shake and then take a shower.

By 7pm I am back at my computer performing a G-work session.

By 9pm I review my notes.

At 10pm I go to sleep.

Through my day there are ups and downs. People demanding my attention. Family demands that I solve important urgent problems. I breathe and calmly try to understand what is needed of me and what is the best and fastest way to accomplish it. I reassure the people I speak with and make them feel like things will be taken care of one way or another, I give them a positive remark, complain, and continue with my day.

Some days, I will get rejected after interviews and clients will not want to work with me. These days, I breathe and continue working, a little harder.

Some days, I will get job offers and clients will want to hire my services, those days, I do not celebrate. I work a little bit harder to deliver good results.

Once I have achieved substantial goals that align me with my 4 month goal, I do something special. I go out for a steak dinner or buy a loved one something nice and meaningful for them.