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AGOGE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

Power Phrases (2-3)

- I am Adam Swierzko and I will do what it takes to win
- I **must** retire my parents
- Today I'll shape my tomorrow

Core Values (2-3)

- Bravery
- Disciplined
- Diligent

Daily Non-Negotiables (2-3)

- Daily checklist
- Train

Goals Achieved

- Made around 10K
- My family is proud and happy for me
- Gained 10Kg

Rewards Earned

- Higher understanding of copywriting
- Clothes or anything bought with the money I made
- Vacation for the family

Appearance And How Others Perceive Him

- As soon as he would walk into a room a MASSIVE shift would occur, people would stop and stare, while he kept on walking, working TIRELESSLY at his computer desk closing massive, career-changing deals. He's the man to provoke the brokies around him without uttering a word. Big, Strong, Handsome would be the most basic way to describe him. He's more than a force of nature, he is a real G.

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 at 5am as soon as the alarm goes off, no excuses.
- Listens to any lessons inside of TRW while cranking out his morning pushups. He can feel the **BLOOD IGNITING** in his body, preparing him for the day
- Does his daily skincare and makes himself a breakfast and a cup of strong, black coffee.
- Sits down to work and thinks of his ideal future self waiting for his computer to boot.
- Works FIERCELY until 8am, then goes for his daily training.
- He works with 100% effort at the boxing gym, sparring with his fellow partners. The sweat is starting to weigh down his body, but not his spirit. Then he does his workout routine afterwards.
- Gets back home, makes a nutritionally rich meal full of protein, as always and gets right back to work, whether it is learning new lessons, research or client work sessions. He always gets a minimum of 90% of the work done.
- Works until around dinner time, eats whatever his mum makes like always and spends a bit of time with family and goes on a walk with the dog.
- Finishes off anything that needs to be finished and plans what to conquer the next day.
- He takes a shower, does his skincare routine and takes a few deep breaths before falling asleep within 5 minutes. Feeling a little bit of satisfaction.