

AGOGE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 30-45 Days From Now

Power Phrases

- I will win and I refuse to be defeated, I will stand up and continue to fight. I will not comply, I am absolutely committed to my ultimate goal, I will not be sold by the world on their view of my life. My head is bloody, but unbowed. I am UNCONQUERABLE. - Invictus
- I am a Sayer, my word is iron, I do the things I said I'm gonna do, if I say something, it's done. I don't lie to myself, I am not a coward.
- I have 2 choices. I either listen to the b*tch voice inside me and sacrifice my ultimate goal, become a slave and p**s on honor of my bloodline. OR, embody the best version of me, get back to fucking work, get back and fight in the war, the conquest didn't end, summon the fire, light myself on fire and WIN.
- If you can't control your mind, you're just a feather in the wind of life, waiting for life to blow you from happy place, to sad place, to happy place, to sad place... Giving up control over my destiny, letting the Matrix use me as a dirty sack of sh*t. FIGHT BACK.

Core Values

- Bravery
- Brutal Competence
- Hyper Competitive
- Tough (Indefatigability)
- Wits (Perspicacity)
- Undying will to win (feared opponent)
- High self belief
- Honor, Dignity, Self-respect
- High energy

Core values notes:

Bravery:

Doing hard, difficult, scary things. Parachuting myself into the unknown. Paper tigers metaphor.

Brutal Competence:

Taking accountability. Living in a binary world. Adaptable. Cool headed thinking. Iron Word. Live or die.

Hyper Competitive:

Viewing everything through the lens of war. Falling Rome metaphor. Adapting beliefs that make me hyper competitive. Conquering the world. Internal battle - not letting the b*tch voice win, embodying the best version of me.

Tough:

Being the "Tough Guy". Keep moving forward, get up and fight back. High stress tolerance. Doing the reps. Throwing myself at the bleeding edge. Discipline. Iron Mind. Iron Word. Fireblood - conquer the world. Duty. Be the predator, not a prey.

Wits:

Problem solving - logical thinking, no stupid emotional outbursts. Practice (doing the reps) and feedback (OODA loops...). Maniacal urgency. Clear goal I am pushing towards.

Undying will to win:

Knowing exactly what I want - exact goals, short-term to long-term. An idea stuck in my brain, obsessing over it. Laser focus. One line of focus - strong purpose, strong vision. Uncompromising standards - never complying and letting myself be sold by the world. Keep my commitment to win, refusing to give up, get back up and continue to fight - Invictus. Get rich or die trying - at gunpoint metaphor. Nightmare life - bad consequences, loserdom, self-disgust...

High self belief:

Power of "because". 3 energy sources - Legitimate work and process I'm following. Decision to be relentless. I am going to succeed because God has willed me to do so (Divine purpose, I can do all things through Christ...)

Honor:

Show homepage to my ancestors. Every time I go below my standards, I p*ss on sacrifices of my ancestors, on the future of my bloodline. I have a debt, a duty to pay, I have to become the best version of myself.

High energy:

Without high energy I'll never be successful, other successful people will forever wreck me and destroy me. Maintain high energy levels. Summon a burst of energy on demand. Be efficient with the energy and time I do have

Daily Non-Negotiables

- Daily checklist (copywriting campus)
- High work output
- Always doing the things I need to do regardless of how I feel

Goals Achieved

- 1000 € in my bank account
- On my way to 2,5k a month and to rainmaker

Rewards Earned

- Nice, big steak in one of the best steakhouses in my city
- Top G T-shirt
- Got a replica of Leonidas sword

Appearance And How Others Perceive Him

- Tall, athletic guy, not large, but lean and strong. Nice watch on the wrist. Top G T-shirt, basic shoes, basic shorts.
- Projecting strength, competence. Unmatched perspicacity, sheer indefatigability, calm, confident, but when sh*t hits the fan, able to rip someone's arms off.

- Clear and concise speech, body language on point, easily defending his opinions and world views, engaging in conversations. Heightened senses, surroundings became his second nature, every noise, voice, feeling...

Day In The Life Stories.

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 wake up early in the morning, torn from my dreams, full night outside, darkness and cold peeking in through my window, b*tch voice tempting me to snooze the alarm and cover myself in a warm blanket in my comfortable cushy bed, but I say no. I am built different, I am a warrior, I am destined for greatness. I imagine fire flowing through my veins and my body filled with light, one line of focus, great, strong purpose. I defeat the inner b*tch, I embrace the pain and discomfort, I get up to go out and conquer, to take my enemies souls.

I get up, drink a cup of water that's on my bedside table, I drop on the ground and I start doing pushups, slow, eccentric movement, amplifying the pain, pushing down with fire and grit, charging up my power and strength with each slow pushup. Then I kneel and say a prayer, I thank Jesus for the blessings he has granted me with, I don't pray for an easy day or easy life, I pray for strength to overcome and thrive in a hard life with difficult challenges and problems to solve.

Then I start my work, turn on the computer, the laptop, open my identity doc, plan for today, checklist, tasks, TRW. I read my identity doc, go over my plan for today, look at my short-term and mid-term goals, then I start my first GWS.

I am a busy person, copywriting is now a full-time business, not only a few hours everyday, no, it takes every minute of my life. I'm in a phase of scaling, I'm doing bigger and better client's projects, getting paid more, higher rev shares... I'm starting to multiply my success with my 2 starter clients across multiple cities, I'm outreaching to other big cities in Slovakia... But now I have to focus on my current project, so I sit down, pull up clients' work, prepare for the GWS, set a timer and start working. I get into the flow state in about 10-15 minutes, I push with a grin on my face, the challenge I face, my lack of knowledge on certain unknowns, but I still keep throwing myself over and

over again at the critical path, and in no time I've done 2 GWS. I drop on the ground and again do the slow pushups, I let the feeling of small victory, the small battle in never-ending war flow through my body and power me up.

Another part of my day is school. I absolutely hate it, I waste more than 8 HOURS a day on this and it won't even help me. So I quickly pack my things, run out on the street and hurry to the bus stop. I can't handle how much precious time it wastes. 30 minutes getting ready, 40 minutes traveling to the school, 6 hours in school, 40 minutes back... At least it isn't that hard, I just don't pay attention, I work on my laptop I bought recently, I use this time to post content on my social media to boost credibility, finding and adding new prospects to my list, writing and sending personalized outreaches to prospects, patrolling the chats, helping fellow Agoges, newbies, Rainmakers... being a valuable member I never was before...

Next thing on my list after school is training, I do boxing currently. I started going to a club that pushes me to my limits. My session starts right after school, so I get home, drop my stuff there, pack gym stuff and caffeinate myself. I drink that coffee from a Top G mug, I take Fireblood, cough and feel horrible for a few minutes from it, it's always fun to suffer. I prepare my stuff and I go out to hit the fight gym.

The training is one harsh sh*t, I hate it, it's pain and active demolition of my body. But even through that pain and suffering, I laugh, I accept the pain, I smile at the pain, I embrace the pain. I hate it and I love it. Everytime I am working out I see myself looking at me from some corner of the gym. He is the better version of me, the one I am competing with. He has sweat all over him, but he stands there with a smile on his face, unaffected by the workout. So I go through this war and I grow bigger and better everyday, sparring partners fear me because I don't give up, I won't stop getting up and pushing forward. My toughness meets me perspicacity coupled with undying will to win makes me a fearsome predator whom they run away from before they get torn apart by my calm, raging fire, my cold fire-blood, my warrior spirit, because I am The Man, because I can do all through Christ who strengthens me.

After a long grueling boxing workout I go home, I take a shower, drink a coffee, eat something, then sit down and again, work, the only thing in my mind is work. I have so much work to do and not much time to do it, so much stuff needs to be done, I run multiple projects for my 2 clients, helping each of them scale, because they never ever made so much money before, I proved myself as a rainmaker, I have a partnership in

both of those businesses, I get 30% of what they make. All of this might be a lot for 1 guy. But not me, I get it done, I am The Man, because I've done it many times before, my capability and competence is unmatched with anything you'll see in your life. Most people would spend 5 GWS to do the same as I do in 2 GWS and I do it even better, the quality is incomparable. My speed, competence and aikido is so remarkable amongst other human beings roaming on the Earth. It's like comparing a bright light from the sun to a dim, broken table lamp.

I get 3 GWS done, most of the time get everything done I need to do. I lift weights 5 days a week following the plan my coach gave me and plan from the fitness campus. I do cardio 7 days a week alongside boxing and lifting... All the hard stuff.

So I get to the gym, I do a little warm-up and then I start my sets. I do basic exercises to target each part of my body, I don't do the fairy tales BS from TikTok, I go till failure with almost every exercise, then I get a few minute break and I do 1-2 sets of pure pain. Always doing more reps and sets I've said I'm gonna do, my Rival is doing them, always few reps and sets ahead of me. All of this without stupid headphones, yes, I don't train with music to "enhance my performance", many people say I'm crazy and dumb, I tell 'em I don't need them and that they're weak, they're avoiding the pain required for growth, they are so scared of it that they will get every single small hit of dopamine as much as they can. So I ask them what will they do when the headphones go off? When it's only you and your mind, the conversation you'll have with the inner b*tch, realizing they are that b*tch with no mental resilience against the pain. I love the pain, I love to throw myself to the absolute bleeding edge. I don't do Yaa, Yee, no, I hate and love it, I enjoy this pain. Okay, maybe I am a hypocrite, I only listen to PUCs and maybe some speech from Tate, Goggins or whoever, but 80% of the time and more I just don't use headphones and I only listen to my internal battle.

I usually spend around 2 hours in the gym, I finish my lifting sets in about ~40 minutes, and then do cardio for the rest of the time, running or cycling or what have I. After that I get home, eat dinner, shower, I sit down, do a little work yet again. 1 GWS is max what I am able to do, but not always, then I review my day, I do a basic OODA loop, adjust plans according to new knowledge, see where I won and failed, where I could've failed, tasks achieved and not achieved etc. I plan my next day, I make an hourly plan, I follow my Conquest Planner I've made. Then I read my Identity doc, reminding myself of my short-term, medium-term and long-term goals. I visualize what it will be like to be that person who achieved it. Then I kneel and pray, lay in bed, set an alarm, pull up the Bible

and read for 15-20 minutes. When I can't hold my eyes open anymore, I close the Bible and I fall asleep.