

AGOGE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

Power Phrases (2-3)

- I AM Gabriel Gnys and I will Never Quit
- I AM Gabriel Gnys and I am physically and mentally Strong
- I AM Gabriel Gnys And I will be Rich or i'll die trying
- I AM Gabriel Gnys and I am Great

Core Values (2-3)

- Strong
- Disciplined
- Respectful
- Trustworthy
- Reliable
- Communicative
- Problem solver

Daily Non-Negotiables (2-3)

- Training
- Waking up 5 AM
- Reading The Bible
- Doing my daily checklist
- Reading new identity "morning+night"
- Eating non processed foods

Goals Achieved

- 2 high paying clients
- 5K in copywriting

- A good physique
- Healthy lifestyle
- First amateur boxing match

Rewards Earned

- Made 5K in Copywriting
- Can solve any business problems
- Win First boxing match
- 2 Paying clients

Appearance And How Others Perceive Him

- Other people perceive him as a Humble, Respectful, Disciplined, Hard working young man, who doesn't quit when he is facing a problem. They see him as someone who never gives up and someone who doesn't care about others opinions and just does what has to be done.

Day In The Life

(Morning)

- I wake up at 5:00AM, straight I go and drink lemon water and do 50 pushups, I then go on to my 5KM morning run. When I come back I drink 500ML of water and jump straight in the shower for 5 minutes. When I'm out the shower I go and have breakfast with 3 eggs and fruits and a black coffee, Starting the day good and powerful. When I finish breakfast I go on and do work for my clients for the rest of the morning.

(Afternoon)

- When I finish my working session for my clients I go and do some weight training in the gym, alone or with my friend. Before I go I pack a light snack, a banana so I can eat it after my workout. When I come back from the gym I'm going on calls with my clients to discuss further problems and how I may be able to solve, after this the afternoon is almost over and I prepare for dinner

(Night)

- Then It's almost 6:00 and I prepare my dinner before leaving for boxing training. Im making a 250G Ribeye steak and fruits to keep me energized for the rest of the day. Then around 7:30 I leave for boxing training and that's till about 9:30. When I come back I spend some time with my family before finally taking a shower and going to sleep at 23:00.
- And I repeat this EVERY - SINGLE - DAY to Conquer the world and become as rich as possible.