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# AGOGE NEW IDENTITY TEMPLATE

The Ideal Version of Yourself 3-6 Months From Now

## My Power Phrases (2-3)

- I am Jamie Gunning and I will push myself to the limit every time
  - I am Jamie Gunning and I will go out and get anything I want in life
  - I am Jamie Gunning and I will do whatever it takes to win
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## My Core Values (2-3)

- Bravery
  - Excellence
  - Self-Accountability
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## My Daily Non-Negotiables (2-3)

- Daily checklist
- Training
- Deep work

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# My Goals Achieved

- Landing my first client:

As I'm getting off the Zoom meeting, my confidence is unshakable, and my hard work has paid off. I finally get to reap the rewards from the hours of studying, practicing, failing, and trying over and over until my inevitable success. Using my market research, copywriting & marketing knowledge, and sales pitch, I presented my offer, aligning my vision with their goals, all while settling their doubts and building rapport. The satisfaction was immense when the client agreed to my offer, my heart raced with excitement and pride washed over me as I truly realized the value I bring for the first time. I'm ready to turn this first mini win into many more massive ones.

- Running A Marathon:

Only a few more steps, and I'd have done it. The feat accomplished by <1% of the population. Conquering one of the most brutal physical challenges a human can endure. Defeating my own mind's relentless desire to quit on repeat for hours on end. As I cross the line in <3:30h, I take a few moments to marvel at what I've done. Let my body collapse at last and enjoy the precious moments of victory that follow the struggle. At that moment, I'll have achieved something no one can take away from me: I'll be a marathon runner.

- Earning The Rainmaker Role:

As that last transfer gets me over the line, and the numbers on my screen surged past the \$10,000 mark, a rush of adrenaline flooded my veins, igniting a sense of pride and pure accomplishment. The sight of that five-figured round number in my bank account means something more than just earning money. This marks my entry into a more elite club of rainmakers, a rare role in TRW held in high regard. I think of all that's led to this moment, all the new opportunities available to me, bask in the victory for a couple minutes, and then I refocus my energy towards bigger and better goals.

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## My Rewards Earned

- Indulging in a succulent T-bone steak, *the* food of a high-value man, expertly seasoned and grilled to perfection, while surrounded by the elegant ambience of a prestigious restaurant. The laughter and conversation of my family is music to my ears as I reflect on the experience I've been able to create for myself through true, dedicated hard work and determination.
- Looking back at the list of goals I wrote in January, I'm overwhelmed with a sense of gratitude that I'm now able to bring it to life. I can look at any country I want to visit, any food I want to buy or clothes I want to wear and bring it into reality. I'm now a powerful man able to inflict his will on the world and leave my own unique mark.
- For the first time in my life, I'm able to experience the joy of giving back and supporting those I love. Helping my parents financially with grocery bills, the mortgage, taking away their stresses from their jobs, and even splurging on them once in a while bring me great joy.

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## My Appearance And How Others Perceive Him

- Wearing my well-fitted, stylish attire, I command respect in any room or hallway that I walk into. My appearance, hygiene, and stature speak the words of a high-value man without me having to open my mouth. A fit, strong man who's financially free and intelligent is a strong brother for any man, as well as a desirable partner for any woman. I no longer have to chase, I attract
- A coherent, well-spoken, and intelligent man is a sure sign of a great leader. I'm able to empathize with a wide range of different people, connect with them, and then speak to them in a kind and respectful manner, while also getting my point across strongly. My opinions are held in high regard and I am confident in any social situation.

- With my vast toolbox of skills, I've become the type of man that everyone turns to when there's a problem. Clients start asking me to work with them, my friends ask me for advice and inspiration, and women come to me for security and reassurance.

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## My Day In The Life Stories.

- I wake up at 4:00 in the morning, refreshed from a solid night's sleep and ready to conquer. It's pitch black outside, and I'm up before any of my competitors. A win to start the day leads to an upwards spiral of winning, as I review my goals and the identity I want to become. I perform my morning routine, run to the gym, and crush a workout while no one else is there. This will be how I start my mornings everyday, crushing the competition before they even have a chance to respond. As I look in the mirror, I see a man who is the boss of his bloodline, the king of his kingdom.
- My daily checklist is engraved into my mind as I sit down at my desk. The space is organized and exudes a sense of power and discipline. I feel focused and driven as I start tackling each task. Each Agoge call energizes me more, pushing me closer to my goal of landing my first client. My posture is straight, my gaze firm. When I speak, it's with conviction and authority. People on the call listen, influenced by my energy and presence.
- Before bed, I spend time visualizing my next day, my next victory. I see myself traveling to a new country, brothers by my side, exploring and experiencing different cultures—a reward for my hard work. The feel of my upgraded lifestyle is real in my mind, its capabilities enabling me to achieve even more. As I drift off to sleep, I feel fulfilled, ready to rise again tomorrow and conquer the day all over again. Carpe diem