

AGOGE NEW IDENTITY

Ideal Version of Yourself 3-6 Months From Now

Power Phrases (2-3)

- I am Yassin Raffay and I say what I mean and I mean what I say.
- I am Yassin Raffay and I am a proud muslim.
- I am Yassin Raffay and I embrace challenges as opportunities for growth.



Core Values (2-3)

- Accountability
- Discipline
- Integrity

Daily Non-Negotiables (2-3)

- Daily checklist
- Pray 5 times a day
- Get workout session in

Goals Achieved

- He have completed the fours categories after category four on the copywriting Learning Center
- He have had 20 satisfied clients, while having a retainer that gives him 10% commission
- He have had increased his social media following increase by 40%
- He is making \$2-\$5k a month
- Attained a crossfit body type
- Knows who he will marry

Rewards Earned

- Has a new wardrobe with many formal outfits
- Has the newest android samsung phone
- Has a new slick windows laptop
- Pays for the whole family to go somewhere nice

Appearance And How Others Perceive Him

- He wears a lot of beige and blue colored dress pants with polo shirts.
- Wears a nice watch, silver color
- Always rocks a mid-fade haircut style
- Beard is 1 inch long and always trimmed and edged
- Others perceive him as well spoken and respectful
- Shows professionalism everywhere he goes
- Exceptional



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..."

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Hello there my name is Yassin Raffay, I am not just an ordinary 24 year old young adult. I am an individual that has actually made something out of himself, It was a rough journey. I might now finally see the fruits of my labor. Although this is only the beginning. I would like to thank God for making me such a persistent individual and voice in my head telling me not to stop. I would also like to thank my professor Andrew. . I am an early bird so waking up while everyone else is sleeping is not an issue for me. A typical day of mine would go like this.. I would wake up at 5:30 am let us say on a monday. First thing I would do is pray and thank god for everything he has provided for me. Then I would work for 2 hours in TRW. Start a workout session whatever it may be. That would include some cardio and body weight. By the time I finish it would be almost lunch time. After lunch I will probably pray then take a 25 minute nap. After the nap it is family time until the late evening. Before bed time I would like to work in TRW for at least an hour and read my notes right before bed while planning my next day schedule.