

AGOGE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

Power Phrases (2-3)

- I am Enzo Jensen, and I won't stop until I make it happen
- I am Enzo Jensen, and I will be my hero. I won't let myself down
- I am Enzo Jensen, and I will be a light for my loved ones

Core Values (2-3)

- Nobility. I don't go against my ethical code. Never let my ambitions overcome my honor
- Bravery. I don't succumb to fear. Bravery instead of cowardice
- Confidence. I smile in hard situations and win.

Daily Non-Negotiables (2-3)

- Train
- Keep outreaches constant (>= 15)
- Review my day at the end. Plan the next one
- Every morning set 10 minutes to light up my fire

Goals Achieved

- First \$1000 with my clients;
- Get more muscular. Be Proud of how my body looks
- Ultra Confidence in myself. After 3 months living with a new mentality and having achieved real life results I will prove to myself that I can do it.

Rewards Earned

- Celebrate by eating my favorite meal
- Do a short car trip to the beach

Appearance And How Others Perceive Him

- A confident and charismatic man, with a sarcastic humor mixed with boldness and true confidence. They can see that I am different from average solely from the confident way I walk and use my body language. When he steps in the room everyone notices. But besides this, whenever he talks to me he's so funny and random (in a good way) - it feels like he's 100% present in the conversation. A bit mysterious too, I can't tell how he does what he does.
- Appearance: Curly hair, loose casual clothes, deep eyes and attractive smile.

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..."

The alarm rings at 4:30 sharp. I know what I'm doing today - as I planned it yesterday. I know it will be hard - but I smile, because I know this means I'm on the right track. Get out of bed, brush my teeth, take my supplements and sit down to watch yesterday's power up call.

Once the call is done, I sit down on the corner of my room, put my hype playlist to play, and I start picturing and feeling how it feels to win after putting in the work. This makes the little embers in me start to burn stronger and soon enough my heart is burning again. I can feel that conqueror desire builds up and my mind starts to employ its full potential to crush all problems I'm facing. I get up and head to the gym. On my way there the cold morning breeze wakes me up even more and seeing no one on the way fills me with even more determination. With confidence overflowing through me, I compliment the ladies at the counter with a confident "Good morning" and a smirk. Once I'm inside the gym, I focus completely, doing every exercise until my muscles completely fail.

I head out, get home, and do 100 burpees as fast as I possibly can, everytime finding ways to push myself over the edge even more. Once done, I make breakfast and start working. Alternating cycles of G work sessions with short breaks. I can see how smarter I became and how powerful I am, being able to see creative solutions and stand out in my niche. This makes me smile.

As the morning ends, I eat lunch and discuss strategies with my roommate who has similar goals as myself. Afternoon I intercalate between doing college work and work for my business. At around 17:00 I have a sales call. But this time I'm not scared at all, in fact I can feel how confident in my abilities I am - the feeling is amazing. I finish the call and close my client. I'm overwhelmed with pride in myself and what I can accomplish. Every time I see that money in my account it reminds me of how close I am to true freedom. No more social anxiety, financial freedom, and most importantly: the ability to be a light for my loved ones. I feel light, proud and sore (from the burpees haha).