

# AGOGE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

## Power Phrases (2-3)

- I am Ali and i will reach my goals
- If it's 1000 i am one of them if its one then i am the one and if they are zero then i died trying
- Everybody have it hard choose your hard
- It's hard to all of us so be friends with it or fear it

## Core Values (2-3)

- Bravery
- Nobel
- Stronge
- Capable
- Provider for my loved ones

## Daily Non-Negotiables (2-3)

- Daily checklist
- Training
- Helping others
- Praying

## Goals Achieved

- Made 2-3k
- Landed my second client

## Rewards Earned

- Money

- Providing for my family
- Strong mentally and physically
- The most hard worker in every room i get into

## Appearance And How Others Perceive Him

- I dress or try to dress like tristan tate smart and formal, and when comfortable would dress like top G, i like to be perceived as a man who you can count on to help you with no matter what and a man with the problem solving skills

## Day In The Life

- I walk up before my alarm at 6 am (just cause i love the morning silence) wash my face and step into the punching bag for an hour then hitting my push ups



- After that at like 8 am sitting at my desk with my coffee ready and ready to conquer my chick list and to do list,



- Then at 10 am I go to work (the company that I am partner with) and start conquering it too.



- Then when it reaches 5 pm go back home with bags filled with groceries for my family



- then i eat a warm meal filled with protein, after that i work while my stomach calms down



- At 7 pm hit the gym for one and a half hour then at 9 work till 11 pm



- Then at 11 pm spend one hour with my family laughing about our day and telling stories



- then at 12am getting in bed after doing my nightly routine

