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AGOGE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

Power Phrases (2-3)

- I am Cezar Tanasa and I do the work even when I don't feel like it.
- I push myself to my limits
- I am closer to Christ more than I've ever been.

Core Values (2-3)

- Bravery
- Indefatigability
- Consistent

Daily Non-Negotiables (2-3)

- Daily checklist
- 100 burpees a day

Goals Achieved

- I've currently made \$2000 from my copywriting work
- My discipline and work ethic are stronger than ever
- I look more muscular in my clothes

Rewards Earned

- I've currently made \$2000 from my copywriting work
- My physique is stronger and looks better
- Confidence
- Better quality clothing

Appearance And How Others Perceive Him

- I'm perceived by the people around me as a guy who no longer gives into bullshit dopamine distractions, like video games, mindless scrolling on social media, or being interested in partying, but rather leans towards and invests my time into fitness and physical challenges, which make my character stronger, and financial challenges, pushing me towards making more money and being financially independent.

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..."

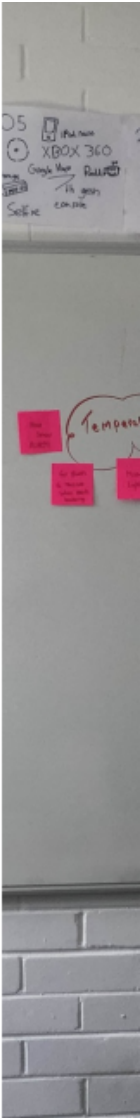
- My eyes open wide in the morning and the urge and energy to start my day and conquer hit me with the speed of light.

- After splashing cold water on my face, I race downstairs to make myself 2 coffees that will keep my blood pumping and my brain firing, just like a Ferrari SF90 racing down the highway.
- After the power-up call, I start my daily non-negotiables to get the blood flowing using the burpees and the daily checklist to improve my copywriting skills and land more clients
- After a few hours I head to the gym and as I sit on the benches in between my sets, I get a surge of confidence knowing that I work harder than most people here but quickly goes away when I realize other people on the same planet who do work harder than me, which motivates me to take immediate action and do more work.
- When I get home and get into the shower, I let the cold water cool down my body resulting in goosebumps when I get out, but they don't faze me so I head downstairs to make myself a protein and nutrient-rich meal, which I take as a reward for all the hard work done already.
- I get back to my desk and immediately take action on the work that I have to do for my current clients and get more insight into how to improve my copywriting skills.
- It's around 10 o'clock and it's dark. I turn off my computer and get ready to say my nightly prayers that allow me to get closer to Christ and improve as a person.

HOW TO CREATE YOUR NEW IDENTITY

Brainstorm

- Pick you in 3-6 months time
- Day in the life
- Key habits
- What does he have that you don't?
- What has he accomplished?
- What character traits does he have? What does this look like in his life specifically?
- How do other men perceive him? Why?
- How do women perceive him? Why?
- What are his non-negotiables that got him there?
- What traps did he avoid and how?
- Day in the life as detailed as possible, get images, make a movie in your brain. Use AI to help if needed
- What are his key phrases? Ex: "I am Andrew Bass and I always do what it takes to win"



CRYSTALIZE INTO A DOCUMENT

1 Power Phrases

"I'm Andrew Bass and I..."

2 Core Values

3 Daily Non-Negotiables

4 Goals achieved

5 Rewards Earned

6 Appearance And Perceived

7 Day In The Life

How he FEELS as he goes through each part of his day.

Vision board images





HOW TO USE YOUR NEW IDENTITY

- Read in the morning each day. See it feel it.
- Read it at night right before bed each night. See it feel it.
- Close your eyes and BE him, step into that version of reality, what would he do right now? Do that thing.