

# AGOGÉ NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

## Power Phrases (2-3)

- I'm not a slave to my desires
- This is my lower self persuading me

## Core Values (2-3)

- Discipline
- Confidence
- Humility

## Daily Non-Negotiables (2-3)

- Doing 4 or more G work sessions on weekends and 2 on weekdays
- Doing 100 burpees day in and day out
- Finishing my daily checklist

## Goals Achieved

- Closed the 200 lb hand gripper
- Gained 2000\$ from copywriting alone
- Working with 2-3 clients at the same time

## Rewards Earned

- Bought the full captains of crush package
- Joined the experienced section inside the real world
- Have my parents acknowledge my copywriting career as a valid one more important than school

# Appearance And How Others Perceive Him

- A religious man who hasn't forgotten the way of god
- Confident and charismatic attracting people everywhere he goes
- A tall, strong, and healthy body commanding respect from other great men around him

## 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 4AM feeling refreshed and immediately get on the hard, cold ground and do a couple of push ups. After finishing the push-up session, I start getting ready for school. Once I've got everything set, I'll start my first G work session on client work.

Once 5:30A.M rolls around, I'll have a quick breakfast and then go to school. Upon entering my class at school, I feel the gaze of my classmates; some of them look with envy and respect, while others look with hate and resentment. I spend my time at school studying and finishing homework so I can be free at home to focus on the important work.

Coming back from school, I'm in the car watching the morning power-up call and analyzing some copy gaining new insights line-by-line excited for the day I still have ahead of me. I get back home at about 3P.M, eat lunch with my family, and if I'm feeling a bit tired I'll have a quick 10-15 minute power-nap. After I'm done I'll get up and start my second G work session of the day.

At around 5:30P.M I stop working and get up to start getting ready for my workout. During my workout I beat my personal record on each exercise by about 1 rep feeling bigger and stronger than ever. After finishing my workout at 7PM, I put on my shoes and start doing 100 burpees as fast as possible to build my mind and cardio. Finishing the burpees at around 7:05P.M, I do a couple of stretches to cool down and then take a shower. I exit the shower and have dinner with my family, feeling a sense of fulfillment and accomplishment. Before I go to sleep at 8P.M however, I read at least 5 pages of the Quran and review my actions for that day planning out the next one.

