



# DO YOU KNOW YOUR GOGI?

You know your GOGI if you can answer the following questions:



- What are the FOUR SECTIONS OF GOGI TOOLS that prisoners created?
  - 1) TOOLS OF THE BODY
  - 2) TOOLS OF CHOICE
  - 3) TOOLS OF MOVING FORWARD
  - 4) TOOLS OF CREATION
- What are the names of each of the TWELVE GOGI TOOLS FOR POSITIVE DECISION MAKING that prisoners created?
  - 1) BOSS OF MY BRAIN
  - 2) BELLY BREATHING
  - 3) FIVE SECOND LIGHTSWITCH
  - 4) POSITIVE THOUGHTS
  - 5) POSITIVE WORDS
  - 6) POSITIVE ACTIONS
  - 7) CLAIM RESPONSIBILITY
  - 8) LET GO
  - 9) FOR~GIVE
  - 10) WHAT IF
  - 11) REALITY CHECK
  - 12) ULTIMATE FREEDOM
- What are the KEY WORDS prisoners created for each TOOL?
  - 1) BOSS OF MY BRAIN – Smart Part, Emotional Part, Old Habit Part. Which one is in charge?
  - 2) BELLY BREATHING – Hand on stomach. Hand on chest. Which one is moving?
  - 3) FIVE SECOND LIGHTSWITCH – Old thought? I have a new action. By the count of five, I get to my new action.
  - 4) POSITIVE THOUGHTS – Is it Powerful? Productive? Positive?
  - 5) POSITIVE WORDS – Is it Powerful? Productive? Positive?
  - 6) POSITIVE ACTIONS – Is it Powerful? Productive? Positive?
  - 7) CLAIM RESPONSIBILITY – I own today. I ask myself, “Am I proud of this choice?”
  - 8) LET GO – hand / squash / toss
  - 9) FOR~GIVE – For me to give I must be safe from harm.
  - 10) WHAT IF – What if I am not my past?
  - 11) REALITY CHECK – Ten steps forward and two steps back is still eight steps ahead.
  - 12) ULTIMATE FREEDOM - Being free is up to me.
- What is the GOGI CALENDAR created by prisoners? Why do all students study the same tool at the same time?  
The GOGI Calendar unites GOGI studies around the world so no one will ever study GOGI alone.
- Why did prisoners ask that GOGI have an OFFICIAL MEETING FORMAT and a MINI MEETING FORMAT?  
Prisoners created the OFFICIAL MEETING FORMAT and the MINI MEETING FORMAT so they could unite the GOGI family into a positive community. The MINI MEETING can be used if meeting time is limited.
- Why did prisoners create the GOGI pledge? Can you say it from memory? Prisoners created the GOGI pledge to express their verbal commitment to use the tools and remain free by being of service.
 

<i>May our commitment (repeat)</i>	<i>So that our inner freedom (repeat)</i>
<i>To the study of GOGI (repeat)</i>	<i>May be of maximum service (repeat)</i>
<i>Grant us the joy (repeat)</i>	<i>To those we love (repeat)</i>
<i>Of giving and receiving (repeat)</i>	<i>And infinite others (repeat)</i>
- Who created GOGI? GOGI was created by PRISONERS for PRISONERS.
- Do you know that anyone may hold a GOGI meeting? GOGI meetings can be held when two or more people gather to study GOGI and follow the official meeting format.
- If asked, could you pick a favorite tool and describe how you would use it?

