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AGOGE NEW IDENTITY TEMPLATE

The Ideal Version of Yourself 3-6 Months From Now

My Power Phrases (2-3)

- They can't match me.
 - I'm the best ever.
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My Core Values (2-3)

- Indefatigability
 - My health & my family health
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My Daily Non-Negotiables (2-3)

- Daily checklist (Power UP call, skill development & pushups)
- Sun for minimum 30 minutes while exercising

My Goals Achieved

My mentality is stronger and my discipline is way better, and also my health and physique are 100% improved. I don't consume any type of cheap dopamine (short content, donuts... etc), I only eat good food prepared by me at home.

- Now I only need to develop copywriting skills and acquire clients.

My Rewards Earned

-My rewards are that I'm healthy and I can work, I'm happy when I move my real life character to the next level.

My Appearance And How Others Perceive Him

-People see me as a smart geek with a nice body and like a really funny guy.

Some times they think I went crazy because all of my time is spent at PC and on calisthenics

My Day In The Life Stories.

-Before I sleep I plan out my next day and I perform my OODA LOOP to see how can I improve what I'm doing.

- Daily routine:

Drink 1 glass of lemon water then a cup of coffee, I eat and then I perform my first G work session.

I do my training and I take a bath, then I move into another G work session.

Then is just eating G work sessions and 1-1.3hours of talking with my friends.

-Plan out the next day and sleep.

When I go outside I like to stay with chicks and do a lot wheelies.

Repeat.

Don't have any pictures with me on pc.