

CID

AGOGE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

Power Phrases (2-3)

- I am lon Techies and I make people feel more confident, as I always support them to get better at what they wish.
- I have the expertise to handle most of the situations that appear in my life.
- I am aware of the world that we live in and I work hard to exit the matrix.

Core Values (2-3)

- Bravery
- Resilience
- Wisdom

Daily Non-Negotiables (2-3)

- Daily checklist
- Train
- Earn money daily

Goals Achieved

- I have clients and i make 5000k/month
- I can easily do muscle-ups and handstand

Rewards Earned

- A new laptop bought with money straight out of client work
- I feel confident every day, I know I am the best version of myself each night I go to sleep.

Appearance And How Others Perceive Him

- Strong big guy, well dressed and groomed.
- People are seeing me like a movie star, like a gladiator in the modern world.

Day In The Life

I wake up and do my morning stretching routine. Then, I go for a shower and brush my teeth. Love is next and after that I prepare my children for school. I have a coffee with my wife and maybe a cigar. It depends from time to time if I smoke in the morning or not. After leaving the kids to play and learn with their friends, I go to the office.

I start to do what I like and to earn some money. During the lunch break, I spend time with my wife as we both work in the same office. Our home is really close to where we work, so we go to eat at our place. We enjoy the nice view from the living room terrace, while having a healthy meal.

Then, we go back to the workplace so we earn more money, while helping others fulfill their dreams. At 5 pm we go to take the children from school. Then, we are heading to the city to have a walk and train a bit in the calisthenics park. At 6 o'clock I attend the Morning Power Up Call, while children are playing in the park and we are training. Dinner is next, so we are going to the restaurant. It is also the time to review the PU call, as I always do.

After that, we drive back home. There we leave the children to do their stuff while we prepare the next day's agenda.

Finally, before bed I jump into the TRW App to see some calls that I have missed. Also, I check for new lessons and I do them happily. Shower, wash teeth, put the children to sleep and GOOD NIGHT everyone.

If it happens to not feel like sleeping I start to work on my projects or listen to more calls, until I am so tired I fall asleep..