



# 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.



# TOOLS

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

## TOOLS OF THE BODY

### BOSS OF MY BRAIN

THE THREE PARTS:

SMART PART

EMOTIONAL PART and

OLD HABIT PART.

Which one is the Boss right now?

### 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.

### FIVE SECOND LIGHTSWITCH

OLD THOUGHT -- NEW ACTION

I have an OLD THOUGHT and I have a new ACTION.

## TOOLS OF CHOICE

### POSITIVE THOUGHTS

Is it Powerful?

Is it Productive?

Is it Positive?

### POSITIVE WORDS

Is it Powerful?

Is it Productive?

Is it Positive?

### POSITIVE ACTIONS

Is it Powerful?

Is it Productive?

Is it Positive?

## TOOLS OF MOVING FORWARD

### CLAIM RESPONSIBILITY

AM I PROUD OF THIS CHOICE?

I am responsible for all my actions and all my reactions today.

### LET GO

HAND/SQUASH/TOSS

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

### FOR-GIVE

FOR ME TO FOR-GIVE, I NEED DISTANCE FROM HARM. For me to for-give, I unhook from the past, and find my internal freedom.

## TOOLS OF CREATION

### WHAT IF

WHAT IF I AM NOT MY PAST?

No to the past = yes to the future.

### REALITY CHECK

TEN AND TWO RULE

Ten steps forward and two steps back is still 8 steps forward.

### ULTIMATE FREEDOM

BEING FREE IS UP TO ME.

Living a life of service gives me

ULTIMATE FREEDOM.