

AGOGE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

Power Phrases (2-3)

- I am Ali Moncherry, and I am an elite human
- I am Ali Moncherry, the great leader. I set the example.
- I am Ali Moncherry, and I am a true risk taker

Core Values (2-3)

- Bravery
- Dependability
- Action taker

Daily Non-Negotiables (2-3)

- Daily checklist, breaking PRs weekly.
- Spending time with my fiancée.
- OODA Loop Sundays to analyze myself

Goals Achieved

- Moved out and started on our real journey
- Earning 5K-10K per month
- Killing my biggest debt to name

Rewards Earned

- New household items I've never gotten (couch, coffee machine, etc)
- Ideal car with extreme driving lessons (Toyota or ford truck)

Appearance And How Others Perceive Him

- A man of

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..."

AGOGÉ NEW IDENTITY TEMPLATE

Power Phrases (2-3)

- I am Ali Moncherry, and I am the master of improvement.
- I am Ali Moncherry, and I am NOT a quitter.
- I am Ali Moncherry, and I am the master of the unknown

Core Values (2-3)

- Honorable
- Brave
- Dependable

Daily Non-Negotiables (2-3)

- Daily checklist
- Enough sleep: 9PM since im 7-4
- Trying my best everyday

Goals Achieved

- Getting my client a profit boost increasing the revenue from about 5K to 20k per month
- Quit working my matrix job so i can dedicate all my time to copy
- At least 5K a Month aiming for 10K but I want my value to be phenomenal on a base level, so I can deeply understand where and how I can improve; beginning my true obsession with the game of copywriting

Rewards Earned

- Im finally in my own place, where i am able to build my schedule to something that works for me
- Finally getting into Boxing or Kickboxing
- After all the days of me walking to my job, I have finally reached a financial point and earned the right to have a vehicle again.

Appearance And How Others Perceive Him

- Known as the kid who always hated school and regular jobs but never had a solid reason why, to a man who has broken the system and escaped using The Real World; Proving my known statement of "if I wanted to I can be the best student." I stand as a great role model and leader for those in my life, becoming the rock for those that I love. I look, talk and stride with strength as I have put myself through hardships time and time again to gain the ability to walk through the flames of life. My energy doesn't go unnoticed when I enter a room. I am seen as someone who is beyond insane/sane matched with a handsome built body and my already handsome face. I am known as mister ATM the man who pulls money from the sky, with them most beautiful women by my side I am a walking hunk of pride.

Day In The Life

It's dark, and I've got little consciousness. I hear my alarm and my lower self starts to speak; "This bed is comfortable, we should take 10 more minutes, it's so warm all day; just turn the alarm off" it clicks as I respond with, "it's time for war." I open my eyes with no more hesitation, I've been comfortable in this bed for long enough. Turning on a light source, I feel my eyes adjusting as I seek my clothing looking forward to the vigorous training ahead. I throw them on my back as I make my way to my sacred area reviewing my day and reflecting on who I want to be. As I step foot into my work out area, I feel the fear of what's to come, as I am determined to break my body, mind and soul once again. I push past it and get to work, suffering for only the first time of the day. Once it's over I take my daily breather feeling proud of the session. I then rest my mind with a quick breathing meditation, pulling my mind body and soul back to alignment feeling and forcing my body to repair itself. Once my first challenge is over I hop in the shower and enjoy the hot water on my back while thinking about copy, ready to dedicate 8 hours to my craft of persuasive writing and problem solving. I hop out, get ready and make my coffee; the familiar smell is nostalgic and reminds me of the hard times of my past. Heading to my work station, I hear the birds chirping and see the sun rising; beautiful, the day has started. Time to destroy my record of yesterday, I review my task set from the night before and start diving in. I hit some push ups, did a walk after creating some copy, ate my lunch and watched the morning power up and tried my absolute hardest during the work session. I come close to beating my last record at the 8 hour mark, but I couldn't accept it. The feeling of failure overpowers me and I push past just to get my hit of dopamine. Achieving my goal around the 9th hour mark, I took the moment to be proud of myself and got up and ready for my 2nd training of the day, Boxing. I got some serious training in hitting the bags, skipping and doing a quick spar with my boxing buddy. The smell of sweat was soon forgotten but I was quickly reminded of my hard work from the taste of it. I grab my towel and dry my face, taking that moment to once again be proud of myself as I learned something new in my second intense training. I was sore everywhere, from my traps down to my calves, "I've never felt better" I thought as I went to change to head home for a shower. I had errands to run within the hours left in the day and head out with my wife to do them. I am rewarded by her happiness as I buy her some new things for her contributions, I smile as she jumps and skips to the car happier than ever. We head out to dinner before we head home, enjoying our moment together in a relaxing restaurant; soft piano plays in the background creating a classy and elegant feeling in the room. We discuss our days over a wonderful dinner prepared by elite chefs, and chat about the old days and the difficulties they brought. Cracking her up, enjoying her company; we take a moment to appreciate where we've

come from and how much we both have grown. "To the new chapter," toasting causing a slight splash as we celebrate our recent victories and look ahead to the new. We head home to do our evening routine before bed, feeling satisfied after a top tier dinner. I take a moment to reflect on my day and tweek the schedule for the following. Looking forward to another day of conquest, I read my Ideal identity template feeding my mind with greatness. I start feeling my body shutting down ready to sleep right before I cut the lights. *click* I lay and think about who I want to be, ready to get the sleep over with to chase him for yet another day. "I am Ali Moncherry, and I am the master of Improvement." As I slowly doze off to sleep.

