

AGOGE NEW IDENTITY TEMPLATE

The Ideal Version of Yourself 3-6 Months From Now

My Power Phrases (2-3)

"If they can do it, so can I."

"I will do it," period.

My Core Values (2-3)

Honesty

Loyalty

My Daily Non-Negotiables (2-3)

Wake up at 9 AM

Complete the checklist

Workout

My Goals Achieved

I acquired my first small paying client.

After working hard every day for 6+ months at TRW, I got my first paying client. It's only \$50, but at least I earned something, and of course, I am still reaching out to get bigger clients.

I have become a better and stronger person.

I started going to the gym 11 months ago, 6 days a week, and I became stronger, better looking, and mentally stronger.

I haven't been to the gym for the last 2 months because of a strong injury in both my knees, but I will be back soon, in 2 weeks, maybe a month.

My Rewards Earned

Nothing. I didn't make much money, and I don't have a monthly paying client, so I don't think I deserve anything yet.

My Appearance And How Others Perceive Me

A good-looking, muscular man who makes \$5000+ per month, a serious yet funny friend to be around.

A man who wears good clothes and good perfume every day, and someone who is well respected by everyone who knows him.

My Day In the Life Stories

I wake up at 9:00 AM, ready for work. I make my shake to save time and eat breakfast at the same time.

I drink my shake while working, and after I finish the shake, I take my vitamins every day.

I keep working until lunchtime, eat lunch, and go back to work for an hour and a half, then I get ready, pack my things, and go to the gym.

After working out, I finish, take a shower, and head back home.

I go back to working again and keep working until 10:45 PM, and then I do whatever I want in the last 45 minutes of the day and go back to sleep.