

GOGI Mom Carolyn's Guide to the GOGI Life Tools

BOSS OF MY BRAIN

The Three Parts: Smart Part, Emotional Part, and Old Habit Part. Which one is the Boss right now? BOSS OF MY BRAIN helps us stop and think which part of the brain we are using at any given time. It is useful in stressful situations and gives us clarity and control.

BELLY BREATHING

One hand on my chest. One hand on my belly. Which one is moving right now? My brain works better when my belly moves.

BELLY BREATHING works great when coupled with deciding what part of your brain is the current "Boss". When you feel you might be losing control or your heart is racing, use BELLY BREATHING.

FIVE SECOND LIGHTSWITCH

Old Thought – New Action. I have an OLD THOUGHT and I have a NEW ACTION.

Five seconds is enough time to "flip the switch" on your thoughts, words, and actions. FIVE SECOND LIGHTSWITCH is perfect when you might think, say, or do something you will eventually regret.

POSITIVE THOUGHTS - POSITIVE WORDS - POSITIVE ACTIONS

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

These three GOGI Life Tools really go hand in hand. If I use POSITIVE THOUGHTS, that will help me use POSITIVE WORDS, consequently it is each to choose POSITIVE ACTIONS. These 3 P's are very helpful in creating a calm environment when you are interacting with others as well as helping to calm ourselves down when self-talk might not be positive.

CLAIM RESPONSIBILITY

Am I proud of this choice? I am responsible for my actions and all my reactions today.

The GOGI Life Tool CLAIM RESPONSIBILITY allows us to make our best decisions and to also choose our best reactions to the decisions made by others.

LET GO

Hand/Squash/Toss. When bothered, I put the feeling in my hand, squash it, and toss it away from me. By using the GOGI Life Tool LET GO, we feel empowered. By figuratively or actually putting something in your hand (like a piece of paper), squashing it and then tossing it, we are more free from whatever is holding us back at the moment.

FOR-GIVE

For me to FOR-GIVE, I need distance from harm. I keep distance from anything that would cause harm to anyone, including myself.

Read and study the FOR-GIVE Tool in order to fully understand the difference between "forgiveness" and "FOR-GIVE" as a GOGI Life Tool. In order for us to be of service to others, we need distance from harm.

WHAT IF

What if I am not my past? No to the past = yes to the future.

The WHAT IF Tool is used to remind ourselves that we do not need to be defined by our past and that we can move forward and create a positive, productive future.

REALITY CHECK

Ten and Two rule. Ten steps forward and two steps back is still 8 steps ahead.

REALITY CHECK reminds us that no one is perfect and that as long as we continue to move forward with positive decisions, we can focus on additional successes.

ULTIMATE FREEDOM

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

ULTIMATE FREEDOM gives us a sense of purpose and lasting happiness.