



PowerUp!

Community Meeting Manual:

The Guide to Group Study
of the GOGI Tools

Coach Taylor
GOGI Founder

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The Guide to Group Study
of the GOGI Tools

By Coach Taylor, GOGI Founder

This is another GOGI Book

Getting Out by Going In
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PowerUp! Community Meeting Manual:

The Guide to Group Study of the GOGI Tools

Getting Out by Going In (GOGI) has a mission. Our mission is to empower all individuals within all communities with Tools needed to create an extraordinary life.

Getting Out by Going In (GOGI) publishes its own materials and has a purpose for this book. This book is intended to provide all the information the reader will need to effectively learn, teach, inspire, and support studies of the GOGI Tools.

GOGI currently offers these GOGI Tool study formats:

- 1) PowerUp! Community Support Meetings
- 2) GOGI Self-Study Courses and Group Certificate Program
- 3) GOGI Learning Media
- 4) GOGI Social Media Support
- 5) GOGI Certified Community Coach Program

Getting Out by Going In (GOGI) is a non-profit organization. We develop and distribute educational materials for sharing the simple GOGI Tools. We rely greatly on donations and volunteers to reach all populations. Getting Out by Going In (GOGI) offers self-study courses at a discount. Donations fund these educational discounts so that more individuals may learn the GOGI Tools.

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Note: GOGI relies on the sales of materials to help serve incarcerated and at-risk individuals. Donations and the proceeds from the sales of materials are the main source of funding. Before you make copies of this material, please consider purchasing a copy of this book for yourself. Also, please consider making a donation or purchase, as this is the lifeblood of GOGI's efforts. Write for permission to make copies of this and all GOGI materials at the address below.

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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. Information is available 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 Manual

In this manual, 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 Pelican Bay State Prison 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, “free” 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 homework 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 cell phone 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. 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 could not 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 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 snowstorm, 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.

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 which were created to meet the 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, themselves, 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, The GOGI Tools 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 manual, of the book, you are provided with 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 the completion of our softbound course workbooks and our coaching programs. Credits for attending PowerUp Meetings, if provided, are issued locally, by the hosting organization.

Meeting Facilitator Requirements

GOGI strongly suggests 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. Authorized or trained facilitators increase the likelihood of success.

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, 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.

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.

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)

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.

JANUARY

Week 1 BOSS OF MY BRAIN

Week 2 BELLY BREATHING

Week 3 FIVE SECOND LIGHTSWITCH

Week 4 POSITIVE THOUGHTS

FEBRUARY

Week 1 POSITIVE WORDS

Week 2 POSITIVE ACTIONS

Week 3 CLAIM RESPONSIBILITY

Week 4 LET GO

MARCH

Week 1 FOR--GIVE

Week 2 WHAT IF

Week 3 REALITY CHECK

Week 4 ULTIMATE FREEDOM

APRIL

Week 1 BOSS OF MY BRAIN

Week 2 BELLY BREATHING

Week 3 FIVE SECOND LIGHTSWITCH

Week 4 POSITIVE THOUGHTS

MAY

Week 1 POSITIVE WORDS

Week 2 POSITIVE ACTIONS

Week 3 CLAIM RESPONSIBILITY

Week 4 LET GO

JUNE

Week 1 FOR--GIVE

Week 2 WHAT IF

Week 3 REALITY CHECK

Week 4 ULTIMATE FREEDOM

JULY

Week 1 BOSS OF MY BRAIN

Week 2 BELLY BREATHING

Week 3 FIVE SECOND LIGHTSWITCH

Week 4 POSITIVE THOUGHTS

AUGUST

Week 1 POSITIVE WORDS

Week 2 POSITIVE ACTIONS

Week 3 CLAIM RESPONSIBILITY

Week 4 LET GO

SEPTEMBER

Week 1 FOR--GIVE

Week 2 WHAT IF

Week 3 REALITY CHECK

Week 4 ULTIMATE FREEDOM

OCTOBER

Week 1 BOSS OF MY BRAIN

Week 2 BELLY BREATHING

Week 3 FIVE SECOND LIGHTSWITCH

Week 4 POSITIVE THOUGHTS

NOVEMBER

Week 1 POSITIVE WORDS

Week 2 POSITIVE ACTIONS

Week 3 CLAIM RESPONSIBILITY

Week 4 LET GO

DECEMBER

Week 1 FOR--GIVE

Week 2 WHAT IF

Week 3 REALITY CHECK

Week 4 ULTIMATE FREEDOM

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.

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

Introduction 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 inside 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,

A handwritten signature in black ink that reads "Coach Taylor". The signature is fluid and cursive, with the word "Coach" written in a larger, more prominent script than "Taylor".

Coach Taylor
GOGI's First Volunteer

What is GOGI?

GOGI is the acronym for Getting Out by Going In.

What is Getting Out by Going In?

GOGI started as a non-profit organization supporting positive decision-making and has evolved into a “way” for anyone, anywhere to make more positive decisions in their life.

What is GOGI about?

GOGI is all about positive decision-making which is made easier with the simple Tools GOGI offers.

What are the GOGI Tools?

There are twelve GOGI Tools and you will find them listed throughout this manual.

PowerUp! Meeting Format and GOGI Tool Basics

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.

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Week 2 BELLY BREATHING

Week 3 FIVE SECOND LIGHTSWITCH

Week 4 POSITIVE THOUGHTS

MAY

Week 1 POSITIVE WORDS

Week 2 POSITIVE ACTIONS

Week 3 CLAIM RESPONSIBILITY

Week 4 LET GO

JUNE

Week 1 FOR--GIVE

Week 2 WHAT IF

Week 3 REALITY CHECK

Week 4 ULTIMATE FREEDOM

JULY

Week 1 BOSS OF MY BRAIN

Week 2 BELLY BREATHING

Week 3 FIVE SECOND LIGHTSWITCH

Week 4 POSITIVE THOUGHTS

AUGUST

Week 1 POSITIVE WORDS

Week 2 POSITIVE ACTIONS

Week 3 CLAIM RESPONSIBILITY

Week 4 LET GO

SEPTEMBER

Week 1 FOR--GIVE

Week 2 WHAT IF

Week 3 REALITY CHECK

Week 4 ULTIMATE FREEDOM

OCTOBER

Week 1 BOSS OF MY BRAIN

Week 2 BELLY BREATHING

Week 3 FIVE SECOND LIGHTSWITCH

Week 4 POSITIVE THOUGHTS

NOVEMBER

Week 1 POSITIVE WORDS

Week 2 POSITIVE ACTIONS

Week 3 CLAIM RESPONSIBILITY

Week 4 LET GO

DECEMBER

Week 1 FOR--GIVE

Week 2 WHAT IF

Week 3 REALITY CHECK

Week 4 ULTIMATE FREEDOM

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 how have 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?

PowerUp!

Team Building Meeting

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 Aloud)

“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 Aloud)

“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 the GOGI Tools becoming 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 Aloud)

“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 Aloud)

“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."



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 will not 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. GOGI students 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.

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:”

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)

PowerUp!

BOSS OF MY BRAIN Meeting

**Hold This Meeting:
First Week of January, April, July, and October**

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

The PowerUp! Purpose (Volunteer To Read Aloud)

“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."

GOGI Tool Basics

BOSS OF MY BRAIN

Dates of Study:
First Week of January, April, July, and October

BOSS OF MY BRAIN

Objective

BOSS OF MY BRAIN was created to help you realize the control you have over your thoughts. When you use BOSS OF MY BRAIN you may realize you are the boss of your own thinking, and as a result, the creator of your own life experience.

BOSS OF MY BRAIN

Statement of Tool Ownership

(Repeat as often as needed until it becomes a habit to think this way)

I am BOSS OF MY BRAIN and I claim control over each thought I create. Because I am BOSS OF MY BRAIN, I can change my thoughts at any time.

No one has control over my thoughts because only I am BOSS OF MY BRAIN.

BOSS OF MY BRAIN

Key Words

The Three Parts - There are three parts of your brain you can control: the SMART PART, EMOTIONAL PART, and OLD HABIT PART. To use BOSS OF MY BRAIN I ask, "Which part is in charge right now?"

BOSS OF MY BRAIN

Basics

To use this Tool you simply consider three fundamental parts of the brain over which you have control: The Smart Part, Emotional Part, and Old Habit Part.

The Smart Part — When you put your hand on your forehead you are touching that area of your brain responsible for making decisions and learning new information. We call it the Smart Part, because this is the part of your brain that will help you be strong and make the most positive decisions.

The Emotional Part — When you touch each side of your head just above your ears you are pointing to the center of your brain that GOGI calls the Emotional Part. It is in the center of your

brain where you create and store emotions. When you use this tool you become more aware of this part of your brain and you can better decide if you want it in control, or not.

The Old Habit Part — When you put your hand just above your neck, on the back of your head, you are touching what GOGI calls the Old Habit Part. When you use BOSS OF MY BRAIN you can better assess if you want your old habits to be in control, or not.

BOSS OF MY BRAIN

Group Activities

The Real Boss Assessment

A real or hypothetical situation is offered by a volunteer. Example: “Someone stole my favorite tennis shoes.” The volunteer then places a hand on the OLD HABIT PART, EMOTIONAL PART or SMART PART of their brain. Members state what might be likely to happen when reacting with this part of the brain. Several volunteers are asked to share a real situation and have the group create likely outcomes based on the part of the brain that is selected.

The Bad Boss/Good Boss Sharing

A volunteer shares a story of someone who used this GOGI Tool to create a positive outcome, even if they did not know they were using BOSS OF MY BRAIN. Another volunteer shares a story of someone who clearly did not use the tool and asks group members what part of the brain was in charge and what other part could have been used, and what might the outcome have been.

Who’s the Boss?

Group members write down any situation on a piece of paper and combine all the papers in one area. A volunteer selects a piece of paper from the pile and asks the group which part of the brain was being used in that situation and why.

BOSS OF MY BRAIN

Thought Provoking Questions

- First, remember the last time you used the Smart Part of your brain when making a decision. How were you able to use the Smart Part instead of resorting to old habits or an emotional reaction?
- When was the last time you let your Emotional Part take over? What other choice could you have made?
- What are some of the beliefs you have stored in the Old Habit part of your brain and why do they no longer serve you?

PowerUp!

BELLY BREATHING Meeting

**Hold This Meeting:
Second Week of January, April, July, and October**

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.

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Review of The Tools (Read Aloud)

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

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"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:"

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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."

GOGI Tool Basics

BELLY BREATHING

Dates of Study:

Second Week of January, April, July, and October

BELLY BREATHING

Objective

BELLY BREATHING was added as a GOGI Tool to help you direct your body's reactions and responses to people, places and things. When you use BELLY BREATHING you maintain control, and your actions and reactions become more intentional. BELLY BREATHING gives you the ability to create the best possible response to any situation.

BELLY BREATHING

Statement of Tool Ownership

(Repeat as often as needed until it becomes a habit to think this way)

BELLY BREATHING gives me the power to direct my actions and reactions. With BELLY BREATHING I experience the power that comes with calm control of my responses to life's events.

BELLY BREATHING

Key Words

One hand on my belly. One hand on my chest. Which one is moving?

My brain works better when my belly moves as I breathe.

BELLY BREATHING

Basics

Breathing helps oxygen move through your body. When your oxygen flow is optimal, your brain function is optimal as well. When you build the skill of breathing with intention, you will naturally make more positive decisions because more oxygen is getting to your brain. To use the BELLY BREATHING Tool you simply monitor your breathing and let your brain do the rest of the work.

One Hand on Your Belly — Sometimes something as simple as placing your hand on your belly will remind you to breathe more deeply. When you use this Tool enough times, you will train your mind to automatically breathe in a way that supports your best decisions.

One Hand on Your Chest — Oftentimes, when we are upset or angry, our breathing gets very shallow, and most of the air we take in is restricted and centralized in our chest area. Putting

one hand on your chest can easily identify if you are chest breathing.

Which One is Moving? — When you slow down enough to identify the pattern of your breathing you are instantly in charge of creating the outcome best for you.

BELLY BREATHING

Group Activities

Chest Breathing Situations — Several situations are written down on pieces of paper. Taking turns, a volunteer selects one of the pieces of paper, reading it aloud, stating if this is a situation where they would be naturally using the tool BELLY BREATHING and, if not, how they might check themselves to do so. The group discusses the situations, citing examples from their own life on how BELLY BREATHING might have helped in similar situations.

Persons, Places, Things — Each group member states a person, a place, or a thing that supported their natural breathing with their belly. As an example, “my son,” or “a phone call with my mom,” or “sleep.” The group members share when they experienced this specific type of person, place, or thing, and if they were able to breathe naturally.

The Belly Test — One at a time, each group member places one hand on their belly and one hand on their chest, sharing one time when it was difficult to use BELLY BREATHING and one time when it was natural to breathe optimally.

BELLY BREATHING

Thought Provoking Questions

- As a child, do you think adults in your life understood the importance of breathing? Do you remember anyone telling you to take a deep breath? Do you think this sort of advice helps?
- Some people get dizzy when they start using the BELLY BREATHING Tool for the first time. Why do you think this is, and what can be done about it?
- What could have been the value of learning BELLY BREATHING in your youth? Do you think things might have been different for you as an adult if you learned this tool? If so, what?
- What do you think about the fact that the human body operates more effectively with good breathing habits? What has been your experience with good breathing?

PowerUp!

FIVE SECOND LIGHTSWITCH Meeting

**Hold This Meeting:
Third Week of January, April, July, and October**

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Peer Mentor Circles (Read Aloud)

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

The PowerUp! Purpose (Volunteer To Read Aloud)

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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)

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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)

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Weekly Statement of Intention

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The GOGI Pledge of Service (Read Aloud)

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May be of maximum service (repeat)
To those we love (repeat)
And infinite others (repeat)*

Tidy Up Time (Read Aloud)

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GOGI Tool Basics

FIVE SECOND LIGHTSWITCH

Dates of Study:

Third Week of January, April, July, and October

FIVE SECOND LIGHTSWITCH

Objective

FIVE SECOND LIGHTSWITCH was added to the GOGI Tool box to help you when your decisions seem to be automatic and beyond your control. Using FIVE SECOND LIGHTSWITCH you regain control to direct thoughts, words, and actions. You can Flip The Switch and change the outcome of situations with your FIVE SECOND LIGHTSWITCH.

FIVE SECOND LIGHTSWITCH

Statement of Tool Ownership

(Repeat as often as needed until it becomes a habit to think this way)

I can Flip My Switch and instantly change any negative thought to a positive action with my FIVE SECOND LIGHTSWITCH. There is no negative thought more powerful than my positive action when I use FIVE SECOND LIGHTSWITCH.

FIVE SECOND LIGHTSWITCH

Key Words

I may have an Old Thought, but I now have a New Action.

Within 5 seconds I Flip My FIVE SECOND LIGHTSWITCH.

FIVE SECOND LIGHTSWITCH

Basics

You can easily gain control of your actions and reactions, and control of your thoughts and words with FIVE SECOND LIGHTSWITCH. When situations seem to be the boss of you, it's easy to Flip Your Switch with FIVE SECOND LIGHTSWITCH.

Old Thought? To use FIVE SECOND LIGHTSWITCH you identify things that set you off, upset you, cause you to relapse, or buttons that get pushed. By identifying your Old Thoughts about these things, you will be prepared to Flip Your Switch.

New Action? Now that you have identified specific Old Thoughts, identify some productive new actions. For example: BELLY BREATHING is a positive action. Stepping away from a situation

is a positive action. Pick a few options as your New Actions.

Flip My Switch — When an Old Thought creeps into your situation you notice the Old Thought. Then, within five seconds, use your FIVE SECOND LIGHTSWITCH to get to your New Action.

My Five — Here is another popular way to use FIVE SECOND LIGHTSWITCH. Pick out five solid reasons you want to remain on a positive track. When an Old Thought tries to take over, look at your fingers and name the five good reasons to get to your New Action.

FIVE SECOND LIGHTSWITCH

Group Activities

MY FIVE — Each member shares five good reasons to use FIVE SECOND LIGHTSWITCH. These can be the My Five they use when they use FIVE SECOND LIGHTSWITCH, or five motivating factors in their process of change.

To Switch or Not To Switch — A volunteer shares a recent situation where two very different outcomes were possible, based on response and reactions. The volunteer picks someone to state what might have occurred if FIVE SECOND LIGHTSWITCH was used, and what might have happened if FIVE SECOND LIGHTSWITCH was not used. That person now states a situation and picks the next participant to respond. This process repeated until all group members have an opportunity to both state a situation and state possible outcomes.

Looking Glass Game — Each member picks one possible future situation where they might be tempted to let an Old Thought run wild. After clearly stating this possible situation, they share with the group in very specific terms their Old Thought, their New Action, and how they would use their FIVE SECOND LIGHTSWITCH.

FIVE SECOND LIGHTSWITCH

Thought Provoking Questions

- Are there times when you are so caught up in the heat of the moment that thinking clearly seems impossible? Share what it feels like when this happens.
- Some people say things get moving so fast they barely remember what happened. Do you think FIVE SECOND LIGHTSWITCH might be helpful for these individuals? How and why?
- How important do you think it is to have your New Actions clearly defined, and why or why not?
- Do you think using FIVE SECOND LIGHTSWITCH could become a habit for just about anyone? Explain your opinion.

PowerUp!

POSITIVE THOUGHTS Meeting

**Hold This Meeting:
Fourth Week of January, April, July, and October**

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Review of The Tools (Read Aloud)

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

The PowerUp! Purpose (Volunteer To Read Aloud)

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Quick Review

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Activity (Time Permitting)

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Weekly Statement of Intention

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Tidy Up Time (Read Aloud)

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GOGI Tool Basics

POSITIVE THOUGHTS

Dates of Study:

Fourth Week of January, April, July, and October

POSITIVE THOUGHTS

Objective

POSITIVE THOUGHTS was added to the GOGI Toolbox to empower you to create from the very beginning of each life experience, which is mastery of your thinking process. When you use your POSITIVE THOUGHTS Tool you are reinforcing within your brain the kind of life you want to create for yourself while simultaneously charting the course for your future.

POSITIVE THOUGHTS

Statement of Tool Ownership

(Repeat as often as needed until it becomes a habit to think this way)

My thoughts declare the direction of my life from this moment forward. Because I create POSITIVE THOUGHTS, I am able to create outcomes and alternatives I might have otherwise missed. POSITIVE THOUGHTS helps me choose my life experience from this day forward.

POSITIVE THOUGHTS

Key Words

The Three P's – With every thought I ask The Three P's.

Is it Powerful? Is it Productive? Is it Positive?

POSITIVE THOUGHTS

Basics

This Tool is an easy one to practice at any time and in any place, and might be the easiest to build as a habit as a result. POSITIVE THOUGHTS requires nothing more than for you to filter each thought through The Three P's. When you begin to regularly apply this Tool to your life in all situations, not just the difficult ones, you may find more peace, beauty, and support exists for you than you might have previously noticed. With this Tool, you can measure each and every thought as either powerfully moving you in the direction of your intended life experience, or keeping you further away from your intended life experience. The Three P's help you practice this skill, and build your ability to focus on creating the feelings and experiences you desire.

Is it Powerful? – When you know how you want to feel in your life, it is easy to determine if your thought is powerfully generating this feeling, or if it is keeping you from the feeling you want to create. If a feeling of freedom is the feeling you want, is revenge or arguing moving you powerfully in that direction? If a feeling of freedom is the feeling you want, is not entering into an argument, or sharing a smile moving you powerfully in that direction?

Is it Productive? – With an idea of what you want in your life, you can filter all thoughts through the scale of productivity. Is the thought you have created one that is productive in your effort to create your life? Does this thought productively get you closer to your goal?

Is it Positive? Regardless of how negative your situation may seem, you can always retrain your thinking process to find hidden positive aspects, which is a key to unlocking more positive experiences. It is never too late nor too difficult to apply POSITIVE THOUGHTS to any situation. When you consider each and every thought on a scale of either negative or positive, it will be easy to retrain your brain to focus on creating POSITIVE THOUGHTS, automatically.

POSITIVE THOUGHTS

Group Activities

POSITIVE THOUGHTS Round Robin – Group members volunteer to share a recurring thought. This could be “life is hard,” or “I will never get out,” or some other ongoing negative or positive thought. The group members assess if it is a negative or positive thought by filtering it through The Three P’s. Negative thoughts are given positive alternatives and positive thoughts are reviewed for their negative counterpart.

The Prevailing Thought List – Someone in the group agrees to quickly write down the list of thoughts the group members agree are common thoughts of most individuals. The words are written down. Once a sufficient list has been created, the group filters each word through The Three P’s, and provides alternative POSITIVE THOUGHTS that could be more positively impactful.

Tackle the Negative Situations – Either write down on pieces of paper or take turns sharing a negative situation. The group members engage in collaboration to define clear alternatives to negativity, identifying options of thought through use of The Three P’s.

POSITIVE THOUGHTS

Thought Provoking Questions

- First, remember the last time you used the Smart Part of your brain when making a decision. How were you able to use the Smart Part instead of resorting to old habits or an emotional reaction?
- When was the last time you let your Emotional Part take over? What other choice could you have made?
- What are some of the beliefs you have stored in the Old Habit part of your brain and why do they no longer serve you?

PowerUp!

POSITIVE WORDS Meeting

**Hold This Meeting:
First Week of February, May, August, and November**

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Review of The Tools (Read Aloud)

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

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Tidy Up Time (Read Aloud)

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GOGI Tool Basics

POSITIVE WORDS

Dates of Study:
First Week of February, May, August, and November

POSITIVE WORDS

Objective

POSITIVE WORDS permit you to declare who you are today and what you want for your life today. When you use POSITIVE WORDS as a Tool, you are crafting your future possibilities, and creating the space for more positive opportunities to find their way into your life experience. POSITIVE WORDS helps restructure your brain's thought process, and invites positive collaboration from others in creating improvements in all things.

POSITIVE WORDS

Statement of Tool Ownership

(Repeat as often as needed until it becomes a habit to think this way)

My words declare the direction of my life from this moment forward. Because I choose POSITIVE WORDS, I am able to create outcomes and alternatives I might have otherwise missed. POSITIVE WORDS helps me collaborate with others who are positive from this day forward.

POSITIVE WORDS

Key Words

The Three P's – With every thought I ask The Three P's.
Is it Powerful? Is it Productive? Is it Positive?

POSITIVE WORDS

Key Words

The POSITIVE WORDS Tool may be an easy tool for you to master, but you may find it to be a bit challenging to understand at first. Many individuals will choose their words stating they are “factual” and “honest” and “just realistic.” While to some extent this might be true, the observation is not the totality of possibilities. A fact is not the totality of all facts. It is simply one fact. A truth for one person may not be the truth for another. Choosing to use POSITIVE WORDS, even in a negative situation, is a skill that requires practice. And, you may find POSITIVE WORDS enjoyable to use because it instantly gives you options and alternatives. When you choose a negative word, you are

defining the situation as static. When you choose a positive word, even in a negative situation, you are breaking down the static nature of the situation and crushing its power over your life experience. With this Tool, you can consider your words as either moving your powerfully in the direction of your intended life experience, or keeping you further away from your intended life experience. The Three P's help you practice this skill of choosing beyond the limits of negativity.

Is it Powerful? – Before you say a word, ask yourself – or someone else – “Is this word powerfully moving the situation in a positive direction?”

Is it Productive? – As you choose your words, filter them through The Three P's by asking if that specific word is productive? Does that word provide a productively positive option?

Is it Positive? As you choose your words, your focus on the positive options will greatly determine your ability to build momentum in a positive direction.

POSITIVE WORDS

Group Activities

I Define You to Be – One by one, each group member stands up in the center of the Peer Mentor Circle. Each group members says, “I define you to be _____,” choosing the most appropriate word to describe this individual. The word is followed by a brief explanation as to why this word was chosen.

POSITIVE WORDS Round Robin – Group members volunteer to share their favorite positive words. The list of 10-20 words is read as a list of words available to everyone in the group to use every day. Then, each member is asked how many times in the past week they have used each word. Each member picks one word they agree they will use multiple times in the coming week.

The Negative Word Rebuttal – Group members write down on small pieces of paper the most negative words they have heard over the past week. One by one the words are read, with the person choosing that word also offering a positive alternative.

POSITIVE WORDS

Thought Provoking Questions

- When was a time you heard a negative word said about or to you and what impact did it have on you? Describe and share your experience.
- When was a time you were told something positive about you and how did that impact you?
- Are there times in your past when you were harsh with your words? And, if so, how can you handle a similar situation in the future?
- What are the biggest obstacles to using the POSITIVE WORDS Tool? And how might those obstacles be overcome?

PowerUp!

POSITIVE ACTIONS Meeting

**Hold This Meeting:
Second Week of February, May, August, and November**

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BELLY BREATHING	LET GO
FIVE SECOND LIGHTSWITCH	FOR-GIVE
POSITIVE THOUGHTS	WHAT IF
POSITIVE WORDS	REALITY CHECK
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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."

GOGI Tool Basics

POSITIVE ACTIONS

Dates of Study:

Second Week of February, May, August, and November

POSITIVE ACTIONS

Objective

POSITIVE ACTIONS is your Tool to prove to yourself, and to others, that you have taken command of your choices. Through your practice of the POSITIVE ACTIONS Tool, you can develop the skill of focusing your energy on creating positive reactions and responses to all of life's circumstances. As POSITIVE ACTIONS become a habit, and a way in which you move through each day, you become increasingly confident in creating the life you desire.

POSITIVE ACTIONS

Statement of Tool Ownership

(Repeat as often as needed until it becomes a habit to think this way)

POSITIVE ACTIONS permits me to transform my life experience through my choices. Every situation or circumstance is improved when I use POSITIVE ACTIONS as my guide. I move beyond my past and confidently into the future of my own making with POSITIVE ACTIONS.

POSITIVE ACTIONS

Key Words

The Three P's – With every thought I ask The Three P's.

Is it Powerful? Is it Productive? Is it Positive?

POSITIVE ACTIONS

Basics

The POSITIVE ACTIONS Tool is often misinterpreted as requiring massive changes that are noticed by the world around you. Actually, POSITIVE ACTIONS is a Tool mastered through the small and often unseen decisions that are made each day. POSITIVE ACTIONS is more powerful when used with the small things, as they begin to add up fast and set the pattern for the bigger actions in the future. While the bigger changes are sometimes needed or desired, it is in the smaller, daily decisions where using this Tool is perfected. In other words, the bigger changes come more easily when POSITIVE ACTIONS has been practiced with the smaller daily decisions you choose.

Is it Powerful? – Before choosing to take any action or react or respond with any action, use your Three P’s. Is the action powerfully moving you in the direction of your desires? Or would this action set you further from your goal?

Is it Productive? – As you consider your action, consider if it is productive. Does your goal become clearer or closer with this action?

Is it Positive? Regardless of how negative your situation may seem, is the action you are about to choose one that is considered positive?

POSITIVE ACTIONS

Group Activities

POSITIVE ACTIONS Round Robin – Group members volunteer to share a recent action they chose that was positive. Stating the choice they made, they share what they hoped to achieve with that choice, and how the choice was made. On the second round of this activity, have participants express their thoughts and feelings when a positive action is the choice that is made, and their strategy for increasing their positive choices in the future.

Daily Choices – Taking turns, each participant names one thing that can be done within 24 hours that is a positive choice. One individual writes down the list. Then, once the list is assembled, each individual chooses two of the actions as things they will do in the coming week prior to the next PowerUp! Meeting.

I Saw You – Taking turns, one volunteer singles out a group member and mentions a time when they witnessed that person making the choice for a positive action. Then, that individual picks the next person to do the same. This process is repeated until all group members have been acknowledged for one or more positive choices.

POSITIVE ACTIONS

Thought Provoking Questions

- First, remember the last time you used the Smart Part of your brain when making a decision. How were you able to use the Smart Part instead of resorting to old habits or an emotional reaction?
- When was the last time you let your Emotional Part take over? What other choice could you have made?
- What are some of the beliefs you have stored in the Old Habit part of your brain and why do they no longer serve you?

PowerUp!

CLAIM RESPONSIBILITY Meeting

**Hold This Meeting:
Third Week of February, May, August, and November**

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Administrative Duties and Details

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

The PowerUp! Purpose (Volunteer To Read Aloud)

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Quick Review

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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.

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The GOGI Pledge of Service (Read Aloud)

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GOGI Tool Basics

CLAIM RESPONSIBILITY

Dates of Study:

Third Week of February, May, August, and November

CLAIM RESPONSIBILITY

Objective

As a Tool, CLAIM RESPONSIBILITY provides a sense of ownership you can use to make the best decisions available today. Use CLAIM RESPONSIBILITY as a Tool for decisions today, so you become aware that actions and reactions to life's inevitable challenges are yours to choose.

CLAIM RESPONSIBILITY

Statement of Tool Ownership

(Repeat as often as needed until it becomes a habit to think this way)

Today, I use my Tool CLAIM RESPONSIBILITY to inform each action and reaction to life's challenges. When I use CLAIM RESPONSIBILITY I am able to move beyond my past choices, and design my responses with greater wisdom and clarity. I ask myself, "am I proud of this choice?"

CLAIM RESPONSIBILITY

Key Words

Am I Proud Of This Choice? My actions and reactions today are not tethered to the past, unless I do the tethering.

CLAIM RESPONSIBILITY

Basics

CLAIM RESPONSIBILITY is a Tool to empower you with choices supporting your goals for your future. While it is important to claim responsibility and learn from past actions, to use the Tool CLAIM RESPONSIBILITY you focus exclusively on today's decisions.

When you focus on your decisions today, you may find more powerful decisions are possible when you are not heavily burdened with mistakes of the past. There is a time and place for you to claim responsibility for the past, and there is a time and place for you to learn how to make better decisions for the future. CLAIM RESPONSIBILITY as a Tool permits that skill for the future to be developed.

CLAIM RESPONSIBILITY for today – Using this Tool today permits you to ask the question, “Am I proud of this choice I am about to make?” This Tool is best when used for a specific choice, on a specific day, in a specific situation. In this way, you are not dragging past choices into the situation. To use this Tool you simply consider three fundamental parts of the brain over which you have control: The Smart Part, Emotional Part, and Old Habit Part.

CLAIM RESPONSIBILITY for the past – Using the CLAIM RESPONSIBILITY Tool to reconcile decisions of the past permits you to consider options that might have been available that you did not consider.

CLAIM RESPONSIBILITY Group Activities

Revisit the Past – One at a time, a volunteer will state one action or reaction where they did not claim responsibility and when they permitted the situation to head in a less than desirable direction. Group members offer alternatives that might have been more consistent with using CLAIM RESPONSIBILITY as a Tool.

Same Words/Different Meaning – To clarify the difference between the process of claiming responsibility for the past and using the Tool CLAIM RESPONSIBILITY, a volunteer will state a time when they needed to claim responsibility for a past action and also state a time in the recent past when they used the Tool CLAIM RESPONSIBILITY in determining an action to take. The group members discuss if this is the process of claiming responsibility or the use of the Tool CLAIM RESPONSIBILITY.

Day-to-Day Drama – A volunteer offers a common scenario of conflict. Group members discuss ways the CLAIM RESPONSIBILITY Tool could be used to reduce conflict. Another volunteer offers a different scenario and the process is repeated.

CLAIM RESPONSIBILITY Thought Provoking Questions

- Why do you believe it is difficult for some people to see that claiming responsibility and the Tool CLAIM RESPONSIBILITY are different?
- Do you think that having the CLAIM RESPONSIBILITY Tool in your past could have changed some outcomes for you? How or why?
- What part of the Tool might be the most difficult to remember in the heat of the moment? How might you overcome the impulses that cause you to forget?

PowerUp!

LET GO Meeting

**Hold This Meeting:
Fourth Week of February, May, August, and November**

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Review of The Tools (Read Aloud)

BOSS OF MY BRAIN	CLAIM RESPONSIBILITY
BELLY BREATHING	LET GO
FIVE SECOND LIGHTSWITCH	FOR-GIVE
POSITIVE THOUGHTS	WHAT IF
POSITIVE WORDS	REALITY CHECK
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GOGI Tool Basics

LET GO

Dates of Study:

Fourth Week of February, May, August, and November

LET GO Objective

The LET GO Tool helps you move forward in creating your optimal life. When using LET GO as a Tool, you are empowered to disconnect from past harms and hurts and define today on today's terms, not from events of the past. LET GO frees you to lighten your load and create with more space for possibilities.

LET GO Statement of Tool Ownership

(Repeat as often as needed until it becomes a habit to think this way)

Using LET GO, I focus on the present and move beyond my past. LET GO allows me to instantly disconnect from anything standing in the way of my ability to create my optimal life.

LET GO Key Words

Hand/Squash/Toss

When bothered, I put the thoughts and feelings in my hand, I squash it, and toss it away from me.

LET GO Basics

You may find you are able to make the best decisions when you are not suffering from harmful events or people from your past. When you are able to consider each new day as holding unlimited potential for good, regardless of the past, you have naturally moved beyond the pain and suffering you may have inflicted or endured. LET GO, as a Tool, gives you an easy method for getting to that place where you can create something positive, regardless of your past.

While some individual may believe they must suffer, or they deserve to suffer, they can use LET GO to relieve others from suffering right along with them. This is because LET GO permits the most positive decision possible, which impacts the lives of others. Placing a thought or a feeling

in your hand, squashing it, and then tossing it far from you is one way of protecting others. This is because you will be acting and reacting in the present, and not bringing pain and suffering into the current situation.

In the Hand – When feelings and thoughts are in your heart or head, your decisions may be impacted by those thoughts and feelings. By holding out your hand and considering these things in the palm of your hand, you may experience a relief, or a sense of lightness. This may happen in the simple act of placing those things in your hand.

Squash it – When you tightly close your hand around the thoughts or feelings, you are symbolically squashing those things that have troubled you.

Toss it – When you toss the crumpled past away, you are symbolically creating the space to move forward with your life, unhampered by the past.

LET GO

Group Activities

Group Toss – Group members are given a small piece of paper they use to write down something they wish to move beyond. As a group, the members crumple the papers, and toss them into the trashcan or the center of the room. A discussion is held about the pile of papers, the significance that they all look the same, and the feelings and thoughts that emerge from the Hand/Squash/Toss action.

Personal LET GO Lists – Each group member is invited to write down a list, sometimes a long list of things they want to move forward beyond. This list represents things in their lives that have held them back. A conversation is held about that list, with members discussing the possibility of practicing the LET GO Tool during the week on these items.

LET GO

Thought Provoking Questions

- Some people have a difficult time letting go of past harms they caused or experienced. Why do you think this is so?
- If your life is not limited by events in past, what is possible for you?
- Some people feel guilt or shame in using LET GO for harms they caused. Why might this be so? For those who believe this, how could LET GO be used to help?
- How might LET GO as a Tool been helpful to you as a child? Teen? Young adult?

PowerUp!

FOR-GIVE Meeting

**Hold This Meeting:
First Week of March, June, September, and December**

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GOGI Tool Basics

FOR-GIVE

Dates of Study:

First Week of March, June, September, and December

FOR-GIVE

Objective

FOR – GIVE is the GOGI Tool of safety. For you to give back to your family, friends, or society, you must be safe from harm. With this Tool you make certain you are safe from harm so you can begin to be of service to others. FOR – GIVE is used to get you a safe distance from the harm you caused or the harm you experienced, whether in your control or completely out of your control.

FOR-GIVE

Statement of Tool Ownership

(Repeat as often as needed until it becomes a habit to think this way)

The FOR – GIVE Tool reminds me to maintain distance from harm so I may contribute positively to the lives of others. For me to create a life of purpose and meaning, I create a safe distance from harm.

FOR-GIVE

Key Words

For me to give I need distance from harm.

I keep distance from anything that would cause harm to anyone, including myself.

FOR-GIVE

Basics

You may want to help someone who is suffering, or you may believe that your suffering may help someone avoid their own. It is human nature to want to help, especially when you experience the hope that life can be something more than pain and harm. The key to realizing a life of purpose is your ability to maintain a safe distance from any and all future harm. When you are committed to remain safe from harm, it is then that you can help others find that safety as well.

FOR-GIVE aids forgiveness - FOR-GIVE as a Tool is not the same as the act of forgiveness. Forgiveness is important, but before true forgiveness is possible, you will need safety from future harm. There is little point in forgiving someone from stealing your money if they consistently reach in to your pockets for more. In this case, it is not wise to forgive them. Forgiveness requires safety from future harm, or it simply leaves you vulnerable to additional harm.

FOR-GIVE is about your safety. Once you are safe from harm, it is then that the process of true and lasting forgiveness can unfold. Until you are safe, it may not be wise to try to forgive.

FOR-GIVE Group Activities

FOR-GIVE for Forgiveness – Volunteers share something harmful they did or experienced. As an example, “I started my younger sister on meth,” or “I was beaten by my stepfather until I ran away.” As a group, hold a discussion about if forgiveness is possible, considering that the Tool FOR-GIVE requires safety from harm. Repeat these scenarios until all members realize and understand that safety from harm is essential for the process of lasting forgiveness.

FOR ME TO GIVE - A volunteer states how they would like to give back to their community once they are a safe distance from harm, asking if they believe they currently are, or should be, using the Tool FOR-GIVE. Group discussion includes asking questions as to the person’s readiness and measures of safety. This is repeated as much as needed for the concept of safety to be fully understood.

FOR-GIVE Thought Provoking Questions

- What is the difference between forgiveness as something you do and FOR-GIVE as a Tool?
- How might forgiveness be easier when you use the Tool FOR-GIVE?
- Why do you think individuals are not often taught to acknowledge their safety in the process of forgiveness?
- What will you want to do once you are a safe distance from harm? How will you give back and share your wisdom?

PowerUp!

WHAT IF Meeting

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Second Week of March, June, September, and December**

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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."

GOGI Tool Basics

WHAT IF

Dates of Study:

Second Week of March, June, September, and December

WHAT IF Objective

WHAT IF is the Tool you can use to instantly access the big picture and a wider perspective for every situation. With WHAT IF you are instantly removed from automatic thinking and old habit reactions and propelled into the power to create the optimal outcome. Using WHAT IF empowers you into a position of choice for the future, not held back by the limiting choices of the past.

WHAT IF Statement of Tool Ownership

(Repeat as often as needed until it becomes a habit to think this way)

WHAT IF permits me to see possibilities and options I might otherwise overlook. Today, I use WHAT IF because I am not defined by my past. Using WHAT IF I am defined by each decision today.

WHAT IF Key Words

What if I am not my past?

No to the past = yes to the future.

WHAT IF Basics

There are multiple functions for the Tool WHAT IF. You can use this Tool to consider a positive outcome. You can use WHAT IF to consider a possible negative outcome. Or you can use WHAT IF to help you define yourself beyond mistakes of the past. Using WHAT IF helps you unlock from self-defeating beliefs about who you are, what you are, and what you can do today. WHAT IF lifts the lid off the limits and permits you to see a greater number of options available to you for creating your life. As a Tool, WHAT IF is used to help you move beyond limits of the past. In reality, you are only defined by your past to the extent that you repeat similar behavior. WHAT IF also helps you align with a new identity, permitting you to define yourself by today's decisions, not yesterday's. Asking

yourself, “What if I am not my past?” is a solid use of the WHAT IF Tool.

WHAT IF for the negative - When you use WHAT IF to consider a likely negative outcome, you are given the power of conscious choice. You can decide if the negative outcome is your best or only option, or you can decide to create an alternative.

WHAT IF for the positive – When you use WHAT IF to consider a possible positive outcome, you open the channels of hope which may prove to be the beginning of lasting change. Giving every positive possibility the WHAT IF Tool brings that possibility into your awareness, which may be the first step toward change.

WHAT IF for your past – By asking yourself, “what if I am not my past?” you are given the option to define yourself beyond the limits of the past.

WHAT IF Group Activities

WHAT IF Round Robin – Volunteer #1 offers a positive WHAT IF situation. This can be “WHAT IF I graduated from college?” or some other viable possibility. After stating this positive choice, they point to volunteer #2, who responds with a likely outcome from that action. Volunteer #2 then offers a positive WHAT IF and points to volunteer #3 to respond. This is repeated until everyone gets an opportunity to state a positive WHAT IF and respond with a positive likely outcome.

The Limit Buster – Someone in the group shares one limiting belief they have about their situation, their life, their relationships, or their future. Each member of the group uses WHAT IF to bust their limitations and widen their perspective of the possible saying, “I hear you, and WHAT IF...”, providing an alternative for them to consider. This is repeated with any volunteer willing to share a current or past limiting belief.

WHAT IF Commitments – Each member of the group identifies one action or activity they are willing to do during the coming week, stating “my WHAT IF is that I will (state their commitment) this week.” Each member is given the opportunity to identify a WHAT IF commitment and share this with the group.

WHAT IF Thought Provoking Questions

- What does the question “what if you are not your past?” mean in your own life?
- When you consider your life’s choices, how many of them have been after considering negative and positive outcomes and how many have been without consideration of outcomes?
- Why do many individuals only consider outcomes from a place of regret rather than preparation?
- What are some of the beliefs you have stored in the Old Habit part of your brain and why do they no longer serve you?

PowerUp!

REALITY CHECK Meeting

**Hold This Meeting:
Third Week of March, June, September, and December**

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

The PowerUp! Purpose (Volunteer To Read Aloud)

“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:"

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Grant us the joy (repeat)
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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."

GOGI Tool Basics

REALITY CHECK

Dates of Study:
Third Week of March, June, September, and December

REALITY CHECK

Objective

REALITY CHECK is your Tool to help you acknowledge that you are human and your mistakes do not dictate the limit of your possibilities. REALITY CHECK also helps you move beyond the mistakes and steadily toward creating your life with greater commitment, knowledge, experience and resources. REALITY CHECK lets you understand that ten steps forward and two steps back is still eight steps ahead.

REALITY CHECK

Statement of Tool Ownership

(Repeat as often as needed until it becomes a habit to think this way)

My Tool REALITY CHECK helps me create minute-by-minute successes with how I now understand mistakes. REALITY CHECK means ten steps forward and two steps back is actually eight steps ahead of where I once was. With REALITY CHECK my progress is mine to celebrate and build upon.

REALITY CHECK

Key Words

The Ten and Two Rule:

Ten Steps Forward and Two Steps Back is Still Eight Steps Ahead.

REALITY CHECK

Basics

As humans, we inherently want to create lives that bring us joy. The challenge is when we see temporary joy played out in the lives of others. Oftentimes, what we are witnessing is not joy at all, but the futile struggle to find joy in ways that are not lasting. By the time we realize this, we are in too deep and habits are formed too deeply to be easily reconstructed. Not only that, in our youth we do not have the inherent wisdom we gather along life's journey. However, at some point we usually

want to change, but we fumble, fall, and make mistakes that oftentimes disable our progress and damages our self-esteem. This is where REALITY CHECK comes in very handy.

REALITY CHECK is a Tool that helps you overcome the reality that old habits and limiting beliefs are often a challenge to change. This is because REALITY CHECK offers our Ten and Two Rule: Ten Steps Forward and Two Steps Back, is still Eight Steps Ahead. Understanding this, truly understanding this, you are more able to quickly regain our footing for the journey ahead.

REALITY CHECK

Group Activities

What Defines You – Using small pieces of paper, write three mistakes or setbacks on one side of the paper. On the other side write “My REALITY CHECK is that I ...” and list six accomplishments or good qualities. A volunteer points to a group member and asks, “What defines you?” The responding individual says “Three recent mistakes were...” and reads each of the mistakes. Turning the paper over, they say, “My REALITY CHECK is that I...” and they read their list of six accomplishments. The group discusses the tendency to define our lives by mistakes and how REALITY CHECK can keep us on task.

The Reality of Others – Using REALITY CHECK is also an option for dealing with others. Ask a volunteer to share a disappointment they have had with the mistakes of another. Then, have them state 2-3 times they have been proud of that same person. Ask them to reflect on where they put their focus and attention. On the mistakes or the successes of other individuals.

A New Reality – Each group member is asked to share one instance where they naturally used REALITY CHECK, even if they did not know it was a GOGI Tool. Understanding that we often use REALITY CHECK each day will help group members acknowledge their current use of this tool.

REALITY CHECK

Thought Provoking Questions

- Do you focus more on your past mistakes or your current successes and why?
- Do you think growing up you placed a lot of attention to failures or fear of failure? Why do you think many youth people do this?
- Do you think it is possible to mess up and not consider yourself a mess-up?
- Do you think it is possible to define mistakes as temporary losses rather than a total loss?
- Can you share any examples of people who have made terrible mistakes but have remained consistent in their efforts to improve, even with setbacks?

PowerUp!

ULTIMATE FREEDOM Meeting

**Hold This Meeting:
Fourth Week of March, June, September, and December**

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Administrative Duties and Details

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

The PowerUp! Purpose (Volunteer To Read Aloud)

“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”.

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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:"

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Of giving and receiving (repeat)
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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."

GOGI Tool Basics

ULTIMATE FREEDOM

Dates of Study:
Fourth Week of March, June, September, and December

ULTIMATE FREEDOM

Objective

ULTIMATE FREEDOM is your Tool to use when you want the feeling of internal freedom. When using ULTIMATE FREEDOM, you may find ways to see each day as an opportunity to make the world a little better of a place because of the choices you are now making each day. Making the choice to be of service and creating positive experiences throughout each day is at the core of ULTIMATE FREEDOM as a Tool.

ULTIMATE FREEDOM

Statement of Tool Ownership

(Repeat as often as needed until it becomes a habit to think this way)

When I choose to see each day as offering countless opportunities for me to be of value and contribute positively, this is when I am using my Tool ULTIMATE FREEDOM. With ULTIMATE FREEDOM I enjoy the bigger picture of life, and can be, and align with, a greater good for all those around me.

ULTIMATE FREEDOM

Key Words

Being Free is up to Me – Living a life of service sets me internally free.

ULTIMATE FREEDOM

Basics

ULTIMATE FREEDOM is a Tool you can use to develop and/or maintain a sense of purpose for your life. With this Tool, you are empowered to create meaning and great value throughout the day. This is because ULTIMATE FREEDOM places you in the mindset of service, helping to improve every situation, ease the mind of those who suffer or struggle, and help advance a positive perspective.

When you focus on seeing your day through the eyes of ULTIMATE FREEDOM you may feel inclined to contribute more. You may also notice more opportunities and more freedoms come your

way. By choosing to be of service, it may seem as if a path is made clear for you or new ideas start coming to mind.

With the Tool ULTIMATE FREEDOM you may find yourself happier, more aware, and that a general sense of abundance begins to overcome a previous sense of lack.

Being Free is up to Me – With your ULTIMATE FREEDOM Tool you are empowered to design your days exactly as you see fit. You can begin your day knowing the world is a better place for your service. You can end your day with a glimpse of the internal freedom few individuals experience in their lifetime.

ULTIMATE FREEDOM Group Activities

ULTIMATE FREEDOM Round Robin – A volunteer states a recent situation where someone extended help, or contributed positively to their day. They share how the act of service or friendship made them feel, and what they thought. This can be as simple as a teacher offering extra help, someone offering a smile, or any act offered to in some way aid your day. Group members take turns sharing stories of service.

Daily Service – Taking turns, each participant names one thing that can be done within 24 hours that is an act of service for someone else. One individual writes down the list. Then, once the list is assembled, each individual chooses two of the actions as things they will do in the coming week prior to the next PowerUp! Meeting.

I Saw You – Taking turns, one volunteer singles out a group member and mentions a time when they witnessed that person being of service. Then, that individual picks the next person to do the same. This process is repeated until all group members have been acknowledged for one or more positive choices.

ULTIMATE FREEDOM Thought Provoking Questions

- Do you think that helping someone helps everyone? What are your thoughts?
- How does it feel to help someone during a trying time? Why do you think most individuals feel good when they are helpful?
- Some individuals say that the Tool ULTIMATE FREEDOM helped them get over longstanding sadness or anger. Why might that be?
- ULTIMATE FREEDOM is about being of service. How can this tool lead us to experience a sense of internal freedom?
- What is the difference between physical freedom and internal freedom?

PowerUp!

TOOL REVIEW Meeting

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)

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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 Aloud)

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

A volunteer recites or reads the GOGI Tools.

Review of The Tools (Read Aloud)

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

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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

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)

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(Read in Peer Mentor Circles)

A volunteer recites or reads the GOGI Tools.

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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.

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Frequently Asked Questions and GOGI's Coach Certificate Programs

What if I enjoy PowerUp! Meetings and want more GOGI studies?

In addition to offering PowerUp! Meetings to communities, Getting Out by Going In (GOGI) has formal certificate programs available for purchase. Information about these programs, courses, and certifications can be found at www.gettingoutbygoingin.org or by writing GOGI and requesting Certificate Program information.

What happens if I “complete” PowerUp!?

PowerUp! is an ongoing support meeting developed to continue indefinitely. You can complete a round of meetings, but you are encouraged to engage in PowerUp! similar to other routines you incorporate into your life on a daily or weekly basis.

What if I want to continue PowerUp!?

PowerUp! Meetings are intended to be available to anyone. If you are unable to join a PowerUp! Meeting due to space or other restrictions, there is nothing keeping you from self-study, study with family and friends, finding other locations and places to hold a PowerUp! Meeting. PowerUp! Meetings can be private, public, open, closed, individually sponsored, sponsored by an organization. The point is, you do not need permission to follow this format and encourage others to PowerUp!.

What if there are no trained facilitators?

Anyone can use this manual and offer a PowerUp! meeting to peers, family, and friends. Formal training really helps keep the Peer Mentor circles focused and productive. If an authorized facilitator is not present, it's better to hold any meeting than to deny anyone access to these simple Tools. Formal training is not always possible. In this case, sincere intention, following the manual, reading any and all GOGI materials, and consistency often suffices.

What if there are no certificates offered? How do I document my attendance?

The goal is not to document attendance, but, rather, to have PowerUp! meetings be a constant practice like exercise, or study of a beloved book, or any routine that fortifies your daily life. If certificates or documentation is awarded, it will be to fulfill a need by a hosting organization to do so. It is better, however, if PowerUp! meetings are as regular as brushing your teeth, or doing laundry, or checking in with a friend. Certificates imply completion, which is not the intention of PowerUp!

What are some of the other materials GOGI offers?

GOGI offers donor-discounted soft-bound correspondence courses for anyone wishing to earn official GOGI certificates of completion. These are the courses required for GOGI Community Coach Certification.

For more information write:

GOGI Coaching Program, P.O. Box 88969, LA, CA 90009

www.gettingoutbygoingin.org

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.**

JANUARY

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

FEBRUARY

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

MARCH

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

APRIL

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

MAY

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

JUNE

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

JULY

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

AUGUST

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

SEPTEMBER

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

OCTOBER

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

NOVEMBER

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

DECEMBER

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

