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AGOGE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

Power Phrases (2-3)

- I am Tau Jnr Tau and I am brave!
- I am a champion!
- I am the man!

Core Values (2-3)

- Bravery
- Strength
- Discipline

Daily Non-Negotiables (2-3)

- Daily Checklist (N.B. 4 GWS Critical Path)
- Pray 2 times a day
- Train my body

Goals Achieved

- I will have generated \$10 000 for a business and made it to Rainmaker
- I will have started making \$10 000 a month
- I will have formed my own agency
- I will have helped other students reach rainmaker

Rewards Earned

- I will have earned a new Kimora Grey Audi RS3 Limousine
- I will have earned a new house or apartment with my brother

- I will have earned a vacation to Colombia, Dominican Republic, and Venezuela
- I will have earned the money to start building my parents a new home
- I will have earned meeting some of my Agoge 1 Gs in Dubai
- I will have earned a box of 25 H. Upmann or Montecristo No.4 cigars

Appearance And How Others Perceive Him

- I will always appear dapper and clean
- I will be perceived as well-respected
- I will be perceived as a man who respects others
- I will be perceived as a leader
- I will be perceived as a wise man
- I will be perceived as young and successful

Day In The Life Stories.

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 4:30 AM with the alarm from my phone and alarm clock ringing in my ears as they tell me another day of conquest has begun.



- I follow up with a quick set of 40 push-ups after waking up to get my blood pumping and mind fully functioning for what's about to follow.



- I then say my prayer where I first show gratitude to God and Jesus Christ for everything that I have and everything I will have, and then ask them for strength, protection, luck, and blessings.



- At 4:45AM I start attacking my first GWS for the next hour, fully focused, and with the goal of making my clients win massively. I also do 20 push-ups every 30 minutes in between my GWS to get my blood pumping and mind locked in.
- After the first GWS is done, I take a 5 minute break to reset. During that 7 minutes, I do 20 push-ups to get the same feeling they always give me, and it's time to lock in again.
- I begin the next 2 GWS at 5:50 AM, doing each of them for 1 hour, following the same flow as I do with the 1st GWS. My morning work is done by 8:00 AM.
- I then go brush my teeth, wash my face, and eat breakfast for the next 20 minutes.



- At 8:30 AM I drive to the gym. I arrive at 8:40 and start killing it for the next 1 hour 30 minutes to 2 hours.
- At 10:40 AM, if I've no errands to run, I go back to my house. Once I arrive, I feed my dogs and then afterwards I take a 20 minute power nap to recharge.
- At 11:05 I will handle admin for my other businesses for an hour, have lunch right after for 15 minutes, and then at 12:30 I will shower for 20 minutes



- At 13:00 I will start with the 4th GWS which will be 1 hour 30 minutes long, and I will follow the same power up process as I do with my other GWS.
- At 14:45 I will start the 5th GWS which will go for 1 hour and 30 minutes. Which concludes the GWS.
- At 17:00 I will attend the Live PUC and get some extra wisdom and knowledge from Professor Andrew.



- At 18:00 I'll be at MMA training for 1 hour and 30 minutes. Extra training to make me one of God's strongest soldiers, and a leader of men.
- At 20:05 I will be back at home, and eat dinner so that my body can have the fuel to recharge and recover.
- At 20:30 I will shower again for 20 minutes. Then do the last set of push-ups and prayer for the day
- At 21:00 I will send through any report that I have to send through to my Agoge 01 Gs and then call it a night right after.