

Click "File", then "Make A Copy" to create your own editable version of the document

AGOGE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

Power Phrases (2-3)

- I am Jamie Gunning and I will do the hard work no matter what
- I am Jamie Gunning and I am a strong and capable man
- I am Jamie Gunning and I am dedicated towards achieving my goals

Core Values (2-3)

- Honesty
- Bravery
- Self-Accountability

Daily Non-Negotiables (2-3)

- Daily checklist
- Training
- Deep work session

Goals Achieved

- Earned at least \$10,000
- Quit all bad habits
- Gained a large network of similar Gs
- Developed a skill that's useful to others
- Became physically strong and dominant

Rewards Earned

- Ability to travel

- Ability to help my family
- Freedom from relying on others

Appearance And How Others Perceive Him

- Dresses business casual mostly, varies based on the situation
- Perceived as a beacon of positivity
- The person who you think of when there's a problem
- Strong, intelligent, capable
- Clear idea of the value he brings

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 5:00 in the morning feeling energized, ready to conquer. Out of bed, I wash my face, drink some water, and do a set of pushups as I prepare to go to the gym. During my workout I strive for difficulty, always pushing for that extra rep or set. Sweat dripping down my body, I smile thinking of how strong my future self will be. On my run home, I endure pain effortlessly, always able to push myself one step further. Awaiting me for the rest of the day is my work, where I'm able to focus for a set amount of time and conquer any challenge set in front of me. As a result of living like this for an extended period of time, I earn thousands of dollars, gain the strength of a spartan, and am respected by many.