

AGOGE NEW IDENTITY TEMPLATE

Ideal Version of Yourself 3-6 Months From Now

Power phrases (2-3)

- I am NofeWar. Warrior without fear.
- I am NofeWar and I do whatever I want.
- I am NofeWar and I love and live in suffering.
- I am NofeWar and I am a G and I am the Man.
- I am NofeWar and I am fast and conscious.
- I know WHO I AM and i will Show the Gods what i can Become

Core Values (2-3)

- Brave.
- Fast.
- Strong.
- Warrior.
- Live in war

Daily Non-Negotiables (2-3)

- Training and showering.
- Activity tracking.
- Daily Checklist (PUC & Visualization too)
- Daily push-ups.
- Work
- OODA LOOP

Goals Achieved

- He has finished the bootcamp and knows it by heart.
- He has constantly learned and improved your skills
- He had taken courses, etc. to improve your skills

- Has many valuable testimonials from various clients.
- He works with large companies and surrounds himself with people with his skill set.
- He is always working faster and achieving big goals everytime.

Rewards Earned

- Money for each job he did with a client.
- Respect and admiration for his loved ones for accomplishing his goals.
- Pride for overcoming challenges and overcoming suffering.
- He works with every client and learn skills quickly.

Appearance And How Others Perceive Him

- He is respected by other men, for the hard work he always gives.
- He is admired.
- He is well regarded because he brings value
- He is admired for the work he does.
- He is attractive to them because of his personality traits and approach to work.
- He is liked by them because he is fun and charismatic.

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..."

- NofeWar's day starts like this: I wake up fully rested because the day before I worked hard until I was exhausted so I got a lot of quality sleep. I wake up and make a connection with my consciousness, limbs, etc, to fill myself with energy that I will use during the day. I wrap up warm so the early morning cold doesn't affect me and I can start my normal day, then I do my Follow-up on the habits I keep, the non-negotiables, my daily checklist, daily push-ups, phrases of the day, etc, then I change and rearrange my bed, I do everything quickly and remember to do everything as fast as possible. Then I do my pushups quickly after reading the current book for 30 minutes, I do my first pushups of the day and I'm ready to get started. I go eat my first meal of the day quickly already changed. I sit down with lots of energy and play music in between

activities, I go to have a plate of food for breakfast which I eat energetically knowing that it will satiate my first appetites and give me energy. After eating I go to the gym and do a G training session with a lot of suffering as it will lead me to success and improve my skills as a warrior. After the gym session, I grab my drink and protein shake and quickly head home, for this is still morning and I still have a few hours in the morning to take advantage of. I take a quick shower and go to do my work for the day. I analyze the pending tasks I have with my clients and the plans I have to provide value to them, review them and quickly execute the pending tasks. I do a well-focused G-work session and feel happy and proud while doing it. After working properly, I listen to the PUC of the day and take proper notes and reflect on the teaching of the day, this also motivates me and gives me more inspiration to do my activities, I go back to do push-ups to recharge my energy and go on the attack. Then for lunch time I go with my family to eat and I separate a time interval if I am late, or if I go alone for lunch, I do it quickly. I finish and rest 10 minutes under timer, which I used for the rest of my activities. This active break ends and I feel more energized to continue conquering my day like a warrior. I get to do the second leg of the day doing the pending activities with my clients and improving my skills, it is all 100% productive work that will help improve my skills or provide value for my clients. I work energetically and quickly until the evening where I get to do another set of push-ups and then go to dinner, if I go alone I do it quickly, or if it is with my family I take full advantage of the time with them. After dinner I continue to write down the activities in my schedule during the day, taking advantage of my time correctly and I am ready to finish my day and do my OODA LOOP and review the activities and if I did everything quickly without wasting time. I do my evening Follow Up with visualizations, putting checks to my tasks completed, finished, finishing the sentence of the day, etc. I finish my day properly and I am ready to rest. I lie down and disconnect my body and my consciousness to rest deeply with a good quality of sleep, I am grateful for the day and the opportunity I had and I feel proud and energetic. I feel fulfilled because I conquered my day. It is all part of my desired end result that I want and everything is going well. I feel like a warrior who is conquering and will achieve everything he sets his mind to. I feel like a G full of energy and a warrior without fear. I am NofeWar and I am a conquering warrior.

- I feel grateful for everything I have
- I feel proud for all that I have accomplished
- I show my gratitude by taking action and conquering more.
- I feel energetic and happy for achieving my goals.
- I feel that I am achieving my dreams.

