

AGOGE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

Power Phrases (2-3)

- I am AJ Davey and I look forward to the difficult tasks in life
- I am AJ Davey and everyday I become a better than I was yesterday
- I am AJ Davey and I challenge myself to be comfortable in uncomfortable positions

Core Values (2-3)

- Jesus
- Perspicacity
- Indefatigability

Daily Non-Negotiables (For Monk Mode)

- 10-20 minutes of meditation
- Read over the identity template in the morning and before bed.
- Complete my 3 action goals for the day written the night before.
- No caffeine or shit food
- Pray everyday
- 10 outreaches per day
- 60 mins screentime max, other the reading, and listening to yt videos at the gym and in car

Goals Achieved

- First client landed and contract signed
- \$5000 from online resources
- Portfolio up to \$3500

Rewards Earned

- I know that my Monk Mode ability is there for me whenever I need it
- I know that I can do what I say I'm going to do
- I can trust my word
- Ability to do whatever it is I truly want if I just set my mind to it and take action

Appearance And How Others Perceive Him

- I will appear to have a calmness of energy and never let my emotions get the best of me
- I will look and act in a more logical way than other people
- I will look fulfilled as I know I am able to do Monk Mode whenever I want

Day In The Life

I wake up from the sound of the alarm on my phone. Rolling off to press stop a smile fills my face as I am blessed to wake up another day and have the ability to go full out Monk Mode. I read over my identity template and then immediately do 20 pushups. I then head upstairs to my office and drink lots of water. I get my yoga mat out and begin doing 10-20 minutes of meditation, after that it's work time.



As I get up from my yoga mat and put it away I look at my new environment I have set up, especially my new chair and get excited as this is the place where I get shit done. As I sit down in my new comfortable chair I begin to feel that energy that allows me to have the power to sit in this chair and not get up until I have completed what I set out to do. After that I will complete a full 1 hour 30 minute G work session. I finish the first task or tasks of my day which I wrote out the morning before.



After 1 out of 4 G work sessions is completed I go out in the morning for my 30-60 minute skating session. I get my heart pumping and work on my hockey skills with no distractions. I get the sunlight that fills my body up and provides me with all the energy I will need that day to take it by the throat and conquer it. After that I head back to my house, shower, and have my first meal of the day.



After I finish my meal and my shower I wait for my hair to dry and begin working on my second G-work session of the day. After another hour and a half of straight work I set off to go to the gym. At the gym I train harder than I have ever done before. I complete local muscular failure with every single set and progressing overload every set in each and every workout.



After my Gym session I return home and have my second and final meal of the day. I will have my meal prep out and will only eat 2 meals a day, eating a total of 3000 cals and 160g of protein everyday. I need to focus on not only my work but developing and strengthening my vessel in order to have a life filled with abundance. After My second and final meal of the day I head back to my office and begin my third G-work session of the day.



I take a 60 minute break afterward and begin using the rest of my screen time I have left on my Iphone. If there isn't any time left I take out my book and read two chapters.



After I finish my break I head back to my office and begin working on my final G-work session of the day. I make sure that all my action goals are completed that I created the night before and finish up on another work I need done. I use this time as a half and half G work session. I do simple work while I listen to a podcast to help me cool off and get ready for bed.



After my day is filled with 6 hours of work, 10-20 mins of meditation, 45 minutes at least of exercise, 3-10 outreaches (3 looms) and complete and utter conquest, I go downstairs to my room and begin to cool off. If one of the things listed above isn't completed then I have failed my Monk Mode day and you should be disappointed in yourself, if you did all congratulations, what you did yesterday you can do again today, what you did today you can do tomorrow, what you do tomorrow you can do the following day, remember that. After checking off all non-negotiables in my head I then read 4 chapters of the book I am on and then read out this piece of paper out loud remembering why I do what I do and who I am competing with. This is for my family and I want to escape the system's rules and get better than I was yesterday in order to level up and take care of my family. Another day of Monk Mode completed AJ, congratulations, KEEP PUSHING! My mindset and discipline grow stronger every day with all the difficulties I was able to overcome. Focus on the input and live in the moment, you can't control the future and can't change the past, so just focus on what you can control which is your present moment. After another successful Monk Mode day completed I take however long I feel necessary to have a chat with Jesus building my relationships with him each and every day. After that I fall asleep knowing that I will conquer just as hard, if not harder tomorrow.

