

2/5/2024

AGOGÉ NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

Driving Purpose(s)

- I want to be financially free so that I can be free to live the life I want
- I want the best possible life for those close to me
- I want complete control of my life and complete autonomy

Power Phrases (2-3)

- I am Seth Bramlage and I am willing to do what others are not
- I am Seth Bramlage and I do not give up
- I am Seth Bramlage and I will do anything to win

Core Values (2-3)

- Confidence
- Perseverance

Daily Non-Negotiables (2-3)

- Daily checklist
- 8 hours in bed
- Stretching

Goals Achieved

- \$2k/month in side income
- 167 lbs 12% BF
- CC debt free

Rewards Earned

- Credit card lineup used as intended
- Less bills
- Increased maintenance calories
- Less financial stress
- Ability to have fun more

Appearance And How Others Perceive Him

- Very in shape
- Visibly confident
- I want to be the person that people look to solve problems

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..."

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I wake up and immediately complete my morning routine, feeling excited to win today. I visualize my future life (short and long term) as I drink coffee, which is the reward for completing my morning routine quickly.

I start working and immediately feel pride for knocking out a few of my daily checklist items. It's 7:00 and I've already figured out how to create value for my clients for the day.

I go to work and do what it takes to win. I make sure I am as prepared as possible for the next work day before I leave. This is to protect my time after work.



I watch the power up call on the way to the gym. I stop at the gym on the way home and work efficiently, feeling powerful, and, not doing things for the sake of “going through the motions” but with the goal of having an effective workout that is in sync with my goals.

Once I get home, I meditate briefly to refocus. Feeling refreshed and focused, I complete my checklist. I complete any work I need to for my clients and throw myself at any problems I have to solve, knowing I can find a way. I eat dinner sometime while working.



I reflect before going to bed and plan out the next day. I read for about ten minutes, and go to bed feeling relaxed.

Short Stories

1. Gym

I go to the gym excited to beat my personal bests from last time. I am mindful during my warmup to setup myself for an effective workout. I bench press 5 lbs heavier than last time, and my form was precise. I am very intentional with each exercise and I get the maximum benefit possible for my time. I know that because I do this every time, I am getting tremendous results.

2. Work session at coffee shop

I order coffee and immediately sit down to work. I know exactly what I need to do to help my client and begin working. I'm designing a landing page. Halfway through, I realize that I completely butchered my market research and my landing page is worthless. Instead of getting frustrated, I calmly assess my market research and analyze where I went wrong. I restart my landing page with a better understanding. Instead of being defeated, I overcame an unexpected obstacle very professionally and like a G.

How to Implement Agoge

- Every time I have a new goal or objective, write down how/when I will apply EACH INDIVIDUAL Agoge lesson
- This will force me to practice applying