

# The GOGI Coach News

PowerUp GOGI Community News ~ June/July 2021



## Is Freedom Really... Freedom?

*Thoughts from Coach Taylor*

Coach Johnny, the GOGI Mailroom Manager and GOGI Board Member, will often share a few words of encouragement to recently released students of the GOGI Life Tools. What he shares inspires them to smoothly navigate the challenges inherent in transitioning from a DOC to the outside world. He tells them that physical freedom requires a positive attitude and a lot of work. It's more than just being released.

His success in touching the hearts of GOGI students to his attitude, his consistent use of the GOGI Tools, and living a life of service. These three teachings are at the core of all GOGI studies. A good attitude (POSITIVE THOUGHTS, WORDS, ACTIONS), daily practice of the GOGI Life Tools, and service (ULTIMATE FREEDOM).

On the flip side of this handout you will find suggestions for succinctly incorporating your GOGI Tool knowledge into interviews and Board hearings. What the handout does not relay is the importance of a deep root system to support you when the storm hits, when the wind blows, and when you are tempted beyond all reasonable ability to walk away.

Deep root systems take time, patience, and determination. Deep root systems are not created by busy work, or trying to please others. Deep root systems are fortified through quiet contemplation and consistently showing up as willing to listen to the wisdom of those who have walked a similar path.

Freedom is maintainable freedom when your root system for living a good, clean, productive "life of purpose" is solid enough that not even a tsunami could rock you off the stand you have taken.

How do you know if your root system is solid? Check in with yourself. Do you include daily quiet time in your life? Reading? Praying? Meditation? Are "still" part of your daily practices?

What I have come to realize is that successful individuals (success being defined as a life of purpose where drama is only a movie watched for entertainment once in a while) require quiet time in their daily routine. Quiet time deepens roots.

Your freedom can be earned through choices and study, but can your freedom be maintained? Once earned, do you even know HOW to maintain your freedom? Just walking beyond an 8-foot cell is not freedom, but during your stay in an 8-foot cell you have a remarkable opportunity.

Every day you are either deepening your roots or increasing the risk of drama. The drama will find you. You can bet on that. It will show up when you least expect it. If, however, your root system is unshakable, you might not even notice that drama has knocked on your door.

My wish for each student of the GOGI Life Tools is that your sincere focus is placed not only on earning freedom, but MAINTAINING freedom. This is done from the inside out - during stillness. Getting Out by Going In means just that. If you want real and lasting freedom, you will need to look inward and dig deep. It is difficult to do this unless you are quiet enough to listen to that still, small voice within. It is that voice that will help you deepen your roots.

I don't think that any of the released GOGI Coaches have been rearrested. Zero. I have not heard of one. But even if there was one, you can bet the root system of the Certified GOGI Community Coach tends to be deep enough to weather the storms we rarely see coming.

With Love,  
*Coach Taylor*

# Parole Hearings ~ The GOGI Way

Preparing for Hearings, Parole Board, and other interviews



## A Note from GOGI Founder, Coach Taylor

A letter was sent to GOGI from one of our leaders who was pleased to share his successful parole hearing outcome. He wanted to share suggestions that he hoped were passed on to others who would be in the same hearing seat in the days and months to come. That same week, I received another letter from another GOGI leader who engaged in discussions with staff related, specifically, to hearings. He offered some suggestions, as well.

As a listening organization, GOGI responds to the needs of our students. Both of our students were providing similar suggestions they hoped would be shared. This handout is a response to their insights and suggestions. While GOGI takes a lot of criticism for the fact that our courses repeat, repeat, repeat, we also receive a lot of praise for a stellar record of successes among our released students. Each of the GOGI books repeat, repeat, repeat the same thing in different ways, excellence requires practice and repetition. We have found that the more solid our students can speak about the application of the GOGI Life Tools in their daily choices, the more positive they feel about their interview results.

As you prepare for return to the community, please know that all of us at GOGI want you to be prepared at your very core. We do not want to have you return home only to suffer and struggle. At GOGI, we want you to return home and become a solution to a suffering society. That, my friend, requires repeat, repeat, repeat.

When you speak of your own GOGI Life Tools in interviews and hearings, please be prepared to respond to, or offer a solid, concise, and accurate response to, the many questions I will list below. One helpful hint is that those individuals tasked with interviewing you have great confidence when our students can share specific instances when a specific tool came in handy. Therefore, keeping a list or journal or a "GOGI Life Tool Log" permits you to list dates, times, places and topics where you applied your GOGI Life Tools to specific situations you have documented. You may, or may not, be able to take this journal or log into the meeting, but you can refer to it, and say something like, "In my GOGI Life Tool Log I documented one time when my cellie...". This level of engagement is likely to impress anyone, and may accurately reflect your level of commitment to using your GOGI Life Tools when facing daily challenges. Here are some questions you may be asked: *What is GOGI? How has GOGI helped you? What does GOGI do for you? How can GOGI better prepare you for society? How does GOGI help you make better decisions? Explain the GOGI Life Tools to us. What do you mean by BOSS OF MY BRAIN? How do you apply this specific Tool to your life? On the night of XXXX when you committed the crime of XXXX, if you had known the GOGI Life Tools, would the outcome of that night have been different and how? When you received a write up for XXXX on (insert date here), would your GOGI studies have made a difference and how? Regarding remorse for your actions, specifically, how does GOGI help you? How do we know that if you are let out, you are not going to return to your previous life style? What will you do if someone offers you drugs? If a fight happens and you are right there, what are you going to do? If someone comes running at you, how are you going to deal with that? What if you are in a situation and you are around people who are drinking or getting high, what are you going to do about that? How are you going to cope with the stress of getting a job and paying your bills? Who do you reach out to? Are you going to continue groups and self-help if you return home? What are 5 stressors you are going to have if you get out and how will you cope?*

Remember, dear GOGI students: Be GOGI specific! KNOW YOUR TOOLS. Know specifics about specific tools to be used at specific times and under specific circumstances. Keep a log! And remember, above all else, repeat, repeat, repeat.

With Love,  
Coach Taylor