

AGOGGE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

Power Phrases (2-3)

- I am Zach Kuch and I do not quit
- I am Zach Kuch and I will be the best in my bloodline
- I am Zach Kuch and I will outwork you I may not be the most talented but I will work harder than you

Core Values (2-3)

- Bravery
- Discipline
- Adaptable

Daily Non-Negotiables (2-3)

- Daily checklist
- Reflect on my day/ Plan out next day (every night)
- Give out 1 Compliment to a stranger a day

Goals Achieved

- Has at least 3k in bank account
- Has 1 client and made 1k from them
- Can run a sub 40 Minute 10k
- Can bike 50 miles with ease

Rewards Earned

- A Fancy Dinner
- A New laptop

Appearance And How Others Perceive Him

- Strong
- Confident but not cocky
- A man of my word
- Hardworking (almost to the point they see me as crazy)
- Unbreakable/ unphasable
- Genuine
- Organized
- Relentless

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..."

At the crack of dawn, as the world slumbers in silence, I rise, a warrior preparing for the battles ahead. Every move I make echoes with a resonant power, a testament to the force within me. 0500, the world is still wrapped in quietude as I unfurl my laptop, embarking on a day of conquest with a singular mission - to vanquish the demons and hardships of the day.

By 0630, I had already triumphed over my daily checklist provided by professor Andrew, I am now prepared for the training that awaits. With the precision of a seasoned warrior, I forge a breakfast of champions – two eggs and toast, a feast to fuel the impending warfare. 0700, the battlefield shifts to my training ground, where I unleash a cardio onslaught. A stretch preludes my assault, whether on the bike or pounding the pavement, I dominate the morning air.

By 0830, the first battle is won, and I replenish my strength with the sustenance of a banana, oatmeal, or yogurt. Then, I dive into a learning session, immersing myself in the arts of copywriting or the intricacies of social media and client acquisition. At 1000, the scene transforms as I relocate to a coffee shop, Panera Bread, or a library. Here, a G work session commences, a focused effort to conquer challenges and seize opportunities.

Noontide heralds a brief respite – a walk or a drive, followed by a nourishing meal to fortify me for the impending skirmish. Before the clock strikes 1300, I'm back at my chosen battleground,

launching into another G work session, my mind a relentless weapon against the forces that oppose me.

The clock ticks to 1500, and the battlefield shifts once more. This time, I proceed to the gym, where I engage in a lifting session that echoes with the clanging of weights, a display of raw, unbridled power. Post-victory, I return to my sanctuary for another learning session, honing my skills for future conquests.

As the sun begins its descent, at 1700, I eat with my family, engaging in strategic battles on the board or through cards. The camaraderie fuels my spirit, a brief respite before the final preparations for the next day's onslaught.

Come 1900, the war drums sound again, and I meticulously organize and clean – my car, my weaponry, and the tools of my trade. Simple chores become rituals of preparation, a testament to the discipline of a warrior.

By 2100, the battlefield shifts to the realm of dreams. With a heart steeled in resolve, I prepare for sleep. Before succumbing to the embrace of the night, I kneel in prayer, draw strength from the scriptures, and lay out the blueprints for tomorrow's campaign. At 2200, I had finally laid down my arms, drifting into the realm of dreams, recharging for another day of relentless conquests.