

Identify some of your most powerful, driving purposes

1. Be the one that not only saved my family from eternal slavery, but also my future bloodline.
2. Make my ancestors proud.
3. Worthy of other people's trust, especially loved ones.
4. Hero for my future children.
5. When my future bloodline will look back at the history of our family and they will see my name, they will feel pride not shame, because I saved them, I used the opportunity.

Revise and enhance your identity document to make it as compelling and vivid as possible.

 Daniel AGOGE NEW IDENTITY TEMPLATE

Make a personalized plan for how you will review and synthesize these resources moving forward

- On Sunday, besides doing an OODA Loop, I will also come back to the Agoge program and values that I created inside.
- Whenever I will face the unknown or other problem in my life I'll always come back to resources given and lessons learned.
- Whenever I will face difficulty during the workout I will take a couple seconds to come back to this journey and hardship I had to overcome during deep walking lunges, quickly remember all of the sweat and killed bitch voice that wanted me to rest.
- Always adjust the plan.

Prepare for challenges

- Always over deliver and escape the comfort zone as much as possible.