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# AGOGE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

## Power Phrases (2-3)

- I am Martin and I am a capable man
- I am Martin and I am a hardworking man
- I am Martin and I am a reliable man

## Core Values (2-3)

- Bravery
- Keeping your word
- Stoic

## Daily Non-Negotiables (2-3)

- Daily checklist
- Wake up early (6 am)
- Workout
- Work

## Goals Achieved

- Making atleast \$3,000/month
- Remarkable physique
- Able to fight
- Family doesn't have to worry about money
- Eating quality foods

## Rewards Earned

- Able to take my family on vacations so they're happy
- Healthy mind, healthy body
- Able to quit school
- Respect
- Someone who people can ask help to

## Appearance And How Others Perceive Him

- His appearance is calm and demands respect. He stands confidently with his head held high. He is in great shape and he never loses his cool. Others perceive him as someone they can ask for help. Others see him as someone they want to be but can't handle the challenges he had to face. He is smart, confident, witty, strong and stoic.

## Day In The Life

Make it as vivid as possible. What does he FEEL like as he goes through each part of his day? Add images vision board style. Use the first person and present tense, i.e. "I walk through the streets..."

I wake up at 6 AM everyday and look at this google doc.

I go to the bathroom and wash my teeth. After that I will drink lemon water and do a 20 minute jog. When the jog is over I'll have my breakfast. Then I work till 2 when I will start my workout. After the workout I will do 100 burpees as fast as possible and then take a shower. Once that is finished I will get dressed and have lunch then start my work again. If I have anywhere important to go I will have to stop the work for a little bit. If I don't have anywhere to go I will just continue my work. At 6 PM I will do 500 push ups, have dinner, do the important stuff that I have left for the day and before I go to bed I will read this google doc.

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