

Click "File", then "Make A Copy" to create your own editable version of the document

# AGOGE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

## Power Phrases (2-3)

- I am Mohammad and I will never give up to desire
- I am Mohammad and I will always work towards my promise to grandpa
- I am Mohammad and my goal is to beat everyone in every metric

## Core Values (2-3)

- Indefatigable
- Perspicacious
- Religious
- Esteemed

## Daily Non-Negotiables (2-3)

- All Daily checklists
- Make myself and my parents proud and happy
- Religion

## Goals Achieved

- Master Copywriting and escaped the matrix
- Best shape of my life
- Rich and Retired my parents
- Improve quality of life for my family and indirect family

## Rewards Earned

- \$50000/month
- Family's pride
- Cut off my "friends"
- Earned freedom

## Appearance And How Others Perceive Him

- Others perceive him as a masculine and traditional man
- Others respect him and the work that he does
- Others know that he tells the truth and is trustworthy
- Others perceive him as the man you can look up to when people try to push you down
- Others see him as the man who rejects modernity, accepting pure stoicism

## 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..."  
ft chatGPT for the assistance

- Meet Mohammad, a man whose day unfolds with the precision of a well-tuned clock, guided by a discipline that permeates every aspect of his life. Rising with the first light, his room is an austere sanctuary, a reflection of a mind uncluttered by unnecessary distractions.
- The morning ritual is a silent ballet of purposeful movements. Each action, from the morning stretches to the carefully chosen attire, is a deliberate step in a choreography that sets the tone for the day ahead. There's an intentional rhythm to his routine, a dance of rituals seamlessly woven into the fabric of his existence.
- Mohammad's planner is his compass, navigating him through a landscape of tasks and objectives. The day is a canvas, and he, the artist, paints with the strokes of focused intent. Every hour is allocated with precision, a strategic deployment of time that ensures no moment is squandered.

- In the realm of knowledge, Mohammad is a silent seeker. His library, a trove of wisdom, beckons like a sacred temple. The pursuit of intellectual growth is not a loud proclamation but a quiet commitment reflected in the steady absorption of profound ideas from the pages he turns.
- Nourishment is not merely a biological need for Mohammad; it's a curated selection of sustenance designed to fuel his body and mind. His dietary choices are not impulsive; they are calculated moves on the chessboard of health, acknowledging the profound impact of nutrition on his overall well-being.
- Work is not a chaotic hustle for Mohammad; it's a strategic maneuvering of pieces on the board. Deadlines are not sources of stress but markers of progress. Each task is approached with a calculated precision, a testament to his commitment to delivering not just quantity but quality.
- Social interactions are purposeful engagements. Mohammad surrounds himself with those who share his values and aspirations. Conversations are not mere exchanges; they are opportunities for growth and connection. Every interaction is a carefully chosen brushstroke, contributing to the masterpiece of his network.
- As the day concludes, Mohammad retreats into reflection. His journal is a confidant, capturing the nuances of his experiences. He acknowledges his achievements with quiet satisfaction and confronts his shortcomings with a resilience that transforms setbacks into stepping stones.
- Nightfall signals preparation rather than relaxation for Mohammad. Attire is selected with an eye for detail, aligning with the image he cultivates. Sleep is not a passive surrender to fatigue; it's a strategic recharge, a vital component in his arsenal for optimal performance.
- In the symphony of Mohammad's life, discipline is the conductor, orchestrating each note with an innate precision. His commitment to self-mastery is not a loud declaration but a silent vow to become the best version of himself. In this journey, discipline is not a burden; it's the melody that accompanies him through the cadence of life.

