

# AGOGE NEW IDENTITY

Ideal Version of Yourself 3-6 Months From Now

Created by RobS. 🌱

## Power Phrases (2-3)

- I am Rob and everyday is a good day.
- I am Rob and if I can be better, I will be better.
- I am Rob, a relentless achiever, always pushing the boundaries and turning potential into reality.

## Core Values (2-3)

- Accountability
- Efficiency
- Commitment to Lifelong Learning
- Innovation
- Integrity
- Empathy

## Daily Non-Negotiables (2-3)

- Review Hourly Plan To Win
- Write One Line of #Gratitude
- Spend Quality Time with Wife
- Watch the Daily Power Up Call
- Complete Critical Task from the Process Map via GWS
- Train
- Draft Hourly Plan To Win Tomorrow

## Goals Achieved

- "I have earned \$15,000 in 6 months, helping my clients achieve over \$150,000 in revenue."
- "I have lost the weight I gained and toned my muscle."
- "I have accumulated testimonials and case studies that showcase my ability to deliver exceptional results."
- "I have established myself as a trusted copywriter, known for delivering tangible results and fostering strong, lasting relationships."

## Rewards Earned

- My child's nursery is fully equipped with everything needed for comfort and growth, our home is baby-proofed.
- My wife and I, along with our baby, have enjoyed a luxurious all-inclusive resort vacation, creating unforgettable memories as a family. Despite my initial reluctance, having our child with us made the trip even more special.

# Appearance And How Others Perceive Him

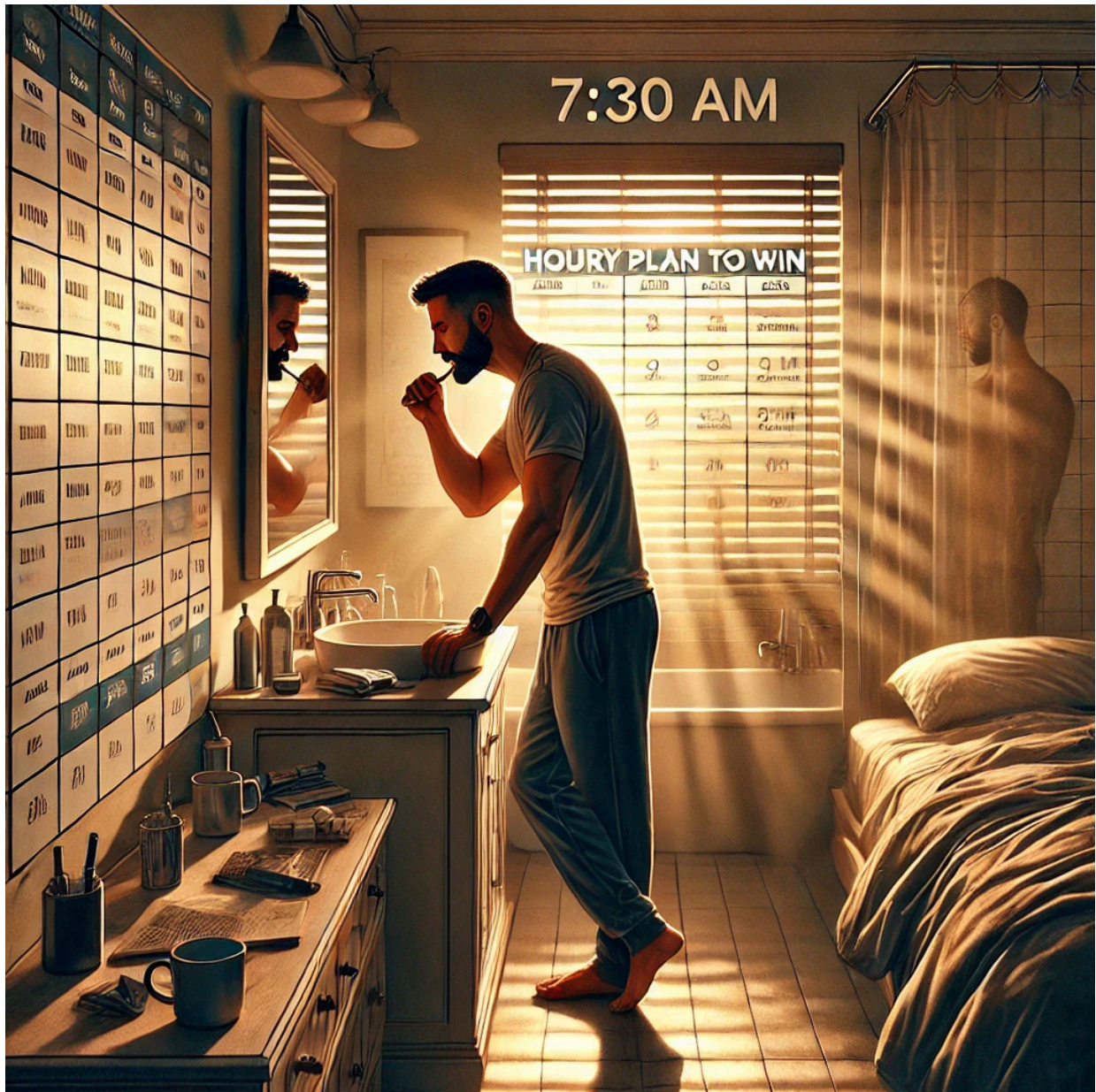
- Rob S. is seen as a figure of transformation, both in body and mind. His physical appearance reflects his dedication to fitness and well-being, showcasing a muscular build that exudes strength and vitality. The change in his physique is a clear testament to his discipline and relentless pursuit of self-improvement.
- Rob S. is recognized for his unwavering commitment to excellence and results. He is admired not just for his achievement, but for the integrity and empathy with which he conducts himself. Colleagues and clients see him as a trusted advisor, someone who delivers on promises and inspires confidence.
- Rob S. had a magnetic presence. He carries himself with a quiet confidence that commands respect without demanding it. He is approachable yet authoritative, making him a natural mentor and leader in both personal and professional circles. His dedication to lifelong learning and innovations keeps him ahead of the curve, making him a role model for those around him.





# Day In The Life Stories.

I wake up each morning at 7:30 AM, my mind already geared toward the day ahead. As the morning light filters through the blinds, I move with purpose, brushing my teeth and dressing quickly. In the quiet moments before the day begins in full swing, I review my "Hourly Plan To Win," a meticulously crafted schedule that lays out my goals from midnight to midnight. This simple yet effective structure sets the tone for a productive day, ensuring that every hour is accounted for. Knowing I have a plan gives me a sense of control, a roadmap that keeps me on track even when life gets hectic.





With my plan in mind, I head to the kitchen, where I make a hearty breakfast to fuel the day. Today, it's scrambled eggs with spinach and a side of turkey bacon, paired with whole-grain toast. As the eggs sizzle in the pan and the rich aroma of coffee fills the kitchen, I feel a sense of calm and satisfaction. This is my moment to set the day in motion, to prepare for whatever comes next. Once breakfast is ready, I gently wake my wife and head to the nursery to check on our four-month-old daughter. She's just waking up, her tiny hands reaching out for comfort. After a few tender moments of feeding and settling her, we all come together in the kitchen to share breakfast. There's something incredibly peaceful about these early morning moments, just the three of us, before the day really begins. It's a reminder of why I do what I do—everything is for them.





By 8:00 AM, I'm in my home office, a space where creativity and focus converge. My first action is to write something in The Real World #Gratitude Chat, grounding myself in positivity before diving into my work. It's important to me to start the day with gratitude; it sets a positive tone and keeps me focused on what really matters. I love my work-from-home job; even though I'm based in NC, I work for an Architectural Firm in NJ, where I spend my day building and designing in Revit. The work is satisfying—a blend of creativity and precision that keeps me engaged. There's something incredibly rewarding about seeing a project come to life, knowing I had a hand in its creation. However, the demands of the job can be intense, especially during the busy season. I dream of one day transitioning fully to copywriting, but for now, this is where I dedicate my professional energy. It's a means to an end, a step toward the life I'm building.





Around noon, I take a break for lunch. My wife, always thoughtful and creative in the kitchen, has prepared a delicious meal that reflects our improved lifestyle. Today, it's a fresh, grilled chicken salad with mixed greens, avocado, cherry tomatoes, and a light vinaigrette, accompanied by a side of quinoa. Before sitting down, I check on our daughter, who is peacefully napping in her crib. Watching her sleep, I'm reminded of how much our lives have changed in such a short time—how much more we have to look forward to. We eat together, enjoying the healthy and satisfying meal, chatting briefly and sharing updates on the baby's latest milestones. I feel nourished and energized for the rest of the workday, knowing that I'm taking care of both my body and my family.





The workday stretches until 6:00 PM, and while I enjoy my job, I'm mindful of the extra effort required during busy times. As the day winds down, I switch gears from architecture to household duties. With a four-month-old at home, I've taken on many of the household responsibilities to help ease the load. It's exhausting, no doubt, but I know it's necessary. I rotate through cleaning different rooms, ensuring the house remains a comfortable and welcoming space for my family. Afterward, I cook dinner, a task that has become both routine and essential. We eat together, enjoying a moment of peace amidst the day's busyness, and once the meal is finished, I clean the kitchen, wrapping up the day's chores. It's tiring, but as I wipe down the counters and put away the dishes, I remind myself that this is all part of the journey. It's a phase we're in as new parents, and I'm willing to do whatever it takes to make sure my family is well taken care of.





By 8:00 PM, my wife and I settle down on the couch for some quality time with our baby. Whether it's playing on the floor with her favorite toys, reading a story, or simply enjoying the quiet moments of holding her, these moments are precious. I cherish this time because it's a chance for us to bond, to unwind from the day, and to create memories together. After our daughter is settled in for the night, my wife and I might watch TV, play a board game, or finish a movie, enjoying our time as a couple. Even though we're busy, we make sure to prioritize these moments together. It's our way of staying connected, of reminding ourselves that we're in this together.

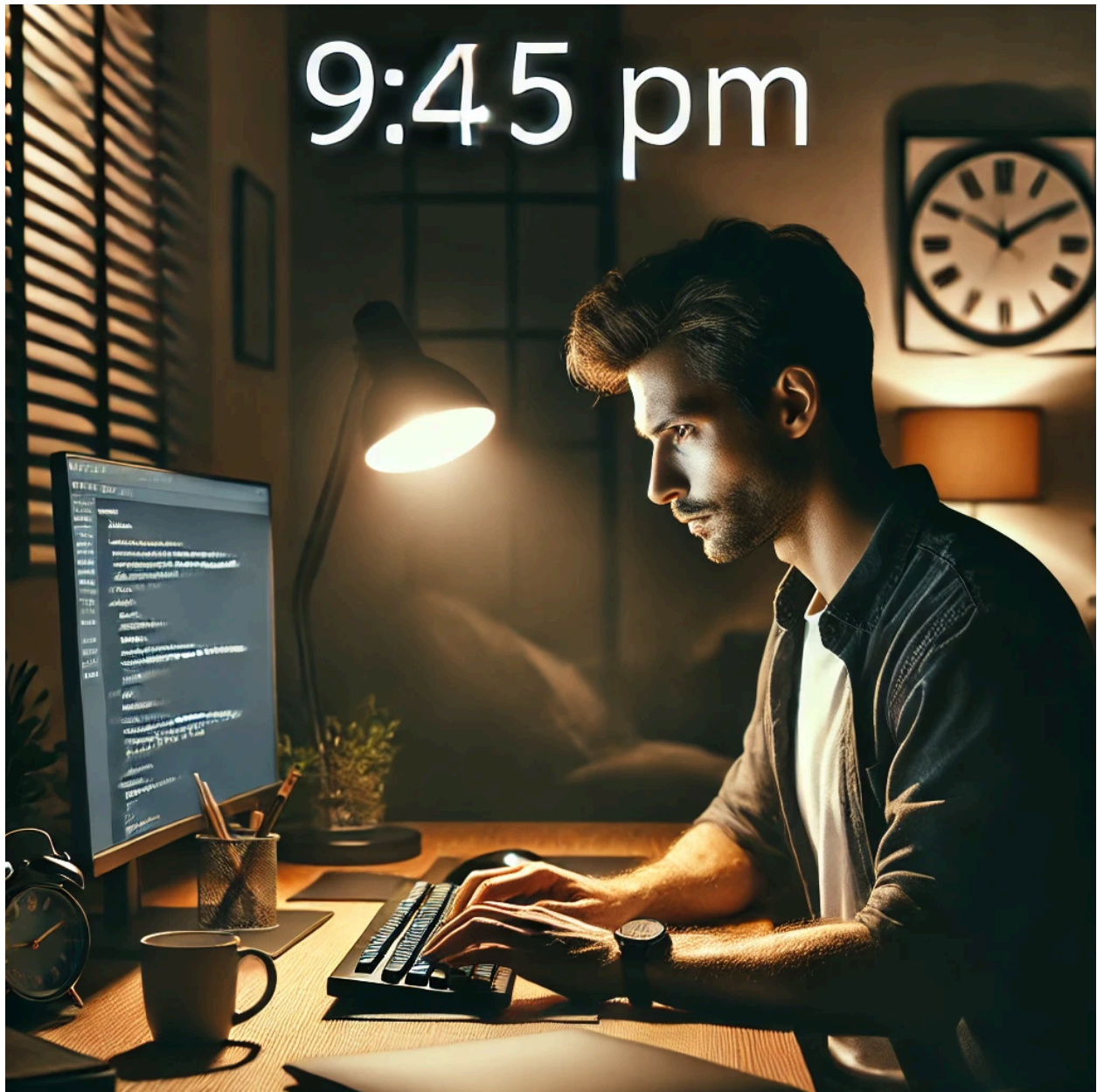


At 9:00 PM, I return to my office for a quick calisthenics session, following Professor Alex's Iron Body Program. It's just enough to keep me fit without exhausting me—a balance I value. As I go through the motions, I'm reminded of the importance of consistency. It's not about going all out every day, but about showing up and doing the work, even when it's tough. After a brief shower, I feel refreshed and ready to tackle the rest of my evening tasks.





By 9:45 PM, I'm back online, diving into my Daily Checklist on The Real World. If the workday wasn't too demanding, much of it is already done, but I still make sure to knock out the remaining tasks, often helping others in the campus. This is my time to sharpen my skills, to focus on the things that will propel me forward. The next hour or so is dedicated to my G-Work Session, a period of focused effort on copywriting projects. Whether it's for a client or my own business development, this is where I make progress toward my goals. It's a time of deep focus, where I can lose myself in the work, knowing that every task completed brings me one step closer to the life I'm working to build.



Around 11:00 PM, I wrap up my work, write my Accountability Reports, and log off for the night. By 11:15 PM, I'm in my pajamas, ready to join my wife in checking on our baby one last time before bed. We quietly tiptoe into the nursery, watching her sleep peacefully, feeling a deep sense of contentment and love. It's moments like these that make everything worth it—the long hours, the hard work, the sacrifices. Back in our bedroom, my wife and I talk about our day, sharing the details and the joys of watching our child grow. These quiet conversations are a cherished end to the day, a time to connect on a deeper level before drifting off to sleep.





As midnight approaches, I feel a sense of fulfillment. The day has been long, but I'm ready to rest, knowing that I'll wake up refreshed and eager to tackle the challenges of tomorrow. I fall asleep quickly, my mind at ease, knowing that every day I'm moving closer to the life I envision.

