

AGOGE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

Power Phrases (2-3)

- I am Martin Pöder and I won't stop moving forward anymore
- I am Martin Pöder and I am not a loser, thus i will WIN
- I am Martin Pöder and I will conquer each day

Core Values (2-3)

- Bravery
- Confidence
- intelligence

Daily Non-Negotiables (2-3)

- Daily checklist
- Eating healthy
- Sleep at least 6 hours
- Not waste over a hour on video games/social media

Goals Achieved

- A Great body ye, kinda
- Threw over 63 meters in javelin throw no
- Mentality fixed no
- At least 4k a month no

If i get a good testimonial then i will gain reliability for a client. not yet done

If I do outreach then I will gain clients. yes but bad with no starter client

If i work hard on given tasks then I can do this task. yes but not really

I assume I have to work at least 3 hours a day on copywriting. Yup more

I assume I have to sacrifice some of my school time. Fuck school

I assume it's a reasonable task. No its crazy

Rewards Earned

- His own masculinity. Not satisfied
- Respect of close ones. Not yet
- Ability to work hard and push oneself. No but this skill is very acquirable

Appearance And How Others Perceive Him

- A hard working KING
- Attractive
- Have a better hairline or go bald

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..."

- Boring school days sitting and thinking of work he has to do



- Working hard at free hours feeling like his life is on the edge of changing and pushing forward



Eats healthy to have right supplements for my brain



Trains hard with his toughness and wits

