

AGOGE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

Power Phrases (2-3)

- I am Yuchan SEONG and I will be the savior of my bloodline.
- I am Yuchan SEONG and I am the most masculine man.

Core Values (2-3)

- Discipline.
- Love.

Daily Non-Negotiables (2-3)

- Daily checklist
- No alcohol
- No porn / masturbation

Goals Achieved

- Finally reached 89 kg after 4 months of hardcore bulk.
- Never fall off the wagon and put in the work day after day.

Rewards Earned

- A nice cigar
- A good time with my friends

Appearance And How Others Perceive Him

- Other men would somehow be jealous of my strong and confident aura, but also respect it, because they have never seen a G like me.
- Females would absolutely love my confidence, and the fact that I am a REAL man in this world of weak men.

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 will go to school knowing that I am the most hard working person here, saying to myself I am too good for these matrix minded people.

When I do a G work session, I am constantly in the zone and really loving the struggle knowing that only the hard things will get me to my dream life.

I go to the gym knowing that I am going to kill myself, really destroy each muscle fiber that I have and enjoying it like a psychopath.

Feeling the testosterone rushing through my veins and feeling like a KING.

When I go to clubs, every woman wants to talk to me, because of how interesting, strong , and charismatic I am. They sense my confidence oozing through each part of my body.