

# AGOGE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

## Power Phrases (2-3)

- I am Finlay Cox and every decision I make is a vote towards the person I want to be
- My entire bloodline is up there in heaven, chanting my name
- My name is Finlay Cox and I always do what needs to be done, regardless of the situation I'm in
- Do it now, there are no excuses.

## Core Values (2-3)

- Bravery & Emotional Control
- Strength (of both the mind and body)
- Focused (dedicated, disciplined, enjoying the pain)
- Never complain. Everything is your fault.

## Daily Non-Negotiables (2-3)

- Daily Checklist
- Don't sleep until I've worked on at least one piece of copy for a client that day

## Goals Achieved

- £1500/month
- Reached 65kg
- Passed my RS GCSE with minimal study time

## Rewards Earned

- New T-Shirts
- Bought myself a new iPhone & Macbook
- Bought my dad a Breitling

# Appearance And How Others Perceive Him

- Confident
- Intelligent
- Attractive
- Relaxed
- Cool, Calm, and Collected
- Articulate
- Disciplined
- Ruthless
- Fair
- Going places
- Going to be a millionaire
- Fit
- Powerful
- Strong
- Connected
- In control
- A good speaker
- A great leader
- Obsessed
- His time is valuable - if he spends it on you, you must be worth a lot to him
- Respectful
- Organized
- Successful
- Stoic
- Moral
- Dominant
- Perspicacious
- Indefatigable

## Day In The Life

I get up at 5:30am every morning. First thing, I take a shower, get ready, watch the PU call, reread this document, and start working. I work deeply between the hours of 6am and 8am and I feel powerful and successful while I'm doing it. I know I am doing the work - prioritizing and doing what needs to be done, regardless of how I'm feeling about it. I enjoy the pain, the stress, the

frustration, the discomfort. I use it to drive myself forwards. At 8am, I finish my work and get everything ready and packed for school. I am organized enough to know exactly where everything is. I leave the house at 8:15 and I get to school by 8:20.

I go through school, using any spare time in lessons to make notes, write copy, work, read, etc. At break time I spend time with my friends, building relationships and having meaningful conversations with the right people. Come lunch time, I go to the fitness suite and get changed and ready promptly, engaging with people in a positive way. I am in the gym by 10 past 12. When I'm training, I train every set to failure, and then partials for isolation movements or a rest pause set (if required) on compound movements. I feel strong, dominant, and powerful. I know I am a capable man. After gym, I will pose in the mirror with my bros and I will feel proud of myself, while simultaneously making the image of me pumped up my next goal. I am supportive of others there and we all have a great relationship with each other. After gym, I get changed quickly and understand that while that was a great part of the day, it is now time to get back to school. I will continue with the aforementioned time techniques. When school ends, I will not waste time. I will mentally prepare myself and think about my goals & problems to solve on my way home and when getting & eating. I feel capable and ready to tackle the real bulk of my day. As soon as I am done eating & getting changed, I begin another deep work session until tea. I am focused and have no thoughts in my mind other than the task at hand. I am hyper-productive and I feel the power coursing through my veins. When eating tea, I make great conversation with my family in order to keep a good relationship with them. I feel grateful for them and show this in conversation. I articulate myself well and I am able to get my point across in a concise and easily understood manner. I practice copywriting or influence techniques when speaking to them and other people during the day. Not for any bad reasons, just practice seeing how they react etc. After tea, I go back to more client work until 8pm. I then get up and do some push-ups, walking meditation on the treadmill for 15 minutes. I feel at peace and rejuvenated. I practice gratitude 2.0, giving me an even greater drive to push forwards and achieve my goals as I go back to work. I work until 10:30pm and then complete my shutdown ritual. I feel proud of myself and driven to do even better tomorrow. I go make a protein shake & down it before going upstairs to my bedroom for my skincare routine. I feel positive for the future as I then get ready for bed and complete my daily review. I reread this document just before I sleep. I feel proud of myself, confident in my own abilities, and optimistic for the future. I sleep well and soundly, with nose breathing only and good lying down posture. I practice meditation to help me get to sleep.