

AGOGÉ Identity

Ideal Version of Yourself 3-6 Months From Now

Power Phrases (2-3)

- Every choice is binary: a step closer to being a loser or a winner.
- Want therapy?
- Less thinking, more action.

Core Values (2-3)

- Disciplined
- Believing I can achieve anything
- Say what you mean and mean what you say

Daily Non-Negotiables (2-3)

- Train (physically and skills)
- Brainstorm + Plan goals (daily and mid-term)

Goals Achieved

- BiaB running
- Loads of clients acquired that I need to outsource part of the job
- 100 Burpees without any break and in under 4 min

Rewards Earned

- Consistent solid income with side hustle
- Higher-income than my parents
- More athletic than ever before

Appearance And How Others Perceive Me

- Walk with confidence, dress consequently
- Always calm, especially in stressful situations
- Well-spoken

Day In The Life

The alarm rings. I open my eyes.

7:00 am and the sun shines through the open window on my face. I sit up, drink some water, grab my phone, and start checking my messages.

One of my clients has issues with his website. Another one got his ad accounts band.

I start writing everything down that needs to be taken care of today:

- “ - Fix website issues (client A)
- Contact Google and FB (client B)
- Finish video editing for the new ad (client A)
- Create a new email for the weekly newsletter (client C)
- Lunch meeting with a potential new client at 1 pm
- Bar at 5 pm”

The familiar feeling of stress appears in my chest. I get up and immediately start my daily 250 burpees. “Just faster than yesterday!”

I noticed that I finished 2 sec faster than the previous day as I wrote today's time on the calendar on the wall. I grab my 5-kilo weights and start shadowboxing.

30 min later, I come out of a quick shower, enjoying the feeling of my tired muscles, put my white shirt on, and go to the kitchen. Coffee, eggs, peanut butter and avocado.

I answer my emails and start brainstorming about how to fix that website issue.

I finish my meal and move on to contact Google and FB to hopefully get the accounts running again. "If they don't respond by tomorrow, I'll have to set up new accounts."

Next, I start testing the ideas I got to fix the website.

3 hours later the website is up again and runs perfectly fine. I start getting ready to meet my potential client by going through the notes I made on our first call.

The meeting goes quite well: I make proper use of my body language and speak calmly and without hesitations. I had done my homework, so I know my pitch and how to counter the few objections he has.

After the meeting, I head back home and craft that email (I just repurpose one of my client's recent tweets and expand on it) and finally get to finish the video ad. Once this was done, I just had the time to get ready for my shift at the bar in town. The shift was really busy but went without any incident and the meeting after the shift with the general manager led to another pay raise for me.

When I finally got home, I was mentally and physically quite exhausted and just took a few minutes to reflect on the day and review what I'll have to do tomorrow before I fell into a deep sleep.