

PowerUp! Community Meeting Manual

Table of Contents

Part One: PowerUp! Let's Get Started

The Basics of PowerUp!	234
An Introduction to PowerUp!	236
The GOGI Tools	241
PowerUp! Your Community	242
Peer Mentor Circle Goals	248
The GOGI Calendar of Study	249
The Four Sets of GOGI Tools	250

Part Two: PowerUp! Peer Mentor Circle Guide and Handouts

Team Building Meeting	252
BOSS OF BY BRAIN	262
BELLY BREATHING	266
FIVE SECOND LIGHTSWITCH	270
POSITIVE THOUGHTS	274
POSITIVE WORDS	278
POSITIVE ACTIONS	282
CLAIM RESPONSIBILITY	286
LET GO	290
FOR-GIVE	294
WHAT IF	298
REALITY CHECK	302
ULTIMATE FREEDOM	306
Tool Review Meeting	310
Celebrate PowerUp! Successes	314
Letter to the PowerUp! Facilitator	318
About the Author	322

Part One

PowerUp!

Community Meeting Manual

Let's Get Started

The Basics of PowerUp!

What are PowerUp! Community Meetings?

PowerUp! Community Meetings are positive weekly gatherings of individuals formed in Peer Mentor Circles to reinforce use of the GOGI Tools. These meetings are ideal for those who wish to contribute to a positive community engaged in the practice of the GOGI Tools.

What are The GOGI Tools?

The GOGI Tools are simple ways any individual can get, or remain, on course for creating their optimal life. These Tools were developed from the most effective and proven psychological strategies for behavioral change, fused with practices from all religions and cultures for optimizing goals and personal satisfaction in life.

Why is it Called PowerUp!

PowerUp! is a statement of the purpose of the meetings. Participants are encouraged to “power up” and become a solution within their communities to seemingly difficult situations or circumstances through their skill in utilizing The GOGI Tools.

What is a Peer Mentor Circle?

A Peer Mentor Circle is no more than 12 participants who are members of a closed circle. When there are 13 potential members, two Peer Mentor Circles are formed. PowerUp! Peer Mentor Circles have no more than 12 members.

Who is Authorized to Facilitate PowerUp!

A Facilitator of PowerUp! may be an experienced group leader or instructor well-versed in all aspects of The GOGI Tools as well as The PowerUp! Manual.

NOTE: *Any individual with sufficient formal GOGI training, such as a Certified GOGI Community Coach, is an ideal Facilitator of all aspects of PowerUp!*

Why is GOGI Material Needed?

While this Manual provides you with the format and structure of PowerUp! Meetings, without adequate knowledge, experience, or materials, your success may be limited.

Rights to Use of Materials:

GOGI reserves the right to disallow use, or refuse access to, and/or limit or refuse reproduction of the PowerUp! Community Meeting Manual when it is not utilized according to the outlined purpose and protocol provided herein.

Stay Connected

Community Members are encouraged to engage and remain informed as GOGI continues to grow and expand in services such as advanced certifications, correspondence study, group study, eLearning, and others. Updates of the manual are offered as free downloadable files.

Additional information is available on the GOGI website at www.GettingOutByGoingIn.com or by contacting:
GOGI Headquarters
P.O. Box 88969
Los Angeles, CA 90009

An Introduction to PowerUp!

From Coach Taylor, GOGI Founder

Imagine a world where children and teenagers are taught GOGI Tools with which they can make positive decisions. Imagine adults who model these Tools in their daily choices, making it simple for children to create meaningful and purpose-driven lives. Imagine a universal language of internal freedom shared by all cultures, a language that unites rather than divides.

This is the world I have witnessed unfolding along my journey as the founder and first volunteer for the non-profit organization Getting Out By Going In (GOGI). I have seen children being taught The GOGI Tools by their incarcerated parents. I have seen these parents on telephone calls and during family visits teach The Tools, because they are determined to chart a path very different for their offspring than the one they created in the absence of Tools.

I have seen incarcerated adults modeling what it is like to live an internally free life. I have enjoyed seeing community members coming to realize that if someone emerging out of prison can live an internally free life, then it would be reasonable to assume just about anyone else could live that way, too.

I Have Witnessed

I have witnessed in dozens, if not hundreds, of instances, rival gang members and former enemies gather in GOGI Peer Mentor Circles to share The GOGI Tools in the safe and supportive environment of our PowerUp!. I have seen color lines, along with all other exclusionary criteria, otherwise defining who is a friend and who is not, disappear when the focus is on being of service to community, The GOGI Way.

The world I would like you to imagine is not some

far off dream, it is the world in which I live every day of my life. I witness these things inside some of the most notorious prisons, and this is why PowerUp! Community Meetings were created by our Students of GOGI. PowerUp! permits this powerfully positive way of living to find a home within the heart of all humans, giving all humans the format, the permission, and even the excuse to be magnificent.

In This Section of The Book

In this section, you will find all the details you will need to hold your very own PowerUp! Community Support Meetings.

These meetings are the vision of our Students of GOGI who know that when united in a common language of positive decision-making, there is nothing a community is unable to accomplish. In a very real way, there are few problems the GOGI Tools can't help redefine as an opportunity.

PowerUp! Emerges

PowerUp! as a format for the study of GOGI emerged from the need to find the solution within the very thing defined as the problem. PowerUp! offers you permission to get out of your own way and unite in one great cause of identifying and living a purposeful life path.

GOGI at The Bay

In 2015 and 2016, Getting Out by Going In received grant funding to provide “programming” to prisoners locked in the highest security housing units of Pelican Bay State Prison and California Corrections Institution, both of which were within the State of California Department of Corrections and Rehabilitation. Going from one cell to the next, I convinced maximum security prisoners to simply “look” at the GOGI material, even if they did not normally do programs. I shared with them that GOGI was created by and for prisoners, and I had traveled a great distance to be there, so they would be doing me a favor to give it a glance.

Month after month I would return, distributing more and more courses as word spread throughout the housing unit that GOGI was the real deal.

After several months of service, I came to know a few of the names, and many of the faces of men who had not seen the light of day for 10, 20, and sometimes 30 years. Actually, in thinking about it, I was probably the first non-officer, non-chaplain, “real” person some of those men had seen since they were in the courtroom waving goodbye to their families. You don’t think of those things at the time, but, I guess it was a new experience for all of us.

Once the concept of GOGI caught on, I would hear one prisoner giving a warning to cells down the hall. “GOGI’s in the house, you better have your course work ready.” The men would holler this out, notifying the others that a GOGI representative had been permitted into the unit.

I remember one time I made it into the housing unit without the normal fanfare. I walked into the housing unit of CCI on A or B yards with my officer escort. I made my way quietly to one of the cells where a very enthusiastic GOGI student was housed. Upon my approach, I heard him speaking. I wondered if he had smuggled a purchased cellphone and I hoped I was not going to be walking up to a situation I did not want to see. I stood back a few feet and listened.

Curiosity

Curiosity eventually forced my approach. There he was on the top bunk with his mouth as close to the air vent as possible. He was talking about GOGI, but was single-celled and had no one else in the cell. I went to the adjacent cell. Sure enough, the guy next door was in the same position. These two men were actually talking about GOGI.

“Are you two men holding a GOGI meeting?” I asked, as I approached his cell door.

“Damn, Coach Taylor, you can’t walk up on people like that.” came his reply.

“Yeah, sorry about that, but I was hearing some GOGI talk and couldn’t resist.”

As it turned out, since the men were not permitted to be out of their cells at the same time due to their security level, they formed their very own meetings through the air vents to PowerUp! their ability to make positive decisions, and they were not alone.

At Pelican Bay State Prison, it was not uncommon for one of the men in a unit to hold a PowerUp! Meeting loud enough for the men in adjacent cells to chime in with their own contributions. At the Bay, the housing configurations were modular in format, but the cell bars made open discussions possible. While seated on their two-inch mattresses, men in their cells reviewed their materials and conducted very organized and well-documented meetings.

Once these higher security prisoners were transitioned to less restrictive housing, they continued with their GOGI meetings, inviting others to join in this new culture and new way of navigating life on the open prison yard.

Graveyard GOGI

One night, I was permitted to visit a jail where the only time they could do GOGI studies was on the graveyard shift, as there was an officer there who was supportive of rehabilitation, even if it could only happen at 9:00 at night. We called it Graveyard GOGI.

I arrived at the jail during a snow storm, and pushed the buzzer and was let into a very dark hallway to another buzzer that led me to an elevator. When the door opened, a voice on the intercom instructed me where to go to find the officer.

Ultimately, I was led past hundreds of sleeping bodies in darkened dorm-like housing to a door. When it opened, the light was so bright I needed to squint. Inside the room, nearly 100 men in brightly colored jail uniforms were assembled in a neatly-formed circle. Their leader, Coach Tevita, led them in the GOGI Pledge of Service followed by

an activity that highlighted their knowledge and use of the Tools.

Meetings of like-minded individuals were driven by the student's eagerness to share and explore the application of the GOGI Tools. Rare was it to find someone who did not want to speak about, share, and exemplify the Tools.

Students of GOGI tried, tested, and explored the optimal way to empower communities for good. Through their contributions and refinement of details, the PowerUp! Community Meeting format is now available for anyone.

The GOGI Calendar

The GOGI Calendar unites all GOGI studies and reinforces the power that comes when an entire community is focused on something positive at the same time. Even Graveyard GOGI was united in the study of the same GOGI Tool as all the other students of GOGI had as their focus.

The Four Sets of Tools

TOOLS OF THE BODY

TOOLS OF CHOICE

TOOLS OF MOVING FORWARD

TOOLS OF CREATION

The GOGI Tools

Within each set are three specific Tools. Each Tool was created to address a need that had been unmet by traditional programs or efforts for change. Each Tool, however, is consistent with proven strategies for success. The difference is, with PowerUp!, the most complex operations of the body and brain are simplified for easy use.

The PowerUp! Community

The PowerUp! Community includes anyone who wants to show up as a solution for their community, realizing that in living a life of service their internal freedom is a natural by-product.

The GOGI Tools

Tools of The Body

BOSS OF MY BRAIN

BELLY BREATHING

FIVE SECOND LIGHTSWITCH

Tools of Choice

POSITIVE THOUGHTS

POSITIVE WORDS

POSITIVE ACTIONS

Tools of Moving Forward

CLAIM RESPONSIBILITY

LET GO

FOR-GIVE

Tools of Creation

WHAT IF

REALITY CHECK

ULTIMATE FREEDOM

PowerUp! Your Community

From Coach Taylor, GOGI Founder

An Invitation to PowerUp!

With a high demand for GOGI Tools to be offered to all mankind, it was imperative to find a way to offer the GOGI Tools to anyone who believes that access could help them make better decisions.

The PowerUp! Community Meetings include anyone and everyone into the wonderful world of GOGI.

Excitingly, this manual includes all the information necessary to facilitate PowerUp! Community Meetings.

PowerUp! Community Meetings were created to meet demand for a free and open source way to share GOGI studies. PowerUp! provides a solution because it is an attendance only, ongoing support meeting for both new and seasoned Students of GOGI.

Join me in Living The Vision

When I state that I live the vision of unity each day, I truly mean that I live the vision of a united humanity every day. This is a vision brought to reality by society's perceived problems who finally realized they were society's only real solution.

I hope you catch the vision of all that PowerUp! can mean to humanity. I certainly wish that what I see regularly will become a commonplace occurrence for all mankind. It's time we PowerUp! as a people.

What is PowerUp!

As the "Culture" of GOGI people engaged in applying the GOGI Tools to their daily lives began to evolve, it became a simple solution to what was perceived to be a pretty big problem of chronic poor decision making. This

caused a great demand for GOGI materials.

To this day, it is a real challenge to provide all those seeking materials and support for their stated needs. Students of GOGI asked for a simple way Certified GOGI Community Coaches could share their knowledge with the world.

As a result, PowerUp! Community Meetings were created. In this section of the book, you will be provided all the information you need to facilitate PowerUp! Community Meetings.

Getting Started

Know that this material is all you need to hold your PowerUp! Community Meetings, but access to the GOGI books and courses increases success of participants.

Where to Start

For a new PowerUp! Community Meeting, always start with The Team Building Meeting. The Team Building Meeting is repeated after every 15 meetings to ensure protocols and procedures do not deviate over time.

Authorized Credit

Participants should be made aware that the GOGI non-profit organization will not track attendance nor issue credit for PowerUp! Community Meetings. If the facility or school is willing to issue credit, it must be titled "PowerUp!" or "PowerUp! Community Meeting".

PowerUp! Community Meetings are ongoing and not intended as a formal program with an end date. The authorized program name is "PowerUp!" and not "GOGI." The only approved full title for the program is "PowerUp! Community Meetings."

While no certificates will be issued by GOGI Headquarters for attending PowerUp! Meetings, an institution or organization may issue attendance-based credit, providing the credit is worded in exactly the following manner: "PowerUp! Community Support Meeting Attendance" or "PowerUp!". No other title of credit is authorized.

Mandatory Peer Mentor Circles

Conduct all PowerUp! Meetings in Peer Mentor Circles of 5-12 participants. This is absolutely mandatory, as Peer Mentor Circles of 5-12 participants define the PowerUp! Community Meeting.

For example, in one large gym, up to 120 students could assemble in 10 Peer Mentor Circles for weekly meetings. Many circles may exist in the same room as space permits, but all participants will sit in closed Peer Mentor Circles of 5-12 members.

Failure to meet in this manner waives the permission for authorized use of PowerUp! or the GOGI Tool names and materials.

Official GOGI Materials

PowerUp! Community Meetings and all other GOGI studies are more effective when students are provided GOGI materials and courses. PowerUp! Community Meetings were created as a very basic introduction to GOGI and an ongoing support meeting that can exist only with handouts as materials for participants.

It is understood that lasting learning occurs most effectively with supportive GOGI materials. To order official GOGI materials contact: info@gettingoutbygoingin.org.

Local Credit

Remember: GOGI Headquarters neither tracks nor issues credits for PowerUp!, which are attendance-based support meetings. GOGI Headquarters only issues credit and certificates for completion of our softbound course workbooks and our coaching programs. Credits, if provided, are issued locally, by the hosting organization.

Meeting Facilitator Requirements

GOGI authorizes PowerUp! to be facilitated by GOGI Coaches or other GOGI Authorized Facilitators. Meetings that are permitted by an institution, school, or hosting organization are intended to provide participants with an ongoing support meeting format for GOGI Tool study.

Permission to Deliver PowerUp! in a “Programming” Format

Permission is granted to offer PowerUp! as an official “program” whenever the institution or organization includes no fewer than one Certified GOGI Community Coach or Authorized Facilitator for every 11 other participants, and each participant receives copies of the weekly handouts.

Meeting Length, Frequency, and Leadership

PowerUp! Community Meetings are most effective when they are 90-120 minutes in length, held weekly, in the required Peer Mentor Circle format, and facilitated by a GOGI Community Coach.

Stay on Calendar

Coordinate all PowerUp! Community Meetings with the GOGI Calendar of Study. The GOGI Tools are always studied by calendar, not in a step manner. As such, no make-up meetings are needed or permitted. PowerUp! is an ongoing support meeting with Tools repeated throughout the year. Do not worry about attendees “missing” a Tool if a weekly meeting is missed.

PowerUp! Round

The PowerUp! Round is 15 meetings in length. In these 15 weekly meetings, group members will participate in one Team Building Meeting, 12 Tool Meetings according to the Calendar of Study, one Tool Review Meeting, and one Celebrate Success Meeting. These 15 meetings complete one round of PowerUp!

PowerUp! Cycle

The PowerUp! Cycle of Study is 30 meetings. This means that participants will attend two Team Building Meetings, 24 Tool Meetings, Two Tool Recap Meetings, and Two Celebrate Success Meetings. Of course, we suggest ongoing attendance that is continual support, but in those cases where rotation of participants is required, each student should be permitted to complete no less than one

full PowerUp! Cycle. When asked how long PowerUp! lasts, students may accurately reply that PowerUp! is a support meeting that should not end. For those who must have an end date, a full PowerUp! Cycle of 30 meetings would be the minimum program duration.

The PowerUp! Team Building Meeting

The Team Building Meeting begins a 15-week round and will be repeated after every 15 meetings.

The PowerUp! GOGI Tool Meetings

After the Team Building Meeting, 12 consecutive meetings are held according to the GOGI Calendar of Study.

The PowerUp! Tool Recap Meeting

After the Team Building and 12 consecutive Tool Meetings, the Peer Mentor Circles hold The Tool Recap Meeting.

The PowerUp! Celebrate Success Meeting

After the Tool Recap Meeting, participants Celebrate Success. Because of the ongoing nature of PowerUp!, this meeting does not celebrate completion. But provides an opportunity for participants to focus on and share improvements and achievements, and real life experiences with the Tools.

PowerUp! and the GOGI Calendar of Study

The PowerUp! and all GOGI independent, small group, online, leadership, group studies, and Coach Certification Programs worldwide are coordinated to the GOGI Calendar of Study. The GOGI week begins on a Monday.

The first Monday of each month determines the weekly Tool, which is the Tool studied all week. Where there is a 5th Monday, all Tools for that month are reviewed.

GOGI Pledge of Service to Community

PowerUp! Community Meetings always conclude with the GOGI Pledge of Service to Community, which reminds all participants of their ability to be an example of a solution to challenges within their communities.

The GOGI Pledge of Service

May our commitment (repeat)

To the study of GOGI (repeat)

Grant us the joy (repeat)

Of giving and receiving (repeat)

So that our inner freedom (repeat)

May be of maximum service (repeat)

To those we love (repeat)

And infinite others (repeat)

Why a Pledge of Service?

All students of GOGI unite with our GOGI Pledge of Service. This pledge defines our purpose and is repeated at the end of every PowerUp! Community Meeting. Remaining in Peer Mentor Circles, each group will rotate leading the pledge for the larger group.

Peer Mentor Circle Goals

- **BOSS OF MY BRAIN** - Do Peer Mentor Circle members understand SMART PART, EMOTIONAL PART, and OLD HABIT PART?
- **BELLY BREATHING** - Can Peer Mentor Circle members identify where their breathing is most focused by placing one hand on their chest and one on their belly?
- **FIVE SECOND LIGHTSWITCH** - Can Peer Mentor Circle members identify alternative thoughts and actions which are available to replace automatic thinking?
- **POSITIVE THOUGHTS** - Can Peer Mentor Circle members identify the THREE P's?
- **POSITIVE WORDS** - Do Peer Mentor Circle members know the THREE P's?
- **POSITIVE ACTIONS** - Do Peer Mentor Circle members know the THREE P's?
- **CLAIM RESPONSIBILITY** - Do Peer Mentor Circle members realize that the GOGI Tool is concerned with their actions today?
- **LET GO** - Can Peer Mentor Circle members practice the physical act of HAND - SQUASH - TOSS, and practice it on small annoyances?
- **FOR-GIVE** - Do Peer Mentor Circle members understand that FOR-GIVE is related to safety from harm, not forgiveness?
- **WHAT IF** - Can Peer Mentor Circle members declare positive outcomes related to positive choices?
- **REALITY CHECK** - Can Peer Mentor Circle members understand that failure does not eliminate prior successes?
- **ULTIMATE FREEDOM** - Do Peer Mentor Circle members act on and understand the concept of living in service of others?

GOGI Calendar of Study

The GOGI week starts on the **FIRST MONDAY OF THAT MONTH**. Whenever there is a **fifth Monday in the month**, review all Tools.

<p>JANUARY</p> <p>Week 1 BOSS OF MY BRAIN</p> <p>Week 2 BELLY BREATHING</p> <p>Week 3 FIVE SECOND LIGHTSWITCH</p> <p>Week 4 POSITIVE THOUGHTS</p>	<p>FEBRUARY</p> <p>Week 1 POSITIVE WORDS</p> <p>Week 2 POSITIVE ACTIONS</p> <p>Week 3 CLAIM RESPONSIBILITY</p> <p>Week 4 LET GO</p>	<p>MARCH</p> <p>Week 1 FOR--GIVE</p> <p>Week 2 WHAT IF</p> <p>Week 3 REALITY CHECK</p> <p>Week 4 ULTIMATE FREEDOM</p>
<p>APRIL</p> <p>Week 1 BOSS OF MY BRAIN</p> <p>Week 2 BELLY BREATHING</p> <p>Week 3 FIVE SECOND LIGHTSWITCH</p> <p>Week 4 POSITIVE THOUGHTS</p>	<p>MAY</p> <p>Week 1 POSITIVE WORDS</p> <p>Week 2 POSITIVE ACTIONS</p> <p>Week 3 CLAIM RESPONSIBILITY</p> <p>Week 4 LET GO</p>	<p>JUNE</p> <p>Week 1 FOR--GIVE</p> <p>Week 2 WHAT IF</p> <p>Week 3 REALITY CHECK</p> <p>Week 4 ULTIMATE FREEDOM</p>
<p>JULY</p> <p>Week 1 BOSS OF MY BRAIN</p> <p>Week 2 BELLY BREATHING</p> <p>Week 3 FIVE SECOND LIGHTSWITCH</p> <p>Week 4 POSITIVE THOUGHTS</p>	<p>AUGUST</p> <p>Week 1 POSITIVE WORDS</p> <p>Week 2 POSITIVE ACTIONS</p> <p>Week 3 CLAIM RESPONSIBILITY</p> <p>Week 4 LET GO</p>	<p>SEPTEMBER</p> <p>Week 1 FOR--GIVE</p> <p>Week 2 WHAT IF</p> <p>Week 3 REALITY CHECK</p> <p>Week 4 ULTIMATE FREEDOM</p>
<p>OCTOBER</p> <p>Week 1 BOSS OF MY BRAIN</p> <p>Week 2 BELLY BREATHING</p> <p>Week 3 FIVE SECOND LIGHTSWITCH</p> <p>Week 4 POSITIVE THOUGHTS</p>	<p>NOVEMBER</p> <p>Week 1 POSITIVE WORDS</p> <p>Week 2 POSITIVE ACTIONS</p> <p>Week 3 CLAIM RESPONSIBILITY</p> <p>Week 4 LET GO</p>	<p>DECEMBER</p> <p>Week 1 FOR--GIVE</p> <p>Week 2 WHAT IF</p> <p>Week 3 REALITY CHECK</p> <p>Week 4 ULTIMATE FREEDOM</p>

The Four Sets of GOGI Tools ... and Their Functions

TOOLS OF THE BODY

The GOGI TOOLS OF THE BODY empower you to take control of how you act and react to life's inevitable challenges and opportunities with: **BOSS OF MY BRAIN, BELLY BREATHING, FIVE SECOND LIGHTSWITCH.**

TOOLS OF CHOICE

The GOGI TOOLS OF CHOICE put you in control of your thoughts, your words, and your actions with a simple filter you can use to create opportunities and avoid obstacles: **POSITIVE THOUGHTS, POSITIVE WORDS, POSITIVE ACTIONS.**

TOOLS OF MOVING FORWARD

The GOGI TOOLS OF MOVING FORWARD let you move beyond your past as you turn your challenges into your opportunities: **CLAIM RESPONSIBILITY, LET GO, FOR-GIVE.**

TOOLS OF CREATION

The GOGI TOOLS OF CREATION permit you to design your life in a way that brings you lasting joy, contentment, meaning, and purpose: **WHAT IF, REALITY CHECK, ULTIMATE FREEDOM.**

Living The GOGI Way

When an individual utilizes these simple Tools in their everyday life, they often claim they are "Living The GOGI Way." Regardless of religion, country, culture, language, size, shape, or other factors, many students of The GOGI Way state they are "GOGI 4 Life," meaning they will endeavor to use their Tools long after they have learned the function and applicability. The GOGI Tools are a gift to all mankind from individuals who have been harmed, and those who have caused the greatest harm to others. This is their proposed solution for all mankind. Students of the GOGI Tools often agree that all mankind may experience the contentment that results from living a life of service, which is the focus of all GOGI studies.

Part Two

PowerUp!

Peer Mentor Circle Guide and HANDOUTS

PowerUp! Team Building Meeting Handout

Start any new PowerUp! group with this meeting and repeat this meeting every 15 meetings.

This PowerUp! Team Building Meeting is the first meeting for new Peer Mentor Circles and is also to be held after the completion of 15 meetings. The Team Building Meeting is informative and administrative, and reviews meeting details, as well as GOGI history, purpose, and mission. PowerUp! is intended as an ongoing community meeting for new and experienced Students of GOGI. While all Tool related meetings are held according to the GOGI Calendar of Study, this Team Building Meeting is always held after completion of 15 meetings regardless of the GOGI Calendar of Study.

Call Your PowerUp! Team Building Meeting to Order (Read Aloud)

“We call our PowerUp! Team Building Meeting to order. Our PowerUp! Meetings are all community meetings to reinforce our use of the GOGI Tools. The GOGI Tools were created by and for students of GOGI to share simple strategies for increasing success in life. PowerUp! permits us to create positive community experiences through the sharing of the GOGI Tools when studied according to our GOGI Calendar of Study. PowerUp! Meetings are for anyone, regardless of their knowledge or use of the GOGI Tools.”

Why Do we Have a Calendar of Study? (Read)
 “All PowerUp! Meetings and GOGI Studies are coordinated with the GOGI Calendar of Study. We do this with respect to one of the first Students of GOGI who was in a prison isolation cell. He wrote a letter to GOGI and stated that he hoped one day he would not study his GOGI Tools alone. All PowerUp! and GOGI studies are coordinated to the GOGI Calendar of Study, so no one will ever feel alone in their study of the GOGI Tools.”

The PowerUp! Purpose (Another Volunteer To Read)
 “The purpose of our PowerUp! is to support the use of The GOGI Tools in a community meeting format.”

Peer Mentor Circles (To Be Read Aloud)
 “All PowerUp! Community Meetings are conducted in Peer Mentor Circles of 5-12 participants. If we are not in our circles yet, now is the time for us to form PowerUp! Peer Mentor Circles. Where possible, we remove desks, tables, and other obstacles in the way of tightly formed peer circles of 5-12 participants for the meeting.”

Coach Taylor’s Invitation to PowerUp!
 (GOGI Coach or Peer Mentor To Be Read Aloud)

***From GOGI founder and lead volunteer,
 Coach Taylor***

*“Dear PowerUp! Participants,
 In 2002, a small group of prisoners and I sat on the cool tile floor of the gym/chapel of FCI Terminal Island in San Pedro, California. Each week we discussed possible solutions to life’s challenges and explored simple ways these challenges could be overcome. In our time together, I took notes and would return the following week with information from my studies as a psychology student. Out of these conversations, GOGI was born; a positive culture of decision making tools created by those who needed them the*

most. GOGI is an ever-growing group of solution-minded community members just like you. Students of GOGI are choosing to use GOGI Tools to help them make the most positive decisions possible. Students of GOGI state that living life “The GOGI Way” has enabled them to emerge as a solution for their families and communities.

I have witnessed with my own eyes as the GOGI Tools became a viable solution for tens of thousands of individuals seeking ways to overcome life’s inevitable challenges. These PowerUp! Community Meetings were created to make certain you have the opportunity to study the GOGI Tools. While GOGI was once delivered only in a “program” format where a course was to be completed, PowerUp! permits you to study GOGI as a way of life, not simply as a program. PowerUp! also permits you to share GOGI with family and friends. PowerUp! is designed to be taken to the streets by people just like you and offered as a viable alternative to poor decision making.

PowerUp! emerged when the students of GOGI could no longer sit back and let their peers languish on long waiting lists to get into a “program” for GOGI studies. The students of GOGI requested and assisted in the development of PowerUp! as a solution. GOGI has come a long way since 2002, when the first Students of GOGI were sitting in a small Peer Mentor Circle tossing around the idea that to “get out” of prison one might need to “go inside” their own mind for the answers.

As you can imagine, it was not an easy journey to get GOGI to the place where PowerUp! is now being suggested beyond the walls of prison for all school children to learn.

The GOGI Tools, created by prisoners and for prisoners, evolved as a solution for all mankind, having emerged from the darkest places on earth to shine the bright light of possibilities for us all.

PowerUp! releases GOGI to the street and as a PowerUp! participant, this is your personal invitation to

join the solution. My hope is that you learn and use your GOGI Tools and that you find value in choosing to live your life “The GOGI Way” by making every decision matter, because it does.”

With Love,



Coach Taylor
GOGI Lead Volunteer

Group Comment Time

Participants are encouraged to discuss Coach Taylor’s letter.

Participate in PowerUp! Check-In

(Volunteer To Read)

“Each member of a Peer Mentor Circle is invited to briefly state their name, reflect on the most positive thing that occurred during the week, and mention GOGI Tools that were applicable, or declare their intended outcome of their PowerUp! participation.”

Peer Mentor Circle Guidelines

(Another Volunteer To Read)

“We now review, revise, or determine our Peer Mentor Circle group name and our guidelines. For example, “confidentiality” and “no cross talking” are common guidelines.”

In your group documentation write down:

- Your Group Name: “Peer Mentor Circle Group Name”.
- Please create three to five group guidelines.
- Participants write down names of group members.

(Note: If there are more than 12 members, break into two different Peer Mentor Circles.)

Peer Coach Howe's Letter (Read Aloud)**A Message from Coach Johnny Howe**

“The entire GOGI Community knows you can make an impact in your community with the GOGI Tools. We all have our stories of our journey through life, but let me just share a few words leading up to my volunteerism with GOGI and how I came to be asked to write this welcome letter.

I began serving my life sentence in prison in 1990. Back then, I was stubborn and resisted anything that might have helped me. I was denied parole a few times and continued to not take responsibility for my life. In truth, I was in a mental and physical prison. And then, through a series of events—including meeting the lead volunteer of GOGI, Coach Taylor—I slowly started to listen.

The GOGI Tools changed my life because in becoming part of the solution, I suddenly had a purpose. With GOGI, I learned the decision-making tools I was never taught growing up. These Tools would have helped me want to—and actually believe I could—achieve something more for myself.

In 2010, after my first GOGI course completion, I was invited to “change the culture of prison” as a Certified GOGI Coach. Part of my training included facilitating Peer Mentor Circle groups and helping other people learn the GOGI Tools. In being of service, I began to experience true freedom, even though I was still incarcerated.

In leading or participating in PowerUp!, you will be given an opportunity to feel a sense of community and hope, to re-build relationships with family that were once destroyed, and to give addicts and violent people the chance to pick up a GOGI Tool—instead of a drug or weapon.

I can tell you now that after 28 years, I am finally on the outside. What we as incarcerated and formerly incarcerated can offer by sharing the GOGI Tools and living “The GOGI Way” will not only prepare incarcerated men and women to handle life behind bars, but help everyone to be better prepared for when they are released; they will have Tools to cope with life in the real world.

From my own experience as a free man, I can tell you the GOGI Tools, like REALITY CHECK, help me as I figure out how to manage my finances for the first time in my life—food is expensive out here! BOSS OF MY BRAIN

helps me deal with the crazy Los Angeles traffic, and the insanity of Costco market's parking lot. ULTIMATE FREEDOM reminds me of the most important lesson I've learned—that being of service to others as a GOGI Coach and licensed drug and alcohol counselor is what truly keeps me free. I wish you well on your journey to freedom, and on your journey as a GOGI PowerUp! Community Meeting participant. I know that as you participate in PowerUp!, you are going to help change so many lives, and some of you won't even know the impact right away.

I sincerely hope to meet you out here someday, so we can continue helping prisoners, their families, and other members of the community as they are released from their own personal prisons, whether they are actually made of concrete and barbed wire or only in their minds. Thank you for your help. It's nice to have you as part of the solution.”

*Coach
Johnny Howe*

GOGI 4 Life, Coach Johnny Howe

Behind bars for 28 years

Mentally free as of 2010

Physically free as of February 13, 2018

Group Comment Time

Discuss Coach Johnny's letter.

Common PowerUp! Questions (Read Aloud)

Regardless of your level of GOGI knowledge, every 15 weeks we review the frequently asked questions during our Team Building Meeting to keep the information fresh in our minds and make certain our meetings remain purely “PowerUp!”. We will have one volunteer read each of the below numbered paragraphs. Participants may review other information later.

(Volunteers to read the following paragraphs aloud: Paragraphs 1, 2, 4, 8, 9, 11, 12, and 15. All others are informational in nature.)

#1 What is GOGI anyway?

Getting Out By Going In (GOGI) is a non-profit organization dedicated to empowering individuals to increase their positive decisions by using easy to understand decision making Tools.

#2 Is PowerUp! the same as GOGI?

PowerUp! is the introduction to the GOGI Tools and ongoing support meeting, which requires no text or study materials and is attendance-based. PowerUp! is simply the attendance-based support meeting. If credit is provided for PowerUp!, it will be generated by the hosting organization, not by GOGI.

#3 Can I be in GOGI Leadership Training and attend PowerUp!

Yes, you can be engaged in the formal GOGI certificate programs or coach certification studies and attend PowerUp! Meetings. PowerUp! Community Support Meetings support GOGI studies. PowerUp! Meetings are not designed to replace formal course study.

#4 How does PowerUp! help me learn GOGI?

PowerUp! Community Support Meetings reinforce the GOGI Tools in a community of like-minded participants. This helps, a lot.

#5 Who started GOGI?

GOGI was created in 2002 when Founder, Coach Taylor, began volunteering at a United States Federal Prison in San Pedro, California. The men and, eventually, women and incarcerated youth who contributed to GOGI from 2002 until 2009, developed all aspects of the GOGI Tools now available through PowerUp!.

#6 When and where are meetings held?

PowerUp! Community Meetings are facilitated by GOGI Coaches, or Authorized Facilitators and may be held anywhere at any time and are usually dependent upon facility or hosting organization availability or permissions. *(By the way, PowerUp! is a meeting appropriate for school children, church groups, civic organization and the general public, too!)*

#7 Does PowerUp! cost anything?

PowerUp! is a free, open-source meeting to promote the understanding and use of the GOGI Tools. No organization may solicit outside funding for themselves in order to provide PowerUp! at a cost to participants or cost to any population. No participant should be charged or taxed to participate. If costs are inevitable, such as meeting space, it is the participants’ opportunity to find donated space and volunteerism. PowerUp! is a volunteer-run, community supported, open-source meeting to support GOGI Tool learning.

#8 Is attendance credit given for PowerUp!

If you are attending a PowerUp! Community Meeting inside a school or institution, it is likely your attendance is being tracked. They might even provide attendance credit of some sort. PowerUp! is a way to introduce GOGI and is not the same as formal GOGI courses.

#9 Why GOGI and why PowerUp!

Why GOGI? Because the Tools are simple. Why PowerUp!? Because the positive change is fun to share with others.

#10 Who benefits from attending PowerUp!

People who attend PowerUp! and who study the GOGI Tools come from all walks of life, all careers, all levels of education, all cultures, all religions, all races, all sizes, all shapes and all colors. In most cases, they heard from a like-minded peer that using GOGI Tools helped create new possibilities for their life.

#11 How do I use the Tools?

Choose to be determined to establish the Tool of the week in your mind and body as the automatic way you handle things. This will enable you to pull this Tool out of your GOGI Toolbox when it is most needed. Eventually, you won't even have to think about it. Because of your practice, it becomes a habit you do automatically. We repeat the Tools to create a positive habit.

#12 Which Tool is best for me?

Nearly everyone who uses the GOGI Tools says they have a favorite Tool they use more than others. They tell their friends they know all the Tools, but they have their favorite Tool they use for every situation possible. The fact is, all you need is one Tool. Students of GOGI tell their peers that with one Tool, you will have all the power you need to move beyond people, places, things, and choices that no longer benefit you.

#13 What does living “The GOGI Way” mean?

The idea of living your life “The GOGI Way” means nothing more than including simple decision-making tools to your decision making process. Being skilled at making positive decisions will help you become the solution.

#14 Repeat, Repeat, Repeat.

The key to lasting change and improvement in anything is practice and repetition. Students of GOGI call this repetition “GOGI 4 Life”. They find that the Tools become second nature after a while.

#15 What is the purpose of PowerUp!

The primary purpose of Power Up! is to provide the GOGI Tools to anyone and everyone who may have an interest.

#16 Taking PowerUp! to the streets

PowerUp! permits participants the opportunity to take the GOGI Tools to the streets and share them with others.

With the completion of the FAQs, we continue with the meeting.**PowerUp! Participant Check-Out**

Each participant is invited to complete one of the following:

1) **This week I will...**

2) **My favorite part of the meeting was...**

Close your Meeting (Read Aloud)

“We have completed this Team Building Meeting. Now is the time for us to close this PowerUp!. The next twelve meetings will be Tool related and will follow our GOGI Calendar of Study. As always, we close this meeting with our GOGI Pledge of Service to Community, which invites us to become a positive solution for others. All students of GOGI are encouraged to memorize our pledge of service. Please repeat after me:”

May our commitment (repeat)

To the study of GOGI (repeat)

Grant us the joy (repeat)

Of giving and receiving (repeat)

So that our inner freedom (repeat)

May be of maximum service (repeat)

To those we love (repeat)

And infinite others (repeat)

PowerUp!

BOSS OF MY BRAIN Handout

**Hold This Meeting:
First Week of Jan., April, July, Oct.**

Remember: PowerUp! Community Meetings may be held any day of the week as long as they are held according to the GOGI Calendar of Study which begins on Monday. If there is a fifth Monday in the month, Tools studied that month are to be reviewed. All Tools are repeated four times each year. Therefore, there is no such thing as a “make-up” or “catching up” or doing two Tools in one week when a previous meeting is missed. The community of GOGI remains on calendar for all meetings, thereby uniting all studies everywhere.

Administrative Duties and Details

If there are announcements, administrative details, voting, or distribution of materials, these tasks are to be conducted before your meeting begins. (All Peer Mentor Circles should be formed after admin duties and details.)

Peer Mentor Circles (Read Aloud)

“PowerUp! and all GOGI studies are defined by our GOGI Calendar of Study and our Peer Mentor Circles. If we have not already done so, at this time we break from the larger group meeting into our Peer Mentor Circles of 5-12 participants.”

Start Your Meeting (Read Aloud)

“The GOGI Tools are studied worldwide according to the GOGI Calendar of Study. We unite with others according to this schedule, so no one will feel they are alone in their effort to make positive decisions. We believe in

everyone’s ability to benefit from this positive community of individuals united on the GOGI Calendar of Study. Therefore, we call this PowerUp! BOSS OF MY BRAIN Meeting to order, and we join in the Tool being studied by students of GOGI everywhere.”

Review of The Tools (Read Aloud)

BOSS OF MY BRAIN
BELLY BREATHING
FIVE SECOND LIGHTSWITCH
POSITIVE THOUGHTS
POSITIVE WORDS
POSITIVE ACTIONS
CLAIM RESPONSIBILITY
LET GO
FOR-GIVE
WHAT IF
REALITY CHECK
ULTIMATE FREEDOM

The PowerUp! Purpose (Volunteer To Read)

“The objective of PowerUp! Community Meetings is to reinforce the use of the GOGI Tools and support positive community experiences. We accomplish our objective through the study of the GOGI Tools shared in Peer Mentor Circles according to the GOGI Calendar of Study.”

Circle Check In

Members of each Peer Mentor Circle share experiences, events, observations, or questions related to the understanding, use, and practice of the GOGI Tools. Each member is given the opportunity to “check-in”.

Weekly Tool Reading (Volunteer/s to Share)

Volunteers are invited to read from any of the GOGI books, highlighting THIS WEEK’S TOOL, the KEY WORDS, CALENDAR STUDY DATES FOR THIS TOOL, STATEMENT OF OWNERSHIP and any other Tool details they find personally helpful.

Weekly Tool Experience (Group Member Discussion)

Members of the group are invited to share personal experiences related to this or last week’s Tool. Challenges in applying the Tool are also discussed. Open dialogue includes all group members in equal sharing of talk time.

Quick Review

Members briefly review the Tool name, key words, statement of ownership, and calendar dates on which this Tool is studied worldwide. Group members can contribute a few thoughts as to this Tool, and what they learned or experienced during this week’s meeting.

Activity (Time Permitting)

Understanding that activities often reinforce group members’ engagement and understanding of the GOGI Tools, now is a great time to engage in an activity which can be created by the group, gleaned from the GOGI materials, or utilized in prior PowerUp! groups.

Weekly Statement of Intention

Members of the group are encouraged to share one goal on which they will focus during the week. This could be as simple as the intention that they will use this week’s Tool more than once during a specific circumstance. It may be a commitment to read portions of a GOGI book, or to share their learning with someone else. It could be as simple as doing a good deed that goes unnoticed. Each member is encouraged to set one intention for the week.

The GOGI Pledge of Service (Read Aloud)

“All students of GOGI unite with our GOGI Pledge of Service. This pledge defines our purpose and is repeated at the end of every PowerUp! Community Meeting. Remaining in your Peer Mentor Circles, each group will rotate leading the pledge for the larger group. As we close this PowerUp! Community Meeting, we unite as a community with our pledge to be of service. Please repeat after me:”

The GOGI Pledge of Service

May our commitment (repeat)

To the study of GOGI (repeat)

Grant us the joy (repeat)

Of giving and receiving (repeat)

So that our inner freedom (repeat)

May be of maximum service (repeat)

To those we love (repeat)

And infinite others (repeat)

Tidy Up Time (Read Aloud)

“We thank you for participating in this week’s PowerUp!. Our next meeting will be held (day/time/place) and the Tool to be discussed according to the GOGI Calendar will be the Tool (refer to calendar). Please let us leave this room clean and tidy for the next group.”

PowerUp!

BELLY BREATHING Handout

**Hold This Meeting:
Second Week of Jan., April, July, Oct.**

Remember: PowerUp! Community Meetings may be held any day of the week as long as they are held according to the GOGI Calendar of Study which begins on Monday. If there is a fifth Monday in the month, Tools studied that month are to be reviewed. All Tools are repeated four times each year. Therefore, there is no such thing as a “make-up” or “catching up” or doing two Tools in one week when a previous meeting is missed. The community of GOGI remains on calendar for all meetings, thereby uniting all studies everywhere.

Administrative Duties and Details

If there are announcements, administrative details, voting, or distribution of materials, these tasks are to be conducted before your meeting begins. (All Peer Mentor Circles should be formed after admin duties and details.)

Peer Mentor Circles (Read Aloud)

“PowerUp! and all GOGI studies are defined by our GOGI Calendar of Study and our Peer Mentor Circles. If we have not already done so, at this time we break from the larger group meeting into our Peer Mentor Circles of 5-12 participants.”

Start Your Meeting (Read Aloud)

“The GOGI Tools are studied worldwide according to the GOGI Calendar of Study. We unite with others according to this schedule, so no one will feel they are alone in their effort to make positive decisions. We believe in everyone’s ability

to benefit from this positive community of individuals united on the GOGI Calendar of Study. Therefore, we call this PowerUp! BELLY BREATHING Meeting to order, and we join in the Tool being studied by students of GOGI everywhere.”

Review of The Tools (Read Aloud)

BOSS OF MY BRAIN
BELLY BREATHING
FIVE SECOND LIGHTSWITCH
POSITIVE THOUGHTS
POSITIVE WORDS
POSITIVE ACTIONS
CLAIM RESPONSIBILITY
LET GO
FOR-GIVE
WHAT IF
REALITY CHECK
ULTIMATE FREEDOM

The PowerUp! Purpose (Volunteer To Read)

“The objective of PowerUp! Community Meetings is to reinforce the use of the GOGI Tools and support positive community experiences. We accomplish our objective through the study of the GOGI Tools shared in Peer Mentor Circles according to the GOGI Calendar of Study.”

Circle Check In

Members of each Peer Mentor Circle share experiences, events, observations, or questions related to the understanding, use, and practice of the GOGI Tools. Each member is given the opportunity to “check-in”.

Weekly Tool Reading (Volunteer/s to Share)

Volunteers are invited to read from any of the GOGI books, highlighting THIS WEEK’S TOOL, the KEY WORDS, CALENDAR STUDY DATES FOR THIS TOOL, STATEMENT OF OWNERSHIP and any other Tool details they find personally helpful.

Weekly Tool Experience (Group Member Discussion)

Members of the group are invited to share personal experiences related to this or last week’s Tool. Challenges in applying the Tool are also discussed. Open dialogue includes all group members in equal sharing of talk time.

Quick Review

Members briefly review the Tool name, key words, statement of ownership, and calendar dates on which this Tool is studied worldwide. Group members can contribute a few thoughts as to this Tool, and what they learned or experienced during this week’s meeting.

Activity (Time Permitting)

Understanding that activities often reinforce group members’ engagement and understanding of the GOGI Tools, now is a great time to engage in an activity which can be created by the group, gleaned from the GOGI materials, or utilized in prior PowerUp! groups.

Weekly Statement of Intention

Members of the group are encouraged to share one goal on which they will focus during the week. This could be as simple as the intention that they will use this week’s Tool more than once during a specific circumstance. It may be a commitment to read portions of a GOGI book, or to share their learning with someone else. It could be as simple as doing a good deed that goes unnoticed. Each member is encouraged to set one intention for the week.

The GOGI Pledge of Service (Read Aloud)

“All students of GOGI unite with our GOGI Pledge of Service. This pledge defines our purpose and is repeated at the end of every PowerUp! Community Meeting. Remaining in your Peer Mentor Circles, each group will rotate leading the pledge for the larger group. As we close this PowerUp! Community Meeting, we unite as a community with our pledge to be of service. Please repeat after me:”

The GOGI Pledge of Service

May our commitment (repeat)

To the study of GOGI (repeat)

Grant us the joy (repeat)

Of giving and receiving (repeat)

So that our inner freedom (repeat)

May be of maximum service (repeat)

To those we love (repeat)

And infinite others (repeat)

Tidy Up Time (Read Aloud)

“We thank you for participating in this week’s PowerUp!. Our next meeting will be held (day/time/place) and the Tool to be discussed according to the GOGI Calendar will be the Tool (refer to calendar). Please let us leave this room clean and tidy for the next group.”

PowerUp!

FIVE SECOND LIGHTSWITCH

Handout

**Hold This Meeting:
Third Week of Jan., April, July, Oct.**

Remember: PowerUp! Community Meetings may be held any day of the week as long as they are held according to the GOGI Calendar of Study which begins on Monday. If there is a fifth Monday in the month, Tools studied that month are to be reviewed. All Tools are repeated four times each year. Therefore, there is no such thing as a “make-up” or “catching up” or doing two Tools in one week when a previous meeting is missed. The community of GOGI remains on calendar for all meetings, thereby uniting all studies everywhere.

Administrative Duties and Details

If there are announcements, administrative details, voting, or distribution of materials, these tasks are to be conducted before your meeting begins. (All Peer Mentor Circles should be formed after admin duties and details.)

Peer Mentor Circles (Read Aloud)

“PowerUp! and all GOGI studies are defined by our GOGI Calendar of Study and our Peer Mentor Circles. If we have not already done so, at this time we break from the larger group meeting into our Peer Mentor Circles of 5-12 participants.”

Start Your Meeting (Read Aloud)

“The GOGI Tools are studied worldwide according to the GOGI Calendar of Study. We unite with others

to benefit from this positive community of individuals united on the GOGI Calendar of Study. Therefore, we call this PowerUp! FIVE SECOND LIGHTSWITCH Meeting to order, and we join in the Tool being studied by students of GOGI everywhere.”

Review of The Tools (Read Aloud)

BOSS OF MY BRAIN
BELLY BREATHING
FIVE SECOND LIGHTSWITCH
POSITIVE THOUGHTS
POSITIVE WORDS
POSITIVE ACTIONS
CLAIM RESPONSIBILITY
LET GO
FOR-GIVE
WHAT IF
REALITY CHECK
ULTIMATE FREEDOM

The PowerUp! Purpose (Volunteer To Read)

“The objective of PowerUp! Community Meetings is to reinforce the use of the GOGI Tools and support positive community experiences. We accomplish our objective through the study of the GOGI Tools shared in Peer Mentor Circles according to the GOGI Calendar of Study.”

Circle Check In

Members of each Peer Mentor Circle share experiences, events, observations, or questions related to the understanding, use, and practice of the GOGI Tools. Each member is given the opportunity to “check-in”.

Weekly Tool Reading (Volunteer/s to Share)

Volunteers are invited to read from any of the GOGI books, highlighting THIS WEEK’S TOOL, the KEY WORDS, CALENDAR STUDY DATES FOR THIS TOOL, STATEMENT OF OWNERSHIP and any other Tool details they find personally helpful.

Weekly Tool Experience (Group Member Discussion)

Members of the group are invited to share personal experiences related to this or last week’s Tool. Challenges in applying the Tool are also discussed. Open dialogue includes all group members in equal sharing of talk time.

Quick Review

Members briefly review the Tool name, key words, statement of ownership, and calendar dates on which this Tool is studied worldwide. Group members can contribute a few thoughts as to this Tool, and what they learned or experienced during this week’s meeting.

Activity (Time Permitting)

Understanding that activities often reinforce group members’ engagement and understanding of the GOGI Tools, now is a great time to engage in an activity which can be created by the group, gleaned from the GOGI materials, or utilized in prior PowerUp! groups.

Weekly Statement of Intention

Members of the group are encouraged to share one goal on which they will focus during the week. This could be as simple as the intention that they will use this week’s Tool more than once during a specific circumstance. It may be a commitment to read portions of a GOGI book, or to share their learning with someone else. It could be as simple as doing a good deed that goes unnoticed. Each member is encouraged to set one intention for the week.

The GOGI Pledge of Service (Read Aloud)

“All students of GOGI unite with our GOGI Pledge of Service. This pledge defines our purpose and is repeated at the end of every PowerUp! Community Meeting. Remaining in your Peer Mentor Circles, each group will rotate leading the pledge for the larger group. As we close this PowerUp! Community Meeting, we unite as a community with our pledge to be of service. Please repeat after me:”

The GOGI Pledge of Service

May our commitment (repeat)

To the study of GOGI (repeat)

Grant us the joy (repeat)

Of giving and receiving (repeat)

So that our inner freedom (repeat)

May be of maximum service (repeat)

To those we love (repeat)

And infinite others (repeat)

Tidy Up Time (Read Aloud)

“We thank you for participating in this week’s PowerUp!. Our next meeting will be held (day/time/place) and the Tool to be discussed according to the GOGI Calendar will be the Tool (refer to calendar). Please let us leave this room clean and tidy for the next group.”

PowerUp!

POSITIVE THOUGHTS Handout

**Hold This Meeting:
Fourth Week of Jan., April, July, Oct.**

Remember: PowerUp! Community Meetings may be held any day of the week as long as they are held according to the GOGI Calendar of Study which begins on Monday. If there is a fifth Monday in the month, Tools studied that month are to be reviewed. All Tools are repeated four times each year. Therefore, there is no such thing as a “make-up” or “catching up” or doing two Tools in one week when a previous meeting is missed. The community of GOGI remains on calendar for all meetings, thereby uniting all studies everywhere.

Administrative Duties and Details

If there are announcements, administrative details, voting, or distribution of materials, these tasks are to be conducted before your meeting begins. (All Peer Mentor Circles should be formed after admin duties and details.)

Peer Mentor Circles (Read Aloud)

“PowerUp! and all GOGI studies are defined by our GOGI Calendar of Study and our Peer Mentor Circles. If we have not already done so, at this time we break from the larger group meeting into our Peer Mentor Circles of 5-12 participants.”

Start Your Meeting (Read Aloud)

“The GOGI Tools are studied worldwide according to the GOGI Calendar of Study. We unite with others according to this schedule, so no one will feel they are alone in their effort to make positive decisions. We believe in

everyone’s ability to benefit from this positive community of individuals united on the GOGI Calendar of Study. Therefore, we call this PowerUp! POSITIVE THOUGHTS Meeting to order, and we join in the Tool being studied by students of GOGI everywhere.”

Review of The Tools (Read Aloud)

BOSS OF MY BRAIN
BELLY BREATHING
FIVE SECOND LIGHTSWITCH
POSITIVE THOUGHTS
POSITIVE WORDS
POSITIVE ACTIONS
CLAIM RESPONSIBILITY
LET GO
FOR-GIVE
WHAT IF
REALITY CHECK
ULTIMATE FREEDOM

The PowerUp! Purpose (Volunteer To Read)

“The objective of PowerUp! Community Meetings is to reinforce the use of the GOGI Tools and support positive community experiences. We accomplish our objective through the study of the GOGI Tools shared in Peer Mentor Circles according to the GOGI Calendar of Study.”

Circle Check In

Members of each Peer Mentor Circle share experiences, events, observations, or questions related to the understanding, use, and practice of the GOGI Tools. Each member is given the opportunity to “check-in”.

Weekly Tool Reading (Volunteer/s to Share)

Volunteers are invited to read from any of the GOGI books, highlighting THIS WEEK’S TOOL, the KEY WORDS, CALENDAR STUDY DATES FOR THIS TOOL, STATEMENT OF OWNERSHIP and any other Tool details they find personally helpful.

Weekly Tool Experience (Group Member Discussion)

Members of the group are invited to share personal experiences related to this or last week’s Tool. Challenges in applying the Tool are also discussed. Open dialogue includes all group members in equal sharing of talk time.

Quick Review

Members briefly review the Tool name, key words, statement of ownership, and calendar dates on which this Tool is studied worldwide. Group members can contribute a few thoughts as to this Tool, and what they learned or experienced during this week’s meeting.

Activity (Time Permitting)

Understanding that activities often reinforce group members’ engagement and understanding of the GOGI Tools, now is a great time to engage in an activity which can be created by the group, gleaned from the GOGI materials, or utilized in prior PowerUp! groups.

Weekly Statement of Intention

Members of the group are encouraged to share one goal on which they will focus during the week. This could be as simple as the intention that they will use this week’s Tool more than once during a specific circumstance. It may be a commitment to read portions of a GOGI book, or to share their learning with someone else. It could be as simple as doing a good deed that goes unnoticed. Each member is encouraged to set one intention for the week.

The GOGI Pledge of Service (Read Aloud)

“All students of GOGI unite with our GOGI Pledge of Service. This pledge defines our purpose and is repeated at the end of every PowerUp! Community Meeting. Remaining in your Peer Mentor Circles, each group will rotate leading the pledge for the larger group. As we close this PowerUp! Community Meeting, we unite as a community with our pledge to be of service. Please repeat after me:”

The GOGI Pledge of Service

May our commitment (repeat)

To the study of GOGI (repeat)

Grant us the joy (repeat)

Of giving and receiving (repeat)

So that our inner freedom (repeat)

May be of maximum service (repeat)

To those we love (repeat)

And infinite others (repeat)

Tidy Up Time (Read Aloud)

“We thank you for participating in this week’s PowerUp!. Our next meeting will be held (day/time/place) and the Tool to be discussed according to the GOGI Calendar will be the Tool (refer to calendar). Please let us leave this room clean and tidy for the next group.”

PowerUp!

POSITIVE WORDS Handout

**Hold This Meeting:
First Week of Feb., May, Aug., Nov.**

Remember: PowerUp! Community Meetings may be held any day of the week as long as they are held according to the GOGI Calendar of Study which begins on Monday. If there is a fifth Monday in the month, Tools studied that month are to be reviewed. All Tools are repeated four times each year. Therefore, there is no such thing as a “make-up” or “catching up” or doing two Tools in one week when a previous meeting is missed. The community of GOGI remains on calendar for all meetings, thereby uniting all studies everywhere.

Administrative Duties and Details

If there are announcements, administrative details, voting, or distribution of materials, these tasks are to be conducted before your meeting begins. (All Peer Mentor Circles should be formed after admin duties and details.)

Peer Mentor Circles (Read Aloud)

“PowerUp! and all GOGI studies are defined by our GOGI Calendar of Study and our Peer Mentor Circles. If we have not already done so, at this time we break from the larger group meeting into our Peer Mentor Circles of 5-12 participants.”

Start Your Meeting (Read Aloud)

“The GOGI Tools are studied worldwide according to the GOGI Calendar of Study. We unite with others according to this schedule, so no one will feel they are alone in their effort to make positive decisions. We believe in

everyone’s ability to benefit from this positive community of individuals united on the GOGI Calendar of Study. Therefore, we call this PowerUp! POSITIVE WORDS Meeting to order, and we join in the Tool being studied by students of GOGI everywhere.”

Review of The Tools (Read Aloud)

BOSS OF MY BRAIN
BELLY BREATHING
FIVE SECOND LIGHTSWITCH
POSITIVE THOUGHTS
POSITIVE WORDS
POSITIVE ACTIONS
CLAIM RESPONSIBILITY
LET GO
FOR-GIVE
WHAT IF
REALITY CHECK
ULTIMATE FREEDOM

The PowerUp! Purpose (Volunteer To Read)

“The objective of PowerUp! Community Meetings is to reinforce the use of the GOGI Tools and support positive community experiences. We accomplish our objective through the study of the GOGI Tools shared in Peer Mentor Circles according to the GOGI Calendar of Study.”

Circle Check In

Members of each Peer Mentor Circle share experiences, events, observations, or questions related to the understanding, use, and practice of the GOGI Tools. Each member is given the opportunity to “check-in”.

Weekly Tool Reading (Volunteer/s to Share)

Volunteers are invited to read from any of the GOGI books, highlighting THIS WEEK'S TOOL, the KEY WORDS, CALENDAR STUDY DATES FOR THIS TOOL, STATEMENT OF OWNERSHIP and any other Tool details they find personally helpful.

Weekly Tool Experience (Group Member Discussion)

Members of the group are invited to share personal experiences related to this or last week's Tool. Challenges in applying the Tool are also discussed. Open dialogue includes all group members in equal sharing of talk time.

Quick Review

Members briefly review the Tool name, key words, statement of ownership, and calendar dates on which this Tool is studied worldwide. Group members can contribute a few thoughts as to this Tool, and what they learned or experienced during this week's meeting.

Activity (Time Permitting)

Understanding that activities often reinforce group members' engagement and understanding of the GOGI Tools, now is a great time to engage in an activity which can be created by the group, gleaned from the GOGI materials, or utilized in prior PowerUp! groups.

Weekly Statement of Intention

Members of the group are encouraged to share one goal on which they will focus during the week. This could be as simple as the intention that they will use this week's Tool more than once during a specific circumstance. It may be a commitment to read portions of a GOGI book, or to share their learning with someone else. It could be as simple as doing a good deed that goes unnoticed. Each member is encouraged to set one intention for the week.

The GOGI Pledge of Service (Read Aloud)

“All students of GOGI unite with our GOGI Pledge of Service. This pledge defines our purpose and is repeated at the end of every PowerUp! Community Meeting. Remaining in your Peer Mentor Circles, each group will rotate leading the pledge for the larger group. As we close this PowerUp! Community Meeting, we unite as a community with our pledge to be of service. Please repeat after me:”

The GOGI Pledge of Service

May our commitment (repeat)

To the study of GOGI (repeat)

Grant us the joy (repeat)

Of giving and receiving (repeat)

So that our inner freedom (repeat)

May be of maximum service (repeat)

To those we love (repeat)

And infinite others (repeat)

Tidy Up Time (Read Aloud)

“We thank you for participating in this week's PowerUp!. Our next meeting will be held (day/time/place) and the Tool to be discussed according to the GOGI Calendar will be the Tool (refer to calendar). Please let us leave this room clean and tidy for the next group.”

PowerUp!

POSITIVE ACTIONS Handout

**Hold This Meeting:
Second Week of Feb., May, Aug., Nov.**

Remember: PowerUp! Community Meetings may be held any day of the week as long as they are held according to the GOGI Calendar of Study which begins on Monday. If there is a fifth Monday in the month, Tools studied that month are to be reviewed. All Tools are repeated four times each year. Therefore, there is no such thing as a “make-up” or “catching up” or doing two Tools in one week when a previous meeting is missed. The community of GOGI remains on calendar for all meetings, thereby uniting all studies everywhere.

Administrative Duties and Details

If there are announcements, administrative details, voting, or distribution of materials, these tasks are to be conducted before your meeting begins. (All Peer Mentor Circles should be formed after admin duties and details.)

Peer Mentor Circles (Read Aloud)

“PowerUp! and all GOGI studies are defined by our GOGI Calendar of Study and our Peer Mentor Circles. If we have not already done so, at this time we break from the larger group meeting into our Peer Mentor Circles of 5-12 participants.”

Start Your Meeting (Read Aloud)

“The GOGI Tools are studied worldwide according to the GOGI Calendar of Study. We unite with others according to this schedule, so no one will feel they are alone in their effort to make positive decisions. We believe in

everyone’s ability to benefit from this positive community of individuals united on the GOGI Calendar of Study. Therefore, we call this PowerUp! POSITIVE ACTIONS Meeting to order, and we join in the Tool being studied by students of GOGI everywhere.”

Review of The Tools (Read Aloud)

BOSS OF MY BRAIN
BELLY BREATHING
FIVE SECOND LIGHTSWITCH
POSITIVE THOUGHTS
POSITIVE WORDS
POSITIVE ACTIONS
CLAIM RESPONSIBILITY
LET GO
FOR-GIVE
WHAT IF
REALITY CHECK
ULTIMATE FREEDOM

The PowerUp! Purpose (Volunteer To Read)

“The objective of PowerUp! Community Meetings is to reinforce the use of the GOGI Tools and support positive community experiences. We accomplish our objective through the study of the GOGI Tools shared in Peer Mentor Circles according to the GOGI Calendar of Study.”

Circle Check In

Members of each Peer Mentor Circle share experiences, events, observations, or questions related to the understanding, use, and practice of the GOGI Tools. Each member is given the opportunity to “check-in”.

Weekly Tool Reading (Volunteer/s to Share)

Volunteers are invited to read from any of the GOGI books, highlighting THIS WEEK’S TOOL, the KEY WORDS, CALENDAR STUDY DATES FOR THIS TOOL, STATEMENT OF OWNERSHIP and any other Tool details they find personally helpful.

Weekly Tool Experience (Group Member Discussion)

Members of the group are invited to share personal experiences related to this or last week’s Tool. Challenges in applying the Tool are also discussed. Open dialogue includes all group members in equal sharing of talk time.

Quick Review

Members briefly review the Tool name, key words, statement of ownership, and calendar dates on which this Tool is studied worldwide. Group members can contribute a few thoughts as to this Tool, and what they learned or experienced during this week’s meeting.

Activity (Time Permitting)

Understanding that activities often reinforce group members’ engagement and understanding of the GOGI Tools, now is a great time to engage in an activity which can be created by the group, gleaned from the GOGI materials, or utilized in prior PowerUp! groups.

Weekly Statement of Intention

Members of the group are encouraged to share one goal on which they will focus during the week. This could be as simple as the intention that they will use this week’s Tool more than once during a specific circumstance. It may be a commitment to read portions of a GOGI book, or to share their learning with someone else. It could be as simple as doing a good deed that goes unnoticed. Each member is encouraged to set one intention for the week.

The GOGI Pledge of Service (Read Aloud)

“All students of GOGI unite with our GOGI Pledge of Service. This pledge defines our purpose and is repeated at the end of every PowerUp! Community Meeting. Remaining in your Peer Mentor Circles, each group will rotate leading the pledge for the larger group. As we close this PowerUp! Community Meeting, we unite as a community with our pledge to be of service. Please repeat after me:”

The GOGI Pledge of Service

May our commitment (repeat)

To the study of GOGI (repeat)

Grant us the joy (repeat)

Of giving and receiving (repeat)

So that our inner freedom (repeat)

May be of maximum service (repeat)

To those we love (repeat)

And infinite others (repeat)

Tidy Up Time (Read Aloud)

“We thank you for participating in this week’s PowerUp!. Our next meeting will be held (day/time/place) and the Tool to be discussed according to the GOGI Calendar will be the Tool (refer to calendar). Please let us leave this room clean and tidy for the next group.”

PowerUp!

CLAIM RESPONSIBILITY Handout

**Hold This Meeting:
Third Week of Feb., May, Aug., Nov.**

Remember: PowerUp! Community Meetings may be held any day of the week as long as they are held according to the GOGI Calendar of Study which begins on Monday. If there is a fifth Monday in the month, Tools studied that month are to be reviewed. All Tools are repeated four times each year. Therefore, there is no such thing as a “make-up” or “catching up” or doing two Tools in one week when a previous meeting is missed. The community of GOGI remains on calendar for all meetings, thereby uniting all studies everywhere.

Administrative Duties and Details

If there are announcements, administrative details, voting, or distribution of materials, these tasks are to be conducted before your meeting begins. (All Peer Mentor Circles should be formed after admin duties and details.)

Peer Mentor Circles (Read Aloud)

“PowerUp! and all GOGI studies are defined by our GOGI Calendar of Study and our Peer Mentor Circles. If we have not already done so, at this time we break from the larger group meeting into our Peer Mentor Circles of 5-12 participants.”

Start Your Meeting (Read Aloud)

“The GOGI Tools are studied worldwide according to the GOGI Calendar of Study. We unite with others according to this schedule, so no one will feel they are alone in their effort to make positive decisions. We

believe in everyone’s ability to benefit from this positive community of individuals united on the GOGI Calendar of Study. Therefore, we call this PowerUp! CLAIM RESPONSIBILITY Meeting to order, and we join in the Tool being studied by students of GOGI everywhere.”

Review of The Tools (Read Aloud)

BOSS OF MY BRAIN
BELLY BREATHING
FIVE SECOND LIGHTSWITCH
POSITIVE THOUGHTS
POSITIVE WORDS
POSITIVE ACTIONS
CLAIM RESPONSIBILITY
LET GO
FOR-GIVE
WHAT IF
REALITY CHECK
ULTIMATE FREEDOM

The PowerUp! Purpose (Volunteer To Read)

“The objective of PowerUp! Community Meetings is to reinforce the use of the GOGI Tools and support positive community experiences. We accomplish our objective through the study of the GOGI Tools shared in Peer Mentor Circles according to the GOGI Calendar of Study.”

Circle Check In

Members of each Peer Mentor Circle share experiences, events, observations, or questions related to the understanding, use, and practice of the GOGI Tools. Each member is given the opportunity to “check-in”.

Weekly Tool Reading (Volunteer/s to Share)

Volunteers are invited to read from any of the GOGI books, highlighting THIS WEEK’S TOOL, the KEY WORDS, CALENDAR STUDY DATES FOR THIS TOOL, STATEMENT OF OWNERSHIP and any other Tool details they find personally helpful.

Weekly Tool Experience (Group Member Discussion)

Members of the group are invited to share personal experiences related to this or last week’s Tool. Challenges in applying the Tool are also discussed. Open dialogue includes all group members in equal sharing of talk time.

Quick Review

Members briefly review the Tool name, key words, statement of ownership, and calendar dates on which this Tool is studied worldwide. Group members can contribute a few thoughts as to this Tool, and what they learned or experienced during this week’s meeting.

Activity (Time Permitting)

Understanding that activities often reinforce group members’ engagement and understanding of the GOGI Tools, now is a great time to engage in an activity which can be created by the group, gleaned from the GOGI materials, or utilized in prior PowerUp! groups.

Weekly Statement of Intention

Members of the group are encouraged to share one goal on which they will focus during the week. This could be as simple as the intention that they will use this week’s Tool more than once during a specific circumstance. It may be a commitment to read portions of a GOGI book, or to share their learning with someone else. It could be as simple as doing a good deed that goes unnoticed. Each member is encouraged to set one intention for the week.

The GOGI Pledge of Service (Read Aloud)

“All students of GOGI unite with our GOGI Pledge of Service. This pledge defines our purpose and is repeated at the end of every PowerUp! Community Meeting. Remaining in your Peer Mentor Circles, each group will rotate leading the pledge for the larger group. As we close this PowerUp! Community Meeting, we unite as a community with our pledge to be of service. Please repeat after me:”

The GOGI Pledge of Service

May our commitment (repeat)

To the study of GOGI (repeat)

Grant us the joy (repeat)

Of giving and receiving (repeat)

So that our inner freedom (repeat)

May be of maximum service (repeat)

To those we love (repeat)

And infinite others (repeat)

Tidy Up Time (Read Aloud)

“We thank you for participating in this week’s PowerUp!. Our next meeting will be held (day/time/place) and the Tool to be discussed according to the GOGI Calendar will be the Tool (refer to calendar). Please let us leave this room clean and tidy for the next group.”

PowerUp!

LET GO Handout

**Hold This Meeting:
Fourth Week of Feb., May, Aug., Nov.**

Remember: PowerUp! Community Meetings may be held any day of the week as long as they are held according to the GOGI Calendar of Study which begins on Monday. If there is a fifth Monday in the month, Tools studied that month are to be reviewed. All Tools are repeated four times each year. Therefore, there is no such thing as a “make-up” or “catching up” or doing two Tools in one week when a previous meeting is missed. The community of GOGI remains on calendar for all meetings, thereby uniting all studies everywhere.

Administrative Duties and Details

If there are announcements, administrative details, voting, or distribution of materials, these tasks are to be conducted before your meeting begins. (All Peer Mentor Circles should be formed after admin duties and details.)

Peer Mentor Circles (Read Aloud)

“PowerUp! and all GOGI studies are defined by our GOGI Calendar of Study and our Peer Mentor Circles. If we have not already done so, at this time we break from the larger group meeting into our Peer Mentor Circles of 5-12 participants.”

Start Your Meeting (Read Aloud)

“The GOGI Tools are studied worldwide according to the GOGI Calendar of Study. We unite with others according to this schedule, so no one will feel they are alone in their effort to make positive decisions. We believe in

everyone’s ability to benefit from this positive community of individuals united on the GOGI Calendar of Study. Therefore, we call this PowerUp! LET GO Meeting to order, and we join in the Tool being studied by students of GOGI everywhere.”

Review of The Tools (Read Aloud)

BOSS OF MY BRAIN
 BELLY BREATHING
 FIVE SECOND LIGHTSWITCH
 POSITIVE THOUGHTS
 POSITIVE WORDS
 POSITIVE ACTIONS
 CLAIM RESPONSIBILITY
 LET GO
 FOR-GIVE
 WHAT IF
 REALITY CHECK
 ULTIMATE FREEDOM

The PowerUp! Purpose (Volunteer To Read)

“The objective of PowerUp! Community Meetings is to reinforce the use of the GOGI Tools and support positive community experiences. We accomplish our objective through the study of the GOGI Tools shared in Peer Mentor Circles according to the GOGI Calendar of Study.”

Circle Check In

Members of each Peer Mentor Circle share experiences, events, observations, or questions related to the understanding, use, and practice of the GOGI Tools. Each member is given the opportunity to “check-in”.

Weekly Tool Reading (Volunteer/s to Share)

Volunteers are invited to read from any of the GOGI books, highlighting THIS WEEK’S TOOL, the KEY WORDS, CALENDAR STUDY DATES FOR THIS TOOL, STATEMENT OF OWNERSHIP and any other Tool details they find personally helpful.

Weekly Tool Experience (Group Member Discussion)

Members of the group are invited to share personal experiences related to this or last week’s Tool. Challenges in applying the Tool are also discussed. Open dialogue includes all group members in equal sharing of talk time.

Quick Review

Members briefly review the Tool name, key words, statement of ownership, and calendar dates on which this Tool is studied worldwide. Group members can contribute a few thoughts as to this Tool, and what they learned or experienced during this week’s meeting.

Activity (Time Permitting)

Understanding that activities often reinforce group members’ engagement and understanding of the GOGI Tools, now is a great time to engage in an activity which can be created by the group, gleaned from the GOGI materials, or utilized in prior PowerUp! groups.

Weekly Statement of Intention

Members of the group are encouraged to share one goal on which they will focus during the week. This could be as simple as the intention that they will use this week’s Tool more than once during a specific circumstance. It may be a commitment to read portions of a GOGI book, or to share their learning with someone else. It could be as simple as doing a good deed that goes unnoticed. Each member is encouraged to set one intention for the week.

The GOGI Pledge of Service (Read Aloud)

“All students of GOGI unite with our GOGI Pledge of Service. This pledge defines our purpose and is repeated at the end of every PowerUp! Community Meeting. Remaining in your Peer Mentor Circles, each group will rotate leading the pledge for the larger group. As we close this PowerUp! Community Meeting, we unite as a community with our pledge to be of service. Please repeat after me:”

The GOGI Pledge of Service

May our commitment (repeat)

To the study of GOGI (repeat)

Grant us the joy (repeat)

Of giving and receiving (repeat)

So that our inner freedom (repeat)

May be of maximum service (repeat)

To those we love (repeat)

And infinite others (repeat)

Tidy Up Time (Read Aloud)

“We thank you for participating in this week’s PowerUp!. Our next meeting will be held (day/time/place) and the Tool to be discussed according to the GOGI Calendar will be the Tool (refer to calendar). Please let us leave this room clean and tidy for the next group.”

PowerUp!

FOR-GIVE Handout

**Hold This Meeting:
First Week of March, June, Sept., Dec.**

Remember: PowerUp! Community Meetings may be held any day of the week as long as they are held according to the GOGI Calendar of Study which begins on Monday. If there is a fifth Monday in the month, Tools studied that month are to be reviewed. All Tools are repeated four times each year. Therefore, there is no such thing as a “make-up” or “catching up” or doing two Tools in one week when a previous meeting is missed. The community of GOGI remains on calendar for all meetings, thereby uniting all studies everywhere.

Administrative Duties and Details

If there are announcements, administrative details, voting, or distribution of materials, these tasks are to be conducted before your meeting begins. (All Peer Mentor Circles should be formed after admin duties and details.)

Peer Mentor Circles (Read Aloud)

“PowerUp! and all GOGI studies are defined by our GOGI Calendar of Study and our Peer Mentor Circles. If we have not already done so, at this time we break from the larger group meeting into our Peer Mentor Circles of 5-12 participants.”

Start Your Meeting (Read Aloud)

“The GOGI Tools are studied worldwide according to the GOGI Calendar of Study. We unite with others according to this schedule, so no one will feel they are alone in their effort to make positive decisions. We believe in

everyone’s ability to benefit from this positive community of individuals united on the GOGI Calendar of Study. Therefore, we call this PowerUp! FOR-GIVE Meeting to order, and we join in the Tool being studied by students of GOGI everywhere.”

Review of The Tools (Read Aloud)

BOSS OF MY BRAIN
BELLY BREATHING
FIVE SECOND LIGHTSWITCH
POSITIVE THOUGHTS
POSITIVE WORDS
POSITIVE ACTIONS
CLAIM RESPONSIBILITY
LET GO
FOR-GIVE
WHAT IF
REALITY CHECK
ULTIMATE FREEDOM

The PowerUp! Purpose (Volunteer To Read)

“The objective of PowerUp! Community Meetings is to reinforce the use of the GOGI Tools and support positive community experiences. We accomplish our objective through the study of the GOGI Tools shared in Peer Mentor Circles according to the GOGI Calendar of Study.”

Circle Check In

Members of each Peer Mentor Circle share experiences, events, observations, or questions related to the understanding, use, and practice of the GOGI Tools. Each member is given the opportunity to “check-in”.

Weekly Tool Reading (Volunteer/s to Share)

Volunteers are invited to read from any of the GOGI books, highlighting THIS WEEK’S TOOL, the KEY WORDS, CALENDAR STUDY DATES FOR THIS TOOL, STATEMENT OF OWNERSHIP and any other Tool details they find personally helpful.

Weekly Tool Experience (Group Member Discussion)

Members of the group are invited to share personal experiences related to this or last week’s Tool. Challenges in applying the Tool are also discussed. Open dialogue includes all group members in equal sharing of talk time.

Quick Review

Members briefly review the Tool name, key words, statement of ownership, and calendar dates on which this Tool is studied worldwide. Group members can contribute a few thoughts as to this Tool, and what they learned or experienced during this week’s meeting.

Activity (Time Permitting)

Understanding that activities often reinforce group members’ engagement and understanding of the GOGI Tools, now is a great time to engage in an activity which can be created by the group, gleaned from the GOGI materials, or utilized in prior PowerUp! groups.

Weekly Statement of Intention

Members of the group are encouraged to share one goal on which they will focus during the week. This could be as simple as the intention that they will use this week’s Tool more than once during a specific circumstance. It may be a commitment to read portions of a GOGI book, or to share their learning with someone else. It could be as simple as doing a good deed that goes unnoticed. Each member is encouraged to set one intention for the week.

The GOGI Pledge of Service (Read Aloud)

“All students of GOGI unite with our GOGI Pledge of Service. This pledge defines our purpose and is repeated at the end of every PowerUp! Community Meeting. Remaining in your Peer Mentor Circles, each group will rotate leading the pledge for the larger group. As we close this PowerUp! Community Meeting, we unite as a community with our pledge to be of service. Please repeat after me:”

The GOGI Pledge of Service

May our commitment (repeat)

To the study of GOGI (repeat)

Grant us the joy (repeat)

Of giving and receiving (repeat)

So that our inner freedom (repeat)

May be of maximum service (repeat)

To those we love (repeat)

And infinite others (repeat)

Tidy Up Time (Read Aloud)

“We thank you for participating in this week’s PowerUp!. Our next meeting will be held (day/time/place) and the Tool to be discussed according to the GOGI Calendar will be the Tool (refer to calendar). Please let us leave this room clean and tidy for the next group.”

PowerUp!

WHAT IF Handout

**Hold This Meeting:
Second Week of March, June, Sept., Dec.**

Remember: PowerUp! Community Meetings may be held any day of the week as long as they are held according to the GOGI Calendar of Study which begins on Monday. If there is a fifth Monday in the month, Tools studied that month are to be reviewed. All Tools are repeated four times each year. Therefore, there is no such thing as a “make-up” or “catching up” or doing two Tools in one week when a previous meeting is missed. The community of GOGI remains on calendar for all meetings, thereby uniting all studies everywhere.

Administrative Duties and Details

If there are announcements, administrative details, voting, or distribution of materials, these tasks are to be conducted before your meeting begins. (All Peer Mentor Circles should be formed after admin duties and details.)

Peer Mentor Circles (Read Aloud)

“PowerUp! and all GOGI studies are defined by our GOGI Calendar of Study and our Peer Mentor Circles. If we have not already done so, at this time we break from the larger group meeting into our Peer Mentor Circles of 5-12 participants.”

Start Your Meeting (Read Aloud)

“The GOGI Tools are studied worldwide according to the GOGI Calendar of Study. We unite with others according to this schedule, so no one will feel they are alone in their effort to make positive decisions. We believe in

everyone’s ability to benefit from this positive community of individuals united on the GOGI Calendar of Study. Therefore, we call this PowerUp! WHAT IF Meeting to order, and we join in the Tool being studied by students of GOGI everywhere.”

Review of The Tools (Read Aloud)

BOSS OF MY BRAIN
BELLY BREATHING
FIVE SECOND LIGHTSWITCH
POSITIVE THOUGHTS
POSITIVE WORDS
POSITIVE ACTIONS
CLAIM RESPONSIBILITY
LET GO
FOR-GIVE
WHAT IF
REALITY CHECK
ULTIMATE FREEDOM

The PowerUp! Purpose (Volunteer To Read)

“The objective of PowerUp! Community Meetings is to reinforce the use of the GOGI Tools and support positive community experiences. We accomplish our objective through the study of the GOGI Tools shared in Peer Mentor Circles according to the GOGI Calendar of Study.”

Circle Check In

Members of each Peer Mentor Circle share experiences, events, observations, or questions related to the understanding, use, and practice of the GOGI Tools. Each member is given the opportunity to “check-in”.

Weekly Tool Reading (Volunteer/s to Share)

Volunteers are invited to read from any of the GOGI books, highlighting THIS WEEK'S TOOL, the KEY WORDS, CALENDAR STUDY DATES FOR THIS TOOL, STATEMENT OF OWNERSHIP and any other Tool details they find personally helpful.

Weekly Tool Experience (Group Member Discussion)

Members of the group are invited to share personal experiences related to this or last week's Tool. Challenges in applying the Tool are also discussed. Open dialogue includes all group members in equal sharing of talk time.

Quick Review

Members briefly review the Tool name, key words, statement of ownership, and calendar dates on which this Tool is studied worldwide. Group members can contribute a few thoughts as to this Tool, and what they learned or experienced during this week's meeting.

Activity (Time Permitting)

Understanding that activities often reinforce group members' engagement and understanding of the GOGI Tools, now is a great time to engage in an activity which can be created by the group, gleaned from the GOGI materials, or utilized in prior PowerUp! groups.

Weekly Statement of Intention

Members of the group are encouraged to share one goal on which they will focus during the week. This could be as simple as the intention that they will use this week's Tool more than once during a specific circumstance. It may be a commitment to read portions of a GOGI book, or to share their learning with someone else. It could be as simple as doing a good deed that goes unnoticed. Each member is encouraged to set one intention for the week.

The GOGI Pledge of Service (Read Aloud)

“All students of GOGI unite with our GOGI Pledge of Service. This pledge defines our purpose and is repeated at the end of every PowerUp! Community Meeting. Remaining in your Peer Mentor Circles, each group will rotate leading the pledge for the larger group. As we close this PowerUp! Community Meeting, we unite as a community with our pledge to be of service. Please repeat after me:”

The GOGI Pledge of Service

May our commitment (repeat)

To the study of GOGI (repeat)

Grant us the joy (repeat)

Of giving and receiving (repeat)

So that our inner freedom (repeat)

May be of maximum service (repeat)

To those we love (repeat)

And infinite others (repeat)

Tidy Up Time (Read Aloud)

“We thank you for participating in this week's PowerUp!. Our next meeting will be held (day/time/place) and the Tool to be discussed according to the GOGI Calendar will be the Tool (refer to calendar). Please let us leave this room clean and tidy for the next group.”

PowerUp!

REALITY CHECK Handout

**Hold This Meeting:
Third Week of March, June, Sept., Dec.**

Remember: PowerUp! Community Meetings may be held any day of the week as long as they are held according to the GOGI Calendar of Study which begins on Monday. If there is a fifth Monday in the month, Tools studied that month are to be reviewed. All Tools are repeated four times each year. Therefore, there is no such thing as a “make-up” or “catching up” or doing two Tools in one week when a previous meeting is missed. The community of GOGI remains on calendar for all meetings, thereby uniting all studies everywhere.

Administrative Duties and Details

If there are announcements, administrative details, voting, or distribution of materials, these tasks are to be conducted before your meeting begins. (All Peer Mentor Circles should be formed after admin duties and details.)

Peer Mentor Circles (Read Aloud)

“PowerUp! and all GOGI studies are defined by our GOGI Calendar of Study and our Peer Mentor Circles. If we have not already done so, at this time we break from the larger group meeting into our Peer Mentor Circles of 5-12 participants.”

Start Your Meeting (Read Aloud)

“The GOGI Tools are studied worldwide according to the GOGI Calendar of Study. We unite with others according to this schedule, so no one will feel they are alone in their effort to make positive decisions. We believe in

everyone’s ability to benefit from this positive community of individuals united on the GOGI Calendar of Study. Therefore, we call this PowerUp! REALITY CHECK Meeting to order, and we join in the Tool being studied by students of GOGI everywhere.”

Review of The Tools (Read Aloud)

BOSS OF MY BRAIN

BELLY BREATHING

FIVE SECOND LIGHTSWITCH

POSITIVE THOUGHTS

POSITIVE WORDS

POSITIVE ACTIONS

CLAIM RESPONSIBILITY

LET GO

FOR-GIVE

WHAT IF

REALITY CHECK

ULTIMATE FREEDOM

The PowerUp! Purpose (Volunteer To Read)

“The objective of PowerUp! Community Meetings is to reinforce the use of the GOGI Tools and support positive community experiences. We accomplish our objective through the study of the GOGI Tools shared in Peer Mentor Circles according to the GOGI Calendar of Study.”

Circle Check In

Members of each Peer Mentor Circle share experiences, events, observations, or questions related to the understanding, use, and practice of the GOGI Tools. Each member is given the opportunity to “check-in”.

Weekly Tool Reading (Volunteer/s to Share)

Volunteers are invited to read from any of the GOGI books, highlighting THIS WEEK'S TOOL, the KEY WORDS, CALENDAR STUDY DATES FOR THIS TOOL, STATEMENT OF OWNERSHIP and any other Tool details they find personally helpful.

Weekly Tool Experience (Group Member Discussion)

Members of the group are invited to share personal experiences related to this or last week's Tool. Challenges in applying the Tool are also discussed. Open dialogue includes all group members in equal sharing of talk time.

Quick Review

Members briefly review the Tool name, key words, statement of ownership, and calendar dates on which this Tool is studied worldwide. Group members can contribute a few thoughts as to this Tool, and what they learned or experienced during this week's meeting.

Activity (Time Permitting)

Understanding that activities often reinforce group members' engagement and understanding of the GOGI Tools, now is a great time to engage in an activity which can be created by the group, gleaned from the GOGI materials, or utilized in prior PowerUp! groups.

Weekly Statement of Intention

Members of the group are encouraged to share one goal on which they will focus during the week. This could be as simple as the intention that they will use this week's Tool more than once during a specific circumstance. It may be a commitment to read portions of a GOGI book, or to share their learning with someone else. It could be as simple as doing a good deed that goes unnoticed. Each member is encouraged to set one intention for the week.

The GOGI Pledge of Service (Read Aloud)

“All students of GOGI unite with our GOGI Pledge of Service. This pledge defines our purpose and is repeated at the end of every PowerUp! Community Meeting. Remaining in your Peer Mentor Circles, each group will rotate leading the pledge for the larger group. As we close this PowerUp! Community Meeting, we unite as a community with our pledge to be of service. Please repeat after me:”

The GOGI Pledge of Service

May our commitment (repeat)

To the study of GOGI (repeat)

Grant us the joy (repeat)

Of giving and receiving (repeat)

So that our inner freedom (repeat)

May be of maximum service (repeat)

To those we love (repeat)

And infinite others (repeat)

Tidy Up Time (Read Aloud)

“We thank you for participating in this week's PowerUp!. Our next meeting will be held (day/time/place) and the Tool to be discussed according to the GOGI Calendar will be the Tool (refer to calendar). Please let us leave this room clean and tidy for the next group.”

PowerUp!

ULTIMATE FREEDOM Handout

**Hold This Meeting:
Fourth Week of March, June, Sept., Dec.**

Remember: PowerUp! Community Meetings may be held any day of the week as long as they are held according to the GOGI Calendar of Study which begins on Monday. If there is a fifth Monday in the month, Tools studied that month are to be reviewed. All Tools are repeated four times each year. Therefore, there is no such thing as a “make-up” or “catching up” or doing two Tools in one week when a previous meeting is missed. The community of GOGI remains on calendar for all meetings, thereby uniting all studies everywhere.

Administrative Duties and Details

If there are announcements, administrative details, voting, or distribution of materials, these tasks are to be conducted before your meeting begins. (All Peer Mentor Circles should be formed after admin duties and details.)

Peer Mentor Circles (Read Aloud)

“PowerUp! and all GOGI studies are defined by our GOGI Calendar of Study and our Peer Mentor Circles. If we have not already done so, at this time we break from the larger group meeting into our Peer Mentor Circles of 5-12 participants.”

Start Your Meeting (Read Aloud)

“The GOGI Tools are studied worldwide according to the GOGI Calendar of Study. We unite with others according to this schedule, so no one will feel they are alone in their effort to make positive decisions. We believe in

everyone’s ability to benefit from this positive community of individuals united on the GOGI Calendar of Study. Therefore, we call this PowerUp! ULTIMATE FREEDOM Meeting to order, and we join in the Tool being studied by students of GOGI everywhere.”

Review of The Tools (Read Aloud)

BOSS OF MY BRAIN
BELLY BREATHING
FIVE SECOND LIGHTSWITCH
POSITIVE THOUGHTS
POSITIVE WORDS
POSITIVE ACTIONS
CLAIM RESPONSIBILITY
LET GO
FOR-GIVE
WHAT IF
REALITY CHECK
ULTIMATE FREEDOM

The PowerUp! Purpose (Volunteer To Read)

“The objective of PowerUp! Community Meetings is to reinforce the use of the GOGI Tools and support positive community experiences. We accomplish our objective through the study of the GOGI Tools shared in Peer Mentor Circles according to the GOGI Calendar of Study.”

Circle Check In

Members of each Peer Mentor Circle share experiences, events, observations, or questions related to the understanding, use, and practice of the GOGI Tools. Each member is given the opportunity to “check-in”.

Weekly Tool Reading (Volunteer/s to Share)

Volunteers are invited to read from any of the GOGI books, highlighting THIS WEEK'S TOOL, the KEY WORDS, CALENDAR STUDY DATES FOR THIS TOOL, STATEMENT OF OWNERSHIP and any other Tool details they find personally helpful.

Weekly Tool Experience (Group Member Discussion)

Members of the group are invited to share personal experiences related to this or last week's Tool. Challenges in applying the Tool are also discussed. Open dialogue includes all group members in equal sharing of talk time.

Quick Review

Members briefly review the Tool name, key words, statement of ownership, and calendar dates on which this Tool is studied worldwide. Group members can contribute a few thoughts as to this Tool, and what they learned or experienced during this week's meeting.

Activity (Time Permitting)

Understanding that activities often reinforce group members' engagement and understanding of the GOGI Tools, now is a great time to engage in an activity which can be created by the group, gleaned from the GOGI materials, or utilized in prior PowerUp! groups.

Weekly Statement of Intention

Members of the group are encouraged to share one goal on which they will focus during the week. This could be as simple as the intention that they will use this week's Tool more than once during a specific circumstance. It may be a commitment to read portions of a GOGI book, or to share their learning with someone else. It could be as simple as doing a good deed that goes unnoticed. Each member is encouraged to set one intention for the week.

The GOGI Pledge of Service (Read Aloud)

“All students of GOGI unite with our GOGI Pledge of Service. This pledge defines our purpose and is repeated at the end of every PowerUp! Community Meeting. Remaining in your Peer Mentor Circles, each group will rotate leading the pledge for the larger group. As we close this PowerUp! Community Meeting, we unite as a community with our pledge to be of service. Please repeat after me:”

The GOGI Pledge of Service

May our commitment (repeat)

To the study of GOGI (repeat)

Grant us the joy (repeat)

Of giving and receiving (repeat)

So that our inner freedom (repeat)

May be of maximum service (repeat)

To those we love (repeat)

And infinite others (repeat)

Tidy Up Time (Read Aloud)

“We thank you for participating in this week's PowerUp!. Our next meeting will be held (day/time/place) and the Tool to be discussed according to the GOGI Calendar will be the Tool (refer to calendar). Please let us leave this room clean and tidy for the next group.”

PowerUp!

TOOL REVIEW MEETING

Handout

Hold this Meeting: After Every 15 Meetings

Building a skill takes repetition and concentration. After every 15 meetings, it is important to review what your Peer Mentor Circle has experienced. In this review, you solidify the learning. This Tool Review Meeting can be one of your most empowering, fun and energetic meetings as each of the members of the group are encouraged to share their journey and their daily application of GOGI Tools.

During the review process, please be mindful that your internal freedom is enhanced by your willingness to reach beyond your own needs and share the best of you with those around you. You truly are a solution for your community and this Tool Review Meeting should help you realize how to make that a reality.

Acknowledging the progress made by group members can encourage continuation along that path. For this reason we take the time to celebrate successes. When we nurture the attitude and practice of reaching goals, we are encouraged and we encourage others to do the same.

Success comes in many forms. Success may be someone attending 15 meetings. That may be a very big success for that individual. Success may be defined as someone speaking in front of a group for the very first time. No matter how big or how small, true success is determined individually. During this meeting, we have an opportunity to share with others the successes we experienced as a result of our time together.

Administrative Duties and Details

If there are announcements, administrative details, voting, or distribution of materials, these duties are to be conducted before your meeting begins.

Peer Mentor Circles

(Read Aloud)

“PowerUp! and all GOGI studies are defined by our GOGI Calendar of Study and our Peer Mentor Circles. If we have not already done so, at this time we break from the larger group meeting into our Peer Mentor Circles of 5-12 participants.”

Start Your Meeting

(Volunteer To Read Aloud)

“The GOGI Tools are studied worldwide according to the GOGI Calendar of Study. We unite with others according to this schedule, so no one will feel they are alone in their effort to make positive decisions. We believe in everyone’s ability to benefit from this positive community of individuals united on the GOGI Calendar of Study. We call this PowerUp! Tool Review Meeting to order.”

The PowerUp! Purpose

(Volunteer To Read)

“The objective of PowerUp! Community Meetings is to reinforce the use of the GOGI Tools and support positive community experiences. We accomplish our objective through the study of the GOGI Tools shared in Peer Mentor Circles according to the GOGI Calendar of Study.”

Peer Mentor Circle Review of the Tools

(Read In Peer Mentor Circles)

A volunteer recites or reads the GOGI Tools.

BOSS OF MY BRAIN
 BELLY BREATHING
 FIVE SECOND LIGHTSWITCH
 POSITIVE THOUGHTS
 POSITIVE WORDS
 POSITIVE ACTIONS
 CLAIM RESPONSIBILITY
 LET GO
 FOR-GIVE
 WHAT IF
 REALITY CHECK
 ULTIMATE FREEDOM

In your Peer Mentor Circles, review the following questions and engage in discussions utilizing available GOGI materials or texts.

- 1) What are the names of the FOUR SETS OF TOOLS?
- 2) What Tools are in the set called TOOLS OF THE BODY?
- 3) What Tools are in the set called TOOLS OF CHOICE?
- 4) What Tools are in the set called TOOLS OF MOVING FORWARD?
- 5) What Tools are in the set called TOOLS OF CREATION?
- 6) What is your favorite Tool and why?
- 7) How many of the Tools can you name from memory?
- 8) Why do the Tools have KEY WORDS and can you recite any KEY WORDS for the Tools?
- 9) Why do GOGI studies rely on a calendar and what do you think about this?
- 10) Why were PowerUp! Community Meetings created?
- 11) Why is a PowerUp! Team Building Meeting held every fifteen meetings?

- 12) Why is a Tool Review Meeting held every fifteen meetings?
- 13) What might your Peer Mentor Circle want to do next week for the PowerUp! Success Celebration?
- 14) Recap in your own words the value you place on your PowerUp! Peer Mentor Circle experience.

The GOGI Pledge of Service (Read Aloud)

“All students of GOGI unite with our GOGI Pledge of Service. This pledge defines our purpose and is repeated at the end of every PowerUp! Community Meeting. Remaining in your Peer Mentor Circles, each group will rotate leading the pledge for the larger group. As we close this PowerUp! Community Meeting, we unite as a community with our pledge to be of service. Please repeat after me:”

The GOGI Pledge of Service

May our commitment (repeat)

To the study of GOGI (repeat)

Grant us the joy (repeat)

Of giving and receiving (repeat)

So that our inner freedom (repeat)

May be of maximum service (repeat)

To those we love (repeat)

And infinite others (repeat)

Tidy Up Time (Read Aloud)

“We thank you for participating in this week’s PowerUp!. Our next meeting will be held (day/time/place) and the Tool to be discussed according to the GOGI Calendar will be the Tool (refer to calendar). Please let us leave this room clean and tidy for the next group.”

PowerUp!

CELEBRATE SUCCESSES

Meeting Handout

Hold this meeting: After The Tool Review

Administrative Duties and Details

If there are announcements, administrative details, voting, or distribution of materials, these tasks are to be conducted before your meeting begins.

Peer Mentor Circles

(Read Aloud)

“PowerUp! and all GOGI studies are defined by our GOGI Calendar of Study and our Peer Mentor Circles. If we have not already done so, at this time we break from the larger group meeting into our Peer Mentor Circles of 5-12 participants.”

The PowerUp! Purpose

(Volunteer To Read)

“The objective of PowerUp! Community Meetings is to reinforce the use of the GOGI Tools and support positive community experiences. We accomplish our objective through the study of the GOGI Tools shared in Peer Mentor Circles according to the GOGI Calendar of Study.”

Peer Mentor Circle Review of the Tools (Read in Peer Mentor Circles)

A volunteer recites or reads the GOGI Tools.

BOSS OF MY BRAIN
 BELLY BREATHING
 FIVE SECOND LIGHTSWITCH
 POSITIVE THOUGHTS
 POSITIVE WORDS
 POSITIVE ACTIONS
 CLAIM RESPONSIBILITY
 LET GO
 FOR-GIVE
 WHAT IF
 REALITY CHECK
 ULTIMATE FREEDOM

Celebrate

(To Be Read Aloud)

“To celebrate means to acknowledge progress, which is important when reinforcing lasting change. During this PowerUp! Celebrate Success Meeting, we acknowledge ourselves as individuals, as a Peer Mentor Circle, as a larger group, and as an entire community for the successes we have experienced in our previous 14 weeks together. If a formal outline has been developed for this meeting, we will now defer to that agenda. If not, we review the possible ways below to celebrate our individual and collective successes in our PowerUp!.

Activities

Possible activities to celebrate success are:

1. **SHARE —**
Members share their favorite Tool and why.
2. **RECITE —**
Each member recites as many Tools from memory as they can and a prize is offered to the individual with the most tools memorized.
3. **DISCUSS —**
Members discuss Tools and cite examples of how they worked when applied.
4. **ASK —**
Each member takes turn asking other members a question about a specific Tool.
5. **ACKNOWLEDGE —**
One at a time, each member stands in the center of the circle and the other group members tells them what they have seen in that person’s growth and improvement.
6. **WRITE —**
The group writes thank you letters to the organization, institution, or individual responsible for providing PowerUp! as an opportunity.
7. **GOALS —**
The group permits each member to state their goals for the future.
8. **OTHER —**
Make up your own way to acknowledge the progress of your group.

The GOGI Pledge of Service (Read Aloud)

“All students of GOGI unite with our GOGI Pledge of Service. This pledge defines our purpose and is repeated at the end of every PowerUp! Community Meeting. Remaining in your Peer Mentor Circles, each group will rotate leading the pledge for the larger group. As we close this PowerUp! Community Meeting, we unite as a community with our pledge to be of service. Please repeat after me:”

The GOGI Pledge of Service

May our commitment (repeat)

To the study of GOGI (repeat)

Grant us the joy (repeat)

Of giving and receiving (repeat)

So that our inner freedom (repeat)

May be of maximum service (repeat)

To those we love (repeat)

And infinite others (repeat)

Tidy Up Time (Read Aloud)

“We thank you for participating in this week’s PowerUp!. Our next meeting will be held (day/time/place) and the Tool to be discussed according to the GOGI Calendar will be the Tool (refer to calendar). Please let us leave this room clean and tidy for the next group.”

Letter to the PowerUp! Facilitator

From Coach Taylor, GOGI Founder

Dearest PowerUp! GOGI Certified Community Coach or PowerUp! Facilitator,

Thank you. Thank you for showing up as a solution in your community when it is so much easier to sit back and point the finger at problems. In stepping up as the solution, you are setting an excellent example that does not go unnoticed, even when you feel no one is looking.

Through your GOGI studies, you have learned to BE the solution and in doing so, you have come to realize that others will find the courage within themselves to PowerUp! as well. Congratulations. That, alone, makes a worthy and valuable life.

I sincerely hope you acknowledge yourself each night before you go to bed and are grateful that you have taken your journey this far, thanking, too, all the other aspects that are included in your successes, be it religion, culture, family, or a simple book which may have been read at just the right time in your life. Gratitude is like a magnet drawing more good things your way.

As you know, the student of GOGI understands the importance of gratitude, even for the smallest of life's graces. The student of GOGI sets aside blame, fault finding, and political positioning, as these often get in the way of a truly happy, meaningful, and purposeful life.

The GOGI student understands that when focused on all that is wrong, it is very difficult to see less noisy improvements that could be acted upon to make things better.

Indeed, the student of GOGI realizes a few fundamental facts:

- 1) Each of our lives on this precious little planet is very short, even though it seems endless in our youth;
- 2) Regardless of the limitations we feel, our lives can be filled with contentment through a shift in perspective that includes a realization of our enormous impact – for better or for worse - on the lives with which we come into contact;
- 3) Our GOGI Tools help us PowerUp! to our very best version of self so when our final day here on Earth has played itself out, we can complete our tenure truly realizing we lived a good and happy life.

In facilitating PowerUp!, you are making a stand for each human's innate potential for good, and their oftentimes buried hope that life can mean anything more than its current condition.

As a student of GOGI, you hold fast to seeing beyond the flaws and into the potential within each living human being to contribute positively to their environment. You do this with a clear focus of service, unwaveringly seeking even deeper ways you can positively impact the world in which you live.

Please, for a moment, catch the vision that has been burned into my mind as a reality in which I currently live. I have no challenge in seeing billions of human beings being taught that they are the masters of their bodies (TOOLS OF THE BODY), that they have the option to choose (TOOLS OF CHOICE), that they can move forward beyond any and all obstacles (TOOLS OF MOVING FORWARD) and that

each and every human has a large amount of control over their life's outcome (TOOLS OF CREATION).

It is the GOGI Tools and their application I have watched transform lives since 2002. I became GOGI's first volunteer back then and realized the vision which has become the reality in which I live.

For me, these Tools, created from some of the darkest places on earth, have illuminated the simplicity of creating the optimal human existence. Know that I endeavor to utilize my GOGI Tools every minute of every day. Indeed, they have become a part of me and are impossible to set aside from my every breath.

Please realize, too, the culture of GOGI is unstoppable, and there will be similar and more initiatives like GOGI which enable the human to easily find great joy and purpose each day.

We humans ARE headed in a very positively powerful direction, even when it appears to be getting worse. Please know the roots of goodness are deep and powerful and will ultimately weather any storm. We are simply tested by adversity; we are not taken down by it.

Use your Tools daily. Let them become a part of your being, and never fail to PowerUp! in all you think, say and do. You ARE important. You ARE of great value. And, you ARE very much respected for your choices to step up as the solution, even at times when you feel no one is looking...

With Love,



Coach Taylor
GOGI's First Volunteer

PowerUp! Support Meeting Discussion Prompts

PowerUp! Support Meetings organically evolve into environments conducive to personal growth, positive peer associations, and identifying simple solutions to personal and community challenges. The nature of the PowerUp! Peer Mentor Circle invites the members to create possibilities, and shift the focus of daily living to one of creating solutions.

Supporting this natural evolution of the Peer Mentor Circle and encouraging the inevitable positive conversations that emerge, below are some prompts that can be used to guide the conversation.

- 1) In your opinion, why do our PowerUp! Meetings rely upon the GOGI Calendar?
- 2) What do you think about using the GOGI Calendar as a simple way to unite all PowerUp! Meetings and all students of the GOGI Tools?
- 3) How did you get introduced to PowerUp! Meetings and how do you feel about being here?
- 4) What did you think when you first heard about the GOGI Tools and has your thoughts and feelings changed since then?
- 5) What did you think the first time you heard the name of the Tool for this week, or the first time you saw someone using this Tool?
- 6) Share your thoughts about the Tool of this week being easy for some individuals to use and more difficult for others to put into action.
- 7) When have you used this Tool in the past, even if you did not know its name?
- 8) When thinking about current or future challenges, when can you use this Tool in the future?
- 9) How would you describe this Tool to a family member or friend?
- 10) Using this Tool this week, what are some positive outcomes you can create for yourself and for the community in which you live?

About the Author

By: Coach Taylor



Coach Taylor, GOGI Founder and GOGI's First Volunteer

To claim I am the author of this book is a necessary fact for identification purposes, but it is not the entire truth. The information in this book is not new, nor is it mine. The information in this book has been aggregated

from hundreds of sources and collected through the contributions of thousands of individuals along their GOGI Journey toward internal freedom.

It may be more accurate to say I am the “aggregator” of existing information. As such, as the aggregator, it was suggested that more information be available about me, and how I became the GOGI aggregator.

The last thing I wanted to do was to answer questions about where I was born, or where I went to school. None of that matters much to me anymore, and I would hope such information would interest you even less.

What I want you to know about me is that I once suffered. Greatly. From my early childhood I saw pain and suffering that no one else around me seemed to notice. My family was brilliant at ignoring even the loudest cries for help. My schools were woefully inadequate at spotting the suffering child sitting in the back seat. My community was terribly preoccupied with superficial nonsense that seemed to be at the root of all their collective angst.

All this to say, I no longer suffer, and I credit this reality to the daily use of my GOGI Tools. This author didn't so much “author” this book. This book may document my journey, but armed with my GOGI Tools I did, and will continue to, author my life. I invite you to do the same.