

AGOGÉ NEW IDENTITY

The Ideal Version of Yourself 3-6 Months From Now

My Power Phrases (2-3)

- I face my fears with strength and confidence.
 - I strive for competence in every realm.
-

My Core Values (2-3)

- Competence.
 - Courage
 - Obsession
-

My Daily Non-Negotiables (2-3)

- Read the identity document
- Perform at least 1 client deep work session.
- At least 10 mins of long term skill development
- Train
- Achieve macro nutrient goals.

My Goals Achieved

- Income: I've become extremely competent at what I do so my client is happy to give me a revenue 20% share. I have other clients interested in working with me.
- I weight 80 kg and have gained a lot of muscle mass.

My Appearance And How Others Perceive Him

1. The Client Turned Confidant

As my client leans back in his office chair, he can't help but marvel at the young man who's become not just a trusted consultant, but a key factor in his company's recent success. "He's really stepped up his game," Jonathan thinks, reviewing the latest revenue metrics that have spiked since he began implementing strategies suggested by him. "His ideas are fresh, his commitment palpable, and his results... phenomenal." The decision to offer him a revenue share now seems not just prudent, but prophetic. Jonathan feels a blend of pride and relief; he's bet on the right horse, and it's paying off handsomely.

2. A Gym Regular's Perspective: Noticing the Newcomer

At the local gym, a regular who's seen countless faces come and go notices him right away. It's hard not to. He's the guy who's always pushing his limits, muscles straining, a determined look etched across his face. "He's packed on a lot of muscle fast," the regular thinks, watching him complete another grueling set. There's respect there; it takes serious dedication to reshape one's body like that. "Must be new around here, but at this rate, he's setting a new standard." The regular, along with others, feels a mix of admiration and a renewed spark of competition.

3. An Online Friend's Reflection: The Charismatic Leader

One of his online friends, who shares his passion for self-improvement, sits back from their latest video call, impressed and inspired. "He's really different lately," the friend muses. "More confident, more articulate. And that advice he gave me—solid gold." There's a warmth in recalling their conversation, a mixture of pride and a bit of awe. It's not just his physical transformation that's noticeable; his charisma seems magnified, making their interactions more

engaging. The friend feels lucky to have him in their circle, someone who is both a mirror of their ambitions and a window to what's possible.

4. A Casual Acquaintance's Surprise: The Social Butterfly

At a recent social gathering, a casual acquaintance who hadn't seen him in months almost didn't recognize him at first. "Wasn't that the quiet guy from before?" they wonder, watching him navigate the room with an easy charm and a genuine smile. Conversations seem to gravitate towards him naturally. "He looks... great, speaks well, and seems genuinely interested in people." The acquaintance is taken aback by his transformation, from someone who once shied away from simple social situations to this vibrant, engaging presence. It's intriguing, even inspiring to witness such a change.

5. A Family Member's Pride and Hope: The Supportive Son

His mother sits at her kitchen table, sifting through old photographs and then looking at recent ones of her son. The difference is night and day—not just in his appearance but in his demeanor. "He's not just taking care of himself, he's taking care of us," she thinks gratefully, remembering how he recently helped her with some financial burdens without a second thought. His promises of a better life aren't just words; they're backed by actions. As she touches the photograph, her heart fills with pride and a deep sense of security, knowing her son is not just dreaming big, but living those dreams.

My Day In The Life Stories.

Morning: Rising with Purpose

My alarm buzzes at 5:30 AM, the sound a clarion call to seize the day. I'm out of bed in an instant, motivated by the vivid goals outlined in my identity document. The blinds fly open, bathing the room in morning light, a daily reminder of the clarity I seek. I perform my morning rituals—hydration, supplements, a quick brush of my teeth—with the precision of someone who knows every second counts.

As I review my identity document, I'm not just reading words; I'm imbibing the essence of the person I'm destined to become. It's not merely a routine; it's a transformation ritual. My breakfast

is quick, nutritious, perfectly measured to meet my macronutrient goals. I'm fueling the machine that is my body, mindful of every calorie.

Midday: Deep Work and Client Engagements

My workspace is an extension of my mind—organized, efficient, primed for productivity. The deep work session with a top client begins, and I'm a maestro, conducting strategic masterpieces that will grow their business exponentially. The client's excitement is palpable, their gratitude evident. They're not just buying my services; they're investing in their future.

Lunch is brisk—a 30-minute window where I refuel and regroup. Then, it's back to the grind. My afternoon is a blend of client consultations and strategic planning. My ideas flow effortlessly, my mind sharp, always three steps ahead.

Afternoon: Physical and Mental Training

5:00 PM marks the transition to physical training. I push my limits at the gym, each rep a step away from my old self, each set a declaration of my commitment to growth. The pain is intense, but it's the pain of transformation.

Post-workout, my dinner is another exercise in discipline. I listen to a podcast, absorbing wisdom as I nourish my body. Evening descends, and it's time for skill development. Whether it's refining my design skills or enhancing my business acumen, I am relentless.

Evening: Reflection and Preparation

The night is for reflection. I review my accomplishments and setbacks with a critical eye. Pride swells over my achievements; constructive criticism paves the way for tomorrow's improvements. The losses sting, but they are merely lessons in disguise, each one guiding me closer to the man I aspire to be.

Before bed, I revisit my identity document. It's not just a reflection of who I am—it's a beacon for who I will become. As I drift off to sleep, my mind is already racing towards tomorrow, eager to conquer, to achieve, to transform.

Conclusion: The Best Version of Myself

Every day is a step towards that dream state. I'm not just living; I'm thriving, propelled by a vision of wealth, aesthetics, and meaningful relationships. I'm crafting a life of influence and inspiration, not just for myself, but for everyone around me—from my family to my future encounters in Peru. Each day, I am closer to being the best version of myself, the version that wins, that inspires, that transcends.