

Click "File", then "Make A Copy" to create your own editable version of the document

AGOGE NEW IDENTITY TEMPLATE

The Ideal Version of Yourself 3-6 Months From Now

My Power Phrases (2-3)

- I am the diamond in the mud, forged by constant pressure.
 - I'm the planner and executioner
 - Today...You decide your future
-

My Core Values (2-3)

- Mastery
 - Respect
 - Loyalty
-

My Daily Non-Negotiables (2-3)

- Daily checklist
- Boxing
- All The Agoge Calls, Burpees, And Assignments.

My Goals Achieved

- Landing a client:

I just landed a client, and my satisfaction is through the roof. I can finally see the bricks of the puzzle come together. All the business interactions led me in one direction, forward. Now I can confidently talk to business owners and explain in detail what I can provide.

- Becoming Experienced:

Through obstacle and obstacle, I fought through it and found the solution. My knowledge expanded to levels I didn't know was possible. I remain calm where others would panic, organizing my thoughts and finding the solution. My problemsolving capability is through the roof...

- Being the in the best fitness possible

My body has transformed... My muscles fill out the clothes on my body. I feel others shift their energy towards me when walking into a room. The women can't fight the urge to have glance at my muscles while some men sit in envy while others respect me. The transformation took a lot of hard work in the gym, eating right and research but look at me now... A new man.

My Rewards Earned

- I upgraded my clothing style. I can now afford to dress professional and elegant, but also classy and comfy while maintaining a high standard of quality for my clothes. This was only made possible by making my hours count, spending them on crafting valuable skills such as Copywriting.

- I increased my network by engaging with other like-minded individuals, sharing conversations that changed my perspective of the world. These individuals taught me valuable lessons which I apply in work and life in general.
- I took my family to a fancy restaurant with a cozy vibe and professional service, they felt so proud of me and what I had managed to accomplish. My mother ordered her favorite food with a nice glass of red wine while giving me a big smile. Later she told me she always believed in me and never doubted my ambition.

My Appearance And How Others Perceive Him

- Walking around in my stylish fit, I steal attention purely existing. Conversations get interrupted when they notice my style and flow, freezing in envy wondering... How do I become that man?
- I maintain good grooming for my appearance. A fresh haircut and a shining face make me approachable and inviting. I project an image of discipline and trustworthiness by looking fresh with a happy and confident facial expression. My attractive energy is working its magic on others.
- I carry myself with a posture that projects confidence and authority. My presence is never ignored due to my relaxed, purposeful and confident body language. Others see me a experienced and capable man.

My Day In The Life Stories.

- I wake up early, refreshed from a solid night's sleep. The sun is just peeking through the blinds, I am grateful for another day and I bring out my notebook to read my task for the day, getting a clear view and sense of control. I am ready to conquer the day and improve my skills and knowledge.

- I get on the bus to get to school, visualizing my future while plugging in my headphones. I arrive at school and participate in my classes, paying attention, Talking to friends. After enduring the boringness of school I'm finally home.
- Now it's finally time to shape my future. I aikido a cup of coffe and get to work, time to log in to TRW to watch the Power Up Call with the ALLMIGHTY Professor Andrew. I take some time to let his lesson fully sink in to my mind and find a way to connect it to my situation. Then I perform A G-work session of client work being fully focused, NO DISTRACTIONS for peak performance. After that I complete the rest of the check list.
- After doing clients work I head to the gym to work on my craft, creating a body capable of moving me through life with ease and confidence. I dive in fully focused and do my exercises to maximum effect.
- Before bed, I spend time visualizing my next day, my next victory. I see myself traveling to a new country, exploring and experiencing different cultures—a reward for my hard work. Seeing 1's and multiple 0's in my bank account is producing tons of EARNED dopamine, the powerful stuff. I no longer am a addict to cheap dopamine, I am the real deal.

(ADD IMAGES BELOW)