

Agoge Programme Final Exercise

My Most Powerful Driving Forces.

- Work hard to achieve a financially free and safe life for my family in any event.
- Prove to God, my family and myself that I am capable of conquering anything I set out to do.
- Do good to my bloodline and ancestors that have fought and died for me to be the best version of myself and carry my last name with pride.
- Do what needs to be done to Escape the Matrix.
- Learning the skills and obtaining the knowledge needed to get ahead of the competition

Revising My Lessons Learned.

- I will always strive for the best outcome and follow my conquest planner keeping the end goal in sight. I will use cause and effects to adjust the checkpoints as needed and do everything in my capability to reach my goal.
- I will continuously put myself in uncomfortable and unknown situations to build myself into an unstoppable force who can achieve any situation put in front of him. With the help of problem solving and solving unknowns and assumptions lessons, I will take any challenge face on and come out on the other side better than ever.
- To ensure i am writing effective copy to the best of my ability, i will revisit the Perspicacity Time and use the Perspicacity Walk to get deep insights to the problems i face and will also go back to the Unleash your creativity lesson to harness the newly learned brains creative power and incorporate the ideas into my copy and produce high value to my client,

Prepare for Challenges.

- When challenges reveal themselves I will always remember this. "Everything worth having is not easy to get". You must be ready for anything that will be thrown your way and be prepared to venture into the unknown to figure out the answer and get better. You must be hyper adaptable in every aspect no matter how hard it is to achieve great things and the Agoge programme has taught me a lot of techniques to be ready for when challenges come.

My Experience with the Agoge programme.

Before I joined the Agoge programme I thought I was actually trying hard. Seemed like i was training hard, outreaching enough and doing the amount of work needed to achieve the life I wanted. I was extremely wrong.

Physical challenge.

When I joined the Agoge programme I expected a challenge and a hard one. But not for it to challenge me in every aspect of life. When he told us about the physical challenge I doubted myself and my capability of doing the amount of reps given. Until I got in the gym and completed it. Was not the fastest of times but after I finished I knew I could do this again for the 14 days and get faster, which I did. Until day 7 came and the amount of reps doubled. By this I knew it may take me a bit longer but I could do it due to confidently doing the first 7 days without fail. Thanks to this challenge I now push myself harder than ever before in the gym and will incorporate this into my gym routine everyday, still striving to beat my PB with the mindset I acquired in the 2 weeks of this programme.

Copy Exercises and Challenges

The amount of knowledge, techniques to gain better insights and creativity boosts I have taken away from the Agoge programme you will not get anywhere else. The challenges the Professor gave us improved me in many different ways including giving me the confidence to speak to clients face to face (Which would've been too nervous to do before), different ways to get creative and solve problems just by being in nature for 15 minutes and really being in the right space to conquer any problem you have and finally planning your goals and breaking them down to accurately pinpoint what checkpoints i need to hit and get to where you want to be. Before the Agoge programme I would have never considered doing any of the things Professor Andrew taught us so I am grateful to have been a part of it. Now to apply these lessons to my life and conquer all challenges I face.

For the G's wanting to join the next Agoge programme, be sure to put in the work and follow the lessons and you will be sure to succeed.

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