

# THE GOGI TRIFECTA



Volume 1, Issue 1  
9/15/2018

A **POSITIVE**, **POWERFUL** and **PRODUCTIVE** Community Newsletter by Team **GOGI 4 Life!**

## Welcome to our first issue!

The purpose of the '**TRIFECTA**' is to promote the **POSITIVE**, **POWERFUL** and **PRODUCTIVE** culture of **GOGI**, both inside and outside the prison walls. Each month, we will provide our readers with a variety of **GOGI**-related news, articles, games, art, recipes, contests, and more. Contributions to each issue of the **TRIFECTA** will come from TG4L! Members, **GOGI** Students, **GOGI** Leaders and **GOGI** Coaches.

In future issues, we will dedicate a section of each newsletter to focus on the '**Science Behind the Tools**' which will give us a better understanding of 'why' the tools work.

May we all be the B.O.M.B. and allow **GOGI's** 12 Tools of Positive Decision-Making guide our thoughts, feelings, actions and reactions throughout each and every day, as we strive to be of service to others and move closer to attaining our goal of Ultimate Freedom, the **GOGI** Way.

Tamara De La Cruz, Group Leader

**GOGI 4 LIFE!** 🦊

### trifecta

(trai'fektə)

1. Any achievement involving three successful outcomes.
2. A set or combination of three things.
3. *Trifecta* combines the prefix *tri-* (meaning "three") with the last element in *perfecta*, a word of American Spanish origin.

### "Words from GOGI's Founder and first volunteer, Coach Taylor"

Getting Out by Going In (GOGI) is a non-profit organization, but GOGI is also a culture and a way of living. While this newsletter is not coming to you from GOGI headquarters, nor is it an official GOGI publication, it represents the culture and a glimpse into positive outcomes when community members begin to live life The GOGI Way. We support all individuals who wish to include the GOGI Tools into their daily life and applaud the efforts in making this newsletter possible. This newsletter comes to you from GOGI's very first acknowledged community group, Team GOGI 4 Life! While the content is theirs alone, the heart and soul of GOGI's culture rests in the hands of each individual who includes the GOGI tools into their daily life.

With Love,

Getting Out By Going In (GOGI)  
PO Box 88969  
Los Angeles, CA 90009  
310-402-9642  
info@gettingoutbygoingin.org

### 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 ser-  
vice

To those we love

And infinite others."

# What is GOGI?

Getting Out By Going In (GOGI) helps you "get out" of negative situations by "going in" to your own ability to find the solutions. By "getting out" we mean freeing you from negative thoughts, actions and reactions. By "going in" we mean providing you with simple tools for you to change your life starting with changes inside you. "GOGI" is the nickname. It sounds like yogi.

**GOGI is the voice of everyone who is willing to become the solution for the challenges within themselves and their communities.**

The positive culture of GOGI results from excellence in simplified and relatable decision-making solutions delivered as self-study, in small learning groups, and as formal leadership training programs. The culture is further supported in the community by media, social media, volunteerism, and community engagement focused on sharing the GOGI Tools for Positive Decision-Making.

GOGI is introduced in the form of a "program" and support group but quickly becomes a "way of life".

**The GOGI Culture is positive. The GOGI Culture is hopeful. The GOGI Culture is unifying.**

The GOGI Culture brings men and women of all backgrounds and races together and gives them a common goal .... to be the SOLUTION to their own problems and those within their community.



# Who is Team GOGI 4 Life!?

**TEAM GOGI 4 LIFE!** is the first Acknowledged GOGI Community Group.

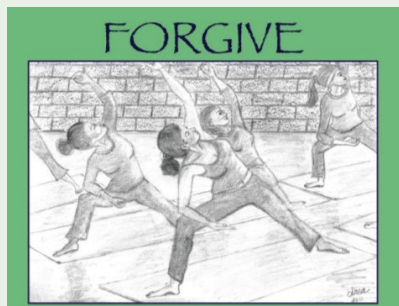
**TEAM GOGI 4 LIFE!** is dedicated to bringing the **GOGI** 12 Tools for Positive Decision-Making into the community, by way of the PowerUp! Group Meetings. The Positive, Powerful and Productive results of learning the GOGI tools helps us overcome the negative thoughts, feelings, actions and reactions that result from the guilt, pain, sadness, loss, abuse and disappointment we have allowed to imprison us mentally.

When implemented into our daily life, the GOGI Culture and Way of Life provides a clear pathway to mental freedom which is fueled by our service to others.



**GOGI 4 LIFE!** 🦊

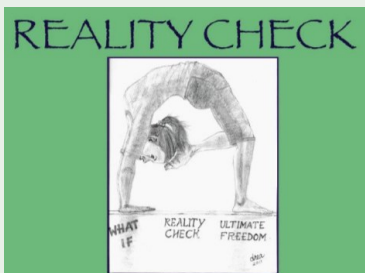
# Tools of September



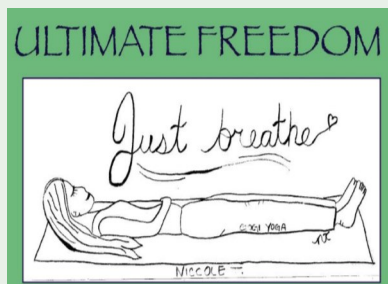
FOR me to GIVE back to others I make sure I am safe from harm.  
FOR me to GIVE, I make sure I am safe.



WHAT IF permits me to see possibilities I might not otherwise realize. Today, I ask myself, WHAT IF I am not my past? WHAT IF I reached my goal? WHAT IF I actually improved my life today, tomorrow and the next day?



I know I am going to make mistakes along the way, but REALITY CHECK lets me quickly correct my mistakes. Today, I agree to get right back on track with REALITY CHECK when I do something that is not perfect.



I create ULTIMATE FREEDOM for myself when I live THE GOGI WAY.  
Through my service, I have ULTIMATE FREEDOM.



## GOGI Tool for the Month of September:

# FOR-GIVE

FOR me to GIVE back to others I make sure I am safe from harm.

FOR me to GIVE, I make sure I am safe.

Forgive is a word used frequently and asked for even more frequently. FOR-GIVE as a GOGI Tool, however, is a very different thing.

**FOR-GIVE as a tool** requires action on your part. It has little to do with engaging in conversation or processing with another. Don't misunderstand, at GOGI we know that forgiving is important, and to address hurts and harms with others, to ask for and to give forgiveness is crucial and is the backbone of nearly every religion and culture. FOR-GIVE as a tool, however, is simply a tool you can use to get beyond the hurt or harm caused by self or others. When you get beyond the harm it is easier for forgiveness to emerge.

So, as a tool, FOR-GIVE is mainly about protection. The real question in using the tool FOR-GIVE is, "are you a sufficient distance from the harm-causing person or circumstance?" What we are looking for is your protection from further harm, because until you are safe from the harm, there is no point in trying to forgive because you are still in danger. **As a tool, FOR-GIVE requires that you get distance from the harm.** Let's say your harm is a gambling habit. You can say "sorry" and "please forgive me" a million times, but if you refuse to give up your top favorite gambling sites on your computer, the harm is still hovering. FOR-GIVE as a tool requires that you do everything and anything to distance yourself from the harm or the harmful person.

Ultimately, FOR-GIVE is your tool FOR you to GIVE back, give to others, and get out of your small world created by the harm. When we are harmed or harm ourselves, our world begins to revolve around the harm and we lose sight of our innate need to GIVE to others. **FOR us to GIVE, we must be safe enough from harm that our world gets larger and includes the needs of others.**

FOR us to GIVE we need distance from the harm. That is the critical difference between forgiveness as a spiritual concept and FOR-GIVE as a GOGI Tool. Use your GOGI Tool of FOR-GIVE and you will be much more likely to be able to tap into the spiritual concept of forgive and forgiveness.

**FOR-GIVE is your permission to move forward and put a stop to recurring pain.** FOR-GIVE, as a GOGI Tool, actually unlocks you and releases you from past harms. In a real way, FOR-GIVE is your ticket away from the harm, even if you were the one who caused the harm. - How to GOGI pages 54 & 55

## The Birth of PowerUp! Phoenix

The Powerful, Productive and Positive force derived from GOGI's advancement beyond the walls and into the community, in the form of the PowerUp!, is vast and mighty. This PowerUp! beckons those of us anguishing within self-imposed mental prisons, victimized by negative thoughts, feelings, actions and reactions. We are beckoned to embrace a new life of positivity and service to others.

From the countless ashes of this mental imprisonment rose the ultimate GOGI Coach and Leader; the first GOGI Superhero, to represent all of us yearning for a culture of positivity and change.



PowerUp! Phoenix represents our rise from the ashes of our mental imprisonment into a Positive, Productive and Powerful GOGI Leader who is the solution, not only to our own problems, but those of our community.

Phoenix is fueled by GOGI and wields the GOGI Shield of Service that blocks negative thoughts, feelings, actions and reactions. She also wields the Lightning Bolt of Fire and Water, which both cleanses and refreshes those served in the Community. Phoenix also has in her arsenal, the Torches of Enlightenment, powered by the PowerUp! group meetings; as well as the GOGI Tool box, filled with the 12 GOGI Tools for Positive Decision-Making.

Phoenix is the first of many superheroes who will represent GOGI and the PowerUp! as we push forward into the community. We will use the image of PowerUp! Phoenix and the other GOGI superheroes to engage the Positive, Powerful and Productive nature of the youth as we teach them the 12 GOGI Tools of Positive Decision-Making, in the hope that one day every YA in the state, country and world will be forced to shut down because there is no one to imprison any longer, which means one day every prison in the world will have to follow suit for the same reason. Tamara



# COACH'S CORNER

## INSIGHT FROM INSIDE

### Heart & Soul by Peer Coach James Higginbotham

My name is James Higginbotham and Getting Out By Going In (GOGI) has touched my heart and soul. It seems like the attitudes we carry into any particular setting greatly influences our perceptions. GOGI has helped me in so many ways. When I ask myself what part of my brain am I using right now (the Smart part, the Emotional part or Old Habit part), something profound happens every time. Simply reminding myself that I am the BOSS OF MY BRAIN is an exhilarating experience and the cornerstone to a set of positive decision making tools .... second- to-none.

Recently, while in a very small holding cell, waiting for my consultation hearing, I had to BELLY BREATHE. Without this tool I would have worked myself into a frenzy as I paced the holding cell - which I would have come across too intense in front of the commissioner. As I calmed myself, I was able to use my FIVE SECOND LIGHTSWITCH and began to reflect on my family, my friends, my freedom, my sobriety, and self. Needless to say, the Tools of the Body resonate deeply within me.

The Tools of Choice, (POSITIVE THOUGHTS, POSITIVE WORDS and POSITIVE ACTIONS) always reminds me of the famous quote by Frank Outlaw: "Watch your thoughts, they become your words. Watch your words, they become your actions. Watch your actions, they become your habits. Watch your habits, they become your character. Watch your character, it becomes your destiny." As long as my thoughts, words and actions are positive, powerful and productive, I can move forward.

CLAIMING RESPONSIBILITY for what's right is an insightful revelation in a world where negativity usually rules. LET GO is a simple gesture of hand, squash, toss and helps me to find that place of safety where I can begin to give. Yes, for me to give, I must be safe to do so. That is what the tool FOR-GIVE is about. It's magical whenever I am on calendar and able to really evaluate the key components of each tool.

The Tools of Creation take me to a whole different level. I mean, WHAT IF I succeed? 'What If' I am free? 'What If' helps me to navigate the landscape of my needs. REALITY CHECK starts with 10 and 2, and armed with that information I can release myself of any illusions of my perfection, because 'stuff' happens. With this tool I can take inventory of my successes and honor my setbacks, while quickly resetting. ULTIMATE FREEDOM means being free is up to me. Ultimate Freedom is a universal tool that allows me to be free right where I am, by being of service to others.

I can honestly testify that these simple, sturdy tools can and will work wonders in your life as they have in mine. They have enhanced my relationships with my mom and dad, Barbara, my family, my friends and community both inside and out. Thank you.



# KUDOS FROM COACH

From the Desk of Coach Taylor

Tamara and the entire TeamGOGI4Life,

Today at HDSP I sat in on a GOGI Group on C Yard and one man stated that his wife had joined the OnLine GOGI and every time they spoke they also spoke about the tool of the week. He expressed his gratitude for the group and how his life is better than he could have ever imagined as a result.

At Pelican Bay a man approached me and said that HIS woman was all over the GOGI stuff and they were in a better place that ever before because of their GOGI.

And, at every prison I visit students are beginning to ask me how THEIR loved ones can join Team GOGI!

I am very very proud of each and every one of you. By supporting our students to become the solution for their communities our Team GOGI members are becoming the solution, as well!!!

Wow. This is FUN!!!!

With Love,

Coach Taylor



Would you like your loved ones to learn more about GOGI out here in the community?  
Have them contact us at:

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

[www.facebook.com/GettingOutByGoingIn](http://www.facebook.com/GettingOutByGoingIn)

[www.facebook.com/groups/TeamGOGI4Life](http://www.facebook.com/groups/TeamGOGI4Life)

[TeamGOGI4Life@gmail.com](mailto:TeamGOGI4Life@gmail.com)

# FUNDRAISING

TO SUPPORT GOGI INSIDE AND OUTSIDE THE WALL

TEAM GOGI 4 LIFE!  
FUNDRAISER FOR  
GETTING OUT BY GOING IN  
(GOGI)



Getting Out by Going In (GOGI) ✓

[WWW.FACEBOOK.COM/  
DONATE/2281978041844917  
/1947029418696366/](http://WWW.FACEBOOK.COM/DONATE/2281978041844917/1947029418696366/)

GOGI LOGO NECKLACES—\$20  
PER NECKLACE



COMING SOON!  
POWERUP! PHOENIX  
TEES



GOGI FLASHCARDS - \$5.00 PER SET OR 2  
SETS FOR \$9.00.

**Tools of the Body**

**Boss of My Brain**

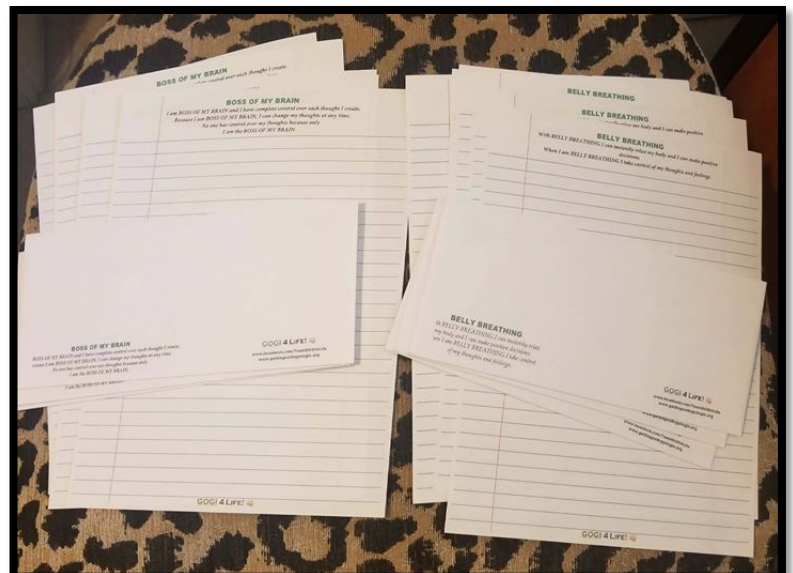
**Belly Breathing**

**Five Second Lightswitch**

Weeks to Study Boss of My Brain are:  
1st Week in January, 1st Week in April,  
1st Week in July, 1st week in October

<b>Tools of the Body</b> Boss of My Brain Belly Breathing Five Second Lightswitch	<b>Tools of the Body</b> Boss of My Brain Belly Breathing Five Second Lightswitch	<b>Tools of the Body</b> Boss of My Brain Belly Breathing Five Second Lightswitch	<b>Tools of the Body</b> Boss of My Brain Belly Breathing Five Second Lightswitch	<b>Tools of the Body</b> Boss of My Brain Belly Breathing Five Second Lightswitch
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GOGI TOOL STATIONARY - \$12 PER SET OR 2 SETS  
FOR \$20.





# CONTEST!

## PLEASE SHARE WITH YOUR LOVED ONES INSIDE!!

Dear GOGI Leader,

We want to share with you an exciting fact. GOGI is growing beyond the wall? Yes, we are proud to announce that GOGI's first GOGI Acknowledged Community Group is up and running, entirely volunteer operated by loved ones of the incarcerated and formerly incarcerated. AND, GOGI is pleased to announce that this community group is hosting a contest! See the below and smile. The GOGI Nation is growing and will continue to grow until every living being has the opportunity to learn simple tools for positive decision making! Thanks for being a part of the solution!!!! Enjoy the below contest, which GOGI fully supports! The benefit to GOGI is that we will be able to finally publish our little pocket book of calendar, GOGI-ism and other helpful instructions.

Team **GOGI 4 Life!** Has a challenge for our GOGI Leaders inside and their loved ones out here!!

We need 365 NEW GOGI-isms by November 15<sup>th</sup>, 2018!!

The top 5 GOGI Leaders to submit the most GOGI-isms by November 30<sup>th</sup> will receive the opportunity to send a GOGI Tee and B.O.M.B. hat to a loved one.

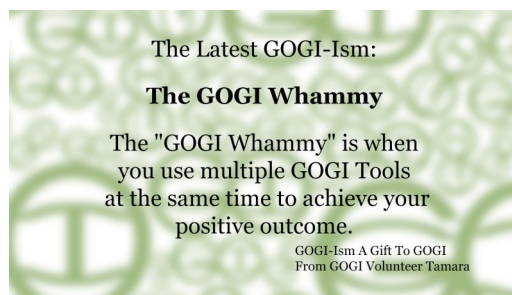


### RULES:

- All submissions must be turned in at one time, not in multiple submissions.
- All GOGI-isms must be received by November 30<sup>th</sup>.
- Only the top 5 winners to submit the most GOGI-isms by November 30<sup>th</sup> will receive the opportunity to send a GOGI Tee and B.O.M.B. hat to a loved one. The winners will be notified that they won and at that time can provide the name and address of where to send the tee and hat.

What is a GOGI-ism? A GOGI-ism is a catchy phrase created by a student of GOGI to help them incorporate the GOGI Tools into their everyday choices.

Examples of a current GOGI-isms:



Getting Out By Going In (GOGI)  
P.O. Box 88969  
Los Angeles, California 90009



# GOGI SHOUT OUTS

TO OUR INCARCERATED LOVED ONES

To the GOGI Men and Women Inside:

"Shine On You GOGI Diamonds!! You inspire us! You motivate us! You make us want to work even harder to pave the way for your GOGI Leadership in the Community when you're released. We are planting the GOGI seeds so you can cultivate and we all will reap the benefits of being of Service to all who currently dwell within mental prisons!"

GOGI 4 Life! 🦊

Tamara

G

O

"Jay, I am appreciative of your journey in GOGI with my husband and how much the two of you supported one other during difficult times. With Realty Check I hope you will always be able to move forward and Claim Responsibility for everything you do. I am proud of you!!!

GOGI4Life!"

Monica

Joshua Palomino—I am proud of all your hard work. Regardless of the situation you don't give up. You express how much GOGI has helped you make better decisions once you apply the tools in rough situations. Having GOGI in your life has made you a better person.

With love, Erica.



G

I

"Scott, By finding your Ultimate Freedom through learning GOGI you have become a better version of yourself and made our marriage & relationship even stronger. Seeing your dedication to mentoring others through the program, keeping yourself safe and being of service to those that are grossly neglected by the system makes me proud. You have introduced me to a culture that I am now embracing and benefiting from.

GOGI4Life!"

My love, Monica



# TEAM GOGI 4 LIFE! CONTEST WINNERS

**ALFRED QUINONEZ**  
Winner



**TOOL SECTION**  
**LET GO**  
8/30/2018

**TEAM GOGI 4 LIFE!**



**CONTEST TIME!**

**BARBARA DUNCAN**



**AWARD WINNER!**  
**TOOL NAMES**  
8/22/2018

**JOANN SALDANA LUGO**  
**GOGI TACO TUESDAY!**



**'KEY WORDS'**  
**WINNER**

**POSITIVE ACTIONS**  
8/14/2018

**JOANN SALDANA LUGO**  
WINNER OF THE  
**HAPPY**  
**HUMP DAYYYY!!**

WOOT WOOT!!



"Hey Toofs, how yay doin'? You really know your GOGI!"

**AWARD**

**'SECTION OF THE TOOLS'**  
**WHAT IF**  
9/12/2018

**CLARISSA GODOY**

WINNER OF THE  
**GOGI TOOL BOX AWARD**



**'STATEMENT OF OWNERSHIP'**  
**POSITIVE ACTIONS**  
8/14/2018

CERTIFICATE *Of* PARTICIPATION

**Sevena Van Zandt**

for sharing 'How GOGI Has Helped Me' with the group.

**GOGI 4 LIFE!**



PRESENTED BY: Tamara De La Cruz/TG-4U Group Leader

ON THIS DAY: 9/6/2018

**DERA ANDERSON**

Winner  
of the



**Thanks to GOGI I'm Free**  
**Award**

**"Key Words" - Claim Responsibility**  
8/24/2018

CERTIFICATE *Of* PARTICIPATION

**Wil Hause**

for sharing 'How GOGI Has Helped Me' with the group.

**GOGI 4 LIFE!**



PRESENTED BY: Tamara De La Cruz/TG-4U Group Leader

ON THIS DAY: 9/6/2018

CERTIFICATE *Of* PARTICIPATION

**LINDA KHENSOVAN CHHUON**

for representing GOGI by sharing [facebook.com/TeamGOGI4Life](https://www.facebook.com/TeamGOGI4Life) on her personal Facebook page

**GOGI 4 LIFE!**



PRESENTED BY: Tamara De La Cruz

ON THIS DAY: 8/10/2018

CERTIFICATE *Of* PARTICIPATION

**KRISTAL SANCHEZ**

for representing GOGI by sharing [facebook.com/TeamGOGI4Life](https://www.facebook.com/TeamGOGI4Life) on her personal Facebook page

**GOGI 4 LIFE!**



PRESENTED BY: Tamara De La Cruz

ON THIS DAY: 8/10/2018

CERTIFICATE *Of* PARTICIPATION

**Rebecca Evers Holland**

for sharing 'How GOGI Has Helped Me' with the group.

**GOGI 4 LIFE!**



PRESENTED BY: Tamara De La Cruz/TG-4U Group Leader

ON THIS DAY: 9/6/2018



# Get Your GOGI On!



GOGI Leader Wil Hause and his GOGI daughter, Hazel.



Monica Germana manning the GOGI booth at the AORP Back to School Event



Tamara De La Cruz ready for a GOGI Day



GOGI Leaders/Coaches at the GOGI Reunion 2018  
Cesar, Mathew, David, Johnny



GOGI Reunion 2018—Jacob, Mathew, Cesar, Daniel, James, Coach Taylor, Coach Carlson



GOGI Leaders at the GOGI Reunion 2018  
James, Daniel, Jacob and Cesar



GOGI Peer Coach James Higginbotham & TG4L Member Barbara Duncan



GOGI Leaders at the GOGI Reunion 2018  
Mathew, Jacob & James



Monica, Coach Maria, Tamara & Coach Carlson at the GOGI Reunion Meeting

# GOGI GRUB

## RECIPES FROM BEHIND THE WALL

### The B.O.M.B. Burro

4 flour tortillas  
1 pouch white rice  
1 pouch cooked beans  
1 pouch Chilorio Shredded Pork  
1 pouch breakfast sausage  
1 bar of Velveeta  
1 bag of pork rinds  
Garlic powder to taste  
Onion powder to taste  
Sriracha to taste

### Instructions:

Heat rice & beans together in one hot pot

In 2nd hot pot (or after beans and rice are done being heated up) cook Chilorio, breakfast sausage and pork rinds together until pork rinds are soft. Season with the garlic and onion powder and Sriracha.

Melt the Velveeta in a plastic bag by setting in the hot pot so the steam melts it.

Steam 4 tortillas and assemble burros:

Beans and rice on the bottom, Chilorio/sausage/pork rind mixture next, pour the Velveeta on top, add more Sriracha, if desired, then fold. Makes 4 GOGI Man-size burros.

Now, be the BOSS OF YOUR BRAIN and eat them!

Recipe courtesy of Peer Coach Ernesto Rodriguez

GOGI POWERUP! GROUP MEETINGS ARE HELD EVERY MONDAY NIGHT FROM 8:00PM TO 9:30 PM PT AND WEDNESDAY NIGHT FROM 8:30PM TO 9:30 PM PT AT THE INTERNET LOCATION BELOW:

Webinar address: <https://global.gotomeeting.com/join/810547709>

To call in: (872) 240-3311

Access Code: 810-547-709

"The goal of the PowerUp! meeting is to create a PURPOSE and MEANING of SERVICE for that week. That is where the GOGI gets their power..... We PowerUp! by LIVING A LIFE OF SERVICE."

Twice a week, on Monday and Wednesday nights, we study the Tool of the Week, according to the GOGI Calendar, just like our loved ones do inside. We invite you to attend and participate, as you are comfortable.

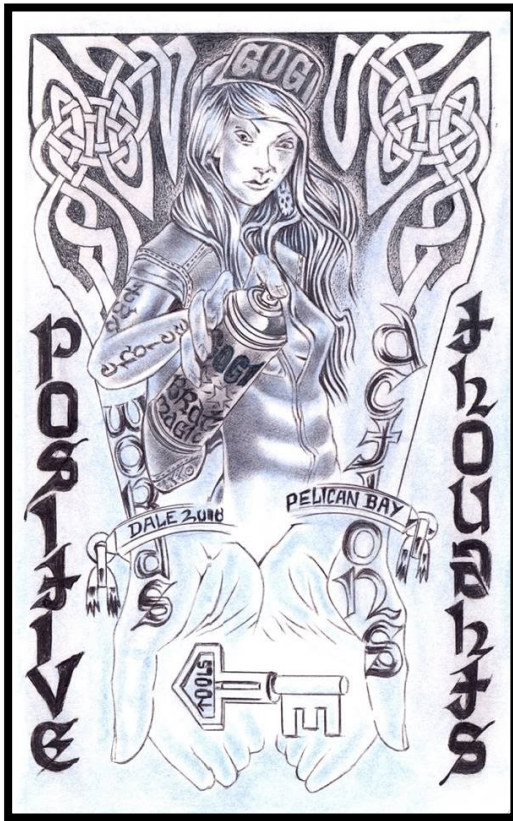
Our GOGI PowerUp! meetings follow the same format, same tools and same material as the other GOGI group meetings around the world. Our only difference is that our PowerUp! meetings are currently internet based, via webinar/conference call.



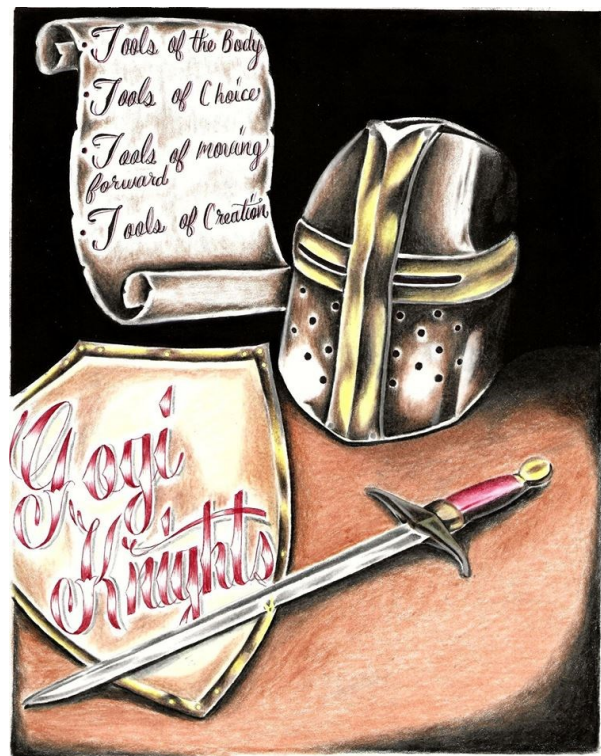


# GOGI ART

FROM THE INSIDE OUT



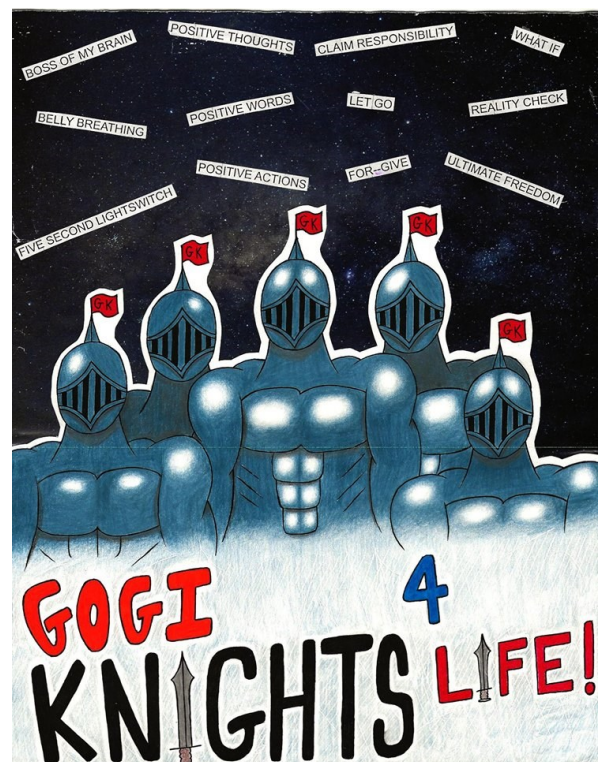
GOGI Student Dale B of PBSP



GOGI Knights from Ironwood Prison



My Five Activity for Five Second Lightswitch  
from TG4LI Members



GOGI Knights from Ironwood Prison

# GOGI GAMES

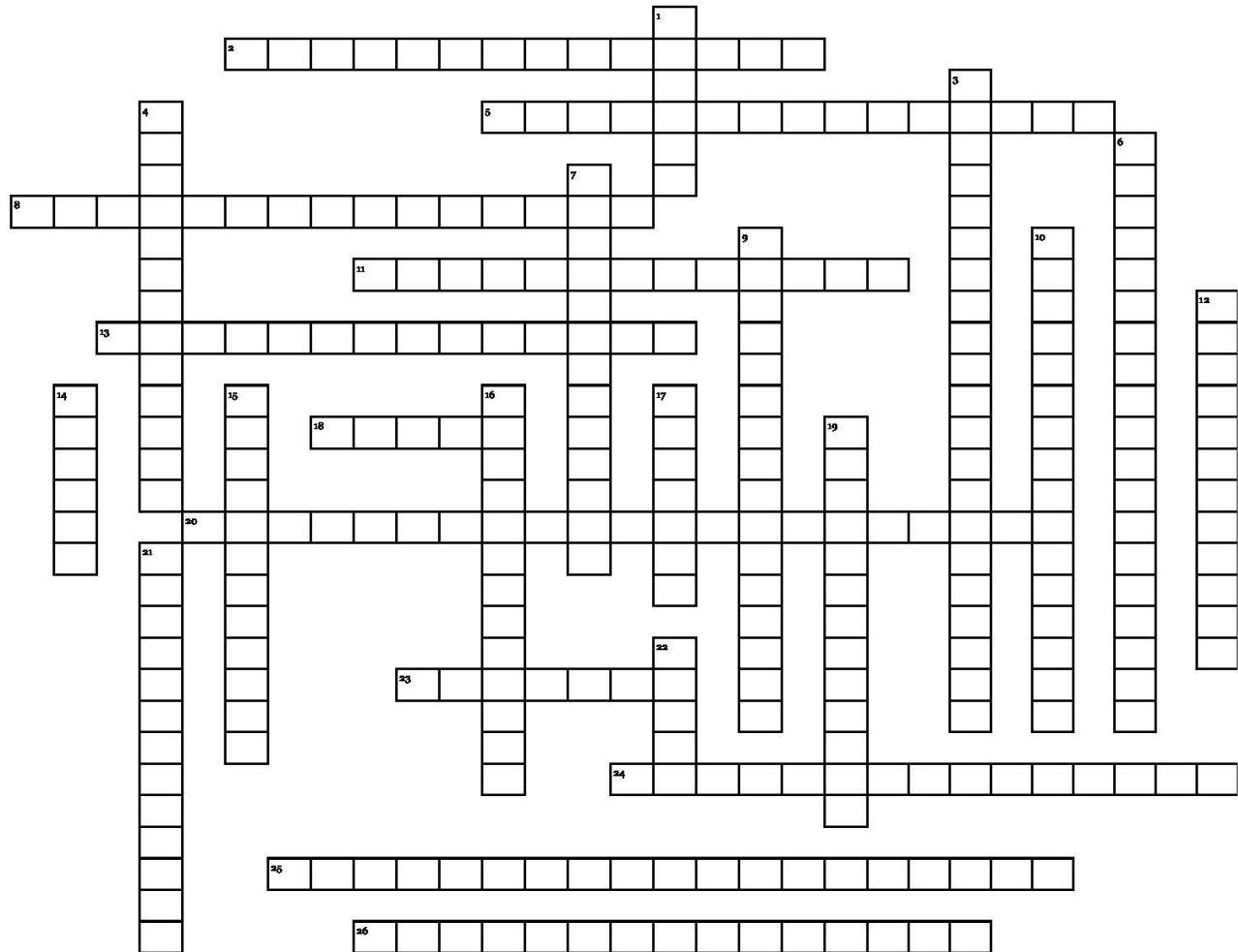
8/7/2018

Tools of GOGI - WordMint

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Tools of GOGI



### Across

- 2. Week 2 of April
- 5. 2nd Week of November
- 8. Week 4 of March
- 11. Week 1 of November
- 13. Week 2 of January
- 18. 4th Week of February

- 20. Week 3 of July
- 23. 1st Week of March
- 24. Week 2 of August
- 25. 3rd Week of August
- 26. 4th Week of June

### Down

- 1. 2nd Week of December
- 3. Week 3 of January
- 4. 1st Week of February
- 6. Week 3 of November
- 7. 1st Week of May
- 9. Week 4 of January
- 10. 4th Week of July
- 12. Week 3 of December

- 14. Week 2 of June
- 15. 3rd Week of September
- 16. 1st Week of January
- 17. Week 1 of September
- 19. 1st Week of October
- 21. 1st Week of July
- 22. 4th Week of November

### Word Bank

Positive Actions  
Positive Words  
Positive Actions  
Positive Words  
Let Go  
What If  
Positive Thoughts

Reality Check  
Positive Thoughts  
Five Second Lightswitch  
Boss of My Brain  
Claim Responsibility  
Ultimate Freedom  
Five Second Lightswitch

Positive Words  
Let Go  
For-give  
Belly Breathing  
Boss of My Brain  
Boss of My Brain  
Reality Check

What If  
Ultimate Freedom  
Claim Responsibility  
Belly Breathing  
For-give



## STREETWISE GOGI

PUBLISHED EACH WEEK ON THE GOGI WEBSITE

GettingOutByGoingIn.org



Written by  
Streetwise GOGI

Posted on  
September 12, 2018

## THE GOGI – LIVING A LIFE OF SERVICE TO OTHERS

***Hey there GOGI Nation! Streetwise GOGI Tamara here.***

**We all know ‘the GOGI gets its power by Living a Life of Service to Others’, right? But are you ever hesitant to share GOGI tools with friends or family? Are you uncertain of how to do it?**

Well, I’m here to tell you to take a **GOGI** Chill Pill and just let the **GOGI** Flow Go, Man! Tool Talkin’ with friends, family and even co-workers doesn’t have to be difficult or overly serious. In fact, **GOGI** is all about having fun, being happy and getting’ your silly on, every once in a while. So don’t be afraid to share some good **GOGI** vibes! Have fun with it. You never know the affect it will have on someone. Check out my experience below.

I found an opportunity to share BELLY BREATHING, FIVE SECOND LIGHTSWITCH and BOSS OF MY BRAIN with my co-worker, ‘Nester Negative’. I called him for an update on a few items and he started to vent about what a mess things were in the company ....yadda yadda yadda ... so I interjected some **GOGI** Positivity into the conversation ....

\*names have been changed to protect the negative\*

**Me:** ‘Nester’, you know what you need?

**‘Nester Negative’:** Jack Daniels?

**Me:** Besides that. You need to take a great big Belly Breath.

**‘Nester Negative’:** (laughing) No I do not need to take a big belly breath.



**Me:** Yes you do! I bet you walk around sucking in your almost-50-yr-old belly, don't you?

**'Nester Negative':** \*crickets\*

**Me:** Well?

**'Nester Negative':** And? What's your point?

**Me:** We are taught at a young age to suck in our gut and that causes us to lose 33% of the air we could be taking into our brain.

**'Nester Negative':** About 75% for you, it seems at times.

**Me:** \*crickets\* Anyway, by pushing your stomach out as you take a big breath, you are dropping your stomach so your diaphragm is able to expand fully, thus allowing you to take a full cleansing breath. And besides feeling instantly relaxed, you stop yourself from saying or doing something negative.

**'Nester Negative':** That actually makes sense now that I think about it.

**Me:** You also need a FIVE SECOND LIGHTSWITCH.

**'Nester Negative':** \*chuckles\* Someone needs to turn your light switch on. Okay, what's that one about?

**Me:** Taking a 5 second time-out to acknowledge your negative thoughts and replace them with a positive action. Like walking away from your desk for 5 minutes, taking a walk instead of smoking, etc. Get up and go physically flip a light switch and you will begin to create new pathways in your brain, teaching you to substitute a negative thought with a positive action.

**'Nester Negative':** Great, people are going to walk by my office and see me sticking out my gut and flipping the light switch on and off while I'm hyperventilating.

**Me:** Stop whining and try it. And remember, YOU are BOSS OF YOUR BRAIN. No one can make you think, feel, act or react in a certain way unless you let them. They can tell you "Nester", I want this done NOW and don't leave your office until it is!", but they cannot dictate what you think, feel or say, while doing so, nor can they force you to act or react a certain way when they give that command. YOU are in control of those things because YOU are BOSS OF YOUR BRAIN.

**'Nester Negative':** I need to hire you as my life coach.

**Me:** Let me get my life straight first.

**'Nester Negative':** Good point .... but I'll be dead before that happens.

**Me:** I'm hanging up now.

*See?! Easy peasy **GOGI** squeezy*

*Now, go do that GOGI-doo that you do so well!*

**GOGI 4 LIFE!**

# GOGI Community Anthem

(Adapted from the **original** GOGI Anthem written by **Shaylor Watson** and the **Salinas Valley Men of GOGI**)

G-O-G-I, G-O-G-I  
We're learning GOGI tools  
Real lessons to live by  
G-O-G-I, G-O-G-I  
Team GOGI 4 Life! is here to Testify

The first tool is **BOSS OF MY BRAIN**.  
First time I heard it, thought they'z pullin' my chain'.  
But I gave it a go and what do you know,  
with 'Smart Part' in charge I'm ahead of the flow!

G-O-G-I, G-O-G-I  
We're learning GOGI tools  
Real lessons to live by  
G-O-G-I, G-O-G-I  
We learned we're the B.O.M.B.  
Let us testify!

Now, **BELLY BREATHING** is the second tool  
Hey! Don't walk away, it's really cool!  
With a hand on your belly and one on your chest  
It works every time; just put it to the test.  
Push out your belly as you fill your lungs  
Don't mind those laughing, just stick out your tongue  
33% more oxygen to your brain  
Just do this twice more and you'll be  
on the Zen train!

**FIVE SECOND LIGHTSWITCH**, let's talk about that  
It lets you flip that switch at a drop of a hat  
Getting rid of your thoughts isn't always a sinch.  
Gotta have 'my five' ready  
When you get in a pinch

G-O-G-I, G-O-G-I  
We just learned **Tools of the Body**  
Let us testify  
G-O-G-I, G-O-G-I  
We're learning GOGI tools  
Real lessons to live by

**POSITIVE THOUGHTS, WORDS and ACTIONS**  
Might put you to the test  
Just remember the Three P's  
And put negative thoughts to rest

I reveal who I am through the words I say  
I transform my world with my actions each day  
Thoughts lead to words and words lead to actions  
We're 6 tools down, what's the next attraction??

G-O-G-I, G-O-G-I  
We just learned **Tools of Choice**  
Let us testify  
G-O-G-I, G-O-G-I  
Team GOGI 4 Life! is here to Testify

I **CLAIM RESPONSIBILITY** for what I do today  
I'm not stressing about my yesterdays.  
Am I proud of today's decisions and the words I say?  
If the answer is yes, then I'm on my way.  
Up jump the boogie, I'm proud to be me  
All because I CLAIM RESPONSIBILITY

Next, I **LET GO** of the past and the pain  
It will only drag me down and mess with my game  
I just hand, squash, toss  
Because I'm the BOSS  
And if I want to be me  
I've got to be free

FOR me to GIVE, I must be safe from harm  
And the tool **FOR-GIVE** is my lucky charm  
I need to have distance from past addiction and  
abuse  
Or when giving to others, it will be of no use

G-O-G-I, G-O-G-I  
We just learned the **Tools of Moving Forward**  
Let us testify  
G-O-G-I, G-O-G-I  
We're learning GOGI tools  
Real lessons to live by

**WHAT IF** I'm not who I used to be?  
WHAT IF shows me all my possibilities  
WHAT IF I do this?  
WHAT IF I don't do that?  
Hey, don't trip potato chip  
I'm in control and that's a matter of fact!

Drop it into 4<sup>th</sup> and let the ride glide  
We're 8 tools in, time to hit our stride  
With positive momentum on our side  
Before we know it,  
GOGI will be earth-wide.



G-O-G-I, G-O-G-I  
We're learning GOGI Tools  
Let us testify  
G-O-G-I, G-O-G-I  
Team GOGI 4 Life! is here to testify

10 steps forward and 2 steps back  
Is still 8 steps forward, don't forget that, Jack!  
Be proud of yourself for who you are now  
Grab **REALITY CHECK** and have a powwow  
Change is a process, and this we must accept  
With **REALITY CHECK** those negative thoughts you'll  
intercept.

Here we are at the end of Tool Road  
But stay here long and you'll get your ride towed  
Because **ULTIMATE FREEDOM** is only yours to keep  
If you're of service to others  
So buckle up and hit repeat.

G-O-G-I, G-O-G-I  
We just learned **Tools of Creation**  
Let us testify  
G-O-G-I, G-O-G-I  
We just learned the 12 Tools  
Good lessons to live by

Life is struggle, self-imposed prisons we create  
But with GOGI's 12 Tools there's reason to celebrate  
No need to dig a tunnel or look for plans to hatch  
With GOGI on your side,  
Internal freedom's on the natch

G-O-G-I, G-O-G-I  
We have Internal Freedom  
Let us testify  
G-O-G-I, G-O-G-I  
Team GOGI 4 Life! is here to Testify

G-O-G-I, G-O-G-I  
We're Living a Life of Service  
Hear us testify  
G-O-G-I, G-O-G-I  
Team GOGI 4 Life! is here to Testify

**GOGI 4 Life!** 🦊

Tamara De La Cruz  
**TEAM GOGI 4 LIFE!**



How GOGI are YOU??

Post a video of you  
singing/rapping the GOGI  
Community Anthem at  
[www.facebook.com/  
TeamGOGI4Life!!](http://www.facebook.com/TeamGOGI4Life!!)

**YOU CAN DO IT!**



# TEAM **GOGI** 4 LIFE! 🦊

An Acknowledged GOGI Community Group



**TEAM GOGI 4 LIFE!** is dedicated to bringing the **GOGI** 12 Tools for Positive Decision-Making into the community, by way of the PowerUp! Group Meetings. The Positive, Powerful and Productive results of learning GOGI helps us overcome the negativity that results from guilt, pain, sadness, loss, abuse and disappointment we have allowed to imprison us mentally. When implemented into our daily life, the **GOGI** Culture and Way of Life provides a clear pathway to mental freedom which is fueled by our service to others.

The positive culture of **GOGI** results from excellence in simplified and relatable decision-making solutions delivered as self-study, in small learning groups, and as formal leadership training programs. The culture is further supported in the community by media, social media, volunteerism, and community engagement focused on sharing the **GOGI** Tools for Positive Decision-Making.

**GOGI** is the voice of everyone who is willing to become the solution for the challenges within themselves and their communities.

**TEAM GOGI 4 LIFE!**

[www.facebook.com/groups/TeamGOGI4Life](https://www.facebook.com/groups/TeamGOGI4Life)

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