

AGOGE NEW IDENTITY

Ideal Version of Yourself 3-6 Months From Now

Power Phrases (2-3)

- I am Chris and I am a doer, not a consumer
- I am Chris and I strive to be a beacon of light for those around me
- I am Chris and I am a relentless problem-solver

Core Values (2-3)

- Consistency
- Honesty (with myself and others)
- One-pointedness of mind (focus, not scattering my attention)

Daily Non-Negotiables (2-3)

- Train body (cardio, weight training and walking in the sun)
- Train mind (g work sessions in copywriting)
- Improve the next day (OODA loop)

Goals Achieved

- Earning 2000\$/month with copywriting
- Full focus and attendance to the present moment
- Bravery and confidence that challenges in the world are mostly manageable
- Inspire those around me to abandon matrix-designed activities through my results

Rewards Earned

- Buying a new laptop for my girlfriend
- Saved enough money to make a down-payment for a condo

Appearance And How Others Perceive Him

- Perceived as the “rock” which others can lean on for “unsolvable” problems
- Seen as a beacon of positivity, being both enjoyable and enriching (intellectually) to be around
- My clothes fit me well and I look sharp

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...”

- I wake up at 6 am and hop out of bed. I am not sluggish because I cut out screen time two hours before bed the day before and went to sleep on time. I shower and proceed to my first g-work session that is already planned out from the day before. My morning creativity makes me feel invincible. Yesterday’s organization essentially makes it impossible to deviate from the optimal route.
- After making myself a coffee, I proceed to another g-work session. At 9:10 am, I already feel like I have done more than I used to do in an entire day a year ago. This gives me the energy to remain in this state throughout the day. I go for a 15 minute walk in the sun. As I come back, I dive into another, shorter, work session to transcribe the thoughts I got during the walk.
- I then watch the morning PUC live while weight training. Andrew’s insights and the effort of the workout make me feel invincible. I eat, then do my cardio. Despite the difficulty of the cardio session, I don’t want to stop. It amuses me that the hardest part of cardio is the 5 minutes of doubt before its start.
- I pack up for work and leave, feeling proud of my maximal output in the hours I have to actually achieve greatness.
- During breaks at work, I plan out the next morning. After my shift, I look back on my day and feel grateful for everyone who has guided me toward my current path. I go to sleep.