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AGOGE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

Power Phrases (2-3)

- I am Polat Deniz I will make sure no one can look down on me.
- I'd rather have nothing than not have everything I have ever wanted.
- Mountains don't give back what they take.

Core Values (2-3)

- Bravery
- Physical Strenght
- Don't be a part of the collective consciousness

Daily Non-Negotiables (2-3)

- Daily checklist
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Goals Achieved

- Became a feared fighter.
- Proved self to family and god
- Have 2 clients to work with

Rewards Earned

- Finally made family accept that he is the best and the king of the family.
- Have financial,place and time freedom
- Fulfillment

- Peace of Mind knowing He's in NBA(Never Broke Again)

Goals Achieved

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Appearance And How Others Perceive Him

- Mid long hair metallic goldish brown hair with brown eyes glowing with energy and ambition, strong body, hairless face.. With his confident stance, a simple jacket with a nice t-shirt somehow manages to look unique on him completed his shining face, he got that millionaire glow.
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- People would think he owns the place he walks in. He looks friendly but menacing at the same time. Once you see him you can never forget him. But he is someone every woman feels safe around and every man fears. He can be in a very casual outfit, but people know he is a person of class.

Goals Achieved

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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 before 9 am and have a small quick breakfast couple of eggs, an avocado, some white cheese, low carb brown ottoman bread. After doing my client and work and getting a new client if needed on my white desk in my small room, still at home; I do my classic training that involves push-ups, pull-ups, ab rollouts, and weight lifting for my arms and have a meal before I hop on my bright orange mountain bike(I prefer cycling as much as possible because it's faster and builds up my leg muscles) and go to my

kickboxing club at 7 pm to train I follow the same highway every time and since the cycling culture isn't really a thing in here I have to either cycle on the road with people who can't drive or use the bumpy sidewalk where people walk it gets frustrating at times but that's exactly what mountain bikes are built for. Then after arriving at the gym I put on my red kickboxing shorts with my white club t-shirt tucked and white boxing gloves to either kick someone's ass or get kicked in the ass. Either way, I return home at 9-10 pm, shower, eat dinner, and pass out. I regularly cycle for 10-15 kilometers as fast as possible throughout the week for cardio and leg strength. If there is time, I go walking, There is a passage covered in green trees with 4 straight paths side by side each has benches on the sides to sit and enjoy the nice and calm environment, it's a straight path that leads to the seaside, I like to walk to the middle point of the path away from both ends where most silent and sit on a bench to clear my mind.