

AGOGÉ NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

Power Phrases (2-3)

- God is the Greatest
- I am Billy Novak and I GIVE ALL MY MIGHT
- Fuck it we ball

Core Values (2-3)

- Bravery
- Capability
- Love

Daily Non-Negotiables (2-3)

- Prayer
- Copywriting daily checklist
- Heroes Year daily checklist

Goals Achieved

- 2 - 3 clients on a monthly retainer who love me because of how much value I give them and how good at communication I am
- 100% bravery track record

Rewards Earned

- 2k per month online
- The occasional cigar
- The respect of his peers

Appearance And How Others Perceive Him

- He dresses sharp, sharp haircut, clean beard or shaved
- Ripped. Fighters confidence.
- Respected. Loved. Admired. Looked up to. Looked to for guidance. Light beam.

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 and the first thing I do is slam a water. This is the first win of my day. It's like my morning elixir. Then I pray, thank God and ask him for guidance. I then write my goals of who I want to be and how I will get there. I really focus on being a beacon of positivity and choosing to be happy and brave everyday. Next I do 50 pushups. This gets my blood pumping and my veins fill with energy. At this point I already have 4 small wins. The momentum is built. I am ready to win the day. I grab my coffee and go for a quick walk to get fresh air and the morning sun. As soon as I'm done I go for a short jog while listening to the morning power up call. Then I go to the field by my house to do a mile of sprints. This makes me feel powerful. The sprinting is intense, gets my heart beating fast and my lungs full of air. After getting energized I will come back to my house and do an hour of G work for my client. Then for the rest of the day I will do short 10 minute exercises like burpees, bagwork, or more sprints in between my 1 hour G work sessions. I feel so good because I know I am doing the work I need to do. I know I am keeping busy doing the most important things I could possibly do. I feel ALIVE. I feel PROUD. I feel EXCITED. Even when it gets tough I have so much momentum built already that the easiest way to flow is to just keep doing work. I do this work until It's time to go to the boxing gym to train like an animal and to endlessly build brotherhood. I'm training to fight in tournaments for real. This makes me strong. This makes me powerful. Then I come home, eat a HEALTHY dinner using Professor Alex's nutrition secrets. Then I do another hour of G work, spend an hour of high energy time with my family, do another hour of G work, shower, write my goals of who I want to be and how I will get there, pray, and fall asleep excited to do it all over again tomorrow.

