

AGOGÉ NEW IDENTITY TEMPLATE

Power Phrases (2-3)

- I am Antanas Posiunas and I am closer to God than I have been before. In each step, I ask God to lead me and guide and by taking the steps I know I must take, I am not afraid.
- I am not afraid of failure. Failure is a stepping stone towards my victory.
- I love and my family loves me. I respect and I am respected. I work, as I have never worked before fully awake and aware of my duty to my bloodline.
- I no longer fall into the 9-5, 5 workdays, and 2 days of freedom (weekend), slave work model. I work 7 days in the week and I have 7 days in the week FREE.
- **My only limit is my mind and since I control it, I HAVE NO LIMITS.**
- Whenever I am stressed, I think of love- love for God, my family, my dog, my friends, myself, my future family. Imagine I am working very hard, fighting in a battle and I get a chance to get behind cover to reset and relax for 10-15 seconds to think about love, appreciate what you have and what you can achieve, and then push forward. Take a mini-vacation - 15 seconds to regenerate your soul. **Leisk meilei ir padėkai užlieti tavo kūną, atsipalaiduok, viskas bus gerai, šios 15 sekundžių tavo mini-resetas, ir tada grįžik dirbti.**
- **Na? Ar čia bus dar vienas kartas, kur 20 min ruošiesi tada 15 min bimbinėsi ir tada suprasi, kad vėl nixuja nieko nepasidarei? “Taip sunku, gal čia ne man...negaliu susikaupt...reikia perplanuoti!” Bullshit! Sėsk ir susikaupk dirbt, tu baily! Dabar yra tas momentas, kai tu uždirbi pinigų. Ne successful copy ar copy for practice, o dabar!! Analizuok, ieškok, rašyk, skambink, tarkis, kurk, pritrauk, uždirbk! KO TU BIJAI??? Kada tu pagaliau paskambinsi tėčiui su koku nors sprendimu, į jo bėdą, rimtą bėdą, nebe Microsoft Word crack. KADA PERVESI JAM 5k??? KADA MAMAI PASTATYSI NAMĄ?! NUSTOK BIJOT, NORS VIENĄ KARTĄ GYVENIME IR DARYK TĄ KĄ REIKIĄ!!!! DABAR DABAR DABAR, GREIČIAU, GREIČIAU, DAUGIAU!!!!!! Dievas laukia... laukia kada galės tave apdovanot...DIRBK!!!!**

Situacija sunkėja, tavęs jau mama prašė 20 eur, tavęs reikia tavo tėvams, šeimai, Antanai. Ar tu dabar rinksiesi likti nevykėliu ir taip pasmerksi savo šeimą? Ar pasmerksi savo šeimą badauti ir kentėti? Ar išlaisvinsi ją ir galėsi duoti jiems pinigų tiek, kiek jiems reikės. 20, tada 200, tada 2k, 20k ir bet kiek, kiek tik gali. Tu tampi savo šeimos išmaitintojas ir sergėtojas. Dirbk, Antanai. Jokių distractionų, ar aistrų- tiesiog DIRBK!

Jei tavo atsakymas taip. Tai susikaupk, tu panirsti po skydu, kuris yra nepralaužiamas iš išorės, o iš savęs spinduliuoja ryškią produktyvumo, pozityvumo, gausą pritraukiančią energiją.

Great things come from here >>> GO

Power-driving purposes

(read every day in the morning and in the evening)

- There hasn't been a Pošiūnas before, who was as successful, driven, perspicacious, stubborn, and bold as ME.
- For decades and centuries, my ancestors have fought only just to survive and pass on our legacy, our bloodline, and now it's MY TIME.
- I get to be the one, who will be written in Pošiūnai history as the one who changed the course of history for the bloodline, as the one who saved the entire bloodline from poverty, and slavery and brought it to financial freedom and through it actual freedom.
- For years I have lied to my parents that I am studying and that I will get that stupid paper and NOW, 2024 it is the time I reveal the truth to them. I not only reveal the harsh truth of my lies but also show them what I have accomplished in those 4 years of struggle and self-development- financial freedom.
- The 2-3k that I earn now (starting in 2024 summer) is only the beginning, but they are the brightest mark of my success, demolishing and melting any hesitation and questions about my success and whether I will ever make it.
- I will not let WEF control my family and crush my bloodline to pieces. "Give my mother worms?! You are going to have to go through ME!"

For years, Antanai, for years, you had that burning anger inside you and whenever it bursts out, all hell breaks loose. Wake up and get MAD! There are people who are ready to fuck your father, as he is going to work night shifts, being 56 years old!

- Rise, rise this early morning, and realize that this day is another God-blessed day- one step closer to your victory.
- I am not the one who would pick his woman's bones after an explosion of war, I am the one who will tell her: "Baby call your family- we are leaving to go somewhere safe".
- I am the one who provides, protects, and suffers just to see my mother, father, women, children, and dog smile, and be safe and happy.
- Do you remember that photo your mother sent you, as an MMS? The one, in which you saw wrinkles on her face, as she was going to work at 6 am in the morning when it was -20 Celsius outside and you were at home, warm and getting ready to smoke weed?! I am the one, who lets her sleep until 10 am, wake up, have a delicious breakfast, and go to horse stables for the rest of her day or for as long as she pleases.
- My children will tell stories about me, to their children and their children to their children: "This man, was the one who through hard work and with the

blessing of God, has given us everything. He has given us his stubbornness his work ethic, his God-fear, love, protection, and even we as his children are unable to beat him". He was/is/will be the man of the Pošiūnai bloodline.

Core Values (2-3)

- Bravery
- Honesty
- Sincerity
- Curiosity
- Indefatigability
- Awareness
- Mercy
- Humbleness
- Generosity
- Gratefulness

Daily Non-Negotiables (2-3)

- I work out 6 days of a week with a plan I have created for myself. And for 7 days in a week, I do a mini-physical challenge, of different hard exercises, f.e. 100 burpees, x amount of minutes in plank;
- I have 2-3 G work sessions for my clients. I will have at least 2-3 consistent clients in the upcoming 6 months.
For each of them, I dedicate a work session.
TODAY: I have only 1 client, for which I will devote 1-2 G work sessions per day, and more in any case.
- Every single day, I pray, I thank God for everything that has been given to me and I am grateful for having such a blessed opportunity to have God by my side.
Every single day for 15-20 minutes I review my daily tasks and where I have failed and I can improve. I read my notes, in which I have submitted my life and my will to work and left notes to remind me of who I am and who I am to be.

Goals Achieved

- In 6 months, I will marry my girlfriend.
- In 6 months, I will have a new car, that is more comfortable, secure, and durable car.

- In 6 months, we have begun the reconstruction of our flat.
- In 6 months, I will be earning 2-3k a month.
- In 6 months, I will have new glasses.
- I will be closer to God and to myself and my discipline, than ever before. The shift I have been working on is now visible.

Rewards Earned

- A new car;
- A start of reconstruction of our flat;
- Financial freedom, meaning 2-3k a month from copywriting;
- New glasses, and my vision was restored.
- I will count my girlfriend becoming my wife, as a reward, rising in front of her as a man, who is dedicated to protecting and providing for her.

Appearance And How Others Perceive Him

- I will have more visible muscles. I will weigh about 70-75kg, which is the same as now. But my muscles will be more visible and pumped with veins popping out.
- I will be flexible and I will be able to do splits on both sides and reach the floor with my palms without bending my knees.
- I will feel and be stronger, having confidence in my strength.
- I will be respected by my family members. I have told them the truth about my studies and I will present my shocking results to them, proving that I did not need a degree to become successful and financially free.
- I will be confident and my friends and peers will respect me. They will look at me, to a someone who is always with positive energy and ready to take on a challenge.
- I will be more handsome, as in such time my skin will heal, healing all of my acne and scars.

Day In The Life

It's summer. It's an early morning around 4-5 a.m. and I am awake. The sun is already up and the birds have started singing, so if nature is alive already, I am too.

I say a morning prayer and remind myself of my values and principles, therefore igniting the fire in me to jump out of bed.

Whenever I wake up I immediately read my identity plan to win the first possible battle and give food/oxygen to the part of me I want to win- the one who is striving to become the best.

I don't waste any time in bed, thinking whether I should wake up or not, I simply jump out of bed with duty to work.

I have a morning walk with my dog and a run through the district (maybe a nearby forest).

After I get back I train, have a cold shower, and 30 minutes to meditate. I feel free and ignited with fire to attack the day, conquer, earn, and win success and God's blessings for my family.

In the morning I do work for my client(s), up until around 11-12 p.m. Then I have to do the mini-toughness challenge (mentioned above), have lunch, and go (or run) to the forest with my dog. If not, I go to a dog park nearby.

If there is no urgent work for my client(s) the second part of the day begins bringing self and skill development.

I read and analyze successful copy, I write my own for practice, I analyze other students copy or I watch copywriting courses.

I am an active member of the Brolija network, providing feedback to other Brolija members. I am one of the most respected members of the Brolija network and a lot of them are asking me questions and want to listen to me talk.

I have 3 clients that I am working with that provide me with 1-2k per month each resulting in 3-6k per month.

I do work for them each day in the morning. I sit down at my PC and gather all of my energy towards a G-work session. My G-work sessions are unbreakable, I am so good at them that I can do 12 hours of work in just 4 hours of G-work sessions. My clients respect me and ask for any marketing advice they need. I am their head of marketing providing them with insane amounts of value each month - 10-20k. I have 2 phones - 1 personal and 1 business that I have all the time with me.

I wait for my girlfriend to come back from work and I spend time with her cooking and eating dinner. At this part of the day I call my family members, I make sure everyone is okay and I have a “mental” break from my writing work. But the actual **work** never stops- everything is work.

I finish my evening by sending the outreach or finishing any courses, or exercises I have started and end the day reading a book, learning, and analyzing life.

Throughout the day I feel empowered and act directly towards my tasks, fully knowing what I must achieve each day to reach my bigger goals.

I sleep for 6-8 hours a day.

Listen to <https://www.youtube.com/watch?v=DM8FPq7gs6U> when you feel “unmotivated”, lazy, sad, tired, angry, or any other stupid shit from stopping you! GET TO WORK NOW! You are the one who will surprise your family this summer, you are the one who will feed and save your family. I will win or DIE trying.

Aš matau save su kostiumu, kuris man puikiai tinka aptempdamas raumenis būtent tiek kiek reikia- ne per daug, kad marškiniai neplyštų man judant ir kad tinkamai aptemptų išsipūtusius

raumenis. Aš matau save, kaip žmogų, kuris išgelbėja savo šeimą. Aš nebijau jokių iššūkių ir jokių abejonių, dvejonų, kad tai ką darau yra labai sunku ir konkurenciga. FUCK IT AŠ ŽVĖRIŠKAI COMPETITIVE. Aš randu išeitį, kuri pilnai išlaisvina mano šeimą- mano tėtis nebedirba ir ilsisi, mano mama gali jodinėti visą dieną ir nebedirbti, mano uošvienė turi pilnai irengta savo loftuką Širvintuose, aš jau susituokęs su Reda. Mano koncentracija, įžvalgumas, kompetencija, jėga, greitis, pastabumas, genialumas GAŠDINA mano oponentus. Aš Pošiūnas. Aš vyras apjungiantis ir išlaisvinantis Pošiūnus. Aš savo giminės vadas ir ją pratęsiantis vyras. Pratęsiantis ir atnešantis šiai giminei dar nematytus ir neišsvajotus turtus ir pro tuos turtus- LAISVĘ 🕊

Aš keliuosi 4h