

AGOGE NEW IDENTITY

Ideal Version of Yourself 3-6 Months From Now

Power Phrases (2-3)

- I am Nithish I'm a man of commitment.
- I am Nithish I'm a man of focus and discipline.
- I am Nithish I'm a man of Shear will to do things even if they are harder.

Core Values (2-3)

- Man of Word
- Commitment
- Never Giving up

Daily Non-Negotiables (2-3)

- Daily Checklist
- Working out (pushing myself day after day to get better)
- Focused Work on my skills daily.

Goals Achieved

- I made 3x - 5x my current paycheck (From 4,000aed /-(paycheck) to 20,000aed)
- I'm now a better and stronger man.
- Started working towards financial freedom with full commitment.

Rewards Earned

- I have Retired my parents
- I have started built my dream home.
- I have started wearing better clothes
- Rewarded myself with a better laptop.

Appearance And How Others Perceive Him

- People see him as man of his word.
- They see him as a man of hard work and commitment
- They see him as a man of principles, honesty, Loyalty.

Day In The Life

6 Months From Now...



Day kicks off with an alarm at 4:00 AM in the morning. Visualizing my future self for 15 sec. Beginning an early morning routine with basic stretching along with meditation and 100 push-ups. Taking a look at the checklist and To - Do activities of the day. Then, cook my food and start getting ready for the day.



Starting my 8 - 5 job ,visiting sites and meeting the clients.Signing and closing off all my project related documents for the day.Reaching my accommodation around 6 PM.So during my traveling (from room - office / office - room) I will be listening to PUC archives and luc's daily lessons from the hero's journey.



Around 6:30 pm, I hit the gym .Check up for today's workout routine.Start doing an intense workout session for the next 30 mins.While working out I would be listening to a podcast. Around 7:00 pm Head back to room freshen up quickly and sit down to work on my skills.

For the next 2 hrs I set a timer for focus work to work on my skills.Around 10:00 pm I would close of my work session. Hit the bed and start reading a book for 10 mins and then analyze my day and be grateful for it .Before closing up my eyes.I would visualize my future self for 10 -15 sec to program my sub conscious mind. I hit off to "Deep Sleep"