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AGOGE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

Power Phrases (2-3)

- I am Anne and I am a catalyst of success.
- I am Anne and I am a visionary leader, embracing challenges.

Core Values (2-3)

- Tough.
- Disciplined.
- Wits.

Daily Non-Negotiables (2-3)

- Daily checklist.
- Burpees.
- Harnessing my skills.

Goals Achieved

- \$2000/m.
- Move to my dream city.

Rewards Earned

- Book a trip with my family
- Treat my family to an expensive dinner.

Appearance And How Others Perceive Her

- (Third person)

She exudes an aura of unwavering competence, embodying resilience and determination in the face of challenges. With an air of poise and purpose, she effortlessly commands respect and admiration from those around her. Her structured life and unwavering confidence make her a natural beacon of guidance, sought after by many for solutions to life's complexities.

Day In The Life

Make it as vivid as possible. What does she FEEL like as she goes through each part of her day? Add images in the vision board style. Use the first person and present tense, i.e. "I walk through the streets..."

- As she awakens to the soft rays of the morning sun filtering through her curtains, a sense of anticipation fills her being. With a swift check of her phone, her heart leaps at the notification of a \$2000 payment received—a promising start to the day ahead. Energized by the prospect of what lies ahead, she slips into her workout attire, feeling the cool fabric against her skin as she prepares to tackle her gym session. Each step she takes is purposeful, her determination evident in the firm grip of her gym bag. Arriving at the gym, the familiar scent of sweat and determination greets her, invigorating her senses. With each rep and every drop of sweat, she feels herself growing stronger, more capable of conquering whatever challenges the day may bring. After an exhilarating workout, she retreats to her serene balcony overlooking the tranquil expanse of the beach. As she savours her morning coffee, the rich aroma mingling with the salty sea breeze, she feels a profound sense of peace wash over her. With the sun casting a golden hue across the sky, she takes a moment to reflect on her goals, visualizing the path ahead with unwavering clarity. With determination etched into her features, she knows that today, like every day, she is poised to conquer whatever obstacles may come her way.



Purposeful drive.

The reality that awaits me just on the other side of the hard work gets me hyped and the life that I can live if I give it my all.

Seeing my loved ones taken care of in times of adversity is unlimited motivation.

Moving forward I am going to get every major goal judged by the agoge program filter.