



Getting Out by Going In (GOGI) 2016 GOGI TOOL STUDY SCHEDULE

GOGI TOOL KEY WORDS

BOSS OF MY BRAIN

THE THREE PARTS: the SMART part, the EMOTIONAL part, the OLD HABIT part. Which one is the BOSS right now?

BELLY BREATHING

Hand on chest. Hand on belly. Which one is moving?

FIVE SECOND LIGHTSWITCH

Old thought? I have a new action.

POSITIVE THOUGHTS

The 3 Ps: Is it POWERFUL?
Is it PRODUCTIVE? Is it POSITIVE?

POSITIVE WORDS

The 3 Ps: Is it POWERFUL?
Is it PRODUCTIVE? Is it POSITIVE?

POSITIVE ACTIONS

The 3 Ps: Is it POWERFUL?
Is it PRODUCTIVE? Is it POSITIVE?

CLAIM RESPONSIBILITY

I own today. I ask myself,
"Am I Proud of this Choice?"

LET GO

HAND/SQUASH/TOSS

FOR -- GIVE

Is it safe to give? SAFE – Am I safe from more harm?
FOR me to GIVE, I unhook from the past.

WHAT IF?

No to the past = Yes to the Future.
When in doubt I ask myself, "WHAT IF I am not my past? WHAT IF I choose a different future?"

REALITY CHECK

TEN AND TWO RULE – Ten steps forward and two steps back is still eight steps ahead

ULTIMATE FREEDOM

BEING FREE IS UP TO ME
Being of service sets me internally free.

JANUARY						
S	M	T	W	T	F	S
Week 1 BOSS OF MY BRAIN						
Week 2 BELLY BREATHING						
Week 3 FIVE SECOND LIGHTSWITCH						
Week 4 POSITIVE THOUGHTS						
Week 5 REVIEW ABOVE						

JULY						
S	M	T	W	T	F	S
Week 1 BOSS OF MY BRAIN						
Week 2 BELLY BREATHING						
Week 3 FIVE SECOND LIGHTSWITCH						
Week 4 POSITIVE THOUGHTS						
Week 5 REVIEW ABOVE						

FEBRUARY						
S	M	T	W	T	F	S
Week 1 POSITIVE WORDS						
Week 2 POSITIVE ACTIONS						
Week 3 CLAIM RESPONSIBILITY						
Week 4 LET GO						
Week 5 REVIEW ABOVE						

AUGUST						
S	M	T	W	T	F	S
Week 1 POSITIVE WORDS						
Week 2 POSITIVE ACTIONS						
Week 3 CLAIM RESPONSIBILITY						
Week 4 LET GO						
Week 5 REVIEW ABOVE						

MARCH						
S	M	T	W	T	F	S
Week 1 FOR--GIVE						
Week 2 WHAT IF						
Week 3 REALITY CHECK						
Week 4 ULTIMATE FREEDOM						
Week 5 REVIEW ABOVE						

SEPTEMBER						
S	M	T	W	T	F	S
Week 1 FOR--GIVE						
Week 2 WHAT IF						
Week 3 REALITY CHECK						
Week 4 ULTIMATE FREEDOM						
Week 5 REVIEW ABOVE						

APRIL						
S	M	T	W	T	F	S
Week 1 BOSS OF MY BRAIN						
Week 2 BELLY BREATHING						
Week 3 FIVE SECOND LIGHTSWITCH						
Week 4 POSITIVE THOUGHTS						
Week 5 REVIEW ABOVE						

OCTOBER						
S	M	T	W	T	F	S
Week 1 BOSS OF MY BRAIN						
Week 2 BELLY BREATHING						
Week 3 FIVE SECOND LIGHTSWITCH						
Week 4 POSITIVE THOUGHTS						
Week 5 REVIEW ABOVE						

MAY						
S	M	T	W	T	F	S
Week 1 POSITIVE WORDS						
Week 2 POSITIVE ACTIONS						
Week 3 CLAIM RESPONSIBILITY						
Week 4 LET GO						
Week 5 REVIEW ABOVE						

NOVEMBER						
S	M	T	W	T	F	S
Week 1 POSITIVE WORDS						
Week 2 POSITIVE ACTIONS						
Week 3 CLAIM RESPONSIBILITY						
Week 4 LET GO						
Week 5 REVIEW ABOVE						

JUNE						
S	M	T	W	T	F	S
Week 1 FOR--GIVE						
Week 2 WHAT IF						
Week 3 REALITY CHECK						
Week 4 ULTIMATE FREEDOM						
Week 5 REVIEW ABOVE						

DECEMBER						
S	M	T	W	T	F	S
Week 1 FOR--GIVE						
Week 2 WHAT IF						
Week 3 REALITY CHECK						
Week 4 ULTIMATE FREEDOM						
Week 5 REVIEW ABOVE						

GOGI Pledge

May our commitment/To the study of GOGI/Grant us the joy/Of giving and receiving/So that our inner freedom/May be of maximum service/To those we love/And infinite others