

AGOGUE NEW IDENTITY TEMPLATE

The Ideal Version of Yourself 3-6 Months From Now

My Power Phrases (2-3)

- I am capable of whatever I set out to achieve, it is within me.
 - I don't dream, I don't believe, I just make results and take action. Instantly.
 - I always, regardless of how I feel, complete all my tasks to the best of my ability.
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My Core Values (2-3)

- Stoic
 - Respectful
 - Discipline
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My Daily Non-Negotiables (2-3)

- Daily Checklist (MPUC, Review Notes, Outreach, G Work & Train)
 - Be the difference in the World that you want to see.
 - All The Agoge Calls, Burpees, And Assignments.
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My Goals Achieved

- Landing a Paying Client -

I landed a started client soon after joining the Agoge programme. I remember being full of confidence, it was gleaming out of me and I listened to the Professor and took his advice on how to properly outreach, it was successful instantly. I delivered great results quickly for the starter client and we soon became in discussions to start paying me, now I am making £750 a month.

- Hit 75KG on the Scales -

After 3 months of continuous eating, and training like an Animal in the Gym, I've been pilling the pounds on the scales and I am looking better than I have ever before. The G's in the gym complimented me after watching my transition. I've stopped skipping any sessions and looking at myself in the mirror is pushing me to be the most confident within myself I ever have.

- Agoge Graduate -

2 weeks of hard, tiring challenges that I endured gifted me with the greatest lessons that I could have received and they have played a vast part in the success I'm currently having. I graduated from the programme, which has such a small success rate and I could not be prouder.

My Rewards Earned

- The greatest reward earned is the feeling within, being extremely proud within myself knowing that I have come so far on the journey. However, excited knowing that this is only the beginning.
- I treated myself to a brand new Garmin watch, to track my health and fitness it comes in great use when I go off on my long-distance runs, preparing for my Marathon.
- I am leaving for a short break, 5 nights in Majorca with my Girlfriend, all paid for by the earnings that I have received through my hard work and dedication. I will be eating Steak and dining at the highest-class restaurants.

My Appearance And How Others Perceive Him

- As I stride into the room, my commanding presence demands attention. With a physique honed through strength and discipline, I exude confidence in every step. My attire, meticulously chosen, accentuates your muscular frame, with shirts tailored snugly around my arms, emphasizing vast power. Each movement speaks of grace and purpose. I embody modern masculinity, a force to be reckoned with, leaving an undeniable imprint on the atmosphere wherever I go.

My Day In The Life Stories.

- I wake up sharply at 4 am, feeling refreshed from a great night's rest after the previous day's conquering. I am excited by the chance, God has gifted me to seize the day and the opportunity he has provided. I roll over and see my beautiful Girlfriend sleeping peacefully, knowing her Man is providing everything for her.
- I make myself a healthy, nutritional breakfast with coffee to bring me the caffeine I require to fuel myself to conquer.
- I head to the Gym, fuelled up and I walk in, the regulars all say hello to me as they like my presence there and I always stop and speak to everybody, I pride myself on being respectful.
- A hard gruelling session is finished, pushing every set to failure. Pumped up, I go home and log onto TRW.
- I watch the MPUC, it excites me to conquer and feel part of a team. My space is clear and organised and I quickly get to work, attacking my checklist with vast amounts of velocity to create a force of energy to propel me forwards.
- After completing the checklist, I make sure to review what I have completed and follow up on any potential clients I have reached out to that require a follow-up. The excitement of gaining clients keeps me in high spirits even if a lead says no.
- The late afternoon draws in, I have successfully completed my tasks for the day and I make sure to spend time with my loved ones as after all, they are what brings me the greatest joy in the world we are lucky enough to live in.
- I crash into Bed at 8 pm, ready for a deep sleep and to recover as my body feels sore and tired. I read my new identity document and put my head on the pillow, smiling after a great day at the office.