

AGOGE NEW IDENTITY TEMPLATE

The Ideal Version of Yourself 3-6 Months From Now

My Power Phrases (2-3)

- I will always have my own back, even if it means difficulty and struggle.
 - People rely on you, so don't let them down. Build yourself into the best version possible, so that's who they get, when they need you.
 - It doesn't matter how I feel. My name is Cody Finch and I will do what it takes.
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My Core Values (2-3)

- Discipline
 - Competency
 - Indefatigability.
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My Daily Non-Negotiables (2-3)

- 6am Wake and 5 min Morning Routine - Prayer, 50 Pushups, Water, Read "Today's plan" and "New Identity".
- Gym for 1 Hour - 4 days on 1 day off.
- Daily checklist -

- Watch Morning POWER UP
- 10 Minutes reviewing successful copy
- WORK 4 Hours
- Send 3 x 5 Outreaches OR Work on Social Media Posts + client work.

My Goals Achieved

- Landed 2 X 5K Per Month Clients.

After spending months, working everyday on social media posts, of me analysing prospects online and giving them tips and effective strategies as to how they can build their presence online. Building my social media and outreaching at the same time. I have created enough perceived certainty, through my video and the value I provide, plus enough trust through my social media followings, to have prospects want to work with me, and either reply to my email and/or reach out to me first.

- Weigh 85kg and bigger grown legs:

Been in the gym everyday training for 45 mins with directed workouts specifically to put on size. Also eating proper food, high calories, high protein to hit the 1 gram per lb rule. Started taking leg day seriously and finally put on enough size to hit 85kg with legs grown to a good size.

- Social Media Accounts hit 1k-3k each

I spent months creating content that would provide value to customers, and outreaching to them at the same time. Viewers have started to use my content for educational purposes and follow it to help them improve their own.

My Rewards Earned

- I can quit my part time job and am now no longer tied down to a geographical location. I can move between New Zealand and Australia while working the entire time.
- I can afford to take my parents out on nice dinners. I can splash out and take them places they wouldn't normally go since they wouldn't want to spend their hard earned money.
- I can afford to spend money on some super nice clothes for travelling and going out. Even just heading around the city I have an array of nice clothes, instead of having to "save up to buy a nice T-Shirt".

My Appearance And How Others Perceive Him

- I wear nice clothing from Georgio Armani and Hugo Boss. Which is my everyday attire. It shows to myself and others that I am starting to get a taste of wealth, and am not scared to spend a little extra on some well fitting clothes.
- I have my hair cut once every couple of weeks in order to maintain a fresh look. Beard shaped nicely to show I am a man full of testosterone and take care of myself. I have been working hard in the gym and with the diet so I fit my clothes extremely well and fill them in. This projects a confidence about me in the way I walk and speak.
- These confidences allow me to show through unspoken communication that I have worked hard to get to where I am. People notice me when I walk into a room because of the way I carry myself. Through self made success working hard everyday to achieve new goals, I carry myself with confidence.

My Day In The Life Stories.

- Nothing changes for me. I'm still in the game working hard, up at 5:30 for morning routine and off to gym. Client work, social media posts, outreach. Upgrading skills, reaching out to bigger companies, growing social media accounts.
- I'm heading back to NZ for 3 weeks to work and see family. I wake up in my Ausy apartment, gym, cold shower, get dressed in nice clothes and shoes. Head to the airport for my flight home and then uber to the house. Spend time with family and work all day. See some old friends.
- In NZ I wake up at 5:30 and head to the gym, then get computer work done in the morning while I wait for my family to wake up. We head out for breakfast as a family and I pay. We go to the beach shops and I buy both of my parents some nice shoes and sunglasses.
- We head home and I work for the afternoon on my laptop, on client work and post some social media posts of my travels.
- I take my parents out for dinner to a nice restaurant and of course pay. I can tell they are so proud of me and the risks I have taken really paid off. We discuss my success and the support they gave me throughout the battle to get to this position.
- Before bed I pray and thank Allah for the life he has allowed me to live, after a long road of extreme hard work and sacrifice. For everyday blessing me with the curiosity to improve, and the strength to push through and make it. I lie in bed feeling proud, read the Qur'an and sleep getting ready for my next day of conquest. Tomorrow I will wake up early, hit the gym with another young entrepreneur, head out for breakfast, then go home to work all day until my parents get home from work at 5:30pm.

Create an ideal version of yourself in 3 - 6 months time:

- What does he have that you don't?

He has a social media following he is using to outreach and land clients. He has around 1k-3k followers on tiktok, insta, and X. Through this people reach out to him and ask him to work for them.

He has landed a client through cold outreach paying him \$3000 per month within 3 months, and another within 6 months, meaning he quit his part time job and isn't now geographically tied down. He works on his laptop and moved back to NZ.

He is making enough money to afford to wear nicer clothes and not have to super budget each week.

- What has he accomplished?

He has landed 2 clients. 1 within 3 months and another within 6. He is making around 6k per month and working on getting that to 10k.

He is 85kg and has put on a lot of size, especially in his legs.

He has worked hard on posting VALUABLE content to his social media accounts. It is starting to pay off as he has 1-3k followers and people are starting to reach out to him for his service.

He wakes up at 5:30 every day, goes to the gym, comes home and works all day. Whatever jobs he has he gets done and goes straight back to work. Cooks dinner, shower, back to work until sleep.

- What character traits does he have? What does this look like in his life specifically?

He is an extremely disciplined person. To the point where he keeps himself out of any situations that could negatively affect the outcomes of his time and day.

He is very quiet and just has his head down and works all day.

He doesn't drink, go out, or have fun. He is so detoxed from drinking, partying etc that he can work all day without needing to be engaged by something else. Work is all he does.

His life is quiet, he works and fights his battles everyday. But he wins, and when he can't win he wins next time.

He doesn't need motivation from external sources because he motivates himself.

He puts the uncomfortable effort in to create a mindset for himself each day. Then he uses that to conquer.

- What fears has he defeated?

He has defeated the fear of not trusting himself and having his own back. He did this by keeping promises to himself no matter what. Always doing what he knows he should do instead of what he wants to do.

He isn't scared of hard work, discomfort or difficulty, because he chose to search for those things over and over again, he knows how it ends.

He isn't afraid of being seen as an outsider, because he knows he is one. He knows that being seen as an outsider means he is on the right path.

- How do other men perceive him, why?

Other men perceive him as someone who doesn't need the approval of others. They see him as someone who does his own thing, no matter what other people say/do. He doesn't follow along with other phases and crazes that people are doing at the moment. He isn't afraid to "miss out" on the fun. Men see him as someone who has his head down and completes his work no matter how he feels or whatever temptations there are to do something else.

They see him as someone who is quiet, and goes about his day doing his own thing. Working towards bettering himself.

He is seen as a man who will always be there for his family. He is the strong person to go to if a problem needs to be solved. They rely on him to solve it for them.

- How does his girlfriend perceive him, why?

She respects the work he does and respects his daily decisions as she knows the decisions he makes are so he can be more efficient with his time. - He got to this point by keeping promises to himself and never making the "bad" decision like "oh i'll just drink tonight and watch a movie". When he makes the harder decision all of the time, and doesn't go behind his own back, when he works all day and doesn't "go out" or "hangout with friends", she respects him because she knows he sacrifices a lot, and it's hard.

She respects him truly and understands that he works hard and puts himself through the fire - he got here because he doesn't complain very often about being tired or sore. Or that he doesn't want to. He knows he's going to do it anyways so why complain?

- What are his non-negotiables and that got him there.

MORNING ROUTINE:

- YOU MUST WAKE UP AT 5:30 AM EVERY DAY
- YOU MUST PRAY TO ALLAH: "Praise be to Allah, who gave me life after death, and to him is the final return".
- YOU MUST COMPLETE 50 PROPER PUSHUPS FIRST THING IN THE MORNING
- YOU MUST DRINK A GLASS OF WATER AFTER YOUR PUSH-UPS
- READ "TOMORROWS PLAN" & "NEW IDENTITY"

MUST DO'S:

- YOU MUST TRAIN FOR 1 HOUR IN THE GYM 4 DAYS ON 1 DAY OFF - 300 PUSHUPS IF CANT MAKE GYM
- YOU MUST HAVE MAX COLD SHOWERS EVERY DAY - 50 PUSHUPS BEFORE SHOWER
- YOU MUST COMPLETE A DOPAMINE DETOX - MONDAYS AND TUESDAYS - NO MUSIC, TWITTER, YOUTUBE.
- YOU MUST COMPLETE YOUR DAILY CHECKLIST EACH DAY
- WRITE "TOMORROWS PLAN"

MUST NOT'S:

- YOU MUST NOT VAPE
- YOU MUST NOT WATCH PORN OR MASTURBATE
- YOU MUST NOT GAMBLE
- YOU MUST NOT DRINK ALCOHOL
- YOU MUST NOT CONSUME SOCIAL MEDIA
- YOU MUST NOT PLAY VIDEO GAMES
- YOU MUST NOT EAT CANDY
- **THESE ARE YOUR ENEMIES PUT HERE TO DISTRACT YOU FROM YOUR GOALS - EVERY GREAT MAN HAS ENEMIES - HE HAS A WAR HE IS FIGHTING**

