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# AGOGE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

## Power Phrases (2-3)

- I am Ahmed and I am a successful winner.
- I am Ahmed and I am able to go through hardship UNFAZED
- I am Ahmed and I was born to be a Warrior.

## Core Values (2-3)

- High Performer
- Persistence
- Stoic

## Daily Non-Negotiables (2-3)

- Daily checklist (for sure)
- Make 150 dollars a day from Online
- 500 pushups a day
- Care and connect with his mother
- Eating 0g of sugar

## Goals Achieved

- Made 10k money from ONLINE
- Got six pack, and better physique
- Provided for his family
- Made better connections
- Manages his time PERFECTLY

## Rewards Earned

- 10k money from online
- Mastery of Copywriting
- Made great progress to one Client.

## Appearance And How Others Perceive Him

- I will look fit and stronger physically and mentally, I will wear really nicely. Others would see me as a helpful individual, and one that they might need to be around more often. I would be seen as a different man, and many will maybe question what changed me for the better.

## 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..."

- Morning (5-7 AM):
  - Wake up and think about good things.
  - Perform the Fajr prayer (pre-dawn).
  - Take a moment to relax and have my morning coffee.
  - Do 100 pushups to get my body moving.
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- School (8:30 AM - 3 PM):
  - Go to school and pay attention.
  - Do all my schoolwork there.
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- Lunch Break (12-1 PM):
  - Perform the Dhuhr prayer (noon).
  - Take a short break, maybe walk or talk with friends.

- After School (3-4 PM):
- Come home and think about my day.
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- Work or Client Work (4-7 PM):
- Use my computer to do work or help a client.
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- Asr Prayer (before 7:30 PM):
- Perform the Asr prayer (afternoon).
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- Maghrib Prayer (7:30pm):
- Perform the Maghrib prayer.
- Prayer and Reflection.
- Take a moment to pray and be thankful for my day.
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- Friend Time (7:30-8:30 PM):
- Talk with my friend about future plans and share my day.
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- Gym (9-10 PM):
- Exercise at the gym, lifting weights or doing exercises.
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- Isha Prayer (before 11 PM):
- Perform the Isha prayer (night) after returning from the gym.
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- Night (10-11 PM):
- Come home, relax for a bit, and think about my day.
- Finish my tasks and spend less than an hour on screens.
- Sleep (11 PM - 5 AM):

This is basically my day. All day working for better. I want to feel powerful, caring, able to provide, and most importantly, a high performer. Just because you saw the word relax in my routine doesn't mean I am lazy, it is just 10-20 mins of talking to mother, or basically checking on family. I want to have a bright future, and I want to work hard for it with all my ability. I want to be a successful man, I want to be one of the 09% of people that would succeed in 2024. No matter what you think of me, I am always working toward that goal, even with the worst decisions I've made, I was thinking it was going to help me to succeed. My goal for 2024 and for the next 6 months, to be 180% completely different guy physically, mentally, and financially. Love and the best for all of you.

