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AGOGEE NEW IDENTITY OF SELF

Ideal Version of Yourself 3-6 Months From Now

Power Phrases (2-3)

- I am Alexandro Dornea and I love pain, I seek pain and I never avoid pain. I feel powerful and brave.
- I am Alexandro Dornea and I find self transcendence extremely easy. This allows me to reprogram my mind however and whenever I want. I'm grateful and confident.
- I am Alexandro Dornea, I can focus so sharply I can see through walls, I can really focus for a very long time and make exceptional results faster.

Core Values (2-3)

- Bravery / Fearless - I fear nothing in life, business and sales.
- Pain seeking - I actively seek pain and move towards the pain and I'm not afraid of the truth.
- Consistency - I am consistent and will not forget to do what needs to be done.
- Discipline - I don't fucking care how I feel. I act regardless

Daily Non-Negotiables (2-3)

- Daily checklist
- Reading and feeling new identity
- Wake up at 5
- Seek Pain, Feel alive

Goals Achieved

- €15k/month with local bizzes
- 30+% Sales Conversion Rate
- Changed mind and myself completely

Rewards Earned

- 1 Month Muay Thai Hell Training Camp in Thailand
- Family proud of me

Appearance And How Others Perceive Him

- Alexandro Dornea is seen as a brilliant entrepreneur that no one can understand his personality. He easily seduces the most beautiful and intelligent women. He can sell anything to anyone. He is muscular, tanned and really good-looking. Very highly capable man and always aware of his thoughts and emotions.

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..."

- He wakes up at 5 smiling and embracing the difficulty of waking up. Says "Good morning laziness, fuck off". Starts his 100 pushups as always. His body always asks him to stop so Alexandro finds a way to do more pushups every time his body does that. Obviously he ended up doing 50 pushups more. Immediately in the shower he starts thinking which "kickboxing" moves are better to face all the difficulty he's gonna go through the day...Of course he ends up knocking off every challenge. After the shower, quick coffee and some water as a habit and now its time to read and feel the new self he must be and what pieces of his current self he is killing. Then straight to work, full focused, serious. He finds himself focusing just 80% so he decides to break another 100 burpees personal record and after that, again to work. Now he's unstoppable. He genuinely knows he is facing pain but he smiles at it and loves it so he keeps it up. He fasted for about 16 hours as he always does, now its time to eat some high quality meats and relax his mind a couple of minutes before returning back to track. another coffee (double) and back to work. Alexandro Dornea is always conscious of the fact that he's working on his best quality and more. Is 5pm and he wants to face more pain so he goes to his kickboxing gym for about 3 hours where I fight like hell. He is the best but is constantly changing himself into a new better one. There is no limit. He returns back from the usual hell training. Some meat and salad and back to work. His mind is becoming tired so to ensure he can keep pushing hard he goes to sleep at

11pm. He is good with 6 hours of sleep as his mind is so tired that fall asleep immediately and finds a way to recover faster because the mind knows he has to wake up and repeating the process again and again.