

THE AGOGE PROGRAM



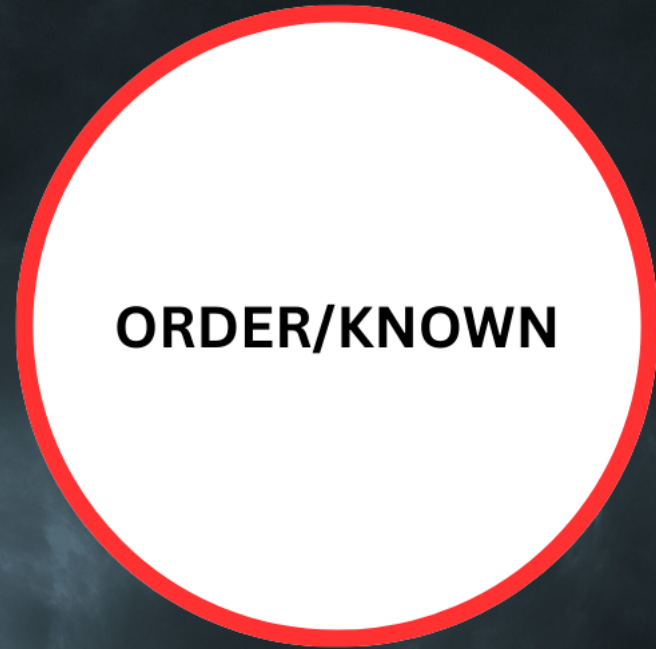
CHAOS/UNKOWN

CHAOS/UNKOWN



ORDER/KNOWN

CHAOS/UNKOWN

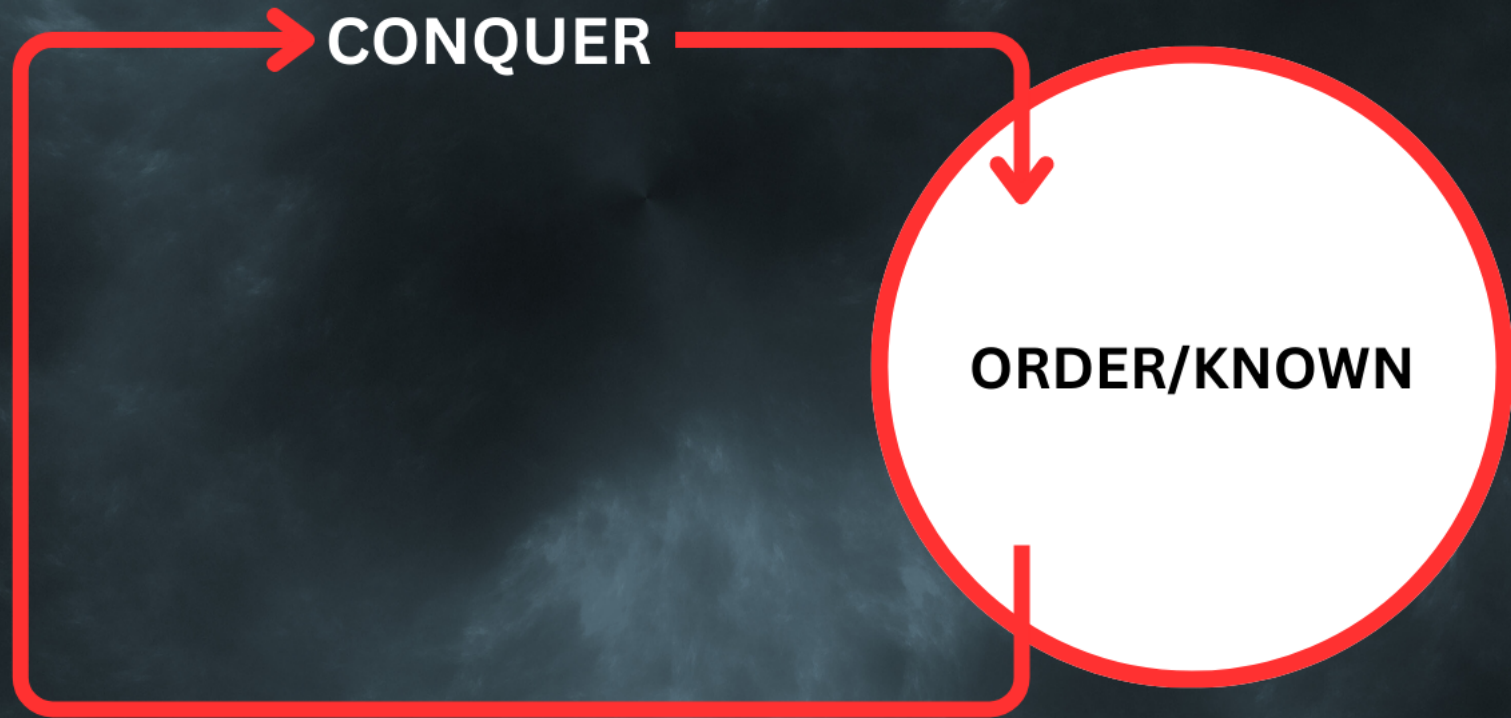


PERIMITER/THRESHOLD



ORDER/KNOWN

CHAOS/UNKOWN



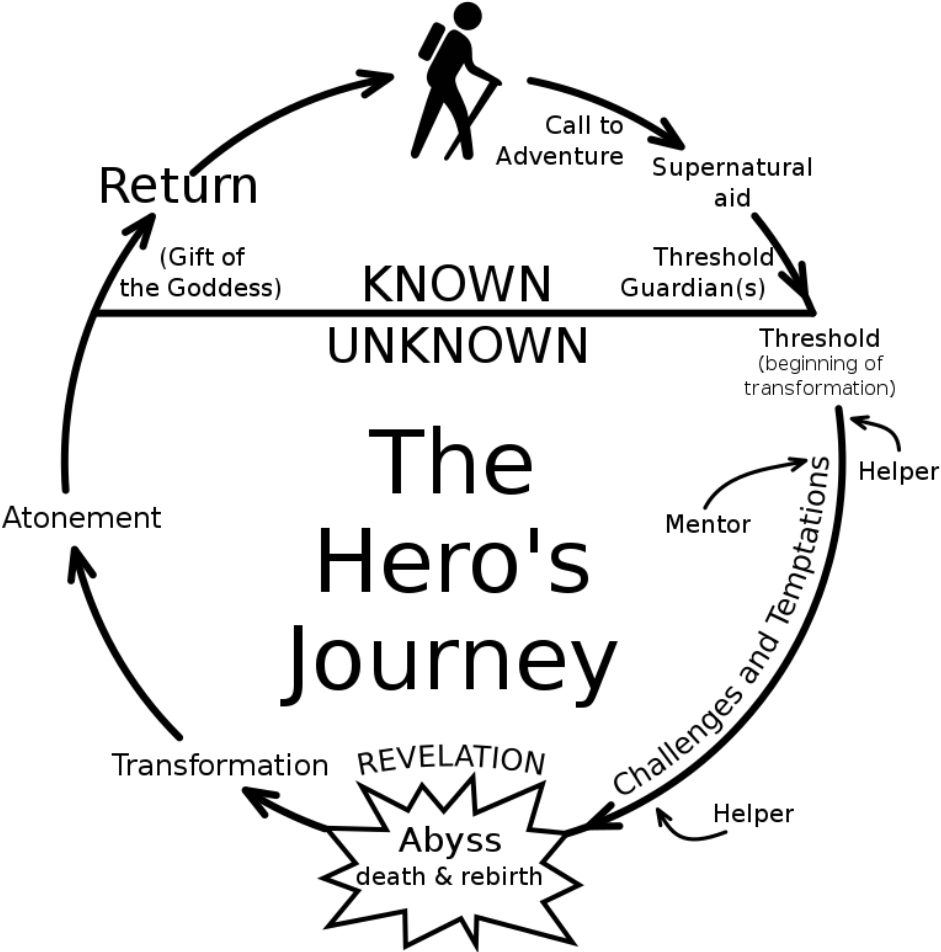
CHAOS/UNKOWN

→ CONQUER

ORDER/KNOWN



HERO'S JOURNEY IS THE RECIPE FOR MASCULINE EVOLUTION



SIGNS YOU'RE IN THE COMFORT ZONE

- Comfortable
- Passive
- Soft
- Settled
- You feel numb/bored
- DEEP DEEP SHAME



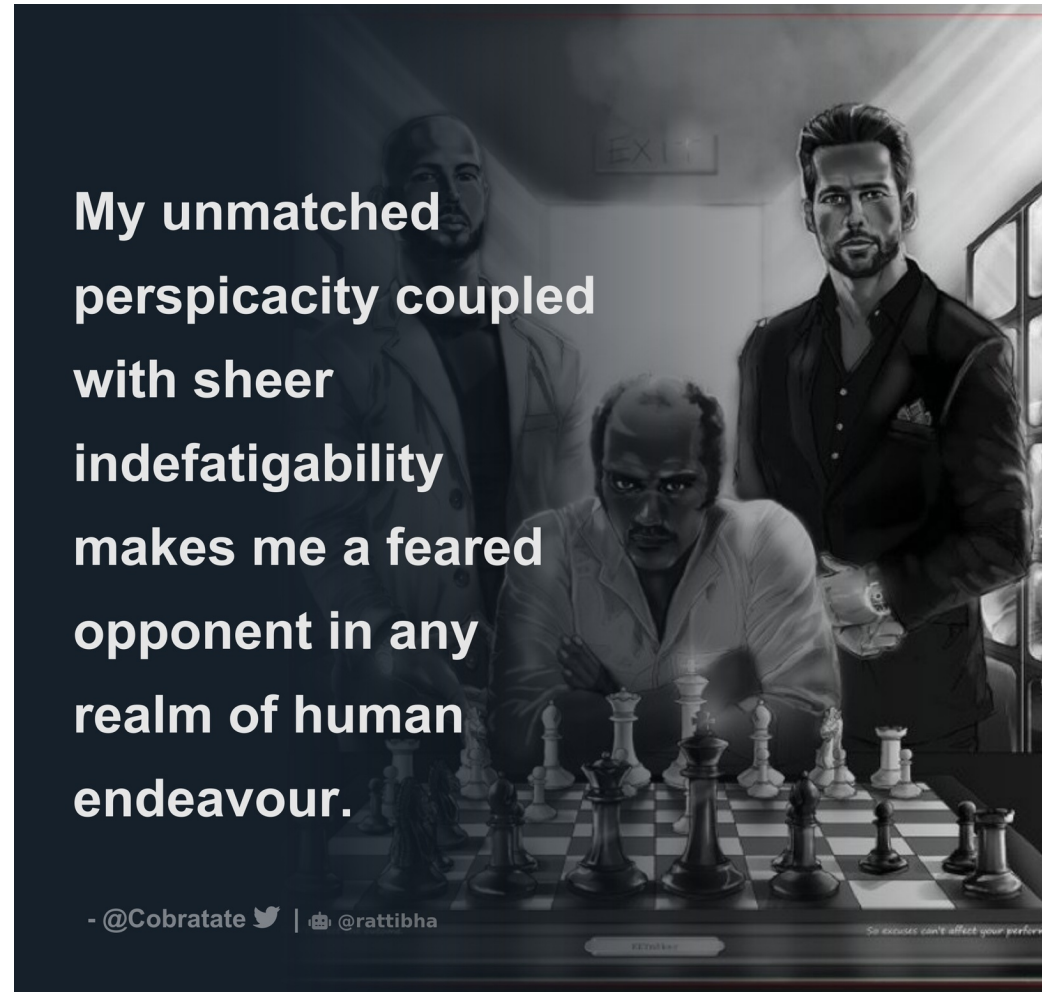
SIGNS YOU'RE IN THE HERO ZONE

- Active
- Uncomfortable
- Challenged
- New territory
- Little bit of fear and stress
- Bitch voice is NOT ok with what you're doing
- You feel ALIVE



THINGS YOU NEED TO BE SUCCESSFUL OUTSIDE THE PERIMETER

- 1 Tough (Indefatigability)
- 2 Wits (Perspicacity)



GETTING TOUGH IS SIMPLE

- 1 Do hard things
- 2 Survive them
- 3 Realize you can do hard things = Confidence
- 4 Repeat



HOW DO YOU PUSH YOURSELF TO DO HARD THINGS AND GET TOUGH?



External Drive



Internal Drive

YOUR CHALLENGE FOR THE NEXT 14 DAYS

100 burpees as fast as possible

Post your time in the Agoge-Accountability each

Skip a day, you're out of the program

