

# AGOGUE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

## Power Phrases (2-3)

- I am Lohan, and I will never quit
- I am worthy
- When I look back at this moment, 0 regrets

## Core Values (2-3)

- Persistence
- Loyalty
- Adaptability

## Daily Non-Negotiables (2-3)

- Daily checklist
- Agoge Challenges
- Feel grateful at least twice per day (Morning/Night)

## Goals Achieved

- 2k per Month Earnings
- Girlfriend
- Six-pack
- Friends who think like me
- Drivers License

## Rewards Earned

- My goals are my rewards

# Appearance And How Others Perceive Him

- Lohan is 6'2 175 lbs, Strong/toned (six-pack), Attractive, charismatic, dresses in casual clothes (polos, jeans, t-shirts, etc), brown hair, brown eyes, short beard, clear skin
- When people look at him they respect him (because he's strong) and are a little intimidated, but when they speak to him they also realize that he's friendly, humorous, charismatic, empathetic, loyal, and persistent.

## 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 7h30, well rested and ready for a day of progress and work. I do my morning hygiene and I get to go to college knowing damn well I make the same money as some of my professors, if not more. I feel proud and eager to surpass them tremendously in all aspects (monetary, physical, emotional, intellectual). After school I crank out some push ups and sit ups feeling strong. After feeling strong I start working on client projects making sure I over-deliver on my promises. Feeling good after a G work session, time for the power up call to feel even more powerful. After that, I complete the remainder of my daily checklist. Another G work session if I need to, if not I'm on a sales call with a new prospect. I feel super confident in my copywriting and physical capabilities, I'm unstoppable. With the remainder of my time, I'll spend it with my new girlfriend who I love very much. This is a successful day which is everyday, and everyday I seek to improve it.
- Most powerful driving Forces: I want to be financially free and I want to have a family (4 kids) with a traditional woman as my wife.

Revised Identity: I wake up next to my beautiful wife who I love dearly. The night before was exciting. I go do my hygiene routine and my wife makes breakfast for me and the kids. She drives the kids to school and I start working. We live in a nice 6 bedroom 3 bathroom modern home in Hungary. We have a pool and a hot tub, along with a home gym. I do my client work while my wife goes out for groceries or works on the garden. My wife cooks lunch for us both and it's delicious. I do some more work, then after digestion I workout in our gym with her. We

both go for a shower together. She gets ready to pick up the kids from school and I get back to more work. At 6:00 if I'm done working I go into our pool with the kids if they don't have homework. My wife cooks a delicious dinner for us all. I take another quick shower to get rid of the chlorine from the pool as the kids get ready to go to bed. As a reward for my hard work today my wife and I have a good time together. These are what most days look like for me.

**My Ways to Solve problems:**

I have a collection of notes and assignments from all the Agoge Program. I will utilize them in times of need (Especially the root cause and planning). I also have all the screenshots of my burpee times in a folder as a reminder that I have experienced pain, and I must move forward. REMEMBER: YOU CHOSE THIS