

AGOGUE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

(ADDED) Powerful, Driving Purposes:

- Self Fulfillment.
- Becoming the strongest, wealthiest, most capable man among everyone I know.
- Providing for my family
- Having the things I want in life
- NEVER having to worry about money or “getting by” again.
- Becoming THE ONE in my family (I want a legacy)

(Added) Personalized plan for reviewing Agoge resources:

- I will mark my calendar every month to take 1-2 hours to review the lessons in the Agoge program over the course of 2-3 days (Keeping the lessons fresh).
- I will also use my perspicacity to identify ways I can implement the lessons I have learned.

Power Phrases (2-3)

- You're on the right path. Keep going!
- Don't think. Just GO!
- I do NOT give up.

Core Values (2-3)

- Chivalrous
- Accountable
- Disciplined
- Committed

Daily Non-Negotiables (2-3)

- Daily checklist (multiple times if possible)
- Aim to do ONE scary/ hard task each day.
- Prayer

Goals Achieved

- Working with 2 clients making \$3-4K/ mo.
- \$5K in bank account
- Seen as a respected superior in my family
- Financially supporting my family (Fiancee & son)

Rewards Earned

- Expensive steakhouse dinner
- Brand new bespoke suit
- Financial freedom to do more things with my family.

Appearance And How Others Perceive Him

- He is in the **best physical looks & performance** that they have ever seen him in.
- He is **respected** among his peers
- He is **mysterious**. People want to know who he is
- He is **fancied** by hot women
- He is seen as a man who is, **capable, antifragile, and disciplined**
- He dresses nice and looks **appealing/ noticed** everywhere he goes
- He is very **charismatic and communicates clearly & concisely** with others
- His parents and loved ones are **proud** of his progress

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..."

(Haven't yet figured out how to generate an AI avatar of myself without paying \$\$\$)

- I wake up around 0530 and feel tired, so I crank out 50 pushups and hydrate.
- Now that I got some blood flowing, I'm more energized, ready to begin my tasks for the day.

- I start by reviewing my ideal self, so I can get a mini boost of motivation, then I review my notes and breakdown copy.
- At around 0630, I sit down with my cup of Joe, and rigorously begin a G-work session.
- 0730ish comes around and I bust out 20 pushups for a mini boost. I feel ahead of the competition.
- I begin to pour my second cup of coffee, as I watch my son and Fiancee play together. This gives me an INSTANTLY POWERFUL surge of energy to push harder towards my goals.
- I start my next g-work session, finish it up, and send some finished work over to my client (they're satisfied).
- I check my bank account and see a deposit of \$2. 5K for my monthly retainer and commission for sales. This reminds me of where I was 5 months ago and I feel a sense of gratuity for where I am now.
- My Fiancee asks me what I want for dinner, and I tell her to dress up nice tonight.
- Feeling good about myself, I remember that I'm still far away from where I want to be, and I (controllably) fill myself with dissatisfaction and go to my room to begin a hardcore bicep & shoulder workout.
- With this massive energy boost, I begin my final G-work session of the day, and apply some new insights that I obtained from the Power-Up Call earlier.
- At 1400, I take 1 hour to do some more market research to find new ideas for my work.
- After researching my market, I write down inspirations/ ideas that I obtained while researching.
- 1600 My work for the day is finished, and I feel a sense of achievement for being further ahead today than I was yesterday.
- 1700 My Fiancee and son get ready, as well as I, and we go out to a nice steakhouse restaurant and enjoy the rest of our evening together.
- 2100 I plan out my tasks for the next day, then make a prayer.
- I'm about to go to bed, and as I reflect on the day, I know that I did everything I was supposed to in order to reach my goals. I go to bed feeling powerful and determined to tackle the next day.