

AGOGE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

Power Phrases (2-3)

- I am LUCIO HIGHTOWER-Rojas and I get negative tired
- I am Lucio Hightower-Rojas and my victory is inevitable
- I am Lucio Hightower-Rojas and I'm the fucking man

Core Values (2-3)

- Bravery
 - I never allow myself to skip work, skip a task, skip a workout.... EVER
- Relentlessness
 - I never half ass a G work, I never skip an oportutnity to work, I move like a freight train
- Unreasonalbility
 - I force myself to perform at levels which the ordinary man couldn't fathom, I constantly brake my records and compress timelines.

Daily Non-Negotiables (2-3)

- Daily checklist
- Workout

Goals Achieved

- Specifically 2k new money generated for landscaping client by Oct 20th

Rewards Earned

- Tate Dogchain



Appearance And How Others Perceive Him

- I have large shoulders and arms that fill up my shirt, I always sit up straight, stand tall, and walk confidently. I speak with conviction as if I can see the future. My family believes I work to hard, my peers see my as a crazy motherfucker, and my sparring partners see me as the embodiment of pain.

Day In The Life Stories.

I wake up and shoot out of bed. The blood flowing fast through my veins, a big smile on my face, and a desire to kill. I drop and do thirty pushups at top speeds before shooting up, brushing my teeth, drinking water, reading my identity doc, and getting to fuckign work.

I work at suicide output for the next 2 GWS. By the time I'm finished my brain hurts, my head throbs, and a smile forms across my face. I quickly get ready for school, and throw in an extra 20m of work before heading off to class.

I get to class and instantly get to work. I am single focused. I quickly crush through all my school assignments and do more work during class.

I then go and crush a 30 minute work session during my lunch break. I work fast and don't allow myself to stop, pure focus, pure output. I feel undefeatable.

I then crush more of my work during class and finish with a massive grin on my face. I quickly go home, grab my bike, and head off to go murray thai. I smash the pads like a maniac, and hit the bags so hard it rattles the foundation of the gym.

I quickly bike back home and eat dinner, feeling the energy flow through my muscles. I then hit one more GW out of the park and plan out my next day, feeling like a champion.

Who am I NOT?

Someone who just goes through the motions without crystal clear intention

Someone who hesitates on opportunities

A Complainer

Lazy

A liar

A promise breaker