



The GOGI 2017 Calendar

GOGI TOOL STUDY SCHEDULE

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

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

FEBRUARY	
Week 1	POSITIVE WORDS
Week 2	POSITIVE ACTIONS
Week 3	CLAIM RESPONSIBILITY
Week 4	LET GO
Week 5	REVIEW ABOVE

AUGUST	
Week 1	POSITIVE WORDS
Week 2	POSITIVE ACTIONS
Week 3	CLAIM RESPONSIBILITY
Week 4	LET GO
Week 5	REVIEW ABOVE

MARCH	
Week 1	FOR--GIVE
Week 2	WHAT IF
Week 3	REALITY CHECK
Week 4	ULTIMATE FREEDOM
Week 5	REVIEW ABOVE

SEPTEMBER	
Week 1	FOR--GIVE
Week 2	WHAT IF
Week 3	REALITY CHECK
Week 4	ULTIMATE FREEDOM
Week 5	REVIEW ABOVE

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

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

MAY	
Week 1	POSITIVE WORDS
Week 2	POSITIVE ACTIONS
Week 3	CLAIM RESPONSIBILITY
Week 4	LET GO
Week 5	REVIEW ABOVE

NOVEMBER	
Week 1	POSITIVE WORDS
Week 2	POSITIVE ACTIONS
Week 3	CLAIM RESPONSIBILITY
Week 4	LET GO
Week 5	REVIEW ABOVE

JUNE	
Week 1	FOR--GIVE
Week 2	WHAT IF
Week 3	REALITY CHECK
Week 4	ULTIMATE FREEDOM
Week 5	REVIEW ABOVE

DECEMBER	
Week 1	FOR--GIVE
Week 2	WHAT IF
Week 3	REALITY CHECK
Week 4	ULTIMATE FREEDOM
Week 5	REVIEW ABOVE

The GOGI Tools for Better Decision-Making and the Tool KEYWORDS

TOOLS OF THE BODY

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

One hand on my chest, one hand on my belly. Which one is moving right now? MY BRAIN WORKS BETTER WHEN MY BELLY MOVES

FIVE SECOND LIGHTSWITCH

OLD THOUGHT = NEW ACTION. I have an OLD THOUGHT and I have a NEW ACTION

TOOLS OF CHOICE

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?

TOOLS OF MOVING FORWARD

CLAIM RESPONSIBILITY

Am I proud of this choice? I AM RESPONSIBLE FOR ALL MY ACTIONS AND ALL MY REACTIONS TODAY.

LET GO

HAND/SQUASH/TOSS When bothered, I put the feeling in my hand, squash it, and toss it away from me.

FOR--GIVE

FOR ME TO GIVE, I NEED DISTANCE FROM HARM. For me to give, I unhook from the past, and find my internal freedom.

TOOLS OF CREATION

WHAT IF?

WHAT IF I AM NOT MY PAST? No to the past = yes to the 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 set me internally free.

GOGI Pledge

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