



# The GOGI Calendar

Week 1 begins the first Monday of each month.

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

## **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

If there is a 5th week in the month: REVIEW Tools for the Month.