



# The GOGI Calendar

Week 1 begins the first Monday of each month.

[www.gettingoutbygoingin.org](http://www.gettingoutbygoingin.org)

## 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



# 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.