

AGOGUE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 6 Months From Now

Power Phrases (2-3)

- I am Josh Ramsie and I can still win even against all the odds
- I am Josh Ramsie and I can do whatever it takes to beat the competition
- I am Josh Ramsie and I do not give power to things that make me weak
- I am Josh Ramsie and people that I grew up with are proud that they grew up with me
- I am Josh Ramsie and I make sure my family is proud of me
- I am Josh Ramsie and I travel all around the world while staying productive
- I am Josh Ramsie and I stay focused on what needs to be done

Core Values (2-3)

- Consistent and Disciplined
- Man of my word (no matter what)
- Steps into the unknown without hesitation
- I attack my challenge on a daily basis
- I make sure everyday I am better than the last
- I do not waste time
- I plan everything
- I am super organized
- All the work that I do is to benefit my audience
- I work every single minute I am awake
- I use everything I learned for the agoge challenge

Daily Non-Negotiables

- Operate Daily on a checklist and does not stop until it is completed
- Daily mental power checklist
- Copywriting checklist
- My daily push
- Get up at 7am
- Gym

Goals Achieved

- 5000/month from Copywriting
- 80kg bench press and 70kg bodyweight
- Have complete emotional control
- Captain in the copywriting Campus
- I am ready to move to Spain
- I have a nice place in UK as my base
- I have a dog

Rewards Earned

- Earning as much as I was before I left my 9-5 9(1700/month)
- Done some decent traveling while also working
- Upgraded my car - BMW 2 series (sky blue)
- Written my first successful piece of long form copy and running successful landing pages and email sequences

Appearance And How Others Perceive Him

- Strong
- Masculine
- Truthful
- Rainmaker
- Helpful
- Kind
- Attractive
- Successful
- Disciplined
- Dedicated

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..."

Every morning I wake up at 6am, I get into my jeans and shirt then I grab a coffee and check the real world. At 6:15 I walk with my dog for an hour analyzing problems or listen to the morning power up call. This is my perspicacity walk. I get back home at 7:15 and jump in the shower. This is where I reflect on my daily activities, I feel the excitement for the day in my belly. At 7:30 I get some breakfast and get to work. I work in 90 minute sessions taking a 5-10 minute break after every hour to increase productivity. Throughout the morning I focus on keeping my clients happy and getting my non-negotiables done. As the morning progresses I continue to eat regularly to make sure that I get my calories in. I make sure that every morning is super powerful and productive. When it gets to 10 am I go to the gym, my gym is the Padel tennis gym in marbella. I do fight classes and weight training throughout the week (only once morning non negotiables are done) I get back home and get straight back to work.

As mid-day approaches I have had a powerful morning, the sun is now at full strength so I get my girl and take her out for lunch. We get in my sky blue BMW and go down to the beach for lunch, the sun is shining. We have a good time as I know it's important to keep your relationships strong when working the hours I work. My afternoons are more based on outreach, client work or meetings. I do 2 g work sessions and before I know it, it's dark, and I take my dog for his second walk as the sunsets. We normally go along the beach as it has a great view and he loves swimming in the sea.

The night approaches quickly, my girl cooks dinner most nights while I am working. The nights are very focused on preparing myself for the next day. I adjust my conquest planner, my ideal self and my tasks for the next day accordingly. I also finish off any work needed to be done and make sure my checklist is complete. We sit down for dinner around 8:30 pm. We eat and then I do my last hour of work before it is time for bed. This hour is the hour I stay up to date in TRW and catch up on any lessons/challenges I need to complete. At 10pm I go and do yoga before bed to relax myself and calm down my brain. I do this every night. Then its sleep time ready to attack the next day aiming to be better than the last.

