

AGOGE NEW IDENTITY TEMPLATE

The Ideal Version of Yourself 3-6 Months From Now

My Power Phrases (2-3)

- I will win because that's what I'm born to do, to win and to be a winner as I have to show god the beauty of his creation, I have to make my ancestors who are looking upon me proud, and my parents depend on me.
 - I push past any obstacle and difficulty as the things I desire are on the other side of them.
 - I embrace hard work and throwing myself at the difficult things I'm afraid of so I can achieve eternal glory and success
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My Core Values (2-3)

- Resolution
 - Executive competence
 - Professionalism
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My Daily Non-Negotiables (2-3)

- Daily checklist
- Prayer
- Training

My Goals Achieved

- Landing 3 Clients:

I breathe deeply for 12 seconds following the 4-4-4-4 method to trigger the same killer focus and clarity I use to crush my G work sessions and the big challenges that arise during my training sessions and I click the participate button on my PC to enter the sales call. After a small conversation where I immediately build good rapport with the prospect I start asking the SPIN questions. I exude professionalism and competence as I ask intelligent questions that make the prospect understand that he's talking with a true professional that is going to make his business become one of the greatest in the industry. After I finish asking the questions the prospect is already 200% convinced that he's going to work with me so as soon as I pitch him my offer he immediately understands that that's what he needs to take his business to stardom so, after quickly discussing the deal, we agree to work together. I just landed my third client. As I exit the call a big sense of accomplishment and pride starts flowing through my veins and as I get up from the chair I flex all the muscles in my body emanating my strength while I look at the sky from the glass of my Garden's door thinking about the pride my ancestors and god are feeling.

- Making 2,000€ in profit:

My third client just informed me that he sent the payment for our last project which made him 20,000€ in pure profit. As I open the PayPal Business app I can already feel the surge of excitement and adrenaline for the number I'm about to see in the bank account. The app loads and... **Boom!!** I see 2,000€ on my screen. An even bigger surge of adrenaline starts flowing through my veins and, proud of myself, I go to my parents and tell them to put their most elegant clothes on. I'm taking them by surprise to a luxurious 5 star restaurant in the heart of the main city so I can finally start paying them off with gratitude for all the love they gave me and all the things they've done for me.

- Becoming one of the best fighters in my boxing gym:

I step out of the ring victorious after doing 3 consecutive rounds of sparring where I absolutely dominated and controlled the entirety of the 9 minutes. I'm breathing heavily but my sparring partners are in a worse condition. They're fully gassed out lying on the ring's floor while I'm standing tall recovering my energy and power ready to go for more rounds.

- 95 Kg bench PR:

I firmly place myself on the bench... eyes under the bar... arched back... contracted lats... feet firmly placed on the ground.

I lift the bar up the rack, put it parallel to my chest and just under my nipples. I'm ready to crush a new PR.

I take a big breath, tighten my core and start the movement.

The bar goes down and as it goes back up I feel the 95 Kg pulling the bar down, but I remember that god and my ancestors are looking at me so I unleash all my power and strength and with a quick and powerful movement I push the bar up and back onto the rack.

I annihilated a new PR and I feel a deep sense of pride as I just showcased my power and strength not just to the other people in the gym but also to God and my ancestors who proudly look upon me nodding their heads.

- 150 Kg back squat PR:

My hands are on the bar and after I think about my divine duty to god, my ancestors and parents, I look deeply in my own "power-emanating" eyes in the gym mirror and with a steady and fast movement I place the bar on the top of my traps, take a breath and unrack the bar.

I take a deep breath, ultra tighten my core, and I start the movement.

I go down and, after grinding the concentric movement for a couple seconds, I go up and re rack the weight.

I just smashed another PR and as I turn towards the gym trainer and the other people gazing at me I feel a deep sense of pride as I'm being complimented for yet another manifestation of big strength and power.

However I don't really pay attention to all the people around me as my main focus is on being grateful towards god.

My Rewards Earned

- Taking my parents to a 1 Michelin star restaurant in the center of the main city. Its old but at the same time modern design inspires luxury and as my parents start going through the menu they ask me how we're able to afford such expensive food but I tell them to not worry as I have got all sorted out so they can order whatever they want without even looking at the price.

My Appearance And How Others Perceive Him

- Wearing my well-fitted attire, I ooze an air of professionalism and meticulousness. Each piece, carefully selected and expertly tailored, showcases not just sartorial elegance but a deep respect for myself. This deliberate attention to detail bolsters my self-confidence, radiating a sense of competence and cultural sensitivity that's crucial for making impactful first impressions across a variety of professional and social settings.
- I maintain a well-groomed appearance that sets a standard of trustworthiness and competence. Every aspect of my grooming regimen reflects my personal discipline and pride. This consistent attention to my presentation conveys a strong sense of health, hygiene, and dedication, enhancing my persona as a magnetic figure in negotiations and networking.
- I carry myself with a posture that projects confidence and authority. My presence in any room is immediately palpable; my body language—open, purposeful, and poised—clearly signals leadership and accessibility. Whether I am leading a team, engaging in a critical discussion, or navigating a social gathering, my expressive, confident movements and the clarity of my non-verbal communication ensure that I am both respected and approachable.

My Day In The Life Stories.

- I wake up at 5 AM already feeling the fire to conquer and, after I have washed my teeth and splashed cold water on my face to wake me up completely, I do my daily 150 burpees. I finish them after breaking another time record and even though my breath is heavy and my heart races as fast as a Ferrari I Don't waste time and quickly go have a shower. After I'm all fresh and clean emanating a professional and masculine scent, wearing a slightly loose pair of jeans and a white slim fit t-shirt which sleeves hug my bulging arm's muscles, I pray to God expressing my gratefulness for his daily support, guidance and help, and asking him for the strength and power necessary to attack the day that's ahead of me.
- During the morning and afternoon, my daily tasks are clear in my mind and with each G work session I do, I get more and more work done, producing pieces of copy that after revision will make my clients thousands and thousands in profit, and ticking off task after task. My focus on work is absolute and each minute I spend working is moving me closer towards my ultimate goal of becoming a millionaire. The image of my parents looking with pride at me after I became a millionaire boxing world champion, makes me stronger and gives me the energy I need to work endlessly and tirelessly towards the achievement of this goal.
- At 6:30 PM I start my boxing training. Rounds of sparring go by and even though it's hard and painful to keep going, I persevere at giving my max effort, eluding every punch my sparring partner throws at me and landing powerful and fast combinations that my sparring partner can't escape. After a difficult and exhausting boxing session I get home and get done my daily 150 burpees. My body exudes strength and explosive power with each rep that I get in.
- After I refuel my body with energy and power with a big and nutritious dinner, I get the last tasks on my daily checklist done and I feel accomplished as I ticked off every task from my checklist. Another day of conquest has been achieved through hard and exhausting war-like training, and meticulous and laser focused G work sessions with high output rate from which "market shifting" copy has been produced. With this type of dedication and hard work it won't take long until I become one of the best fighters in my boxing gym and I accomplish my goal of making 2,000€ in profit from copywriting.
- Before bed, I spend time visualizing my next day, my next conquest. I see myself giving back to my parents by taking them to a 1 Michelin star restaurant. They're proud of me for the man I'm becoming and I'm grateful for having two exceptional parents who always supported and helped me—a reward for my hard work. The image of me crushing new gym PRs makes me feel stronger and more powerful,

ready to take on the world with my utmost strength. As I drift off to sleep, I feel accomplished for the day of victorious conquest but I also feel a bit dissatisfied as I want to achieve and win more. I'm ready and excited to rise again tomorrow to chase my objectives with relentless energy.



