

AGOGE NEW IDENTITY

Ideal Version of Yourself 3-6 Months From Now

Power Phrases (2-3)

- I am Andrew Shearn and I have superhuman levels of endurance. It's scary how fast I recover.
- I am Andrew Shearn Shearn and I bring INCREDIBLE POWER to everything I do!
- I am Andrew Shearn and my tenacity and relentlessness STRIKES FEAR into the heart of anyone that DARE stand against me.

Core Values (2-3)

- Bravery
- Accountability
- Adaptability

Daily Non-Negotiables (2-3)

- Daily checklist
- Work 3 hours daily (or more) on home inspection school
- Work 3 hours daily (or more) on building the BIGGEST lawn care and landscaping company in my city.

Goals Achieved

- Over 30 lawn mowing clients gained by the coming spring.
- Finished home inspection school and started an inspection business with my business partner.
- A more enhanced physique by getting down to 200 lbs of solid muscle.

Rewards Earned

- A new car from the money I've earned by grinding it out.
- Relationships with new people that'll further help me towards success.
- Being able to reward friends and family that trusted in me on this journey.

Appearance And How Others Perceive Him

- Absolute tank of a man, a force to be reckoned with.
- An overall healthier appearance as he's sliced off fat and further built his armor of muscle.
- As someone who can help and take on any AND ALL challenges that face him. People come to him when they have problems, and he solves them.

Day In The Life

I wake up and I immediately read away at my new identity that I've created over these past few months. I chug my water, get my sunlight, and then **get to work**. After getting 3-4 hours of undistracted quality work in, I waste no time in getting to the gym.

I crush every single workout. Every set and rep feels better and I feel the raw strength coursing through my veins. After 2 hours of clearing my head with a grueling workout, I get back to work with no time wasted in-between. I finish these 3 hours of work then have my first meal of the day.

The meal consists of steak, potatoes, and a choice of vegetables, This food gives me incredible power and the fire blood that will fuel me for the next day's torture sessions. I then finish the night with 2-3 more hours of work and then prepare to rest.

The day was conquered and I fulfilled my duty as a man because I set goals for today and CRUSHED them.

