

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

## FROM THE DESK OF THE EDITOR

Did you know even if we've never lived within the confines of  
prison walls we can still be imprisoned?

It might not be a prison of bricks and mortar but it's a prison none-the-less. It's a prison created within our minds. It's a mental prison. And I would say the majority of us live within the confines of this mental prison. The negativity of the world, the decay of morality in our society, racism, hate and abuse of animals, children, men and women, along with the devastation of losing someone in death can beat us down to the point where we're no longer the BOSS OF OUR BRAIN and we are no longer able to have POSITIVE THOUGHTS, WORDS and ACTIONS.

Maybe we also live in regret and guilt from past mistakes and wrong doings. This could cause us to ask WHAT IF but in a negative way. Or, maybe we live in a frame of mind where CLAIMING RESPONSIBILITY is a bad thing instead of a good thing.

No matter the circumstances, once we realize that we can shed these mental shackles and Get Out of this mental prison by Going In to our own ability to find the solutions to our problems, we are moved to help others do the same thing. We are moved to become of service to others. And when we gain the joy that being of service gives us, we're then moved to help find the solutions to the problems within our community. And this my GOGI friends, is what gives ULTIMATE FREEDOM.

Being of service to others gives us a mental freedom that we can all enjoy.

That's what GOGI is all about.

*Tamara*

**GOGI 4 LIFE!** 🦊



"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.

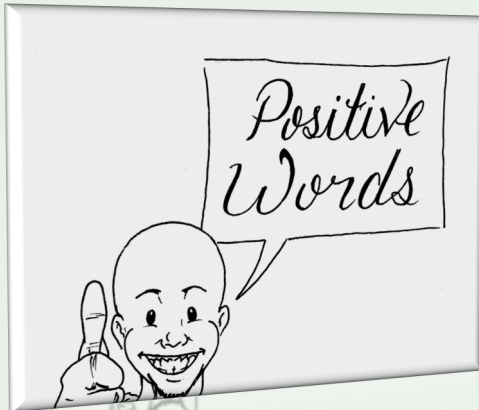


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## GOGI PLEDGE

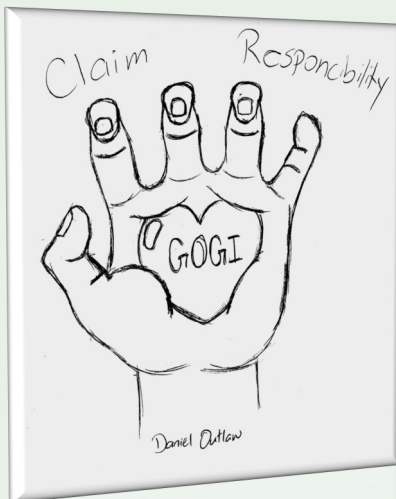
"May our commitment  
To the study of GOGI  
Grant us the joy  
Of giving and receiving  
So that our inner  
freedom  
May be of maximum  
service  
To those we love  
And infinite others."

# Tools of November



My POSITIVE WORDS tell the world what I am thinking and who I am today. I use POSITIVE WORDS to break free from my past and move forward into a positive future.

I know I have the power to transform my world through my POSITIVE ACTIONS. I choose my POSITIVE ACTIONS so I can move beyond my past and create my positive future.



From this moment forward, I CLAIM RESPONSIBILITY for all my actions and all my reactions. All my actions and my reactions today are my responsibility and I CLAIM RESPONSIBILITY.

The best way to focus on living in the present and moving forward is if I LET GO of anything which has held me back. When I LET GO, I move forward and I am setting myself free.



# REALITY CHECK

## TEN AND TWO RULE

Ten steps forward and two steps back is still eight steps ahead.

### HOW TO DO THE REALITY CHECK TECHNIQUE

You control your actions when you control your thoughts. A major tool in controlling your thoughts is REALITY CHECK. It is a simple way to regain control. Here are the straightforward steps to REALITY CHECK.

**STEP 1) REALIZE THAT YOU BACKTRACKED** - You must realize, recognize and admit to yourself that you have temporarily returned to an old belief or behavior. Admitting your situation is the “first step” to returning to your desired path.

**STEP 2) MEMORY LANE** - Understand, and truly believe, the old behavior is a momentary visit down “memory lane.” It is not where you want to remain.

**STEP 3) FORWARD BENEFITS** - Focus on the benefits

of change before you get sucked into believing this old behavior holds anything good for you. Ask yourself why you wanted to change in the first place. What do you need to do right now to continue moving forward?

**STEP 4) RECOVERY** - Grab the wheel of the car, even if you are going 90 miles an hour down a slippery slope. You can slow down with BELLY BREATHING. Get back into control by using any of the tools you have learned.

**STEP 5) RECOGNIZE** - Recognize that you are BOSS OF YOUR BRAIN. Focus on BELLY BREATHING. Use the FIVE SECOND LIGHTSWITCH for new thoughts. Use WHAT IF? to jump start your actions. Focus on POSITIVE TWA.

### THINK ABOUT IT

Sometimes your negative or “bad” habits seem impossible to change. People seem to push your buttons even if you are trying to change. Sometimes you are so tired, run down, or discouraged that a slip backwards seems unavoidable. It may seem impossible to give up an unconstructive habit no matter how much better your life would be if you changed.

Take a moment to reflect on some habits that you tried to change. It is likely that you did not quit if you felt that you were being successful in your efforts. It is likely that you started to spiral downward, tossed your hands into the air, and claimed that the habit was in control of you. Or, worse yet, that you never really wanted to give up the habit in the first place. It is likely that you gave up on change when you felt that you had failed or had a relapse. People usually give up prematurely when doing the 10 steps forward and 2 steps back dance of change.

Sometimes, lasting change happens slowly. We all fall down. Just get back on track and keep moving forward. And, go easy on yourself. Just get up quickly and put one foot in front of the next.

*Excerpt from Coach Taylor's book 'Women in Prison: Women finding Freedom'*

# MY GOGI STORY

by Lance Brittain, ISP

For me to properly tell My GOGI Story, let me back up a few years. In 2004 I was arrested for a murder that I witnessed and was sentenced to life without the possibility of parole. By this time in my life I was a full-blown drug addict and had been for many years. When I got the LWOP sentence I knew I had to change, or I would never see my family again. I made a vow to myself that even if I never get out of prison, I didn't want to die being the same person I was when I came in.

In 2011, I went to a program called the Alternative to Violence project. It was a weekend workshop. I only went because a friend didn't want to go by himself. That weekend workshop started my life of recovery and made me remember that vow I made to myself. I thrived in that program and later became a facilitator and team coordinator. But there was always something missing and I didn't know what.

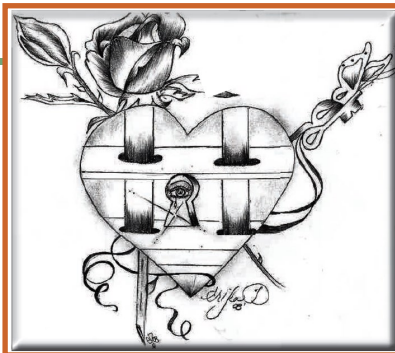
A few years later I met a couple of people from Kern Valley State Prison who had come to Ironwood on a behavior override. It was at this time (late 2016 to 2017) that I was introduced to the 12 Tools of GOGI. It was during my first round of GOGI that I found that

missing piece that was missing. 12 simple tools that, in part, I had already been doing but never had a name for. It was at this time that I learned that GOGI wasn't just a set of tools you learned but a culture that you live.

Here on Alpha yard at Ironwood we have created a culture of people, positive people, that never thought they could change. It amazes me when in my weekly GOGI group I see the light bulbs go off in people's brains when they make a connection with the tool of the week.

I thank and credit GOGI for the man I have become. I am no longer that immature drug addict making stupid decisions. Now I am a leader in the group's I attend, living a GOGI lifestyle. A person my family and peers are proud of. And most importantly a person I am proud of.

Thank you GOGI!



# Letter to a Younger Version of Myself

by Eduardo Guerrero

GOGI Knights

Ironwood State Prison

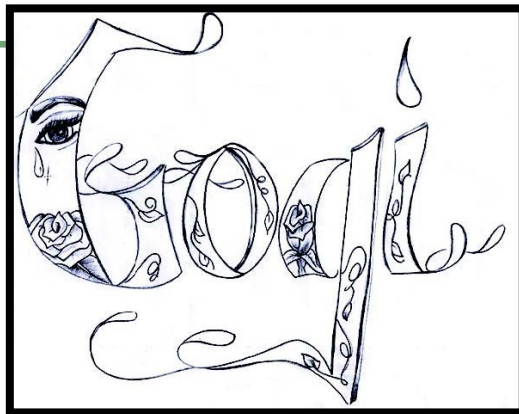
"Dear younger version of me,

Eddie I'm from the future, and if you continue with this way of thinking, you'll be where I was, a ship that was clearly sinking. You wanted your father, you needed him so bad. You felt he didn't love you, this made you so sad. Am I not worthy? What did I do? It wasn't your fault, but you never knew. Your pain turned to anger, and you wanted to hurt others too. Any trust me when I tell you to get off that path, this road that I took is filled with anguish and wrath. Keep playing football and make our mom proud. Go to 'USC' and have the Song-Girls cheering so loud. Fight on, fight on, is all you have to do.

I'm sitting here cheering and hoping for you. Just remember that you ain't alone in your pain. There's always sunshine after the rain. I've now grown up and know why you went astray. All the help I've gotten, I can never repay. I now have tools and they have shown me the way. I'm now living my life The GOGI Way.

Your future is bright don't throw it away. Please pause for a second and hear what I say. I now know that I'm the BOSS OF MY BRAIN. It's a lot easier to deal with our pain. Just know that you're special, unique and loved. You're a gift from the gods above. I love you Eddie, don't ever forget it. Take my advice, you'll never regret it.

With Love, future Eddie"



GOGI Leaders inside, would you  
like your loved ones out here in  
the community to learn more  
about GOGI?

Have them contact us at:

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

Team GOGI 4 Life  
PO Box 530469  
San Diego, CA 92153





# Team GOGI 4 Life Facebook Fundraising

TO SUPPORT GOGI INSIDE AND OUTSIDE THE WALL

To purchase items, message Tamara De La Cruz to confirm the item hasn't been sold and ask for the link to donate to the FB Fundraiser. Donate the specified amount to the FB Fundraiser shown below, then message Tamara again and provide your mailing address. Receipt will be emailed to you by FB.

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



<https://www.facebook.com/donate/249507789078227/2045864785479495/>

GOGI LOGO NECKLACES  
\$10 PER NECKLACE



GOGI BRACELETS  
\$6 EACH

GOGI KEYCHAINS  
\$5 EACH



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

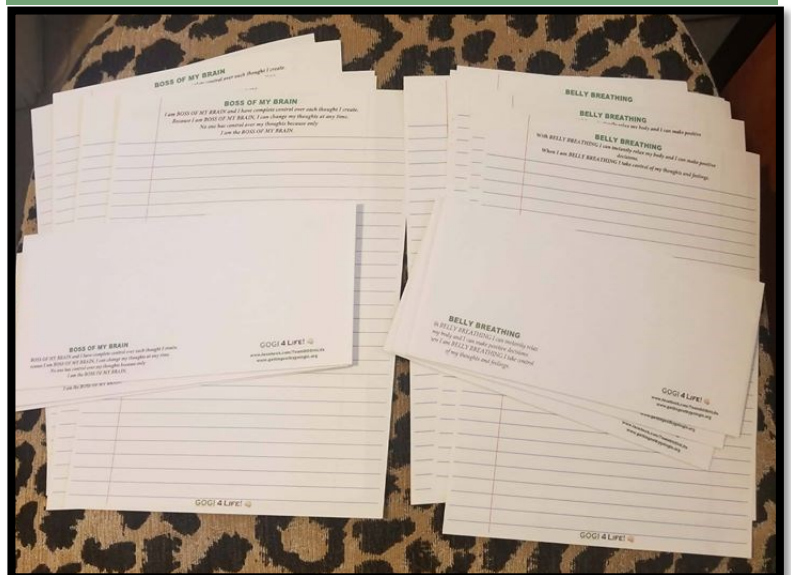
**Tools of the Body**

**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>BOSS OF MY BRAIN</b> I am BOSS OF MY BRAIN and I have complete control over my thoughts. I create. I am BOSS OF MY BRAIN and I have complete control over my thoughts. I create. I am BOSS OF MY BRAIN and I have complete control over my thoughts. I create.	<b>BELLY BREATHING</b> I am BELLY BREATHING and I have complete control over my breath. I create. I am BELLY BREATHING and I have complete control over my breath. I create. I am BELLY BREATHING and I have complete control over my breath. I create.	<b>FIVE SECOND LIGHTSWITCH</b> I am FIVE SECOND LIGHTSWITCH and I have complete control over my thoughts. I create. I am FIVE SECOND LIGHTSWITCH and I have complete control over my thoughts. I create. I am FIVE SECOND LIGHTSWITCH and I have complete control over my thoughts. I create.
<b>Tools of Choice</b> Positive Thoughts Positive Words Positive Actions	<b>Tools of Choice</b> Positive Thoughts Positive Words Positive Actions	<b>Tools of Choice</b> Positive Thoughts Positive Words Positive Actions	<b>POSITIVE THOUGHTS</b> I am POSITIVE THOUGHTS and I have complete control over my thoughts. I create. I am POSITIVE THOUGHTS and I have complete control over my thoughts. I create. I am POSITIVE THOUGHTS and I have complete control over my thoughts. I create.	<b>POSITIVE WORDS</b> I am POSITIVE WORDS and I have complete control over my words. I create. I am POSITIVE WORDS and I have complete control over my words. I create. I am POSITIVE WORDS and I have complete control over my words. I create.	<b>POSITIVE ACTIONS</b> I am POSITIVE ACTIONS and I have complete control over my actions. I create. I am POSITIVE ACTIONS and I have complete control over my actions. I create. I am POSITIVE ACTIONS and I have complete control over my actions. I create.
<b>Tools of Moving Forward</b> Clear Responsibility Let Go Far-Go (or FOR-GOING)	<b>Tools of Moving Forward</b> Clear Responsibility Let Go Far-Go (or FOR-GOING)	<b>Tools of Moving Forward</b> Clear Responsibility Let Go Far-Go (or FOR-GOING)	<b>CLEAR RESPONSIBILITY</b> I am CLEAR RESPONSIBILITY and I have complete control over my responsibility. I create. I am CLEAR RESPONSIBILITY and I have complete control over my responsibility. I create. I am CLEAR RESPONSIBILITY and I have complete control over my responsibility. I create.	<b>LET GO</b> I am LET GO and I have complete control over my thoughts. I create. I am LET GO and I have complete control over my thoughts. I create. I am LET GO and I have complete control over my thoughts. I create.	<b>FAR-GO (or FOR-GOING)</b> I am FAR-GO (or FOR-GOING) and I have complete control over my thoughts. I create. I am FAR-GO (or FOR-GOING) and I have complete control over my thoughts. I create. I am FAR-GO (or FOR-GOING) and I have complete control over my thoughts. I create.
<b>Tools of Creation</b> Mind & Body Check Ultimate Freedom	<b>Tools of Creation</b> Mind & Body Check Ultimate Freedom	<b>Tools of Creation</b> Mind & Body Check Ultimate Freedom	<b>MIND &amp; BODY CHECK</b> I am MIND & BODY CHECK and I have complete control over my mind and body. I create. I am MIND & BODY CHECK and I have complete control over my mind and body. I create. I am MIND & BODY CHECK and I have complete control over my mind and body. I create.	<b>REALITY CHECK</b> I am REALITY CHECK and I have complete control over my reality. I create. I am REALITY CHECK and I have complete control over my reality. I create. I am REALITY CHECK and I have complete control over my reality. I create.	<b>ULTIMATE FREEDOM</b> I am ULTIMATE FREEDOM and I have complete control over my freedom. I create. I am ULTIMATE FREEDOM and I have complete control over my freedom. I create. I am ULTIMATE FREEDOM and I have complete control over my freedom. I create.

GOGI TOOL STATIONARY - \$10 PER SET OR 2 SETS  
FOR \$18.





You're invited to a  
**PowerUp! at the Park and  
Prisoner Holiday Card Event**

**November 17, 2018**

**1:00 pm to 4:00 PM**

**El Dorado Park WEST**  
**2760 Studebaker Road**  
**Long Beach, CA 90815**  
**1:00 pm – 4:00 pm**

To RSVP:

[facebook.com/groups/TeamGOGI4Life](https://facebook.com/groups/TeamGOGI4Life)  
[TeamGOGI4Life@gmail.com](mailto:TeamGOGI4Life@gmail.com)  
[m.me/TamaraEatonDeLaCruz](https://m.me/TamaraEatonDeLaCruz)

**BRING A CHAIR!**

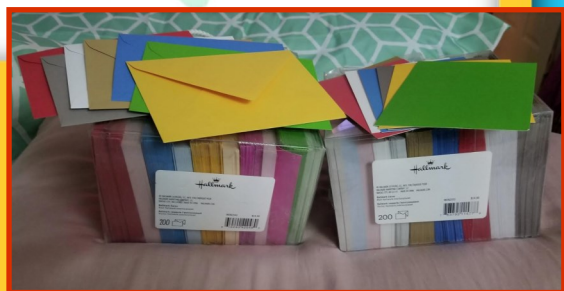
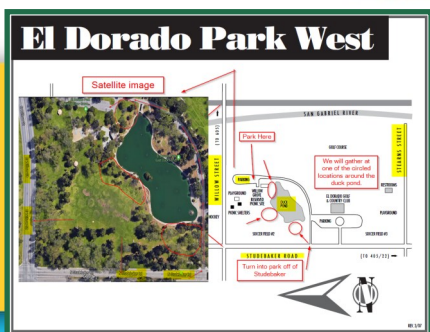
We will sit in circles in the grass area and discuss the  
GOGI Tool for the 2<sup>nd</sup> week of November –  
**POSITIVE ACTIONS**

**Come get your GOGI on and enjoy:**

- ✓ Refreshments
- ✓ GOGI Games
- ✓ Holiday Card activity we will be writing and addressing  
500 Holiday Cards for our GOGI Leaders inside.
- ✓ Raffle
- ✓ Positive, Productive and Powerful association

2019 will be the year of the 'GOGI PowerUp! Explosion', and we at TG4L! are the 'PowerUp! Pioneers' who will blaze the trail and get the community ready as our loved ones come home and take the lead in facilitating groups, educating the youth and making GOGI a household word.

**GOGI 4 Life!**





# GOGI SHOUT OUTS

TO OUR INCARCERATED LOVED ONES

**Anthony Ramos**—Baby I am so **GOGI** proud of you, of all the hard work and dedication you have been doing I love how you apply The **GOGI** Belly Breathing tool with me =) That's right baby. No matter what obstacles you go through baby that may look or feel like a set back just know you are still 8 steps

ahead!! Minor set back it's ok you are coming with a stronger come back!

I love you so much!

Your wifey, **Irene** 



**Raul Gonzalez**—I love you and miss you with every passing second. I'm very proud of the man you've become and I'm proud of how much you've changed yourself, starting for yourself and then for me and your kids. You're almost home and I believe **GOGI** has done wonders in your life. You're amazing! Keep up the awesome work!!! Me and the kids are very proud of you!

LOVE FOREVER AND ALWAYS,  
YOUR WIFE **AILEEN** AND YOUR KIDS



**Frank,**

Thank you for introducing me to the **GOGI** culture. It has truly helped lay the solid foundation of which we have built our marriage.

Keep going strong my love then end is here. Can't wait to practice **GOGI** with you out here!

Iwalla lawluh your wife,  
**Clarissa**



**John,** my love.

Words can't describe how happy and proud I am for you. So many changes you're making to be a better person, father, son and husband. You inspire me and motivate me to my full potential. Having **GOGI** in your life is the best decision you can make. Hope one day you can be a leader of the group. You have everything that it takes to be one.

Keep up the good work!

Love always, **Karen**



## From the Military to GOGI

by Mark Takara, ISP

"My name is Mark Takara, and I've been at Ironwood State Prison about six months. I feel that in that short amount of time I have made significant improvement in my life. Not based solely on my efforts alone, but on the positive environment as well as being surrounded by many likeminded individuals seeking change in their lives.

VGI (Veterans Group of Ironwood) was the first group I was assigned to. After graduating from high school, I served in the United States Air Force. I attended technical training for six months at Sheppard AFB, Texas. I was being trained for a career in Aerospace Ground Equipment (AGE). I was stationed at Minot AFB, ND, home of the 8-52 Bomber. Before arriving at the base, I heard nothing but bad things about Minot. Nevertheless, I kept an open mind and stayed positive.

When I arrived at Minot AFB in February 2005 it was so cold, I could feel my nose hairs freezing as I breathed in the air. Despite the freezing temperatures I learned a lot while stationed there and met some really good people. After being at Minot for a couple years, going through a difficult divorce, and struggling with alcohol addiction, I was discharged and returned to California. Shortly after arriving home to California, an Air Force buddy I had met while stationed at Minot told me he had gotten a job offer from a company contracted with NASA at Dryden Flight Research Center, located at Edwards AFB, CA. My buddy began working for NASA, and two months later he got me an interview with the company and I was hired. I was a subcontractor for NASA working on aerospace ground equipment for about four years. Edward AFB space shuttle when inclement landing in Florida. So, I was blessed to witness the shuttle land at Edward AFB multiple times during my employment there. I then got hired as a civil servant working directly for the US Air Force. It was an excellent job with great pay and benefits. However, I still struggled with alcohol addiction. At the time of my incarceration I was still employed by the US Air Force and had no choice but to resign as a result of my imprisonment.

Another group that has helped me tremendously is GOGI. The more I study the twelve tools of GOGI, the more I am able to apply them to my life. I can't help but think: if only I knew the tools of GOGI back then, maybe I wouldn't be in prison. GOGI isn't about dwelling on your past mistakes. With GOGI I can LET GO of my dark past, and FOR-GIVE not only myself, but those who I feel hurt me as well. Today I choose to CLAIM RESPONSIBILITY for my actions, and move forward creating a positive future for myself, my loved ones, and those around me.

Before my incarceration although I had a "government" job, and was making decent money, I was a slave to my alcohol addiction, and my own selfish desires. As I write this I am going on two years sober. Thanks to my Lord and Savior Jesus Christ I am no longer a slave to alcohol, and I'm learning that true freedom comes from within. I'll continue studying GOGI wherever I go and seek that true lasting change that comes from stepping out of my comfort zone.

GOGI 4 Life!"

"Applying GOGI to my every day life has had a tremendous benefit. I am in a good place and am very happy with the decisions I now make. I can help others who may be struggling in their own walks of life, but only because GOGI taught me to first help myself, with tools like BOSS OF MY BRAIN, LET GO and FOR-GIVE.

If the pressures of life are affecting me, I BELLY BREATHE and relax. I CLAIM RESPONSIBILITY as I stop and think that I am NOT my circumstance. I will rise up to the challenge and overcome any obstacle because I am responsible for the direction I head in life. POSITIVE THOUGHTS. WORDS and ACTIONS kick into gear and before I know it, I am living positively as my decisions are Powerful and Productive ones. The sense of accomplishment I get at the end of the day is fantastic.

Thank you GOGI for enhancing the quality of my life."

GOGI Student **Joshua Palomino**  
Corcoran State Prison

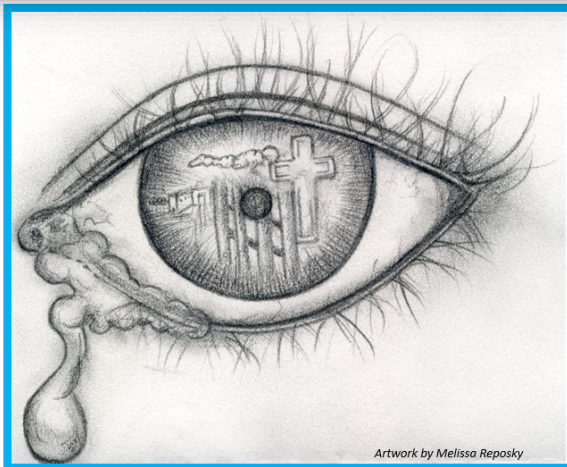
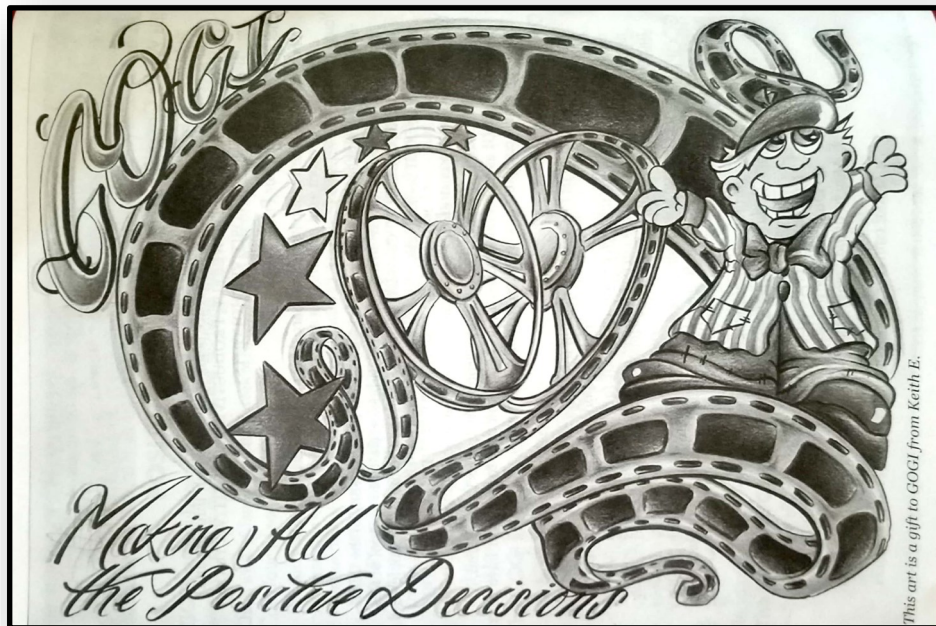
GOGI POWERUP! CONFERENCE CALLS ARE HELD EVERY MONDAY NIGHT FROM 8:00 PM TO 9:30 PM PT AT THE INTERNET LOCATION BELOW:

<https://global.gotomeeting.com/join/810547709>  
To call in: (872) 240-3311  
Access Code: 810-547-709

"The goal of the PowerUp! 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."









# Get Your GOGI On!

We had a great time at our first GOGI PowerUp! at the Park last month!



Peer Coach Mat Edwards, Peer Coach James Nelson, Barbara Duncan, Peer Coach Stephen Schrader and Peer Coach James Soliz, all showing off their raffle winnings.



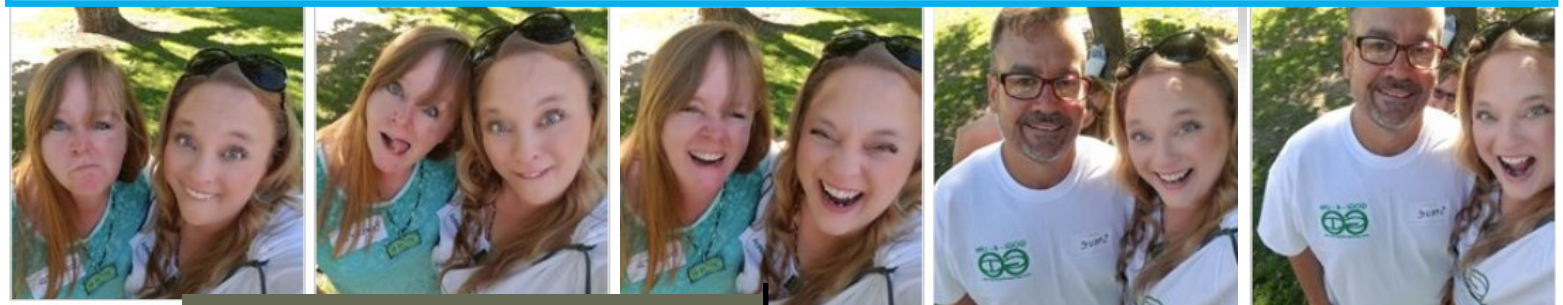
GOGI blackout shade created by Peer Coach James Higginbotham at ISP for Barbara since she works nights. How creative!!



Barbara won the GOGI light! I wonder who will win the GOGI light at this month's PowerUp! at the Park?? Show up and it might be you!!



## How Wacky is your GOGI??



# GOGI GAMES

## GOGI Tools Word Search

Q S T H G U O H T E V I T I S O P Y S B I N X F  
 K N I A R B Y M F O S S O B B C I M K I N I G Q  
 M T V O P E J V F I T A H W Z B X J J J F I J V  
 M F I L N H P C P O S I T I V E A C T I O N S B  
 J I D X Q S D X B W H P L L Y I C R W L I F H X  
 P A U Z O G N I H T A E R B Y L L E B H P Y K H  
 P Y V D A X I Z F H V Q U G D S B W O H L G M W  
 W B U M S C L A I M R E S P O N S I B I L I T Y  
 F O R G I V E Q J H X R Z P E L E J O F Z U Q F  
 R L L X E Q U N R K V J G T S E L U O T P X W A  
 J E C I Y T L Q T R E A L I T Y C H E C K N Z U  
 A T E A A L T O J X O H B F D S Y M Z Y Y C V U  
 G Y H M X N I V C U X B S H F D P S U E I M T A  
 X E T G Y U M X N W C O G T E L D W E V E F K A  
 A T C L T Y A E G R F A V V K H H C T A L O S Q  
 T K P R X N T H M W X T I O A F M O A L W R O K  
 L C F F I V E S E C O N D L I G H T S W I T C H  
 I T Q G A P F A M C W S C I R K I A E L V O U B  
 E M O E O C R H F S V W M S F J A W D E B T Z K  
 A S D R O W E V I T I S O P L N M W S O H H Z E  
 S I O S V H E K Y C W N Y E S N V L D O S H M X  
 E W E Z V F D F A A J T L O B L A Y K Z H J O L  
 X F F E E P O S T U T U L Q G L J N F V M N T P  
 Q Y I B I S M P P V W A E M J Q X W D X W E N A

ULTIMATE FREEDOM

REALITY CHECK

WHAT IF

FORGIVE

LET GO

CLAIM RESPONSIBILITY

POSITIVE ACTIONS

POSITIVE WORDS

POSITIVE THOUGHTS

FIVE SECOND LIGHTSWITCH

BELLY BREATHING

BOSS OF MY BRAIN





# STREETWISE GOGI

PUBLISHED EACH WEEK ON THE GOGI WEBSITE: [GettingOutByGoingIn.org](http://GettingOutByGoingIn.org)

## "WHAT IS GOGI?"



Written by  
Streetwise GOGI

Posted on  
November 7, 2018



"What is GOGI?" I get that question a lot from friends, family and people I meet as I work to grow our GOGI community 'outside the wall'. I found that an explanation of the benefits of GOGI for the 'free' community was needed since GOGI was created 'inside the wall' by prisoners for prisoners. The 'rehabilitative' benefits of the 12 Tools of GOGI are well explained and documented. What the 'free' community needs to hear about are the 'preventative' benefits of GOGI. The 'healing' benefits of GOGI. The 'free' community needs to hear that they may not actually be as 'free' as they think they are. Out here, folks might be 'physically' free, but are they really 'mentally' free? 9 times out of 10, the answer is 'no' .... and they don't even know it. I didn't know it!

Below is an expanded explanation to the question 'What is GOGI', as it applies to our communities 'outside the wall'. I took bits and pieces from the GOGI website and books and added morsels relative to what we face out here. Here's what I came up with so far. Let me know what you think!

Getting Out by Going In (GOGI) is so many wonderful things! It's a Positive, Productive and Powerful cultural movement backed by a non-profit organization. Cultures emerge from an unmet need within a community. Communities today are in desperate need of positive decision-making. Sharing the 12 Tools For Positive Decision-Making, GOGI empowers to find the answers to the problems within our community .... all starting with ourselves. How? This is accomplished by going inside ourselves for the answers to our own problems, thus becoming the solution. This, in turn, motivates us to reach out and be of service to our community, helping others become the solution to their own problems, which results in a community of people who are the SOLUTION instead of the problem.

GOGI started off as a self-help program within the prison system, but quickly became a culture and way of life. Prisoners were asked to name the most effective self-help tools/techniques they learned to help them take control of their thinking and change the way they acted or reacted to situations, resulting in them leading more positive lives, free of addiction, anxiety, gang affiliations, violence, social issues, etc. The 12 Tools of GOGI are the result.

These 12 Tools are evidence-based cognitive therapy techniques that help us become the boss of our brain, realizing we are in full control over what we think, how we feel, how we act and how we react to negative situations. No matter what is going on around us, no matter what position we may be put in, with family, at work, in social situations or relationships, no one can make us feel, think, act or react in a negative way unless we allow it. This realization that we are in control gives us a mental freedom that most of us didn't know we could have.

Many of us live in mental prisons created by things that have happened in our past – bad relationships, tragedies, our upbringing, or negative self-talk. The 12 Tools of GOGI help us get out of these mental prisons by going into ourselves and finding the solutions by creating new ways of thinking, which are evidenced by new positive habits that override old negative habits.

I liken it to beavers who dam up a stream and create a new pathway for the water to flow. With the GOGI tools, we create a wedge (or dam) that stops old habitual negative thinking and creates a new positive way of thinking that becomes a new positive habit.



Cont'd on next page

Cont'd from previous page: Streetwise GOGI: "What Is GOGI?"

It's amazing how realizing we have control over what we think and how we act and react to ANY situation, can change our lives!

And it all started with prisoners who were trying to take control of their own actions while inside a horrible and ugly place where they had **no control whatsoever**. These men and women were told where to live, what to wear, when to speak, when to sleep, what to eat, when to shower, etc. All while faced with very violent social situations on a daily basis. By picking the 12 best self-help tools/techniques and putting them together, these men and women realized they could have mental freedom and control, no matter where they were or what the situation; which resulted in them no longer viewing themselves as victims, but instead as the SOLUTION. This new viewpoint resulted in a positive change, not only for them but for those who dealt with them.

If the 12 Tools of GOGI can change the atmosphere of violent prison yards and create a community of problem solvers who seek to be of service to others on their prison yards, imagine the wonders it can do for our communities out here in the 'free' world.

Think about it –

- By teaching our children the first 3 Tools of GOGI, we set them on a path of problem solving, confidence and positive-decision making that will follow them throughout their lives.
- By equipping our children with the ability to be the solution to their own problems, they can avoid becoming 'at risk youth', avoid going into juvenile detention centers which typically leads to prison.

"Learning the 12 Tools for Positive Decision-Making addresses the core cultural beliefs and behaviors that exist today, which is the underlying problem of crime in most situations."

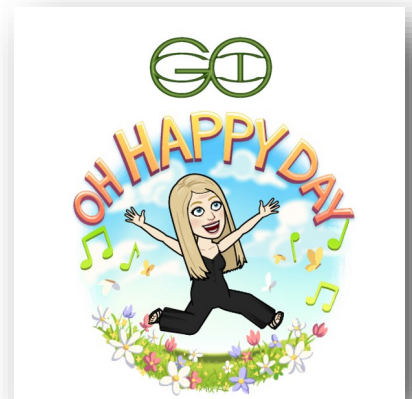
- The GOGI Way of Life is the solution to the 'victim' mentality.
- The GOGI Way of Life is the solution to the 'I can't do it' mentality.
- The GOGI Way of Life is the solution to low self-esteem, anxiety, addiction, depression, racism ..... and the list goes on.

GOGI is tried and true. The GOGI Tools for Positive Decision-Making were developed under the worst conditions and **thrived** under these conditions, creating a new solution-based culture that united the most violent people from all walks of life and races, to become Positive, Productive and Powerful leaders in their communities. GOGI can and WILL do the same for our community YOUR community.

In closing, let me leave you with this beautiful quote:

"The culture of GOGI is unstoppable now that it is reaching beyond the prison walls as a pathway of prevention. At GOGI we celebrate the positive within every living being and we will not stop until everyone has the opportunity to learn The GOGI For Positive Decision Making." – GOGI's Founder and Lead Volunteer, Coach Mara Leigh Taylor

GOGI 4 Life!!  
GOGI Por Vida!



KEEP UP TO DATE! Subscribe to the GOGI site and receive an email when new blog entries are posted and new GOGI content is added: <https://gettingoutbygoingin.org/subscribe/>



## HOW WOULD YOU ANSWER?

Send me your responses:

Team GOGI 4 Life

PO Box 530469

San Diego, CA 92153

*Team GOGI 4 Life Member and Moderator,  
Rebecca Evers Holland, gave us the below answers.*

*How are you benefiting from your study of GOGI?*

**Rebecca Evers Holland** ✓ I have learned to think before I speak, I have learned to be more patient and take five seconds to react

*How has your relationship with your loved one benefited from your study of GOGI?*

**Rebecca Evers Holland** ✓ We both help each other when we can instead of just saying calm down we can say use a 5 second light switch or belly breath.

*Which tool is your favorite, and why?*

**Rebecca Evers Holland** ✓ My favorite tool is belly breathing because it immediately calms me down

*Please give examples of how you've used the tools to be of service to someone.*

**Rebecca Evers Holland** ✓ I have been teaching the young kids in my community about the tools some seem to enjoy them

*How do you think GOGI can benefit our community?*

**Rebecca Evers Holland** ✓ It can benefit our community from keeping kids out of bad situations and keeping them from getting locked up in the first place

# GOGI-isms

Can you rhyme on a dime and drop a Hook ..... Captain-style?  
If so, this page is for you. Send me your GOGI-isms and rep your yard.



What is a GOGI-ism? A GOGI-ism is a short, catchy phrase that relates to GOGI & the tools. See below for a few of the first GOGI-isms and a few new ones.

## Original GOGI-ism:

### GOGI-ism

#### OMGOGI!!

Everyone has heard the abbreviation or catch phrase – OMG! In this case it stands for OMGOGI!!!! It is most commonly used when sharing another amazing GOGI story!

### GOGI-ism

#### GOGI-fied

To be GOGI-fied means that you start using the GOGI TOOLS because others around you are living THE GOGI WAY. You don't even need to be "GOGI" to start acting "GOGI". That is what it means to be GOGI-fied.

### GOGI-ism

#### THE GOGI GLOW

When women completed the GOGI Group study and were awarded certificates of completion from their facility, one woman stated that they appeared to have THE GOGI GLOW on their faces!

## New GOGI-ism:

### GOGI-ISM

#### "GOGI'D OUT THE GAME"

When learning GOGI has changed your mindset and you're no longer looking for your next hustle, you've been 'GOGI'd Out the Game'.

A GIFT TO GOGI FROM NICKOLAS 'NIKO' PUPICH  
KVSP GOGI STUDENT

### GOGI-ISM

#### THE GOGI WHAMMY

When you use multiple GOGI Tools at the same time to achieve your positive outcome.

A GIFT TO GOGI FROM TAMARA DE LA CRUZ  
TEAM GOGI 4 LIFE! 🙌

### GOGI-ISM

#### 'THERE YOU GOGI!'

The GOGI equivalent of "There you go!"

A GIFT TO GOGI FROM REBECCA EVERS

### GOGI-ISM

#### THE GOGI TWO-FER

When one GOGI Tool solves two problems at once

A GIFT TO GOGI FROM SEVENA VAN ZANT  
TEAM GOGI 4 LIFE! 🙌

# 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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