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AGOGE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 6 Months From Now

Power Phrases (2-3)

- I am a brave, strong, capable man
- You may be wiser, you may be stronger, you may be faster, **but you will quit before me**
- If you learned from your losses, did you even lose at all?

Core Values (2-3)

- Bravery
- Discipline
- Integrity

Daily Non-Negotiables (2-3)

- Read the bible
- Complete the daily checklist
- 3-5 GW's

Goals Achieved

- £5,000 per month for 3 consecutive months (grown ass man)
- Won the 1st of my two boxing matches this year
- Pay rise from Level UP
- 2 new clients on £1,750 monthly retainers with rev share deals

Rewards Earned

- Buying my mother the £5,000 necklace for her birthday
- Solo holiday to a destination of my choice

Appearance And How Others Perceive Him

- Inspiring
- Strong
- Brave
- Capable
- Confident
- Charismatic
- Noble
- Honest
- Disciplined
- Honourable
- Stoic

Day In The Life Stories.

Health and fitness

-What do you want?

- Winning 2 boxing matches

-If this goal was a scene in a movie, how would this scene look? (Write a script for this)

“Thank you so much god all glory be to you”

For months, I've suffered many restless nights, haunted by the image of his hand being raised instead of mine, AGAIN.

The dread of looking down from the ring in shame, only to see the disappointment etched onto the faces of my friends whose time and money I've wasted so that they could come see me fail, AGAIN.

And then, to add insult to injury, to look over and see this cocky bastard wearing MY belt triumphantly, AGAIN.

No. Tonight that story will not be told. I won't be denied this time. This time, I'm not leaving any doubt, and the judges won't be needed.

“SECONDS OUT ROUND 3”

DING DING

We leave our corners and as I step confidently forward, I see him lazily drag his feet two steps out of his corner and stop, waiting for me to come to him.

His laboured breath is obvious even from this side of the ring. Clearly he expects me to slow down too.

But I watch in gleeful joy as fear fills his eyes.

For as my menacing 6ft frame of pure lean muscle mass marches across the ring, I know he's finally realised that he was doomed from the moment he signed the contract.

Now he knows he's not against an ordinary man. He's not against a decent boxer. He's not even against a great warrior like the Spartans of old.

No...He's trapped in a cage with a LION OF GOD.

AND THERE ARE NO PACTS BETWEEN LIONS AND MEN.

Desperately, he flicks out a limp jab, praying that I will back down. But the king of the jungle bows to no one.

I stand there patiently, switching my attack from head to body seamlessly.

Until, I feel my right knuckle dig deep into his diaphragm.

"EUGH", he lets out a gasp of air. His fatal mistake.

Rule one of mental warfare = never show weakness to the enemy

I maul him with a flurry of punches.

Right cross followed by a left hook to the head, before dropping back down to deliver a thudding left uppercut to the liver.

I see him begin to drop to the canvas, and then I remember the promise I made to myself.

"The judges won't be needed tonight!".

So before he reaches his final destination, I snap his head back with one final right cross, and then proceed to watch his limp body collapse onto the canvas.

The ref calls it in the final round, I'm victorious.

After a chaotic few minutes of roaring in victory, embracing my coaches and shaking hands with my opponent and his team, I'm called into the center of the ring to have my hand raised and receive my title as the new cambridge super middleweight champion.

The announcer begins to interview me, "I'm here with the winner, "the agoge" Tafa Dambza! Tafa, what a performance that was, how are you feeling?

I whisper in his ear, "Can I hold the mic?" and he willingly hands it over.

"First and foremost I'd like to thank my lord and saviour Jesus Christ for blessing me with victory tonight. Secondly thank you to my family and friends who came to support me, I love you more than words can say. And finally thank you to my opponent David. He beat me last summer and he is responsible for bringing out the best in me so thank you David. **BUT THANK YOU SO MUCH GOD, ALL GLORY BE TO YOU.**

-Why is this target a super achievable goal?

- Because i only lost by split decision last time and now i'm stronger, fitter and better at boxing
- I hit like a heavyweight
- Can take a solid punch
- Am brave

-How will my father and grandfather see me when I achieve this goal?

- As a boy no longer, but as a fine young MAN

-what primal urges drive me to want this goal?

- Tribal status
- Being respected by other men
- Being attractive to beautiful women

-What is intolerable about the consequences of failing to achieve this goal?

- Having to see this cocky sumb**** have his hand raised again
- Endure jokes from my friends again
- Seeing my father disappointed in another failure of mine
- Knowing that i am inferior to another man in mortal kombat

Wealth

-What do you want?

- To achieve Grown ass man role, making a minimum of £5K a month in 2025 and spoil my mother for her 60th birthday with a 5k diamond necklace

-If this goal was a scene in a movie, how would this scene look? (Write a script for this)

As my mother shakes in my arms, and tears well in her eyes like the cascading currents of victoria falls, i simply smile.

July 12th, my mothers birthday.

Already we have had a fantastic day.

First we dined at a rooftop restaurant in Trafalgar Square, with the mighty Horatio Nelson standing tall in all his glory overlooking our lunch.

After, at my mothers request, we travelled to Wembley stadium to watch one of her favourite bands, the lumineers.

Seeing my mother dance terribly whilst belting out the words of the songs, I cannot help but laugh with childlike glee. Seeing their mother truly free like this is what all men dream of.

The only blot on the day was our dinner booking at a Michelin star restaurant...

IT'S VEGAN BREV 😭

But this is all about to be eclipsed by the moment I have been planning for the last 6 months.

And now that the time was fast approaching, my heart rate rapidly began to rise as sweat leaked from my palms

"Well that was good fun wasn't it?", asks my mother.

"Uh huh" I replied. This is the only thing i've said in the last half hour

Like any good mother, mine immediately sensed something was wrong.

"What's bothering you Tafa?" she asked.

"Nothing, I'm just a bit hungry". Even though it's for a surprise, I hate lying to my mother.

Eventually we got off the train at oxford circus.

"Well we have an hour till our booking, what should we do?"

"I've got an idea. Follow me."

And so the moment began.

We navigate our way through the chaos of regent street rush hour, my heart now leaping out of my chest.

And then I saw it. Established in 1781, one of the oldest jewellery stores in the world. Aspery.

As I headed over to the door, my mother began to realise what was about to happen.

"No! Tafa NO! That's too much!"

"Yes it is... for the average man. But luckily, you have a son who is built differently!", and I swung open the door to let us in.

"Hello sir. How may we be of assistance" one of the staff asks politely.

"Well it's my mothers 60th birthday, and to ensure its a truly special day for her i'd like her to pick out one of your necklaces"

“Certainly sir, is there a particular one you had in mind”

“Indeed”. I pulled out my phone and showed the picture of the necklace I picked out months ago.

“Excellent choice sir, one moment please”

As she leaves the room my mother embraces me tightly.

As She shakes with disbelief and pride in my arms, with tears streaming down her face, I simply smile.

<https://www.asprey.com/products/167-button-pendant-in-18ct-white-gold-with-amethyst-and-diamonds>

-Why is this target a super achievable goal?

- I'm getting a pay rise from my current clients in the new year to £2,000
- All I need to do is bring on 2 more clients for the same price for a discovery project. Once I succeed in these projects I will already be on £6K per month and once I provide them all with a minimum of 10k revenue will have no problem in asking each client for an additional £1,400 which will mean i reach my target.
- If these clients don't want to pay me anymore than £2K i will go to my master doc for outreach (currently creating using the cold calling template) and go back to cold calling until i bring on another 2 clients

-How will my father and grandfather view me when I achieve this goal?

- They will openly tell me they're proud of me which both have only said maybe once or twice in my life. Coming from my father who i've not always had the best relationship with, this would mean more than any amount of money

-what primal urges drive me to want this goal?

- Tribal leadership
- Wealth and abundance
- Greater respect from men
- Resources and mating desires (More attractive to women)

-What is intolerable about the consequences of failing to achieve this goal?

- Still living at my parents house like a child
- Seeing my father look at me in shame after breaking another promise to him
- I've already said to my grandfather over christmas that if i genuinely apply myself over the next year my life will look dramatically different. He is a man who does not buy into BS and will hold me fully accountable to my word so to let him down and then receive a bollocking from him about lying to him is a shame I can't bear to go through again.

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WINNER'S NEW YEAR DAY 2 - COMMIT

Post a message below with the following:

1 -Yes

2 - Done

3 - I've already said to my grandfather over christmas that if i genuinely apply myself over the next year my life will look dramatically different. He is a man who does not buy into BS and will hold me fully accountable to my word. He believes in me and so do I. But if I let him down he'll bollock and shame me for lying to his face (he's a proper old school, no nonsense scotsman.)

4 - Watching tate confidential

DAY 3

1 - What is your first checkpoint and when will you complete it?

- Land 2 new clients on £1,750 retainer deals plus revenue share – 14/1/25

2 - What specific actions will you take to make it happen

- Send 50 outreach a day until we have 2 new paying clients secured

DAY 4

-

DAY 5

1 - What is the keystone habit you MUST do each day in 2025 in order to hit your vision

2 - Why is it absolutely crucial?

3 - When will you perform this action each day? (which existing habit will you link it to?)

4 - What will your tiny daily reward be for performing this action?

5 - How will you track your daily completion over the next 30+ days? (Bonus if you share a picture of your "blackout" calendar or link to TRW accountability post)