The GOGI Calendar

Week 1 begins the first Monday of each month.

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.