

The PowerUp! Kids Toolbox

Teachers/Parents/Facilitators

Addition

Strong kids through
positive decision making

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Chapter One

Getting to Know Your GOGI Life Tools

In this Chapter you will learn...

All of the Tools you can have available to you in your Toolbox. You will learn the names of your Tools and be introduced to how you can PowerUp! your life.



Introduction: It's Time You PowerUp!

Most individuals agree that communities are strengthened when the members are united in their commitment to a vision, a mission, or a cause. All too often, however, it is the negative aspects of society that binds individuals, gluing them together through the cause of finger pointing, rage, anger and, ultimately, violence.

There may be a better way to create a positive future, a way in which we can unite all communities to the vision of an all-inclusive existence of positive decision making. To unite all communities with a positive vision of self-improvement extending into community improvement through service may actually prove to be more powerful, more productive, and certainly more positive than a fixed focus on all that is wrong.

Now may be the perfect time for you to join the growing number of individuals who are witnessing the poor results of violence. A growing number of individuals have realized that in the long run no good comes from "fighting fire with fire." Sure, a spotlight is secured for a few moments while the battle wages, but the long-term results are less than optimal. True healing of our communities may happen more speedily when we focus on our similarities rather than point out all our differences.

There are a growing number of individuals who are firmly committed to PowerUp! their communities by modeling, sharing, teaching, and spreading the simple Tools you will find this in manual.

The vision of PowerUp! and the GOGI Life Tools is to provide a peaceful and productive option to make decisions on the journey of creating a peaceful co-existence.

With Love,
Coach Taylor

The GOGI Life Toolbox

Tool Set #1

Tools of the Body

This Set of Tools empowers you to take control of your body's responses to life's inevitable challenges.

BOSS OF MY BRAIN

BELLY BREATHING

FIVE SECOND LIGHTSWITCH

Tool Set #2

Tools of Choice

This Set of Tools puts you in charge of every thing you think, say, and do and filters them to guide you to a positive life.

POSITIVE THOUGHTS

POSITIVE WORDS

POSITIVE ACTIONS

Tool Set #3

Tools of Moving Forward

This Set of Tools helps you move beyond past and turn your challenges of today into opportunities of the future.

CLAIM RESPONSIBILITY

LET GO

FOR-GIVE

Tool Set #4

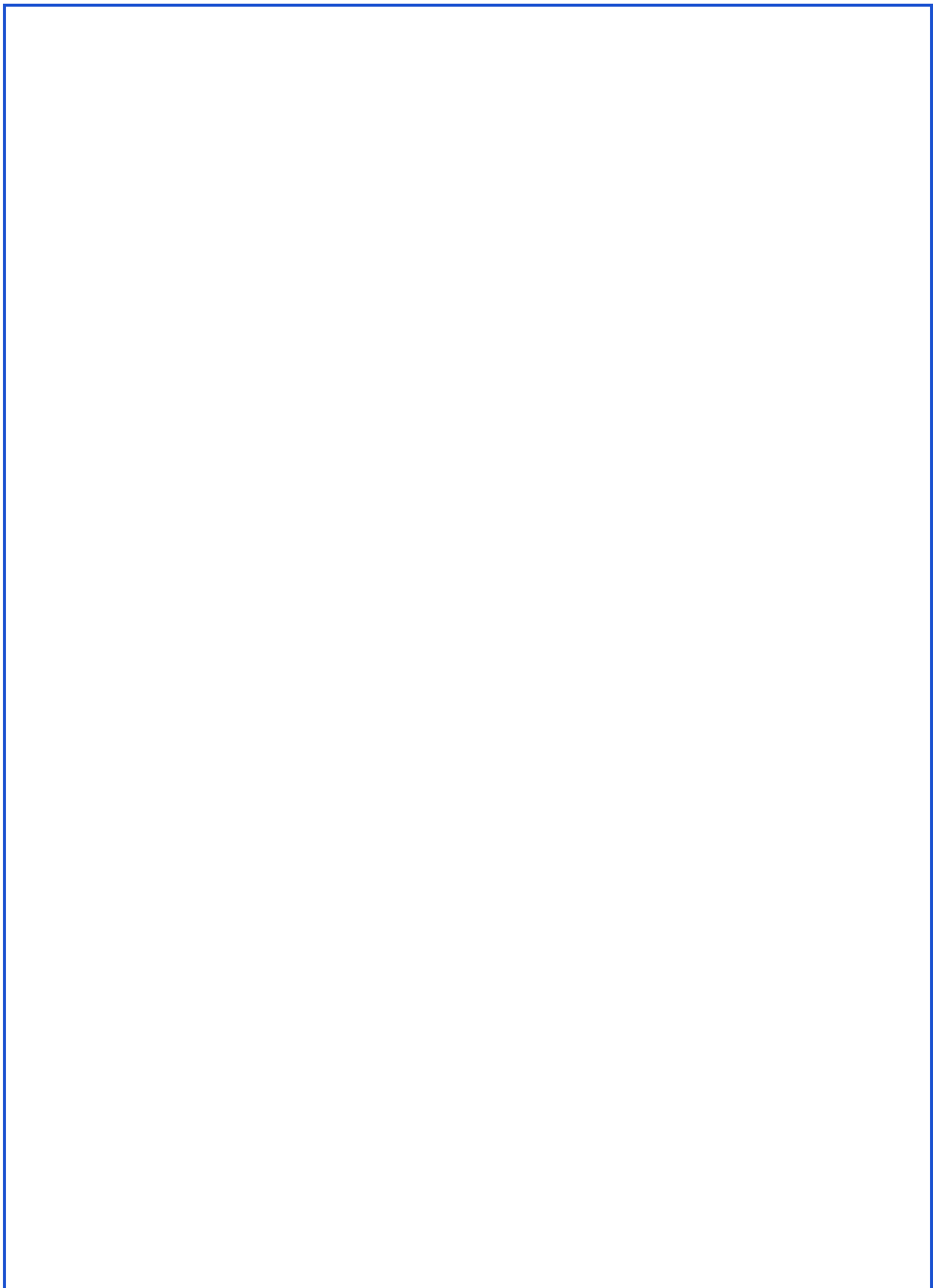
Tools of Creation

This Set of Tools is your guide to designing a life that brings you lasting joy, meaning, and purpose.

WHAT IF

REALITY CHECK

ULTIMATE FREEDOM





Chapter Two

Your 1st Set of Tools

In this Chapter you will learn...

Tools to help you take control over your body and mind. They are called Tools of the Body



Your 1st Set: Tools of the Body

Tool Set #1

Tools of the Body

This Set of Tools empowers you to take control of your body's responses to life's inevitable challenges.

BOSS OF MY BRAIN

BELLY BREATHING

FIVE SECOND LIGHTSWITCH

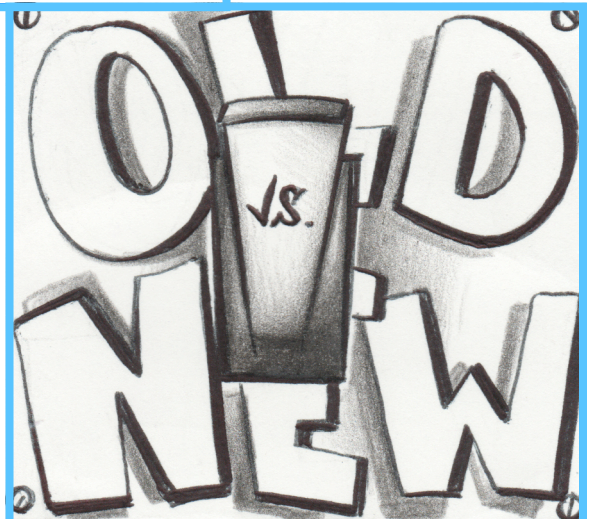


BOSS OF MY BRAIN

1st Set of Tools Tools of the Body



BELLY BREATHING



FIVE SECOND LIGHTSWITCH

BOSS OF MY BRAIN

BOSS OF MY BRAIN - Lesson Plan

Lesson objective

Students will learn the three parts of their brain to help them make positive decisions and understand that no matter the circumstances or situation they are always in charge of their brains.

Materials

Blank sheets of paper, copies of handout page and assessment page for each student.

Appropriate writing material, pencils, crayons, colored pencils, markers.

Evaluation

Ability to identify the three parts of the brain and locate them.

Completion of end of class assessment and participation in group discussion.

Keywords

I am the B.O.M.B. (BOSS OF MY BRAIN)!

I have a Smart Part, Emotional Part, and Old Habit Part. Which part is in charge?

Lesson Sequence

Lesson Starter- Creative Prompt "My Brain Today"

- *Students draw, paint, or write about their brains on a plain sheet of paper. What is in your brain? How does your brain feel today? What is important to you? What controls your brain and what influences your thoughts?*
- After completing this task, have students write B.O.M.B. at the top of their page. Explain that B.O.M.B. stands for BOSS OF MY BRAIN.
- Establish groups of 4-5 students and have each student show what they created. Group members may ask any questions or make positive comments or observations about peer's creation. (These will be the same groups when doing small group activities or discussions.)

Main Lesson- 30 min, reading, comprehension, notes and activities

Reading about the BOSS OF MY BRAIN Tool. Volunteers to read

Wrap Up- 10 min, Group discussion and Assessment

Separate students into groups of four. Hand out copies of the assessment page. Students discuss assessment questions, and discussion questions as well as their experience this class.

Distribute Handouts for them to take home, complete, and hold onto.

BOSS OF MY BRAIN

Keywords

Your Brain Has 3 Parts.

Which Part Is In Charge?

What is BOSS OF MY BRAIN (B.O.M.B.)?

B.O.M.B. is a fun way to remember the Tool BOSS OF MY BRAIN. In times of unsurity or peer pressure, remind yourself, "I am the B.O.M.B." Only you are the BOSS OF your BRAIN. This Tool helps you PowerUp! your brain. To use this Tool, all you need to know is that your brain has a Smart Part, an Emotional Part and an Old Habit Part, and you get to decide which part is in charge. In any situation, ask yourself, "Which one is the boss right now?"

BOSS OF MY BRAIN

Tool Keywords

The Three Parts - There are three parts of your brain you can control:

The SMART PART,

The EMOTIONAL PART, and

The OLD HABIT PART.

To use BOSS OF MY BRAIN, ask, "Which part is in charge right now?"

Tool Statement of Ownership

I am BOSS OF MY BRAIN and I claim control over each thought I create.

Because I am BOSS OF MY BRAIN, I can change my thoughts at any time. No one has control over my thoughts because only I am BOSS OF MY BRAIN.

Tool Basics

To use this Tool simply consider three parts of the brain you have control over:

The Smart Part - Put your hand on your forehead, this area of your brain is responsible for making decisions, learning new information, helping you be strong and make positive decisions.

The Emotional Part - At the center of your brain is what we call the Emotional Part, where you create emotions. In using this Tool, you become aware of this part of your brain and decide if you want it in control.

The Old Habit Part - Above your neck, on the back of your head is the Old Habit Part of your brain. When you use BOSS OF MY BRAIN you can better assess if you want your old habits to be in control or not.

More About the Tool

BOSS OF MY BRAIN is an important Tool to use in every aspect of life. The first step of mastering this Tool is acknowledging that you and only you are in charge of your brain. Once you know this fact to be true, anything is possible. No one can make you act out on anger, only you have the power to give your Emotional Part control. No one can discourage you, you are in charge. No matter where you are or what is going on around you, you have the power to think whatever you want. You decide which part you want to be in charge, the Smart Part, the Emotional Part, or the Old Habit Part.

BOSS OF MY BRAIN

Reminder

Using your BOSS OF MY BRAIN Tool means you are in full control of your brain no matter what. You can rely on the Old Habit Part of your brain if you choose and stay stuck in the old ways of thinking. You can react to things happening all around you with the Emotional Part of your brain, by impulsively acting without giving much thought to the circumstances. Or, you can use the Smart Part of your brain and be the boss that gets the most positive results out of any situation.

A good boss identifies when old habits and negative emotions pop up and decides that those thoughts need to be approached in a more positive way.

Ernesto's Experience

"I remember back when I did not use the GOGI Life Tools, I blamed others for the way I thought, felt, and reacted. I would always let my Old Habit Part be in control of how I responded to things and people. I let things outside myself have control and that left me impulsive and negative.

When I began to realize this, I was able to start telling myself that I am BOSS OF MY BRAIN, and remind myself that they do not own my brain. I do! The more I use this Tool, the more self-control I have."

Discuss or Ponder

What can you do today, in this moment, to be a good boss and apply the Tool BOSS OF MY BRAIN in your day?

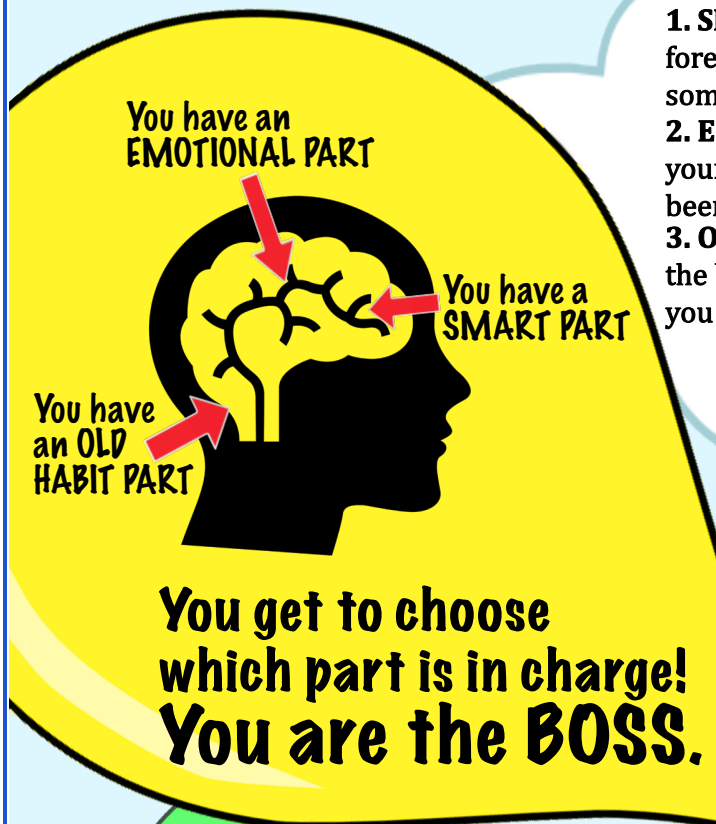
GOGI Life Tool

BOSS OF MY BRAIN

Here Is Something
Fun to Do!

1. **SMART PART**- Put your hand on your forehead. Now, name a time you did something really smart.
2. **EMOTIONAL PART**- Put your hands on your ears. Name a time when you have been really mad or sad.
3. **OLD HABIT PART**- Put your hand on the back of your head. Name an old habit you don't like.

That's **BOSS OF MY BRAIN!**



I am the...

B. O. M. B.
O F _ R
_ S _ _



Fun Activities to PowerUp!

Get to Know Your Brain Activity- This can be a solo, partner, or group activity.

- 1) **FOREHEAD-** Touch your forehead. Right behind your forehead is the Smart Part of your brain. Give a recent example of when you made a smart decision.
- 2) **EARS-** Now, touch above your ear, in the middle of your brain is the Emotional Part. Give an example of when you made a emotional decision.
- 3) **BACK-** Now, put your hand on the back of your head. This is where your Old Habit Part of your brain is. Give an example of Old Habit thinking.
- 4) **5 SMART-** After everyone has completed this activity, have each member touch their forehead and list 5 Smart Part thoughts they will focus on over the next week and say, "Only I am the BOSS OF MY BRAIN."

Your Past Brain Activity- This can be a solo, partner, or group activity.

- 1) Name an action that you made in the past and then name the part of the brain that was used when taking that action or making that decision.
- 2) Was the action positive or negative?
- 3) If you can identify what part of the brain you are using when you make decisions, you are using BOSS OF MY BRAIN.
- 4) What kind of boss do you want to be?

Draw Your Brain Activity

On a blank piece of paper, draw the GOGI Life Tool BOSS OF MY BRAIN and label the three parts of your brain.

Act it out- Class activity

Put Your Tool to the Test

- 1) The GOGI Life Tool, BOSS OF MY BRAIN, states there are three parts of your brain you have control over. The _____ Part, the _____ Part, and the _____ Part.
- 2) To use the Tool BOSS OF MY BRAIN, ask yourself, "Which part of my _____ is in charge right now?"
- 3) The Smart Part of the brain is at the _____ of your head.
- 4) The Emotional Part is at the _____ of your head.
- 5) The Old Habit Part is at the _____ of your head.
- 6) No matter how many bad decisions you have made in the past, you can always make positive decisions today and use BOSS OF MY BRAIN.
Is this statement true _____ or false_____?

BELLY BREATHING

BELLY BREATHING - Lesson Plan

Lesson Time Required

50 minutes.

Learning Objectives

In this lesson students will learn how to recognize when they are breathing with their belly versus breathing with their chest and how BELLY BREATHING helps them make positive decisions.

Materials Needed

One copy of this Manual

Copies of the BELLY BREATHING Handout for each student, page 21

Copies of the BELLY BREATHING Quiz for each student, page 22

Appropriate writing materials for each student

Instruction Outline

- Distribute BELLY BREATHING Handout (page 21).
- Review BELLY BREATHING and complete activity on page 18.
- Read pages 19-20. Ask for volunteers to read aloud to class.
- Formation of Circle Groups (4-8 students).
- Instruct students to complete an activity on page 21 with their Circle Group.
- Hand out the BELLY BREATHING Quiz on page 22.

Evaluation- At the close of this lesson students should know the following.

Understanding that BELLY BREATHING gets more oxygen to their brain which helps them make positive decisions.

Knowing to place one hand on their chest and the other hand on their belly to recognize which type of breathing they are using.

Knowing that using BELLY BREATHING helps to break old habits and move powerfully into their positive future.

BELLY BREATHING

Keywords

One Hand On My Chest

One Hand On My Belly

Which One Is Moving?

What is BELLY BREATHING?

Place one hand on your belly and the other on your chest. Breathe normally. Now, pay attention to which is moving the most. Is your chest moving in and out, or is your belly moving? You will have more power to make positive decisions when your belly moves in and out.

The Get to Know Your Tool Activity

Get up and run around or jump in place for 15 seconds. Stop and place one hand on your belly and one hand on your chest. Which one is moving in and out more?

BELLY BREATHING

Tool Keywords

One hand on my belly.

One hand on my chest.

Which one is moving?

My brain works best when my belly moves as I breathe.

Tool Statement of Ownership

BELLY BREATHING gives me the power to direct my actions and reactions. With BELLY BREATHING I experience the power that comes with calm, controlled responses to life's events.

Tool Basics

One Hand on Your Belly - Something as simple as placing your hand on your belly can remind you to breathe deeply.

One Hand on Your Chest - Oftentimes, when we are upset or angry, our breathing gets shallow and restricted. Putting one hand on your chest helps you identify if you are chest breathing. This will remind you to use your BELLY BREATHING Tool.

Which One Is Moving? - When you slow down and realize how you are breathing, you are in charge of creating the best outcome for you.

BELLY BREATHING

Reminder

Your brain needs a good amount of oxygen in order to function properly. When you breathe, oxygen flows through your body into your bloodstream, and then into your brain. Oxygen allows your brain to function at it's full capacity. Having a clear mind is essential to making positive decisions and staying focused. When you relax a little bit and use your Tool BELLY BREATHING, you have more control over your body and your brain.

In the midst of your busy days, do you ever take a moment to focus on your breath? When you breathe with your chest due to stress, you are cheating your brain out of air that should be flowing throughout your body.

Ernesto's Experience

"Sometimes I have a difficult time focusing in my college courses because I am trying to take notes, listen to the professor, and other students near me whisper in class. I want to tell them to 'shut up'; however, I know that it is not going to make the situation any better. So, I use my Tool BELLY BREATHING. I ask myself, 'Am I using my belly instead of my chest to breathe?' In doing this, I automatically forget about the people whispering in class and am able to focus on my school work."

Discuss or Ponder

How can you use BELLY BREATHING when you are angry or sad?



Breathe in / Breathe out

Imagine your belly is like a balloon. Now, as you breathe, fill up that balloon. Imagine the air going all the way to your toes, fingers and your head. Your whole body is like a balloon.

GOGI Life Tool BELLY BREATHING

Put one hand on your belly.
Put one hand on your chest.
Which hand is moving?



You will be smarter if your belly moves when you breathe.

Hand on my Belly Hand on my Chest Which one is moving?

Fill in the blank: B _ _ _ L _ _ BREATHING



Here Is Something Fun To Do!

Lay down and put one hand on your chest and one hand on your belly. Relax, and before long, your belly will start moving.

That's **BELLY BREATHING**.

Put Your Tool to the Test

- 1) The GOGI Life Tool BELLY BREATHING has you feel your breathing by putting one hand on your _____ and one hand on your _____.
- 2) To use your GOGI Life Tool BELLY BREATHING, you ask yourself, "Which _____ is moving?"
- 3) If the hand on your belly is moving, you are _____ breathing.
- 4) Your brain gets more oxygen when you breathe with your _____.
- 5) Breathing has nothing to do with your decision making, your ability to make positive choices, or your ability to control your reactions.
Is this statement true _____ or false _____ ?
- 6) How can BELLY BREATHING help you make more positive decisions?

Fun Activities to PowerUp!

Everyone Breathe With Their Belly Activity- This activity can be done as a group, in pairs, or on your own.

- 1) Everyone place one hand on their chest. Observe the breathing of everyone. Are some individual's chests moving up and down with each breath?
- 2) Now, everyone place one hand on their stomach. Do you see some people breathing with their stomach moving in and out?
- 3) Name who is BELLY BREATHING and who is chest breathing.
- 4) The goal is for everyone to breathe with their belly moving.

In My Life Activity- This can be a solo, partner, or group activity.

List three examples of when BELLY BREATHING has or will be useful.

Drawing Activity- This can be a solo, partner, or group activity.

- 1) Draw someone who breathes with their belly.
- 2) Draw someone who breathes with their chest.
- 3) Look at your drawing and pick which person you would prefer to be.

FIVE SECOND LIGHTSWITCH

FIVE SECOND LIGHTSWITCH

Lesson Plan

Lesson Time Required

50 minutes.

Learning Objectives

In this lesson, students will learn how to use their FIVE SECOND LIGHTSWITCH in order to help replace impulsive thoughts and decisions with a pre-determined, positive action within five seconds.

Materials Needed

One copy of this Manual

Copies of the FIVE SECOND LIGHTSWITCH Handout for each student

Copies of the FIVE SECOND LIGHTSWITCH Quiz for each student

Appropriate writing materials for each student

Instruction Outline

- Distribute FIVE SECOND LIGHTSWITCH Handout (page 29).
- Review FIVE SECOND LIGHTSWITCH and complete activity on page 26.
- Read pages 27-28. Ask for volunteers to read aloud to class.
- Formation of Circle Groups (4-8 students).
- Instruct students to complete an activity on page 31 with their Circle Group.
- Hand out the FIVE SECOND LIGHTSWITCH Quiz on page 30.

Evaluation- At the close of this lesson students should know the following.

- Be able to more easily recognize when they are thinking negatively or have an urge to make an impulsive decision.
- Have a specific replacement action to refer to and implement every time they have a negative thought.
- Know the Keywords for this Tool: Old Thought? New Action. I have an OLD THOUGHT and I have a NEW ACTION. By the count of five, I get to my NEW ACTION.

FIVE SECOND LIGHTSWITCH

Keywords

Old Thought? New Action!

Within 5 Seconds, I “Flip my
Switch” and Get to my New Action

What is FIVE SECOND LIGHTSWITCH?

What is the Tool FIVE SECOND LIGHTSWITCH?

Do you want to control your thoughts? You can do this with your FIVE SECOND LIGHTSWITCH Tool. It is simple. Acknowledge your negative thought, count to five, and choose a positive action.

The Get to Know Your Tool Activity

Hold out your right hand and touch each finger. With each finger, state one good reason to make positive decisions.

FIVE SECOND LIGHTSWITCH

Tool Keywords

I may have an Old Thought, but I now have a New Action.

Within 5 seconds, I Flip My FIVE SECOND LIGHTSWITCH.

Tool Statement of Ownership

I can “Flip The Switch” and instantly change any negative thought into a positive action with my FIVE SECOND LIGHTSWITCH. There is no negative thought more powerful than my positive action when I use FIVE SECOND LIGHTSWITCH.

Tool Basics

- Your Five -** Pick out five reasons you want to remain on a positive track. When an Old Thought tries to take over, look at your fingers and name the five good reasons to get to your New Action.
- Old Thought -** Identify something that upsets you. By identifying your Old Thoughts about this thing, you will be prepared to Flip The Switch when you get upset.
- New Action -** Identify a productive new action. For example: BELLY BREATHING can be a New Action. Stepping away from an angry situation can be a New Action. Drinking a glass of water can be a New Action.
- Flip Your Switch -** When an Old Thought creeps into your mind, within five seconds, get to your New Action.

FIVE SECOND LIGHTSWITCH

Reminder

FIVE SECOND LIGHTSWITCH is a great Tool to use when you seem to be unable to stop thinking about something negative or get out of old or negative patterns of thinking. This Tool is like wielding a sword and shield against negative energy.

Have you ever stopped trying to do something bad and told yourself, “I am not going to do this anymore?” Saying this will amount to nothing if you are not willing to back those words up with actions. Change that negative thought to a positive action with your GOGI Life Tool FIVE SECOND LIGHTSWITCH.

Ernesto’s Experience

“Growing up, I used to argue and pick fights. I behaved like this for so long that it became my go to method of dealing with things that were uncomfortable or challenging. In school, when the other kids would make fun of me for not being able to read as quickly, I would start an argument or fight. Today, as an adult, I am able to use FIVE SECOND LIGHTSWITCH and think about doing something positive before I allow myself to respond how I used to. I replace negative thoughts with positive actions, like opening my PowerUp! Book or writing a letter of appreciation.”

Discuss or Ponder

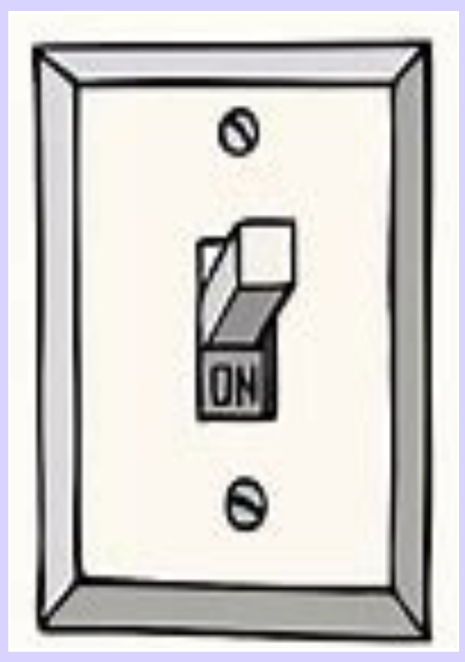
What are some positive New Actions you could easily do?

GOGI Life Tool

FIVE SECOND LIGHTSWITCH



Flip My Switch



Within 5 seconds, I Flip my Switch and get to my Positive Action. I focus on something productive and proactive. This is similar to turning off a light and flipping on a different light. You are now able to see things you did not even know were there. A new path is illuminated and ready to be traveled.

My Five

1. _____
2. _____
3. _____
4. _____
5. _____

Count My Five



Put Your Tool to the Test

- 1) The GOGI Life Tool FIVE SECOND LIGHTSWITCH has you replace an Old _____ with a New _____.
- 2) To use the Tool FIVE SECOND LIGHTSWITCH, you first have to realize your Old _____.
- 3) By the count of _____, you get to your New Action.
- 4) When you notice an Old Thought, you can replace it with a _____ Action. This is how you use the GOGI Life Tool FIVE _____ LIGHTSWITCH.
- 5) The key to FIVE SECOND LIGHTSWITCH is to already have your _____ Action ready. If you have your New _____ ready, you are likely to have great success with this Tool.
- 6) To get to your New Action, you need to _____ your switch.

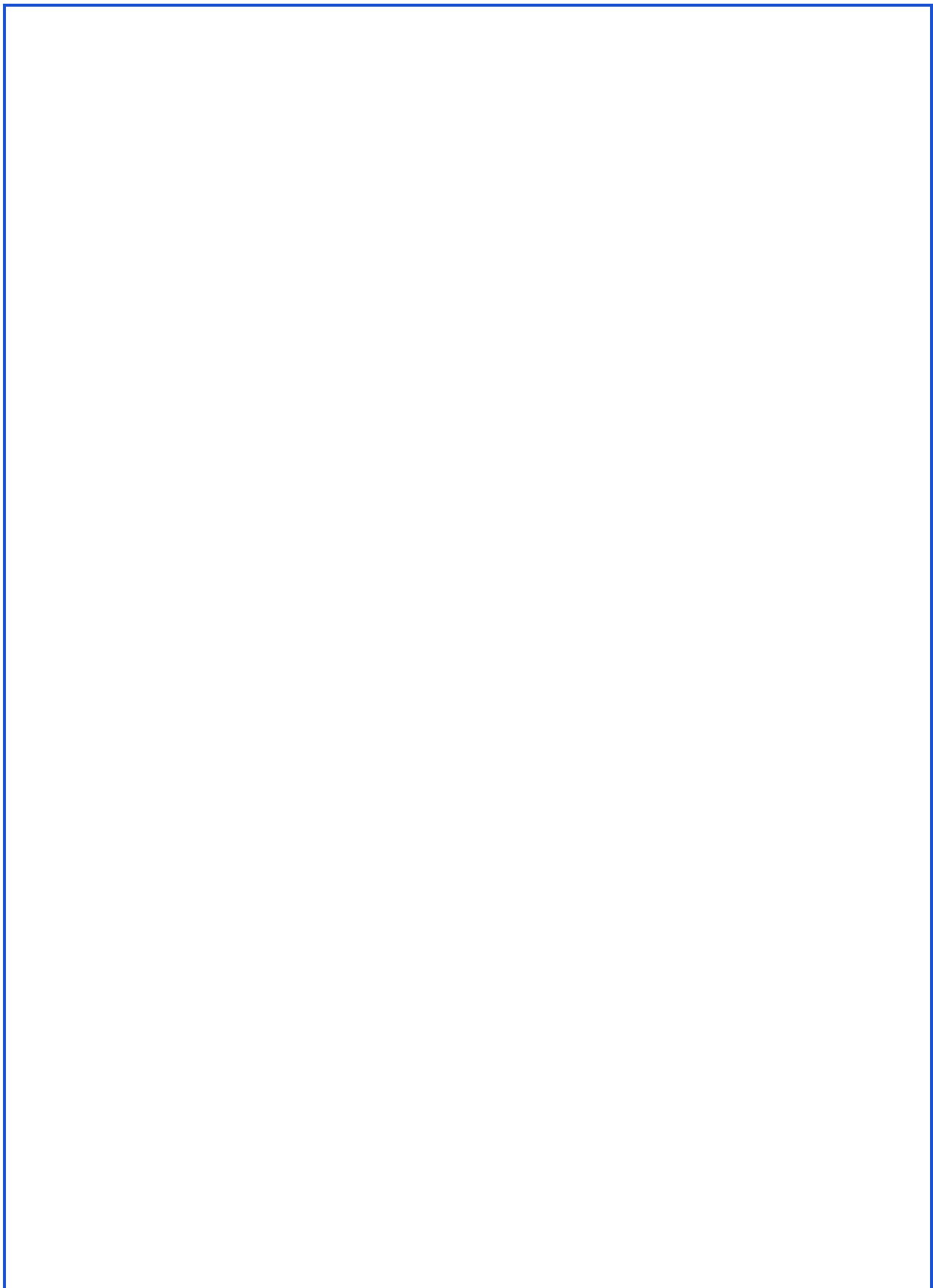
Fun Activities to PowerUp!

Squash Negative Thoughts Activity– This can be a solo, partner, or group activity.

- 1) Hold out your hand. Imagine a poor choice or an Old Thought sitting in your hand.
- 2) Think of 5 reasons what you want to choose a New Action. Name each reason out loud or to yourself.
- 3) Now make a fist and imagine squashing the Old Thought with your 5 reasons to make a more positive choice.
- 4) What Positive Action can you do right now?
- 5) Write or think more about your Positive Action.

Tracing Activity – This can be a solo, partner, or group activity.

- 1) Trace your hand on a sheet of paper. On each finger write down one thing that makes you want to choose positive decisions.





Chapter Three

Your 2nd Set of Tools

In this Chapter you will learn...

Tools that will help you take control of your thoughts, words, and actions. These Tools are called the Tools of Choice.



Your 2nd Set: Tools of Choice

Tool Set #2

Tools of Choice

This Set of Tools puts you in charge of every thing you think, say, and do. It filters them to guide you to a positive life.

POSITIVE THOUGHTS

POSITIVE WORDS

POSITIVE ACTIONS

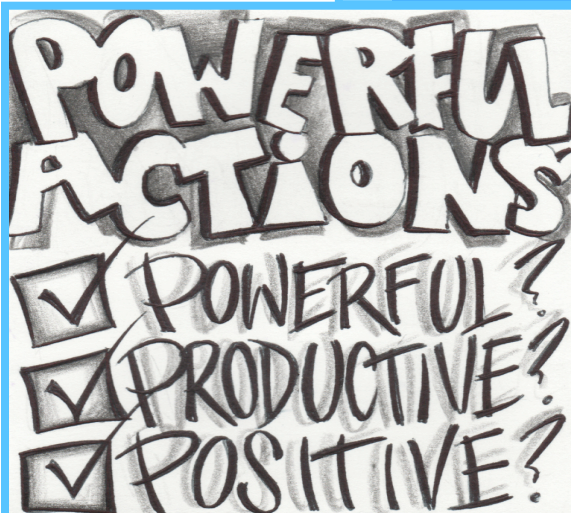
2nd Set of Tools Tools of Choice



POSITIVE THOUGHTS



POSITIVE WORDS



POSITIVE ACTIONS

POSITIVE THOUGHTS

POSITIVE THOUGHTS - Lesson Plan

Lesson Time Required

50 minutes.

Learning Objectives

In this lesson, students will learn to steer their thoughts in positive directions. They will learn the Three P's to filter their thoughts through to see if the things they are thinking are leading them to a positive life.

Materials Needed

One copy of this Manual

Copies of the POSITIVE THOUGHTS Handout for each student

Copies of the POSITIVE THOUGHTS Quiz for each student

Appropriate writing materials for each student

Instruction Outline

- Distribute POSITIVE THOUGHTS Handout (page 41).
- Review POSITIVE THOUGHTS and complete the activity on page 38.
- Read pages 39-40. Ask for volunteers to read aloud to class.
- Formation of Circle Groups (4-8 students).
- Instruct students to complete an activity on page 42 with their Circle Group.
- Hand out the POSITIVE THOUGHTS Quiz on page 41.

Evaluation- At the close of this lesson students should know the following.

- Know the 3 P's: Is it Powerful? Is it Productive? Is it Positive? With every thought I ask the 3 P's
- Be able to think of thoughts that pass the Three P's.
- Know that their thoughts influence everything they do and accomplish and the more positive their thoughts are, the more positive their lives will be.

POSITIVE THOUGHTS

Keywords

Are Your Thoughts Powerful?

Productive?

And, Positive?

What is POSITIVE THOUGHTS?

What is the Tool POSITIVE THOUGHTS?

The Tool POSITIVE THOUGHTS is to make sure you are thinking good things. Since you are the BOSS OF YOUR BRAIN, you can make sure the things you think are positive. This Tool helps you create peaceful thoughts. No matter where you are or what is going on around you, you can think any thought you wish. You can ask yourself if the thought is powerful, productive and positive. If the thought is not any of these things, you let it go.

The Get to Know Your Tool Activity

Share a thought you have in your head, good or bad, with your group. Group members share whether they think this thought is powerful, productive and positive and why. Or, draw what you think positive thoughts would look like.

POSITIVE THOUGHTS

Tool Keywords

The Three P's - With every thought I ask the Three P's.
Is it Powerful? Is it Productive? Is it Positive?

Tool Statement of Ownership

Because I create POSITIVE THOUGHTS, I am able to create outcomes and alternatives I might have otherwise missed. POSITIVE THOUGHTS helps me choose my life experience from this day forward. My thoughts declare the direction of my life from this moment forward.

Tool Basics

Filter each thought through The Three P's.

- Is it Powerful?** - When you know how you want to feel in your life, it is easy to determine if your thought is powerfully generating this feeling.
- Is it Productive?** - With an idea of what you want in your life, you can filter all thoughts through the system of productivity. Is the thought you have created one that is productive to your efforts?
- Is it Positive?** - Regardless of how negative your situation may seem, you can always retrain your thinking process to find hidden positive aspects. When you weigh each and every thought on a scale of negative or positive, it will be easy to retrain your brain and focus on creating even more POSITIVE THOUGHTS.

POSITIVE THOUGHTS

Reminder

When you are going about your day to day business, take a moment to ask yourself, "Are my thoughts in line with how I want the rest of my day to be like?" Then, ask yourself, "Are these the kind of thoughts that are going to help me stay productive and bring out the best in me?" If you answer both of these questions with a yes, you will see that you are going to have a day that is not only positive and productive, but also powerful. You have the ability to decide what your brain is thinking about. The world is a better place when you use POSITIVE THOUGHTS.

Ernesto's Experience

"In my past, I was a negative person, and it showed in my actions and words. When I first learned that a person can actually change the way they think, my mind was blown. I was bitter to the point that the only people who wanted to be around me were like-minded individuals who were just as miserable as me.

I opened the PowerUp! Book, read about how you alone are in charge of your thoughts, and right away, I realized that I had been allowing myself to be a negative person. I sat and wrote down all the positive things that I could think of. Once I saw all the things on the list, I realized that if I could list so many things in that moment, why not think of those things throughout the entire day."

Discuss or Ponder

What are the most powerful thoughts you can think of right now in this very moment?

GOGI Life Tool

POSITIVE THOUGHTS



Stay Positive

Is it Powerful?



Is it Productive?



Is it Positive?



Here Is Something Fun To Do!

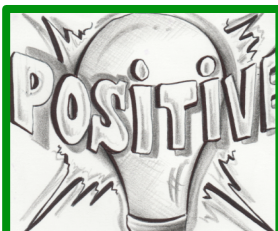
In your head, create 3 thoughts.

1. Which thought is Powerful?
2. Which thought is Productive?
3. Which thought is Positive?

If a thought does not pass the Three P's, meaning it is not Powerful, Productive, nor Positive, create a new thought that is.

That is POSITIVE THOUGHTS!

I filter all of my thoughts with The Three P's!



Art by Coach Keith

Put Your Tool to the Test

- 1) The GOGI Life Tool POSITIVE THOUGHTS has you ask yourself if your thoughts are _____,
_____, and
_____.
- 2) Here is how you can master the GOGI Life Tool POSITIVE THOUGHTS. First you must notice your _____.
- 3) Consider if your thoughts are positive or negative. Is your thought helping you be more _____?
- 4) Replace all of your _____ thoughts with _____ thoughts because only you are the BOSS OF MY _____.
- 5) Only you can create your _____.

Fun Activities to PowerUp!

Thoughts Today Activity- This can be a solo, partner, or group activity.

- 1) Think about your day today. Then, consider the Three P's.
- 2) Was your day Powerful? Productive? And, Positive?
- 3) Were your thoughts Powerful? Productive? And Positive?
- 4) Consider this: can have a positive day when your thoughts are negative? Is it possible? Share your thoughts with the group or write them down.

5 Minutes of Positivity Activity- This can be a partner or group activity.

Spend 5 minutes sharing only Powerful, Productive, and Positive thoughts with your group or partner. You can only share thoughts that are POSITIVE THOUGHTS and follow the Three P's. Name positive things you can think throughout the day in any type of situation.

Turning Negative into Positive Activity- This can be a partner or group activity.

One person name a situation that might be considered negative. Every group member states one positive thing about that situation.

POSITIVE WORDS

POSITIVE WORDS - Lesson Plan

Lesson Time Required

50 minutes.

Learning Objectives

In this lesson, students will learn how to use POSITIVE WORDS as an extension of the Tool POSITIVE THOUGHTS. They will also learn how to use POSITIVE WORDS to influence their environment positively and help withstand peer pressure, bad attitudes, and other negativity in their life.

Materials Needed

One copy of this Manual

Copies of the POSITIVE WORDS Handout for each student

Copies of the POSITIVE WORDS Quiz for each student

Appropriate writing materials for each student

Instruction Outline

- Distribute POSITIVE WORDS Handout (page 49).
- Review POSITIVE WORDS and complete the activity on page 46.
- Read pages 47-48. Ask for volunteers to read aloud to class.
- Formation of Circle Groups (4-8 students).
- Instruct students to complete an activity on page 51 with their Circle Group.
- Hand out the POSITIVE WORDS Quiz on page 50.

Evaluation- At the close of this lesson students should know the following:

- Know the 3 P's: Is it Powerful? Is it Productive? Is it Positive? With every word I ask the 3 P's.
- Be able to more easily recognize when they are letting negativity impact the words they say.
- Understand that they choose the words they say, and understand that they can positively or negatively impact those around them with their words.

POSITIVE WORDS

Keywords

Are Your Words Powerful?

Productive?

And, Positive?

What is POSITIVE WORDS?

What is the Tool POSITIVE WORDS?

You have a Tool to make sure the words you say help you PowerUp! and are not mean, hurtful, or negative. To use the Tool POSITIVE WORDS, simply ask yourself if the words you are about to say are Powerful, Productive, and Positive. If they are not, it is best to choose different words that pass the Three P's or not say anything at all. Doing this helps you stay positive and surround yourself with positive people.

The Get to Know Your Tool Activity

Say 10 POSITIVE WORDS in 1 day.

Pay attention to people's reactions.

POSITIVE WORDS

Tool Keywords

The Three P's - With every word I ask the Three P's.
Is it Powerful? Is it Productive? Is it Positive?

Tool Statement of Ownership

My words declare the direction of my life from this moment forward. Because I choose POSITIVE WORDS, I am able to create outcomes and alternatives I might have otherwise missed. POSITIVE WORDS help me collaborate with others who are positive from this day forward.

Tool Basics

With this Tool, you can consider your words as either moving you powerfully in the direction of your intended life experience, or keeping you further away from your intended life experience.

Is it Powerful? - Before you say a word, ask yourself - or someone else - "Is this word powerfully moving the situation in a positive direction?"

Is it Productive? - Ask yourself if the word you have chosen is productive? Does that word provide a productively positive option?

Is it Positive? - Your focus on positive options will greatly determine your ability to build momentum in a positive direction.

POSITIVE WORDS

Reminder

When it comes to your words, they are either positive or negative. If you are thinking with POSITIVE THOUGHTS, chances are, you are using POSITIVE WORDS to tell everyone around you what is going on in that magnificent brain of yours!

Ask yourself, throughout the day, if you have been using words that are Powerful? Productive? And, Positive? If you are following the Three P's, then you are on the right track and promoting change in a positive way. POSITIVE WORDS can be as easy as telling someone around you that you hope they are having a great day! Or, reminding yourself out loud, "I am such a positive person and I am glad I am using the GOGI Life Tools in my life."

Ernesto's Experience

"Because I used to think negatively, my words were negative. I would walk around with negative thoughts about people because I refused to see goodness in others. I started practicing POSITIVE WORDS out loud to myself in front of my mirror every morning before leaving my house. Before long, people started commenting on how much I had changed and that they actually wanted to be around me. I suppose words really do tell the world who you are and who you are trying to be."

Ponder or Discuss

What are some words you use daily that you would like to change and replace with POSITIVE WORDS? How can you start changing your vocabulary to be more positive?

GOGI Life Tool

POSITIVE WORDS



Write a POSITIVE WORD
about yourself below.
I am _____.

Here Is Something Fun To Do!

Say a positive word.

Now say someone's name.

Now share why you think
of that person when you
say that word.

That's one way to use your
Tool POSITIVE WORDS!

Before you speak,
ask yourself, "Are the
words I am about
to say **Powerful**,
Productive, or
Positive?"

You are
positive.

We are strong!

That is
amazing!

I like your
smile.

You are
important!

Great
work!

Be
Kind.

P _ S _ _ IVE

W _ _ DS

Put Your Tool to the Test

- 1) The GOGI Life Tool POSITIVE WORDS uses three Keywords. Is it _____? Is it _____? Is it _____?
- 2) To use POSITIVE WORDS, you _____ before you speak.
- 3) Before you speak, ask yourself, "Are the words I am about to say _____ or negative?"
- 4) If you do not have anything Powerful, Productive, or Positive to say, you should _____.
- 5) Your words impact others and it is best to impact people for the better.
Is this statement true _____ or false _____ ?
- 6) How can POSITIVE WORDS help you make more positive decisions?

Fun Activities to PowerUp!

Favorite Five Activity– This can be a solo, partner, or group activity.

- 1) Each group member or partner chooses their five favorite POSITIVE WORDS.
- 2) Each group member uses their chosen words to describe something about today.
- 3) Everyone uses the words to describe tomorrow and the past.
- 4) Discuss how these words might help you be positive every day.

“You Are” Activity – This can be a partner or group activity.

- 1) One group member stands in the middle of the circle.
- 2) One at a time, each group member says something positive about the person in the center.
- 3) Someone writes down all the words that were said about each person and gives this paper to them after the activity.
- 4) Discuss what you think and how you feel saying and hearing POSITIVE WORDS.

Switching Negative with Positive – This can be a solo, partner, or group activity.

- 1) Think back to a time when you used negative words.
- 2) Share what POSITIVE WORDS you would say to replace these negative words.

POSITIVE ACTIONS

POSITIVE ACTIONS - Lesson Plan

Lesson Time Required

50 minutes.

Learning Objectives

In this lesson, students will learn how to use POSITIVE ACTIONS as an extension of the Tools POSITIVE THOUGHTS and POSITIVE WORDS. They will also learn how to use POSITIVE ACTIONS to influence their environment a good way and drive out people, places, and things that do not positively support their life.

Materials Needed

One copy of this Manual

Copies of the POSITIVE ACTIONS Handout for each student

Copies of the POSITIVE ACTIONS Quiz for each student

Appropriate writing materials for each student

Instruction Outline

- Distribute POSITIVE ACTIONS Handout (page 57).
- Review POSITIVE ACTIONS and complete the activity on page 54.
- Read pages 55-56. Ask for volunteers to read aloud to class.
- Formation of Circle Groups (4-8 students).
- Instruct students to complete an activity on page 59 with their Circle Group.
- Hand out the POSITIVE ACTIONS Quiz on page 58.

Evaluation- At the close of this lesson students should know the following:

- Know the 3 P's: Is it Powerful? Is it Productive? Is it Positive?
- Know that POSITIVE ACTIONS is their proof to the world that they are moving in a powerful and positive direction in life.
- Understand that they choose their actions and that each and every action is either negative or positive and impacts others.

POSITIVE ACTIONS

Keywords

Are Your Actions Powerful?

Productive?

And, Positive?

What is POSITIVE ACTIONS?

What is the Tool POSITIVE ACTIONS?

You have a Tool to PowerUp! your thoughts and your words. But, actions speak louder than words or thoughts. Doing things that are Powerful, Productive, and Positive speak to your POSITIVE THOUGHTS AND POSITIVE WORDS. Before you do anything, ask yourself if it is Powerful, Productive, or Positive. When you use POSITIVE ACTIONS, you are being of service to others.

The Get to Know Your Tool Activity

Do a POSITIVE ACTION today. Or, share three POSITIVE ACTIONS you could do this week with your group.

POSITIVE ACTIONS

Tool Keywords

The Three P's - With every action I ask the Three P's.

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

Tool Statement of Ownership

POSITIVE ACTIONS permit me to transform my life experience through my choices. Every situation and circumstance is improved when I use POSITIVE ACTIONS as my guide. I move beyond my past and confidently into the future of my own making with POSITIVE ACTIONS.

Tool Basics

POSITIVE ACTIONS is more powerful when used with the little things, as they set the pattern for the bigger actions in the future. Bigger changes come more easily when POSITIVE ACTIONS has been practiced with the little things.

Is it Powerful? - Before choosing to take any action or reaction, use your Three P's. Is the action powerfully moving you in the direction of your desires? Or, would this action set you further from your goals?

Is it Productive? - As you consider your action, consider if it is productive. Does your goal become clearer or closer with this action?

Is it Positive? - Regardless of how negative your situation may seem, is the action you are about to take one that you can consider positive?

POSITIVE WORDS

Reminder

The truth of the matter is, we can all say that we are thinking and talking about doing something positive, but our actions prove to the world that we are on the right track in our lives.

As busy as you may be, ask yourself if you have been doing things that meet the criteria for the Three P's: have they been Powerful? Productive? Positive?

Ernesto's Experience

"The old me used to walk around with a bad attitude and thoughts that put others down. Those thoughts translated into my actions. I could be focusing on something like a negative thought about someone, and before long when I would interact with them, I was disrespectful and confrontational with them. Now, I am able to catch these negative thoughts while they are still thoughts because I am BOSS OF MY BRAIN. Before I allow negative thoughts dictate my words or actions, I choose to do something positive that will better serve myself and those around me."

Ponder or Discuss

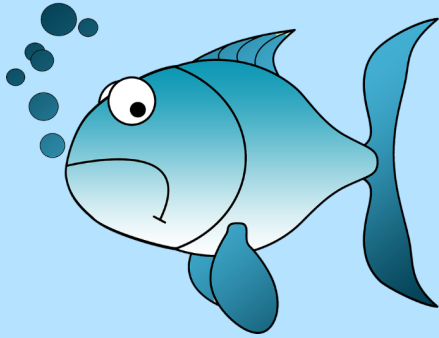
How can you use POSITIVE ACTIONS to help others become more positive in their own lives?

GOGI Life Tool

POSITIVE ACTIONS



Use your Three P's
for everything
you do!

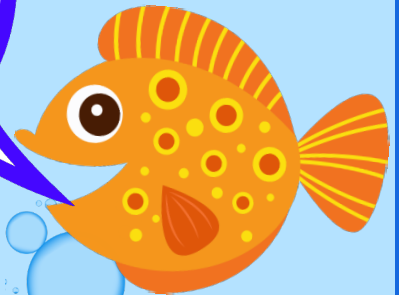
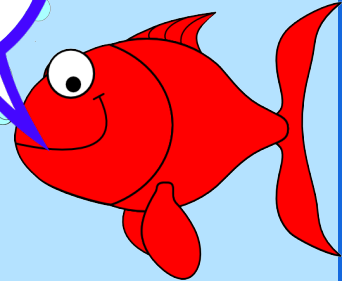


We can be his
friend and swim
with him!

Let's help
the sad fish!



That is
Powerful,
Productive,
and **Positive!**



Here Is Something Fun To Do!

Share one thing you did this week
that was a **POSITIVE ACTION**.

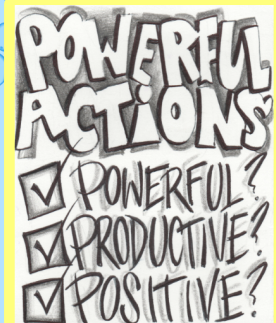
Why did you do it?

How did it make you feel?

Would you do it **again** if you could?

Name a **POSITIVE ACTION** you can
do this week.

That is POSITIVE ACTIONS!



Art by Coach Keith

Put Your Tool to the Test

1) The GOGI Life Tool POSITIVE ACTIONS has you filter what you do through the Three P's by asking,

"Is is _____?"

"Is it _____?"

"Is it _____?"

2) In order to have POSITIVE ACTIONS, you first need
POSITIVE _____ AND POSITIVE
_____.

3) A good BOSS OF MY BRAIN uses the Tool
_____ to avoid
making negative choices.

4) In order to create big POSITIVE ACTIONS, it helps to first do
_____ POSITIVE ACTIONS.

5) Your actions show the world around you who you are and who
you want to be.

Is this statement true _____ or false _____?

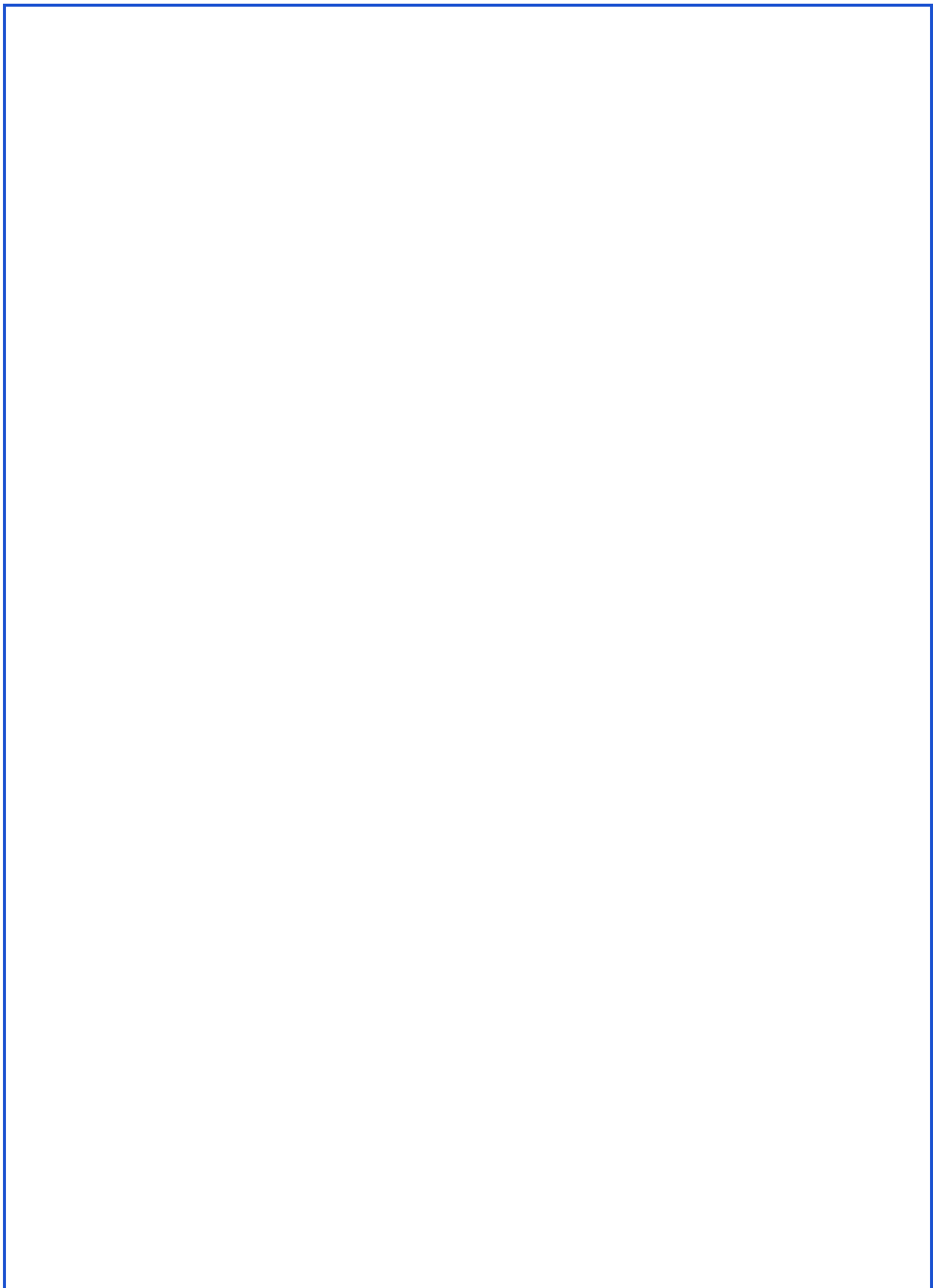
Fun Activities to PowerUp!

Pick Three Activity- This can be a solo, partner, or group activity.

- 1) Pick out three POSITIVE ACTIONS you can use anytime you have the urge to do something negative.
- 2) Keep your POSITIVE ACTIONS simple.
- 3) List or share your three POSITIVE ACTIONS.
- 4) Dedicate yourself to doing one of the three POSITIVE ACTIONS you chose the next time you have a negative thought.

Helping or Hurting Activity- This can be a solo, partner, or group activity.

- 1) Name a negative situation in which you would normally do something negative.
- 2) Replace that negative with a POSITIVE ACTION. What is something else you could do? Ask yourself if the decision is helpful or hurtful.





Chapter Four

Your 3rd Set of Tools

In this Chapter you will learn...

How to move beyond harmful thoughts and feelings and into a more positively, powerful future. The Tools to help you do this are called the Tools of Moving Forward.



Your 3rd Set:

Tools of Moving Forward

Tool Set #3

Tools of Moving Forward

This Set of Tools helps you move beyond your past and turn challenges of today into opportunities for your future.

CLAIM RESPONSIBILITY

LET GO

FOR-GIVE

3rd Set of Tools Tools of Moving Forward



CLAIM RESPONSIBILITY

CLAIM RESPONSIBILITY

Lesson Plan

Lesson Time Required

50 minutes.

Learning Objectives

In this lesson, students will learn how to use the Tool CLAIM RESPONSIBILITY to understand how to take accountability for how they choose to act and react today.

Materials Needed

One copy of this Manual

Copies of the CLAIM RESPONSIBILITY Handout for each student

Copies of the CLAIM RESPONSIBILITY Quiz for each student

Appropriate writing materials for each student

Instruction Outline

- Distribute CLAIM RESPONSIBILITY Handout (page 69).
- Review CLAIM RESPONSIBILITY and complete the activity on page 66.
- Read pages 67-68. Ask for volunteers to read aloud to class.
- Formation of Circle Groups (4-8 students).
- Instruct students to complete an activity on page 71 with their Circle Group.
- Hand out the CLAIM RESPONSIBILITY Quiz on page 70.

Evaluation- At the close of this lesson, students should know the following:

- Know the Keywords of this Tool: Am I proud of this choice? I am responsible for all my actions and reactions today.
- Understand they can use CLAIM RESPONSIBILITY to take charge of their actions/reactions, opinions, words, and responses to every single thing from this day forward.
- Know that remaining tethered to their actions/reactions in the past prevents them from moving forward.

CLAIM RESPONSIBILITY

Keywords

Am I Proud of This Choice?

What is CLAIM RESPONSIBILITY?

What is the Tool CLAIM RESPONSIBILITY?

Have you ever used the words, "She/He made me do it," as an excuse for something bad you did? Blaming others is not powering up you, or people around you. When you use this Tool, you take responsibility for the things you do today. You make sure the things you do today are things that make you and your friends and family happy. Only you decide your actions today.

The Get to Know Your Tool Activity

Share something you have done that you were proud of with your group. Discuss ways to do things you will be proud of.

CLAIM RESPONSIBILITY

Tool Keywords

Am I Proud of this Choice? - My actions and reactions today are not tethered to the past, unless I do the tethering.

Tool Statement of Ownership

Today, I use my Tool CLAIM RESPONSIBILITY to inform my actions and reactions to life's challenges. When I use CLAIM RESPONSIBILITY, I am able to move beyond my past choices and design my responses with greater wisdom and clarity. I ask myself, "Am I proud of this choice?"

Tool Basics

When you focus on your decisions today, you may find more powerful decisions are possible when you are not heavily burdened with mistakes of the past. There is a time and place for you to claim responsibility for the past, and there is a time and place for you to learn how to make better decisions for the future.

CLAIM RESPONSIBILITY for Today - Using this Tool today permits you to ask the question, "Am I proud of this choice I am about to make?" This Tool is about not dragging past choices into the current situation.

CLAIM RESPONSIBILITY for the Past - Using the CLAIM RESPONSIBILITY Tool to reconcile decisions of the past permits you to consider options that might have been available to you.

CLAIM RESPONSIBILITY

Reminder

Today is not about yesterday or tomorrow. Today is about today! You can CLAIM RESPONSIBILITY for your life, and everything that is going on in it, by not looking backwards at the things that are preventing you from moving forward.

Today, you may have shown up late for work, ran behind on getting all your errands done, or simply woke up on the wrong side of the bed. The best remedy for that is to just stop and think. You can choose to have a bad attitude about things, or you can CLAIM RESPONSIBILITY. Whatever it is that is bothering you, remember how much control you have over it if you are willing to look ahead to the future that you can create for yourself by using CLAIM RESPONSIBILITY.

Ernesto's Experience

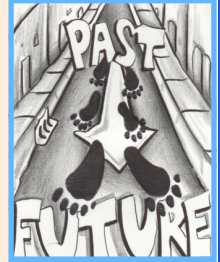
"When I first learned the Tool CLAIM RESPONSIBILITY, I had a difficult time using it because I was unwilling to let go of my past and the things I had done. Once I started to understand that this Tool is all about what I can do today and changing things for the better now, I had control over how I responded to things instead of beating myself up over things of the past."

Ponder or Discuss

If you react to things around you without thinking about the outcome, are you using CLAIM RESPONSIBILITY?

GOGI Life Tool

CLAIM RESPONSIBILITY



Art by Coach Keith

Here Is Something Fun To Do!

You are in charge of your actions and reactions today!

1. Name two positive things you did today.
2. Name two negative things you did today.
3. Which actions were you proud of?
4. How can you make sure you are proud of all of the things you choose to do today?

That is **CLAIM RESPONSIBILITY!**

Am I Proud of this Choice?

I Am Responsible for

All of My Actions

and Reactions

TODAY!

I Can Use my Tool CLAIM RESPONSIBILITY!

Check all of the things you can control today.

- | | |
|--|---|
| <input type="checkbox"/> I was born. | <input type="checkbox"/> How I react. |
| <input type="checkbox"/> I was given a name. | <input type="checkbox"/> The things that are around me. |
| <input type="checkbox"/> I get angry. | <input type="checkbox"/> How others act. |
| <input type="checkbox"/> I get sad. | <input type="checkbox"/> Being nice to someone. |
| <input type="checkbox"/> I am a kid. | <input type="checkbox"/> Who my friends are. |
| <input type="checkbox"/> I am told what to do. | <input type="checkbox"/> How I act. |
| <input type="checkbox"/> I smile. | <input type="checkbox"/> Being mean to others. |
| <input type="checkbox"/> I am happy. | <input type="checkbox"/> My thoughts. |
| <input type="checkbox"/> I am calm. | <input type="checkbox"/> PowerUp! and use my Tools. |

Put Your Tool to the Test

- 1) The GOGI Life Tool CLAIM RESPONSIBILITY is less about claiming responsibility for the past and more about what you do _____.
- 2) To use the Tool _____, you take responsibility for the choices you make today and make sure they are choices you are proud of.
- 3) You are responsible for all of your _____ and reactions today.
- 4) I ask myself, "Am I _____ of this choice?"
- 5) You cannot change the past, but you can make the best choices _____ and in this moment.
- 6) When you make a mistake, how can CLAIM RESPONSIBILITY help you make more positive decisions?

Fun Activities to PowerUp!

You Claim Today Activity- This can be a solo, partner, or group activity.

Complete the sentences below and share what you wrote or thought of.

1. Today I CLAIM RESPONSIBILITY for my reaction to...

2. Today I CLAIM RESPONSIBILITY for my action to...

3. Today I CLAIM RESPONSIBILITY for...

What You CLAIM RESPONSIBILITY For Activity- This can be a partner or group activity.

- 1) Discuss how claiming responsibility for the past and the GOGI Life Tool CLAIM RESPONSIBILITY are different.
- 2) Each person writes down one thing they would like to use the Tool CLAIM RESPONSIBILITY for.
- 3) Mix the pieces of paper together, and one at a time have someone read a random piece of paper aloud.
- 4) The group discusses how someone would CLAIM RESPONSIBILITY for what was written on the paper.

LET GO

LET GO - Lesson Plan

Lesson Time Required

50 minutes.

Learning Objectives

In this lesson, students will learn how to use the Tool LET GO to avoid letting daily irritants impact their decision-making. They will learn ways to remove unnecessary negativity from their thoughts and not act on negative emotions.

Materials Needed

One copy of this Manual
Copies of the LET GO Handout for each student
Copies of the LET GO Quiz for each student
Appropriate writing materials for each student

Instruction Outline

- Distribute LET GO Handout (page 77).
- Review LET GO and complete the activity on page 74.
- Read pages 75-76. Ask for volunteers to read aloud to class.
- Formation of Circle Groups (4-8 students).
- Instruct students to complete an activity on page 79 with their Circle Group.
- Hand out the LET GO Quiz on page 78.

Evaluation- At the close of this lesson, students should know the following:

- Know the Keywords for this Tool: HAND/SQUASH/TOSS. When bothered I put the feelings in my HAND, SQUASH it, and TOSS it away from me.
- Know that by using the Tool LET GO, they can do a quick HAND/SQUASH/TOSS of any emotion that stands in their way of happiness or positive decision-making.
- Understand they can use LET GO as a Tool to move past daily irritants to make more space in their mind to focus on the positive.

LET GO

Keywords

HAND/SQUASH/TOSS

What is LET GO?

What is the Tool LET GO?

Whether it be loud noises, bugs, having to do chores, or someone being annoying, everyone has things that bother them. Holding onto things that bother you will not help you. With this Tool, you do not have to be annoyed, scared, or frustrated by anything. You put that thing that does not help you in your hand, squash it up, and throw it away from you. You get rid of it and keep having a great day.

The Get to Know Your Tool Activity

Draw or write down something that bothers, annoys, or scares you. Then, crumple up the paper and throw it in the trash. Say, "I LET GO of things that do not serve me so I can make the best choices today."



Tool Keywords

Hand / Squash / Toss - When bothered, I put the thoughts and feelings in my hand, squash it, and toss it away from me.

Tool Statement of Ownership

Using LET GO, I focus on the present and move beyond my past. LET GO allows me to instantly disconnect from anything standing in the way of my ability to create my optimal life.

Tool Basics

You may find you are able to make the best decisions when you are not suffering from harmful events, or people from your past. When you are able to consider each new day as holding unlimited potential for good, regardless of the past, you have naturally moved beyond the pain and suffering you may have inflicted or endured.

In The Hand - When feelings and thoughts are in your heart or head, your decisions may be impacted by them. By holding out your hand and considering these things in the palm of your hand, you may experience a relief, or a sense of lightness.

Squash It - When you tightly close your hand around the thoughts or feelings, you are symbolically squashing those things that have troubled you.

Toss It - When you toss the crumpled past away, you are symbolically creating the space to move forward with your life, unhampered by the past.



Reminder

We have more control over the little things that upset us than we may realize.

Imagine this- Someone said something that really hurt your feelings. Imagine that you are squashing up and discarding the feeling you associate with that harm. Take the negative emotions and Hand/Squash/Toss them as far away from you as possible.

If you have something small bothering you today, use the Tool LET GO before it becomes a heavier load. Maybe you have allowed some emotions to pile up and need to LET GO of them now. Take a moment to write down whatever it is that is bothering you, and give it the Hand/Squash/Toss.

Ernesto's Experience

"Before I had the Tool LET GO, I had a lot of anger and resentment bottled up inside of me. I used my resentments as an excuse to do foolish things. I reached a point where I knew that I needed to LET GO so that I could move forward and start seeing things in a positive way. When I started doing negative things, I realized that I could completely change my attitude simply by not focusing on little things that do not matter. In my head, I can envision doing the Hand/Squash/Toss and clear my head."

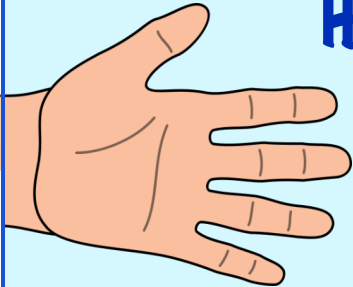
Ponder or Discuss

When do you think is the best time to use your GOGI Life Tool LET GO?

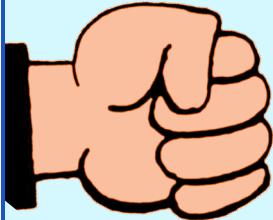
GOGI Life Tool

LET GO

HAND - SQUASH- TOSS



**PUT THE FEELING
IN YOUR HAND**



SQUASH IT



TOSS IT AWAY

**I LET GO of all things
that do not help
me be the best me!**



Here Is Something Fun To Do!

What upsets you?
Maybe your siblings? Your
chores? Your parents?

Draw or write down
something that makes
you feel upset, angry, or
out of control.

With your group or on
your own, crumple up
your paper and throw it
away.

That is LET GO!

Sometimes, things happen that hurt us and make us feel bad.
When these things happen, we can HAND/SQUASH/TOSS and
use our Tool LET GO. We don't need to remain hurt.

We can HAND/SQUASH/TOSS it away!

Put Your Tool to the Test

- 1) With the GOGI Life Tool LET GO, you use Hand /
_____/ Toss to get rid of negative emotions and feelings toward things around you.
- 2) To use the Tool LET GO, you put the bad thoughts and feelings in your _____.
- 3) Once your negative thoughts or feelings are in your hand, you _____ it.
- 4) Once you squash the negativity, you _____ it far away from you and LET GO.
- 5) With this Tool, you can _____ GO of anything and everything that holds you back from being your best self.

Fun Activities to PowerUp!

Paper Squash Activity– This can be a solo, partner, or group activity.

- 1) Think of something that bothers you. You can write it down or draw it on a piece of paper.
- 2) Put the paper in your hand.
- 3) Squash the paper, crumple up the bother and the negative emotions you had attached to that bother.
- 4) Throw it away.

Your LET GO List Activity – This can be a solo, partner, or group activity.

- 1) List feelings or thoughts you have throughout the day that you would like to LET GO of.
- 2) Throughout the next week, every day LET GO of something on this list whenever it comes up.
- 3) Take note of how it feels to LET GO of things, rather than bottling up your negative thoughts and feelings.

FOR-GIVE

FOR-GIVE - Lesson Plan

Lesson Time Required

50 minutes.

Learning Objectives

In this lesson, students will learn how to use the Tool FOR-GIVE to understand how to get a safe distance from people, places, and things that are causing them harm. Once safe from harm, they can give to themselves and others.

Materials Needed

One copy of this Manual
Copies of the FOR-GIVE Handout for each student
Copies of the FOR-GIVE Quiz for each student
Appropriate writing materials for each student

Instruction Outline

- Distribute FOR-GIVE Handout (page 85).
- Review FOR-GIVE and complete the activity on page 82.
- Read pages 83-84. Ask for volunteers to read aloud to class.
- Formation of Circle Groups (4-8 students).
- Instruct students to complete an activity on page 87 with their Circle Group.
- Hand out the FOR-GIVE Quiz on page 86.

Evaluation- At the close of this lesson, students should know the following:

- Know the Keywords for this Tool: FOR me to GIVE I need distance from harm. FOR me to GIVE, I unhook from the past, and find my internal freedom.
- Know the difference between “forgiving” as a concept, and using the GOGI Life Tool FOR-GIVE.
- Know to ask themselves “Am I still at risk of being hurt or hurting others?” to determine if they are SAFE FROM HARM.

FOR-GIVE

Keywords

For Me To Give,

I Need To Be Safe From Harm

What is FOR-GIVE?

What is the Tool FOR-GIVE?

The Tool FOR-GIVE is different than forgiving someone for something they did. In order to give or help anyone, you need to be safe. Your safety is key to being of service. If someone is constantly teasing you or making fun of you, it is hard and not smart to forgive them. You need to be safe from that harm to actually forgive and start giving back. FOR-GIVE is your safety Tool.

The Get to Know Your Tool Activity

Talk with your group about the difference between forgiving someone and your GOGI Life Tool FOR-GIVE.

FOR-GIVE

Tool Keywords

For Me To Give, I Need Distance From Harm - I keep distance from anything that would cause harm to anyone, including myself.

Tool Statement of Ownership

The Tool FOR-GIVE Tool reminds me to maintain distance from harm so I may contribute positively to the lives of others. For me to create a life of purpose and meaning, I create a safe distance from harm.

Tool Basics

You may want to help someone who is suffering, or you may believe that your suffering may help someone avoid their own. The key to realizing your life's purpose is in your ability to maintain a safe distance from any and all future harm. When you are committed to remaining safe from harm, you can help others find that safety.

FOR-GIVE Aids Forgiveness - The Tool FOR-GIVE is not the same as the act of forgiveness. Forgiveness is important, but before true forgiveness is possible, you will need safety from future harm. There is little point in forgiving someone for stealing your money if they consistently reach into your pockets for more. In this case, it is not wise to forgive them. Forgiveness requires safety from harm, or it simply leaves you vulnerable to more harm.

FOR-GIVE is About Safety - Once you are safe from harm, it is then that the process of true and lasting forgiveness can unfold. Until you are safe, it may not be wise to forgive.

FOR-GIVE

Reminder

For me to Give, I need distance from harm. For me to Give, I unhook from the past and find my internal freedom. The GOGI Life Tool FOR-GIVE has little to do with actually forgiving someone and is more about what you need to do for yourself so you can give back. FOR-GIVE is all about making sure that you are in a safe place in your life, mentally and physically, so you can start giving back to those around you.

If you know that you are struggling with hanging out with the wrong group of people, why would you put yourself in a position to continue hanging out with that group? Especially if you have been changing and trying to better your life direction.

Ernesto's Experience

"In the beginning of my PowerUp! studies, I thought that FOR-GIVE was all about forgiving someone when they wrong or harm you. But I learned that this Tool is a way to create a safe place for yourself by making sure you are not putting yourself in a position to be harmed again."

Ponder or Discuss

FOR-GIVE is all about making certain you are safe first. Why do you think that is important?

GOGI Life Tool FOR-GIVE



For Me To Give
I Need Safety From Harm

**Note* I Can Use My Stop Sign*

In order to help others, I need to be safe from harm. I put my safety first and put out my stop sign.



Here Is Something Fun To Do!

Think about or share things you do throughout the day. Label them green light or red light. Green light actions are good things you do, such as sharing, playing nice, or doing your chores. Red light actions are things that hurt others or yourself. Now think of a time you will put out your stop sign to stop yourself or someone else from causing harm.

It is easy for me to use my GOGI Life Tool FOR-GIVE!

Put Your Tool to the Test

- 1) The GOGI Life Tool FOR-GIVE is your _____ Tool.
- 2) I put _____ safety first so I can be of help to others.
- 3) With the GOGI Life Tool FOR-GIVE, you can put out your _____ sign when you feel that you are at risk of being harmed.
- 4) The Tool _____-_____ is not about forgiving others for what they did.
- 5) In order to _____, I need to be safe from harm.
- 6) It is not wise to forgive someone for something they did, if they are going to harm you again.
Is this statement true? _____ Or False? _____

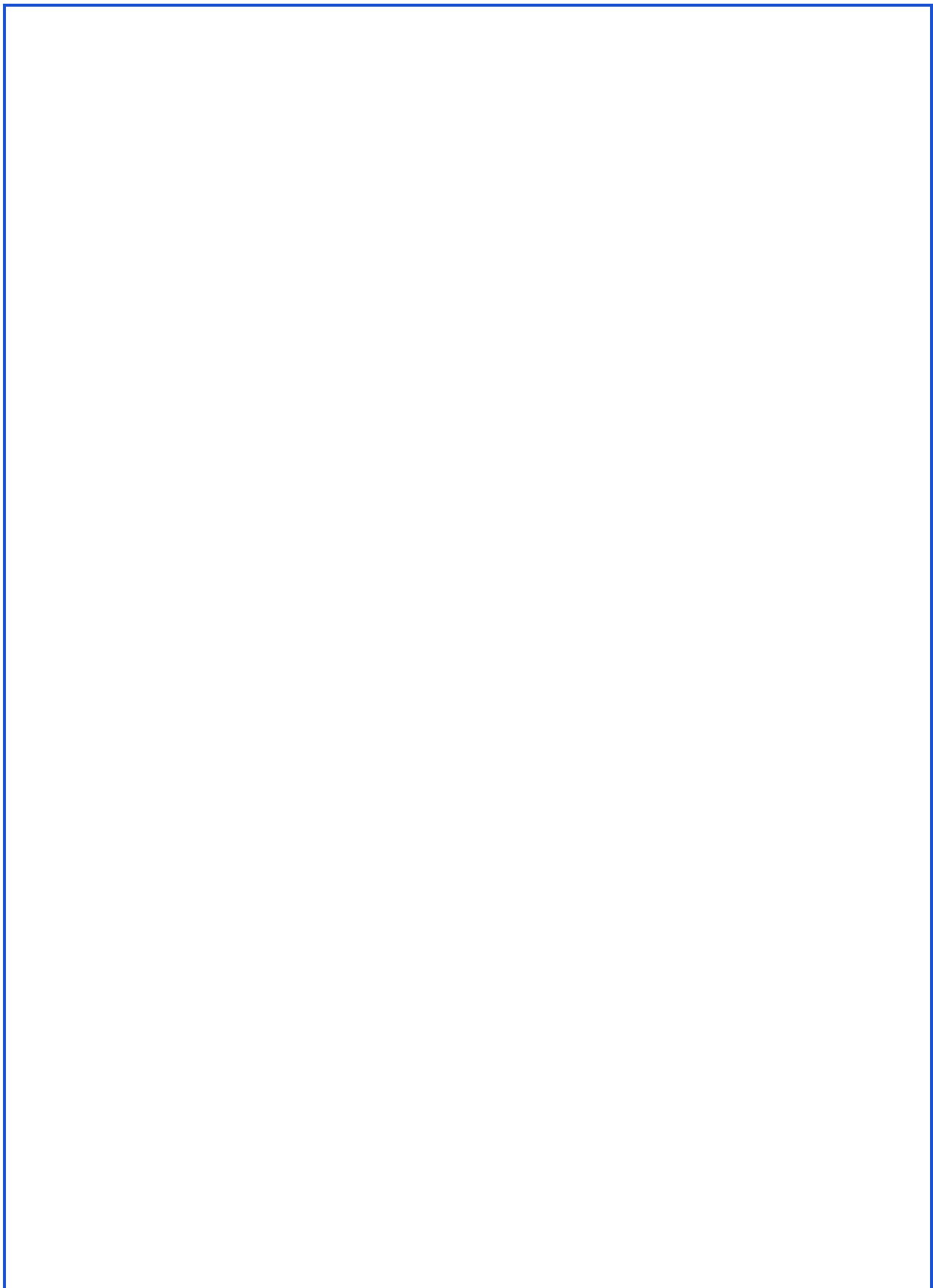
Fun Activities to PowerUp!

FOR me to GIVE Activity- This can be a solo, partner, or group activity.

- 1) Share something that is difficult for you to forgive.
- 2) Share whether or not you are in danger of this happening again.
- 3) Discuss what it would take to get safe enough from that harm FOR you to GIVE.

My STOP SIGN Activity- This can be a solo, partner, or group activity.

- 1) Share situations in which it would be wise to put out your stop sign and use your Tool FOR-GIVE.
- 2) Discuss ways to completely avoid this situation or make it less likely to occur.
- 3) What good things can you do when you are safe from harm?
Name something you will do for others while being safe from harm.





Chapter Five

Your 4th Set of Tools

In this Chapter you will learn...

To create the future you want by making positive choices, helping others, and learning from mistakes with the help of Tools. These are the Tools of Creation.



Your 4th Set: Tools of Creation

Tool Set #4

Tools of Creation

This Set of Tools is your guide to designing a life that brings you lasting joy, meaning, and purpose.

**WHAT IF
REALITY CHECK
ULTIMATE FREEDOM**

4th Set of Tools Tools of Creation



REALITY CHECK



WHAT IF



ULTIMATE FREEDOM

WHAT IF

WHAT IF - Lesson Plan

Lesson Time Required

50 minutes.

Learning Objectives

In this lesson, students will learn how to use the Tool WHAT IF to see the likely outcome of their actions today. They will see that they are able to create any kind of life they want with the choices they make today.

Materials Needed

One copy of this Manual
Copies of the WHAT IF Handout for each student
Copies of the WHAT IF Quiz for each student
Appropriate writing materials for each student

Instruction Outline

- Distribute WHAT IF Handout (page 97).
- Review WHAT IF and complete the activity on page 94.
- Read pages 95-96. Ask for volunteers to read aloud to class.
- Formation of Circle Groups (4-8 students).
- Instruct students to complete an activity on page 99 with their Circle Group.
- Hand out the WHAT IF Quiz on page 98.

Evaluation- At the close of this lesson, students should know the following.

- Know the Keywords for this Tool: What if I am not my past? No to the past = Yes to the future.
- Know how to apply WHAT IF questions to every scenario in their life, which will open up opportunities for positive decision-making.
- Understand that every decision they make has either positive or negative consequences and can impact the direction of their life.

WHAT IF

Keywords

What If I Am Not My Past?

No To The Past.

Yes To The Future!

What is WHAT IF?

What is the Tool WHAT IF?

Have you ever wanted to travel to the future? This Tool gives you a peak into the future. When you use this Tool, you can see where your choices will take you by asking WHAT IF questions. WHAT IF I miss school? WHAT IF I study really hard? WHAT IF I steal a toy from my sibling? Can you see the possible outcomes to all of these questions? If you can, you have the power to use this Tool to make the future whatever you want it to be with the choices you make today.

The Get to Know Your Tool Activity

Write down or take turns sharing 3 of your own WHAT IF questions. Name what you think will happen if you do these things. Think about if that is what you want to happen or not and share with the group.

WHAT IF

Tool Keywords

What If I Am Not My Past - No to the past, yes to the future.

Tool Statement of Ownership

WHAT IF permits me to see possibilities and options I might otherwise overlook. Today, I use WHAT IF because I am not defined by my past. Using WHAT IF, I am defined by each decision I make today.

Tool Basics

WHAT IF lifts the lid off of limitations and permits you to see a greater number of options available to you for creating your life. As a Tool, WHAT IF is used to help you move beyond the limits of your past.

For the Negative - When you use WHAT IF to consider a likely negative outcome, you have the power of conscious choice. You can decide if a negative outcome is your best or only option.

For the Positive - When you use WHAT IF to consider a possible positive outcome, you open the channels of hope, which may prove to be the beginning of lasting change. Allowing for every positive possibility, the WHAT IF Tool brings that possibility into your awareness.

For the Past - By asking yourself, "WHAT IF I am not my past?", you give yourself the option to advance beyond limits of the past.

WHAT IF

Reminder

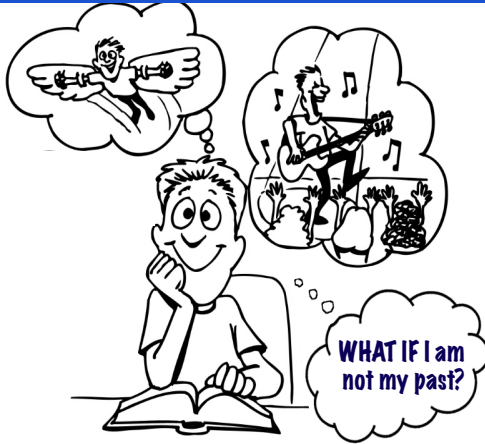
Human beings are creatures of habit. What we do one day becomes something we do the next day and the days that follow. So, when we have grown to identify ourselves with something, it can be difficult to let go of that idea and move into a better and brighter future. Just because you have not been as successful as you would have liked to have been in the past, does not mean that you can't build the future you desire. LET GO of the idea that who you are now is who you were born to be, or all you can be. Tell yourself, "Yes, I can do anything I set my heart and mind to!" WHAT IF you are destined for so much more? We all are!

Ernesto's Experience

"Every time I am considering doing something, even if it is something like putting off homework for one day, I ask myself, 'WHAT IF I do this and something else comes up that keeps me from sticking to my initial priorities?' I consider what could go wrong and hold myself accountable. Before I learned this Tool, I did not care and would let things happen; this led to a pattern of one poor decision after another. Now, I ask myself, 'WHAT IF I am not my past and I remain on the right track and get my homework done today instead of putting it off until tomorrow?' This will definitely result in a positive outcome."

Ponder or Discuss

Do you think that WHAT IF can help motivate you in a certain aspect of your life?



GOGI Life Tool

WHAT IF



Art by Coach Keith

Check 3 things you would like to do.

- ☐ What if I write a nice card?
- ☐ What if I clean my room?
- ☐ What if I help my mom or dad?
- ☐ What if I do my chores without being asked?
- ☐ What if I share with my siblings?
- ☐ What if I compliment a friend?
- ☐ What if I colored a pretty picture?
- ☐ What if I play nice with my sibling?
- ☐ What if I read a book?
- ☐ What if I study for school?

Here Is Something Fun To Do!

In your group, take turns and **share** positive WHAT IF questions. After a WHAT IF question is asked, one person names what they think will happen. Each member **asks** one question, and **answers** one.

That is WHAT IF!



Put Your Tool to the Test

1) When in doubt, ask yourself, “_____

_____ I do this?”

2) The GOGI Life Tool WHAT IF allows you to see the likely

_____ of your choices.

3) You can use the Tool WHAT IF for both

_____ and negative decisions.

4) The Tool WHAT IF lets you see the _____

and where your decisions will take you.

5) You can use WHAT IF for the _____ , the

present, and the future.

6) How can you use WHAT IF to make positive decisions?

Fun Activities to PowerUp!

Answering WHAT IF Questions Activity- This can be a solo, partner, or group activity.

- 1) One person at a time, state a positive WHAT IF question.
- 2) The group responds with possible outcomes.
- 3) Repeat until each group member states 2-3 WHAT IF questions with responses from the group.

Mix it Up Activity- This can be a solo, partner, or group activity.

- 1) Write down several WHAT IF questions on pieces of paper. Mix the pieces of paper together.
- 2) Each group member picks a piece of paper and reads it aloud.
- 3) Each member predicts an outcome of the question.

Timeline Activity- This can be a solo, partner, or group activity.

- 1) Pick a scenario and write it down on the top of a piece of paper.
- 2) Give a positive WHAT IF and a negative WHAT IF in response to the scenario.
- 3) Draw a timeline and outline the future of each WHAT IF with specific outcomes to each WHAT IF question.

REALITY CHECK

REALITY CHECK - Lesson Plan

Lesson Time Required

50 minutes.

Learning Objectives

In this lesson, students will learn how to use the Tool REALITY CHECK to acknowledge their mistakes, but instead of becoming discouraged and letting their mistakes dictate their future, quickly getting back on track by making their very next decision the most positive one possible.

Materials Needed

One copy of this Manual

Copies of the REALITY CHECK Handout for each student

Copies of the REALITY CHECK Quiz for each student

Appropriate writing materials for each student

Instruction Outline

- Distribute REALITY CHECK Handout (page 105).
- Review REALITY CHECK and complete the activity on page 102.
- Read pages 103-104. Ask for volunteers to read aloud to class.
- Formation of Circle Groups (4-8 students).
- Instruct students to complete an activity on page 107 with their Circle Group.
- Hand out the REALITY CHECK Quiz on page 106.

Evaluation- At the close of this lesson, students should know the following:

- Know the Keywords for this Tool: Ten and Two Rule: Ten Steps Forward and Two Steps Back is still Eight Steps Ahead.
- Understand that even though they will make mistakes, they can use those mistakes as opportunities to learn and grow.
- Know that mistakes do not define them, what defines them is how they get back on track once mistakes are made.

REALITY CHECK

Keywords

Ten Steps Forward

And, Two Steps Back

Is Still Eight Steps Ahead

What is REALITY CHECK?

What is the Tool REALITY CHECK?

You have a Tool that lets you mess up from time to time. Ten minus two is still eight. If you mess up or do something wrong, the first thing you should do is acknowledge that you did something wrong. Now, you have the power to make the next thing you do a good thing. Your mistakes do not mean that you cannot do good things. Get back on a positive track by making great choices.

The Get to Know Your Tool Activity

Stand in one place and remember where you are. Take ten steps forward. Now, take two steps back. Look back at where you started this activity and where you are now. The two steps you took backwards do not undo all your steps forward.

REALITY CHECK

Tool Keywords

The Ten and Two Rule – Ten steps forward and two steps back is still eight steps ahead.

Tool Statement of Ownership

REALITY CHECK helps me create minute-by-minute successes and better understand mistakes. REALITY CHECK means ten steps forward and two steps back is still eight steps ahead of where I once was. With REALITY CHECK, my progress is mine to celebrate and build upon.

Tool Basics

At some point in life, we usually want to change, but we fumble, fall, and make mistakes that oftentimes disable our progress and damage our self-esteem. This is where REALITY CHECK comes in handy.

REALITY CHECK for Change – REALITY CHECK helps you overcome the reality that old habits and limiting beliefs are often a challenge to change. In understanding the Ten and Two Rule, you are able to regain your footing for the journey ahead.

REALITY CHECK

Reminder

We always make mistakes, big or small and we may not come back from them as quickly as we would like. Everybody makes mistakes. Think about the week or month that you have had so far. How many things have you accomplished and are you proud of? There are probably more than you can even recall. There are likely a couple of things that you did that you are not proud of. You may have made a couple mistakes and taken a couple of steps backwards, but you have also made a lot of progress and are able to get right back on a positive track.

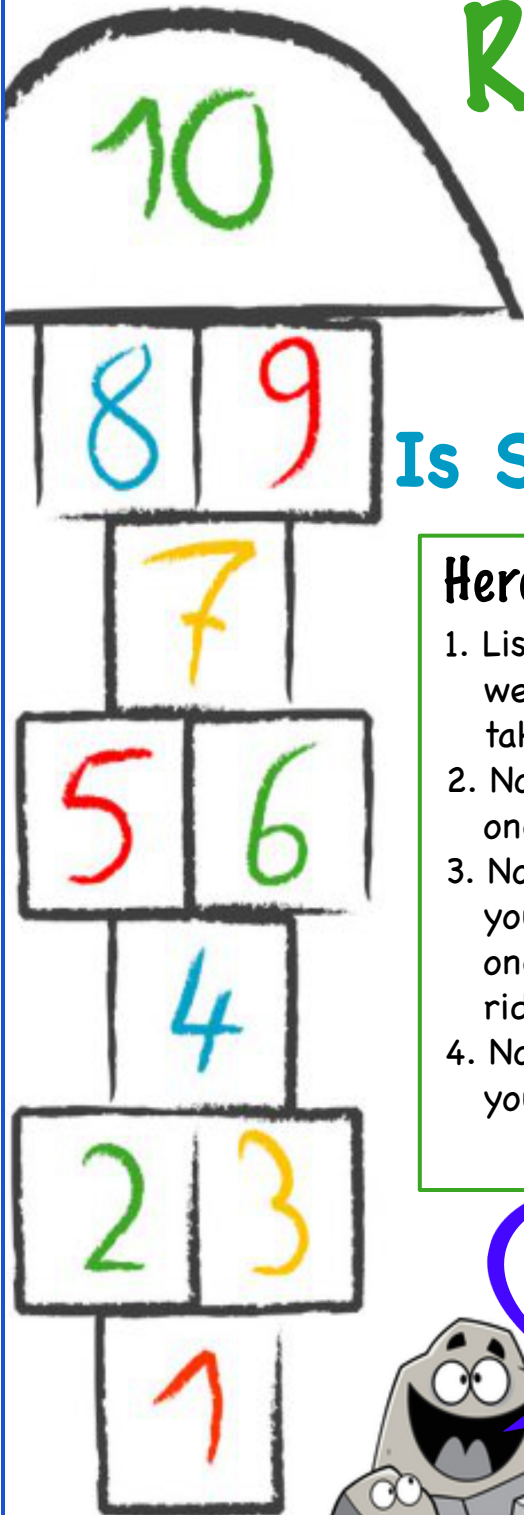
Ernesto's Experience

"I grew up in a rough neighborhood and started off my life making small mistakes. These mistakes progressively turned into a roller coaster of negative behavior. Eventually, I started to get hard on myself and believed that I could never do anything right. I developed the attitude of, "I messed up so why even try?" That attitude alone left me backsliding into countless mistakes and bad behaviors. If I can tell you anything, I would tell you that life is all about making mistakes, but learning from them is what is going to make you successful. Remember, you are not perfect, but you can always learn from your imperfections."

Ponder or Discuss

How can REALITY CHECK help you not get too down on yourself? Do you think getting back on track may be easier when using REALITY CHECK?

GOGI Life Tool REALITY CHECK



10 Steps Forward

And, 2 Steps Back

Is Still 8 Steps Ahead

Here Is Something Fun To Do!

1. List 5 good things you did this past week. For each positive thing you did, take one step forward.
2. Now, list 1 bad thing you did and take one step back.
3. Notice how far ahead you are as when you started this activity and see that one negative step back does not get rid of your positive steps forward.
4. Now name something super positive you can do, and do it right now!

That is REALITY CHECK!

Learn from
your mistakes!



Art by Coach Keith

Put Your Tool to the Test

- 1) The GOGI Life Tool REALITY CHECK uses a Ten and _____ rule.
- 2) This rule states that ten steps forward and two steps back is still _____ steps _____.
- 3) One mistake does not eliminate all of the _____ things you do.
- 4) As humans, we all make mistakes. What is really important is getting right back on _____ by making positive decisions.
- 5) The first step of REALITY CHECK is _____ that you messed up.
- 6) As a GOGI Life Tool, REALITY CHECK allows you to mess, but has the next thing you do be the most _____ action you can think of.

Fun Activities to PowerUp!

Ten and Two Activity- This can be a solo, partner, or group activity.

- 1) List or share 5 positive things you have done.
- 2) Now, share one negative thing you have done recently.
- 3) List 5 more positive things you have done and 1 negative thing you have done.
- 4) Acknowledge that 10 steps forward and 2 steps back is still 8 steps ahead.

Taking Steps Activity- This can be a solo, partner, or group activity.

- 1) List 10 things you did today or yesterday, good and bad.
- 2) Stand up and take note of where you are standing.
- 3) For every good thing you have written down, take one step forward. For every negative thing you did that you wrote down, take a step backward.
- 4) Take 1 step for each thing you wrote down. Then, look at where you started.
- 5) If you are behind where you started, you may decide you want to start making more positive decisions in your day-to-day life. If you are ahead of where you started, continue making positive decisions!
- 6) No matter where you ended up, acknowledge that your mistakes do not take away from the good things you do.

ULTIMATE FREEDOM

ULTIMATE FREEDOM - Lesson Plan

Lesson Time Required

50 minutes.

Learning Objectives

In this lesson, students will learn how the Tool ULTIMATE FREEDOM is about using the most positive aspects of themselves to make decisions that allow them to create a kinder, cleaner, and more loving world for everyone around them.

Materials Needed

One copy of this Manual

Copies of the ULTIMATE FREEDOM Handout for each student

Copies of the ULTIMATE FREEDOM Quiz for each student

Appropriate writing materials for each student

Instruction Outline

- Distribute ULTIMATE FREEDOM Handout (page 113).
- Review ULTIMATE FREEDOM and complete the activity on page 110.
- Read pages 111-112. Ask for volunteers to read aloud to class.
- Formation of Circle Groups (4-8 students).
- Instruct students to complete an activity on page 115 with their Circle Group.
- Hand out the ULTIMATE FREEDOM Quiz on page 114.

Evaluation- At the close of this lesson, students should know the following:

- Know the Keywords for this Tool: Being free is up to me, living a life of service sets me free.
- Understand that ULTIMATE FREEDOM is a state of being that enhances everyone around them.
- Know that by using this Tool they become creators of positivity and are able to make the world a better place for everyone around them.

ULTIMATE FREEDOM

Keywords

Being Free is Up To Me!

What is ULTIMATE FREEDOM?

What is the Tool ULTIMATE FREEDOM?

You have this Tool to set you free. To be truly free, you need to be kind to others and do kind things for others. No matter where you are or what is around you, you can be free by helping people.

The Get to Know Your Tool Activity

Think of someone who needs help or could benefit from a kind deed. Share with the group what you will do to help this person and use your Tool ULTIMATE FREEDOM.

ULTIMATE FREEDOM

Tool Keywords

Being Free Is Up To Me - Living a life of service unlocks my internal freedom.

Tool Statement of Ownership

When I choose to see each day as offering countless opportunities for me to be of value and contribute positively, this is when I am using my Tool ULTIMATE FREEDOM. With ULTIMATE FREEDOM, I enjoy the bigger picture in life, and can be, and align with, the greater good for all those around me.

Tool Basics

ULTIMATE FREEDOM is a Tool you can use to develop and/or maintain a sense of purpose for your life. With this Tool, you are empowered to create meaning and great value throughout the day because ULTIMATE FREEDOM places you in the mindset of service, helping to improve every situation, ease the mind of those who suffer or struggle, and helping advance a positive perspective. With the Tool ULTIMATE FREEDOM, you may find yourself happier, more aware, and find that a general sense of abundance begins to overcome a previous sense of lack.

Being Free Is Up to You - With ULTIMATE FREEDOM, you are empowered to design your days exactly as you see fit. You can begin your day knowing the world is a better place as a result of your service. When you use the Tool ULTIMATE FREEDOM, you can end your day with a glimpse of the internal freedom few individuals experience in their lifetime.

ULTIMATE FREEDOM

Reminder

Sometimes, we live selfishly and lose focus on what life is really all about. How can we make a change and start thinking about the needs of others without disregarding ourselves in the process? Take a moment to help another human being in need by extending a kind word, helping hand, or sharing a smile. Often, the concept of “being of service” is linked to donating money or giving of material possessions. This is not what ULTIMATE FREEDOM is all about. ULTIMATE FREEDOM is not the measurement of your deeds, but your willingness to live your life in service to those around you always.

Ernesto's Experience

“For a while, I was trapped in my own negative thoughts, and I was unwilling to see the world through a lens of service. When I found the GOGI Life Tools, I realized that life is not just about me and what I want. I started to do small acts of service for others, and before long, helping others became a big part of who I am. If you are ready to find a freedom that cannot be taken away from you, ULTIMATE FREEDOM is what you should be seeking, living your life in the service of others.”

Ponder or Discuss

What can you do today to use your Tool ULTIMATE FREEDOM?



You can lift someone up.



Art by Coach Keith



You can help a friend.

Living a life of service
sets me internally free.



You can share.

Here Is Something Fun To Do!

For each day of the week, list 1 nice
thing you can do for someone else.
You can even write down what you did
and how it made you feel.

That is ULTIMATE FREEDOM!



You can lend a hand.

Put Your Tool to the Test

- 1) ULTIMATE FREEDOM states that "Being _____ is up to _____."
- 2) Being of _____ sets me internally free.
- 3) ULTIMATE FREEDOM is doing something nice without anyone _____ you do it.
- 4) Even on bad days, you can share a _____ with someone. That is a service to those around you.
- 5) The world is a _____ place when I am in service to others.
- 6) The Tool ULTIMATE FREEDOM is not about massive donations or giving of material possessions. It is more about living every _____ in service to those around you.

Fun Activities to PowerUp!

Question and Answer Activity- This can be a solo, partner, or group activity.

Answer the following questions from a place of ULTIMATE FREEDOM. Share your answers with the group or a partner. Write down your answers if you are doing this activity alone.

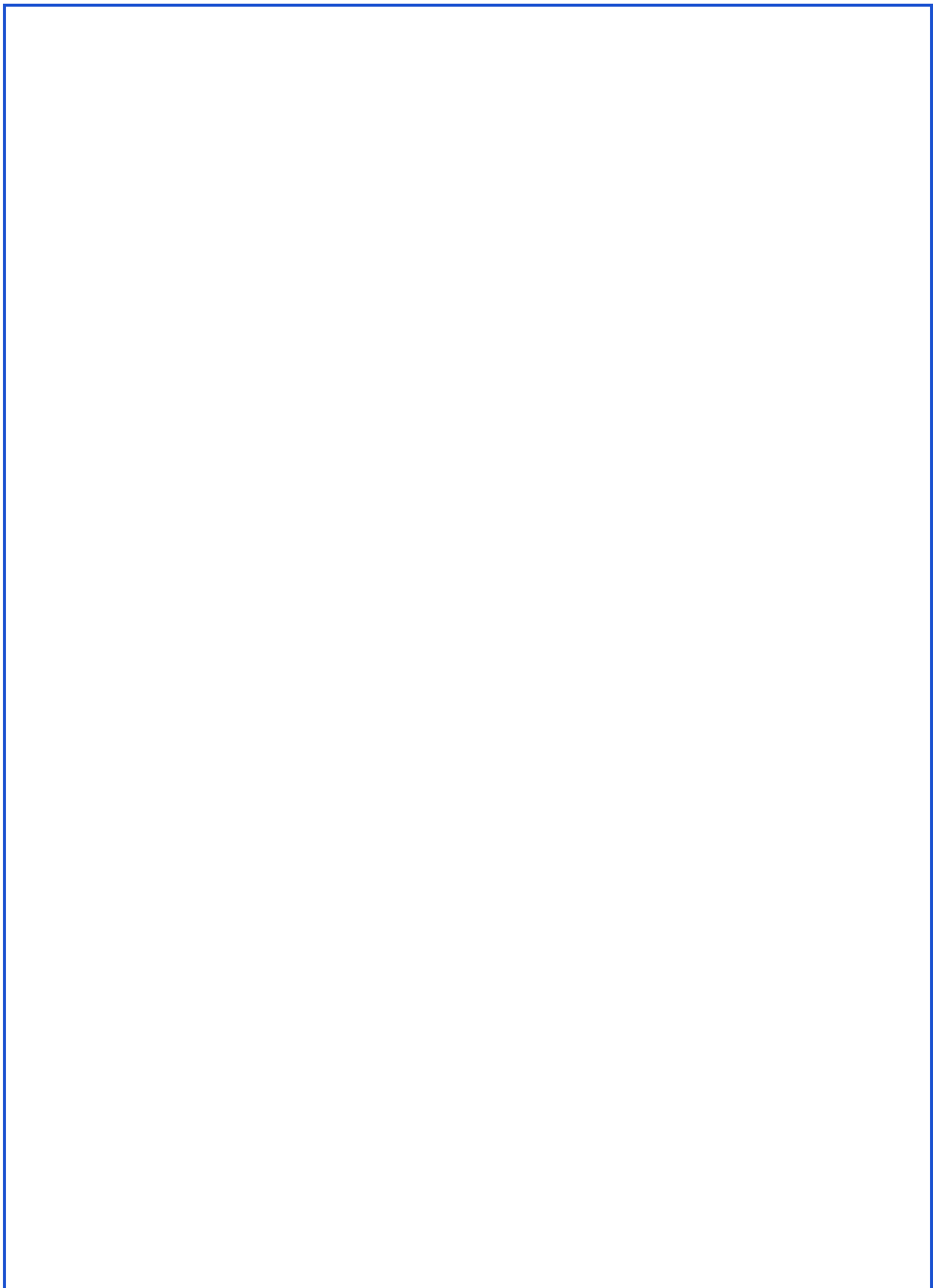
- 1) Your caregiver is having a difficult time doing everything they need to do. They seem overwhelmed. What can you do to help?
- 2) A child is sitting alone during recess. Everyone else is having fun, playing their favorite game and does not notice the lonely child. What can you do to help?
- 3) Someone walking in front of you accidentally drops \$20. What do you do?
- 4) A friend asks you for help with school work after class, but after class someone invites you to hang out with them. What do you do in this situation?
- 5) You see some bullies are making fun of a girl for the holes in her shoes. Then, they throw all her papers to the ground. What can you do to help in this situation?

For each situation, think of how people would respond if you did these things. How will your responses impact them?

I Can Serve Today Activity #2- This can be a solo, partner, or group activity.

Share one way you can be of service today.

What will be the likely outcome of you doing this service?





Chapter Six

Your Tool Activities

In this Chapter you will...

Get to use what you have learned in fun games and activities.

Matching Game Level 1

Draw an arrow from the Tool Sets to the bubble of Tools that belong in that set.

Tool Sets

Tools of Creation

Tools of the Body

Tools of Moving Forward

Tools of Choice

Three Tools

CLAIM RESPONSIBILITY
LET GO
FOR-GIVE

WHAT IF
REALITY CHECK
ULTIMATE FREEDOM

POSITIVE THOUGHT
POSITIVE WORDS
POSITIVE ACTIONS

BOSS OF MY BRAIN
BELLY BREATHING
FIVE SECOND LIGHTSWITCH

Matching Game Level 2

Draw lines connecting Tool names and their correct Keywords.

POSITIVE WORDS

Old Thought, New Action

LET GO

What if I am Not My Past?

ULTIMATE FREEDOM

With every action
I ask the Three P's

BOSS OF MY BRAIN

One Hand on my Belly
One Hand on my Chest
Which One is Moving?

WHAT IF

For Me To Give
I Need Distance
From Harm

FOR-GIVE

Am I Proud of this Choice?

REALITY CHECK

Hand/Squash/Toss

POSITIVE ACTIONS

Smart Part
Emotional Part
Old Habit Part

FIVE SECOND LIGHTSWITCH

Being Free is Up to Me

POSITIVE THOUGHTS

10 Steps Forward
And 2 Steps Back
Is Still 8 Steps Ahead

CLAIM RESPONSIBILITY

With every word
I ask the Three P's

BELLY BREATHING

With every thought
I ask the Three P's

By: Matthew Pooley

PowerUp! for Kids ~ www.gettingoutbygoingin.org

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PowerUp! Word Search

By: Rudy McClelland

B	E	L	L	Y	B	R	E	A	T	H	I	N	G	P	U	R	E	W	O	P	L	A	F
O	U	A	L	H	S	Q	U	L	S	H	P	I	F	I	K	K	G	O	I	T	E	L	R
S	Q	T	W	T	Z	U	G	H	T	I	R	O	Y	G	I	T	E	L	Y	K	N	T	E
S	A	F	I	E	L	T	H	E	F	L	O	W	L	E	R	H	O	D	Z	E	T	A	E
O	L	Z	I	Y	G	U	E	R	O	D	D	I	L	S	T	A	I	H	W	H	U	A	D
F	O	I	F	O	H	O	I	M	R	F	U	C	A	S	S	Z	C	A	A	S	D	R	O
M	Z	G	G	E	E	F	E	I	G	O	C	U	N	O	U	N	C	B	R	I	H	D	M
Y	R	I	D	H	I	U	E	R	I	M	T	O	R	B	G	T	M	I	E	E	K	O	S
B	T	G	O	T	T	U	S	Z	V	P	I	M	E	W	I	O	G	T	O	O	D	Y	T
R	O	W	Z	W	S	S	H	B	E	R	V	J	T	O	G	Z	I	P	G	I	S	G	H
A	Y	T	E	E	R	T	W	L	F	R	E	O	N	R	Q	T	O	A	Y	W	D	E	G
I	T	L	V	L	T	G	I	I	T	E	T	J	I	L	L	G	L	R	L	H	O	Z	U
N	I	K	L	V	V	W	O	J	T	O	I	H	T	D	O	I	T	T	E	A	E	Q	O
R	L	Q	E	T	E	E	O	G	Z	C	H	R	T	S	J	X	A	L	F	T	F	K	H
U	I	K	W	O	W	L	T	Z	I	S	H	E	E	O	O	T	H	A	Y	I	E	X	T
L	B	A	C	L	T	I	G	O	J	H	C	K	G	V	D	I	F	G	G	F	E	N	K
D	I	E	S	E	C	E	U	Q	O	S	S	G	J	D	T	A	T	O	H	K	U	T	O
Z	S	T	G	W	H	T	H	S	K	L	A	F	E	E	R	X	Y	B	T	N	L	H	G
L	N	H	I	S	E	C	U	G	M	X	S	P	E	E	R	H	T	O	O	L	T	G	T
E	O	O	O	V	S	Q	Y	O	Z	U	M	O	F	L	F	T	H	H	D	B	I	P	E
G	P	S	I	W	S	D	X	T	N	A	S	T	K	I	C	H	E	E	H	K	M	Y	L
O	S	G	G	X	L	M	R	I	I	N	B	O	L	G	P	T	E	E	N	B	A	L	H
T	E	I	L	E	V	A	V	O	T	L	O	P	O	I	O	S	T	T	V	E	T	M	M
I	R	J	K	O	Z	D	R	O	W	Y	A	P	Y	L	A	H	H	H	M	X	E	U	K
O	P	O	S	I	T	I	V	E	L	K	I	E	T	H	S	F	K	I	Q	H	K	H	I
P	O	V	S	T	I	N	E	L	O	O	R	G	R	A	Z	H	S	A	U	Q	S	U	Y

TWELVE TOOLS
POSITIVE
TODAY
REALITY CHECK
THOUGHTS
RESPONSIBILITY
INTERNALLY

OLD HABIT PART
THREE PS
SQUASH
BOSS OF MY BRAIN
BELLY BREATHING
LET GO
ULTIMATE

NEW ACTION
PRODUCTIVE
POWERUP
LIGHTSWITCH
WORDS
FORGIVE
FREEDOM

In this Situation, I Would...

By: Patrick Leach

One at a time, group members describe a scenario.

After the description of one scenario, each group member shares which Tool they would use to stay positive in that situation.

Members name the Keywords of the Tool they chose and share why they chose that particular Tool.

Take turns describing scenarios and naming Tools until every group member has shared.

Describe the scenario. _____

What Tool would you use? _____

Why this Tool? _____

Describe the scenario. _____

What Tool would you use? _____

Why this Tool? _____

Describe the scenario. _____

What Tool would you use? _____

Why this Tool? _____

Describe the scenario. _____

What Tool would you use? _____

Why this Tool? _____



Your PowerUp! Calendar

The GOGI Life Tools are studied according
to The PowerUp! Calendar.

- Who?** Anyone who studies PowerUp! benefits from studying on a calendar.
- What?** Each week we are united in the study of the GOGI Life Tools.
- When?** Our weeks start on a Monday.
- Where?** Our Tools are studied anywhere, with or without others.
- Why?** Why not? It's time to PowerUp!

The PowerUp! Calendar

January

1st Monday: BOSS OF MY BRAIN
2nd Monday: BELLY BREATHING
3rd Monday: 5 SECOND LIGHTSWITCH
4th Monday: POSITIVE THOUGHTS

February

1st Monday: POSITIVE WORDS
2nd Monday: POSITIVE ACTIONS
3rd Monday: CLAIM RESPONSIBILITY
4th Monday: LET GO

March

1st Monday: FOR-GIVE
2nd Monday: WHAT IF
3rd Monday: REALITY CHECK
4th Monday: ULTIMATE FREEDOM

April

1st Monday: BOSS OF MY BRAIN
2nd Monday: BELLY BREATHING
3rd Monday: 5 SECOND LIGHTSWITCH
4th Monday: POSITIVE THOUGHTS

May

1st Monday: POSITIVE WORDS
2nd Monday: POSITIVE ACTIONS
3rd Monday: CLAIM RESPONSIBILITY
4th Monday: LET GO

June

1st Monday: FOR-GIVE
2nd Monday: WHAT IF
3rd Monday: REALITY CHECK
4th Monday: ULTIMATE FREEDOM

July

1st Monday: BOSS OF MY BRAIN
2nd Monday: BELLY BREATHING
3rd Monday: 5 SECOND LIGHTSWITCH
4th Monday: POSITIVE THOUGHTS

August

1st Monday: POSITIVE WORDS
2nd Monday: POSITIVE ACTIONS
3rd Monday: CLAIM RESPONSIBILITY
4th Monday: LET GO

September

1st Monday: FOR-GIVE
2nd Monday: WHAT IF
3rd Monday: REALITY CHECK
4th Monday: ULTIMATE FREEDOM

October

1st Monday: BOSS OF MY BRAIN
2nd Monday: BELLY BREATHING
3rd Monday: 5 SECOND LIGHTSWITCH
4th Monday: POSITIVE THOUGHTS

November

1st Monday: POSITIVE WORDS
2nd Monday: POSITIVE ACTIONS
3rd Monday: CLAIM RESPONSIBILITY
4th Monday: LET GO

December

1st Monday: FOR-GIVE
2nd Monday: WHAT IF
3rd Monday: REALITY CHECK
4th Monday: ULTIMATE FREEDOM

Tool study starts on the first Monday of each month.
When there is a fifth Monday, review all Tools studied that month.

