

AGOGE NEW IDENTITY

Ideal Version of Yourself 3-6 Months From Now - (April - July)

Power Phrases (2-3)

- I am Tivey 2.0 and I always do what it takes to win
- I am Tivey 2.0 and I ALWAYS act despite fear
- I am Tivey 2.0 and I do what needs to be done regardless of how I feel.

Review Victim Vs Victor notes

Core Values (2-3)

- Bravery
- Indefatigability
- Powerful

Daily Non-Negotiables (2-3)

- Daily checklist
- 2 GWS minimum daily
- Football Training - x 5 times a week minimum PLUS games.
- Fitness training - x 4 times a week - 1 must be sprint / HIIT
- ONLY speaks positively and hold the vision (Working with CW clients, Playing at TH Stadium, Driving the Cullinan)
- Read 15 mins minimum
- 15 minutes of affirmations

Goals Achieved

- 1st Team Football Contract
- 1 copywriting client paying me a minimum of £1,000 pm by September 12th

Rewards Earned

- Audi RS3



- Put money towards P O F D
- Take myself and others out.

Appearance And How Others Perceive Him

- Built
- Shredded
- G
- Others want to be like me because I have achieved; a pro contract, high paying business, I'm a force for good. I am a role model. I will only continue on this path.
- All girls want to talk to me because I am an extremely high status man.
- People respect and praise my hard work, because I have worked harder than anyone, came from nothing and got myself to where I want to be.

Day In The Life



- 5am wake-up / 4am on war mode - I wake up tired, barely able to open my eyes to turn off my alarm which screeches the house down. Drained from yesterday's conquest, I listen to Andrews Voice memo, remember my goals, my reasons why and start to trigger the fire blood that sees me through every challenge. I'm ready to work harder than anyone of my competition or anyone in my bloodline.
 - I breeze past 100 push-ups, followed by a visual visualisation, causing goosebumps as I feel the success flowing through my veins.
 - I read my new Identity morning and evening, sparking the vision once again.
 - I smash my 5k run, exploding past PB's and accomplishing my morning routine.
 - Without fail, I complete a minimum of x2 G-work sessions, where I only create unparalleled results for my clients.
 - I train 3 times a day. Fitness, Football & Gym. Each session I push myself far past my limits, far surpassing my competitions.
 - I built the habit of avoiding cheap dopamine traps - social media, JO etc through consistency
1. Identify some of your most powerful , driving purposes.
 - a. POFD, so they can live freely and do things they've always dreamt of doing, plus with less stress, pay them back.

- b. Being able to afford any health care for any loved ones, being able to keep my family safe with the money I earn.
 - c. Living the life I envision, Dream home on NB road, Rolls Royce Cullinan, McLaren 720s, holidays - New York, Dubai, Bali, Maldives etc.
- 2. Revise Identity and make it as vivid as possible
- 3. Plan to review and synthesise agoge content - Replace swipe file review on Tuesdays and Wednesdays to review Notes. Also sunday before OODA loop