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AGOGE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

Power Phrases (2-3)

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- I am the top Majd and I always find a way to win
- I am The Top Majd... A High output man
- I am one of God's greatest servants... THE TOP MAJD

Core Values (2-3)

- Always making the BRAVE Choice no matter how hard it is
- Always honest with himself about wins and mistakes (pure accountability)
- Always hungry for more, never gets satisfied

Daily Non-Negotiables (2-3)

- Copywriting Daily checklist (ideal reflection in the morning and evening, Cardio and weights, 10 min of unmatched perspicacity)
- 5-6 prayers Daily
- Pray the first prayer in the mosque in congregation

Goals Achieved

- 2,5k month client or successful local business with his older friend

Rewards Earned

- Visit the hometown after long time (lots of loved ones)
- Eat in a restaurant

- Have fun with the tribe (family)

Appearance And How Others Perceive Him

- Looks professional (never looks unprofessional) always takes time to ready up
- Muscles showing through the clothes, strong frame (back straight nice and tall)
- Competitive- Respected by men who are on the same track but also hated (secretly jealous) by the men who are scared of the hard work (MPUC #514)
- Family perceive him as the hero and someone they look up to, the one they can rely on when things get difficult
- Women secretly in love and trying to get his attention

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..."

Wakes up to the alarm vibration at 03:45, muscles feels very sore, tired and sleepy and that little B voice attacks trying to do some mental gymnastics to sleep in.

But his superior self takes over and crushes the little B voice by some pushups and phrases reminding him of who he really is, Gets ready (toilet, putting clothes on etc) as fast and as efficient as possible whilst thinking about the best possible move to get the little tasks ASAP

Then starts his prayer and time with god to thank him for the blessings, puts his shoes on etc his bag and heads to the gym running as cardio to use time effectively



Looking out its dark, and hard wind coming at him, little to no car or a person outside, it feels scary to go out and it's a bit cold, but that's when the bravery comes and he doesn't regardless using divine purpose love as a motivator, goes all out as fast and as efficiently to the point where the B voice is SCREAMING at him to stop but he continues and strangells it down regardless the discomfort

The fight continues entering the gym and repping out until failure, the bitch voice screams to stop in the last few reps but still goes all out until failure, running from exercise to exercise and getting them ready in rest times to use time effectively, he listens to lectures to avoid the music in the gym and works in between sets to get everything done as fast and as efficiently as possible



After the session is done he goes all out running back towards his home up until he reaches the mosque near and once he is there he feels proud and refreshed praying the first obligatory prayer

Walks home feeling confident like the FKN MAN WHO DOES WHAT HE IS SUPPOSED TO

DO REGARDLESS OF HOW HE FEELS

And the confidence helps him to go through the other tasks as fast and as efficiently and it's time for the MPUC whilst stretching, gets motivated to conquer the day even more and become more of a G

10 min of analyzing top players/ notes

Gets in the shower, gets his clothes and takes the bike into school entering like a G

Looking at all the losers who just woke up and hate coming in to do any work, laying their mistakes to make sure he never becomes like them

Aikidos the school work Utilizing AI to get the work done asap to hit a G work sessions here and there and pray (AIKIDO)

Eats school lunch as first meal after 16-20 h fast and then prays on break time

After doing a bunch of AIKIDO, sprints out of school to do the g work done

The B voice feels like just sitting on the coach and scroll garbage but instead Prays the 3rd prayer, some pushups or anything to energize himself and break the little painful barrier and then work session on clients work

Make some time with family and then EARNS his feast (at least 3 hours before sleep) eats enough calories but too much to cover up the pain instead THRIVE in it 1-2 worksession or shallow work and 2 last prayers,

Reviews the wins and losses for the day and plans out the next one

sleeps at 7-8pm to get 7-8 hours of sleep