



The GOGI Calendar

Week 1 begins the first Monday of each month.

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JANUARY

Week 1: BOSS OF MY BRAIN
Week 2: BELLY BREATHING
Week 3: FIVE SECOND LIGHTSWITCH
Week 4: POSITIVE THOUGHTS

FEBRUARY

Week 1: POSITIVE WORDS
Week 2: POSITIVE ACTIONS
Week 3: CLAIM RESPONSIBILITY
Week 4: LET GO

MARCH

Week 1: FOR-GIVE
Week 2: WHAT IF
Week 3: REALITY CHECK
Week 4: ULTIMATE FREEDOM

APRIL

Week 1: BOSS OF MY BRAIN
Week 2: BELLY BREATHING
Week 3: FIVE SECOND LIGHTSWITCH
Week 4: POSITIVE THOUGHTS

MAY

Week 1: POSITIVE WORDS
Week 2: POSITIVE ACTIONS
Week 3: CLAIM RESPONSIBILITY
Week 4: LET GO

JUNE

Week 1: FOR-GIVE
Week 2: WHAT IF
Week 3: REALITY CHECK
Week 4: ULTIMATE FREEDOM

JULY

Week 1: BOSS OF MY BRAIN
Week 2: BELLY BREATHING
Week 3: FIVE SECOND LIGHTSWITCH
Week 4: POSITIVE THOUGHTS

AUGUST

Week 1: POSITIVE WORDS
Week 2: POSITIVE ACTIONS
Week 3: CLAIM RESPONSIBILITY
Week 4: LET GO

SEPTEMBER

Week 1: FOR-GIVE
Week 2: WHAT IF
Week 3: REALITY CHECK
Week 4: ULTIMATE FREEDOM

OCTOBER

Week 1: BOSS OF MY BRAIN
Week 2: BELLY BREATHING
Week 3: FIVE SECOND LIGHTSWITCH
Week 4: POSITIVE THOUGHTS

NOVEMBER

Week 1: POSITIVE WORDS
Week 2: POSITIVE ACTIONS
Week 3: CLAIM RESPONSIBILITY
Week 4: LET GO

DECEMBER

Week 1: FOR-GIVE
Week 2: WHAT IF
Week 3: REALITY CHECK
Week 4: ULTIMATE FREEDOM

If there is a 5th week in the month: REVIEW Tools for the Month.



TOOLS

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TOOLS OF THE BODY

BOSS OF MY BRAIN

THE THREE PARTS:

SMART PART

EMOTIONAL PART and

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

Is it Powerful?

Is it Productive?

Is it Positive?

POSITIVE WORDS

Is it Powerful?

Is it Productive?

Is it Positive?

POSITIVE ACTIONS

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.

BELLY BREATHING

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 FOR-GIVE, I NEED DISTANCE FROM HARM. For me to for-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 8 steps forward.

ULTIMATE FREEDOM

BEING FREE IS UP TO ME.

Living a life of service gives me

ULTIMATE FREEDOM.