

AGOGE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

Power Phrases (2-3)

- I am a man and I get things done.
- How I do something is how I do everything
- "I wanna be rich cause I wanna be giving"

Core Values (2-3)

- **Nobility** (*"There is nothing noble in being superior to your fellow man, true nobility is found in being superior to your former self"*)
- **Discipline** (*"My strength does not come from my body, but both are honed by discipline"*)
- **Pride** (*"Why be normal when you can be the best? I don't want to be normal, I want to make a difference, because when I make a difference I know I am the best. It's not arrogance, it's confidence"*)

Daily Non-Negotiables (2-3)

- Daily checklist
- 100 Burpees
- Eat only after Training

Goals Achieved

- I signed two clients and 5x my income
- I got 4-pack abs, and almost have the 6th
- I finally got the brutal resilience and confidence to solve any problem I face.
- I stopped my mother from worrying and suffering in silence because her son seemed to have no future. Now she is proud and happy again.

Rewards Earned

- I finally finished reading "The 48 Laws of Power", "The Art of War", and "Meditations".
- I invited my mother to dinner in one of the best restaurants in the area to show her my results.
- I get to eat high-quality food because money is no longer the issue.

- I booked a ticket in first class at the last moment to go see my dad (he's in another country).
- I now can say "NO" in many more situations.

Appearance And How Others Perceive Him

- I dress smart-casual: jeans and a shirt usually. No more hoodies or sweatpants outside the gym. Nice pairs of watches, a clean haircut. Wide back and shoulders, lean abs. Nice new shoes.
- Other men see and treat me with respect because of the physique I've built and the essence I emit. Those who questioned me and my capabilities are now acting all friendly. While those who are still in their beds playing video games are not allowed near me. I now have better connections from TRW, relationships between conquerors who push each other to new heights.
- Women get a little nervous when I talk to them, at least those who don't know me from before. And those who do, especially those with whom I interacted more intimately before are screaming inside because they know it is too late now, and that door is closed.

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..."
I'll be in Marbella at a High-intensity Sports Campus/retreat a former coach of mine organizes. (I know it is not exactly A Normal Day-In-The-Life, but I've been envisioning this scenario for some time now. Even before the Agoge program started. So it felt dumb just not to describe it.)



The time we set to meet at the gym with Robert (my former coach) and Montes (the PT of the Campus) is at 6:00 a.m, so I wake up at 4 a.m to get my daily 100 burpees done and the non-negotiable G-session of the day.

Then, we three alone at the gym grind together, as men should. We go back to our rooms to take a quick shower and go to have breakfast with the rest of the staff and students of the campus.

I eat eggs, meat, 2 pieces of fruit and



prepare my protein shake to get all the fuel I need for the day. Nothing more, nothing less.

After breakfast, I go back to my room to check out my emails from clients and maybe read a little bit before the actual first training session of the schedule of the campus (*the one before was an extra for the 3 of us*).

It's 10 a.m: gym session with everyone. Easy, very light, just to prevent injuries.

We go to prepare ourselves for the second training session, now finally on the pitch (*it's a campus for Goalkeepers*).

11:30, we jump on the bus and go to the pitch. Meanwhile, I'm working from my phone instead of talking about stupid things as the others do. Preparing some new ads for the season comeback after the summer for 1 client.

Lace up the boots and off to the training. It is hard, been a long time since I was pushed this hard, the coaches are from professional clubs as last year. I know some of them, and that's the more reason they are so mean to me during the training. Boy, I missed this feeling. It's one thing to push yourself, but to have someone to push you its 10x better. I take notes, analyse my performance and improve each time.

End of the training, go back to the hotel for lunch. But I know that, even though I'm starving, if I eat properly my senses will get numb and I won't be able to work afterwards. So i only eat some fruits and yogurt to replenish electrolytes and glucose and off I go.

It's around 3 p.m and I'm going to sit at the bar next to the hotels pool, order a nice iced coffee and get another G session done. I get the work done, send it to my client and, as a reward I take a quick bath in the pool before returning to the room.

Now (6.00 p.m.) as good as it would be to keep conquering and advance with some other project for another client. We have to go to some tourism. And I must go because I'm one of the seniors and there are also little kids. To help the staff and project some positive example from the little ones. Whatever, same procedure as with the training session: work on the way there, take care of the kids, get some random girl's number I came across and work on the way back. EFFICENCY.

9:30 p.m. Time for the great valhalla feast. Now it's the time for me to replenish all the energy I used throughout the day. Meat, veggies and some carbs (*potatos or rice*). No sugar, no alcohol, no cheap low-quality foods. Just meat and veggies.

I end up the day doing my stretching routine while listening to the PUC or an Emergency Meeting and I go to sleep with pride and honor rushing through my veins, ready to conquer the next day.