

AGOGÉ NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

Power Phrases (2-3)

- As I wake up I feel like a dead man- eyes shut, body crushed, mind **unfazed**. As I sit in silence and finish praying, I can feel the energy bursting through my veins so I open my eyes. If I squeezed my fist as hard enough I could spark a yellow energy flame. I'm fired **due to my discipline and never settling for enough**.
- I am Antanas Pošiūnas, I am not afraid and I am very strong. No emotions, challenges, situations, or demons can shake me. I am purpose-driven and I do not fear tougher times I strive in them. I've been in those tough times and I have backed out before, afraid, shivering from stress, but I am not who I once was. I know how to beat them, I've been there and I've also done that.
- I am Antanas Pošiūnas and I am the one who will leave the biggest mark of success in Pošiūnai history. I am the one who will flip the history of my bloodline, making it skyrocket toward success. I am aware that I am the one who will save my family and give the unbreakable backbone to my family so it becomes exponentially strong.
- You understand that my beliefs can positively or negatively affect your reality. Therefore, I am very purposeful when choosing the ideas I let into my mind.

Core Values (2-3)

- Bravery
- Honor
- God-fearing
- Iron-willed, my word is iron.
- Strength

Daily Non-Negotiables (2-3)

- Daily TRW checklist
- Training both physical and mental. Physical - hard training sessions; mental - cold showers and reading.
- Plan out the next day and review the plans set each morning.
- 2x Praying - once in the morning and once in the evening.

Goals Achieved

- In the next 30 days, I hit Rainmaker and earned \$2000 through copywriting.
- In the next 60-90 days I earned \$10 000 through copywriting.
- I finished this 2024 year with at least \$22,748 in my bank account.

Rewards Earned

- I bought a Subaru Forester car for around 5k.
- I started renovating my flat - we demolished the wall between the bathroom and toilet room and we hired plumbers to renovate our bathroom.
- I wrapped my Subaru in dark green mate color, giving it that forest-like camouflage.
- I earned the trust and respect of my girlfriend putting me one step closer to her hand - marriage.
- Got an eyesight laser correction.

Appearance And How Others Perceive Him

- I look sharp, man. I walk with my shoulders back, chest pumped out, head held high, and confident look. I started learning kickboxing so that helped.
- I always dress 1 level higher than my peers. I have a polo shirt that perfectly fits me or a shirt.
- My teeth are white and I don't wear glasses anymore. I rebuild myself, I am rebuilt differently.
- My woman trusts and respects me, with this comeback I not only helped her mother with her financial struggles but started rebuilding our flat. She is surprised that I pulled this off, but happy and proud at the same time.

- My friends are happy for me and some friends are slightly jealous. They are proud of me and respect the turnaround and comeback I have made.

Day In The Life Stories.

I wake up at 5 am, drink 2 liters of water, hop in a quick shower, groom, make myself some coffee, and start working (around 5:20-30am.) until 8:20 am. I feel strong, I feel fire blood boiling through my veins as I look through today's tasklist and I can see the bigger picture of how 1 task follows the other and I am fully aware of how to hit my PRs and goals. During my all G-work sessions, I strive to work and work with immense speed. 8:20 am. comes and I take my dog for a walk until around 8:40 am. and get back home to get a quick snack (a sandwich or some fruit) at 9:00 am. I start working until 12 pm.

Noon comes, I finish my G-work session and work until 1:00 pm, I then have lunch until 2:00 pm.

I then take my dog for a longer walk in the nearby forest until around 4:00 to 4:30 pm.

When I get back home, I make myself some coffee and do a quick G-work session of following - up, do some tasks that can be done quickly, and join the MPUC at 6:00 pm.

From around 6:30 pm. until 8:00 pm. I do my last client work G-work session, finish my tasks, and prepare for tomorrow's tasks, I have dinner from 8 to 9 pm. Walk my dog until 9:40 pm. and at 10:00 pm. I pray and I sleep.

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