



Getting Out by Going In

**The Institutional Guide to
GOGI Programs**

The Institutional Guide to GOGI Programs



This guide to GOGI Programming was created by the incarcerated men of Eastern Oregon Correctional Institution (E.O.C.I.). This project served as the thesis project required of every individual seeking GOGI Coach Status. Contributions were made by Certified GOGI Community Coaches: Coach Jameson Hedges, Coach Bryan Kohl, Coach Aaron Lara with Assistance from Coach Keaton Stephens.



We are very happy to welcome you and your facility to the GOGI community. This guide will give you information about GOGI, and the different ways for you to implement GOGI in a way that fits your institution. There are both group and independent studies offered by GOGI. GOGI offers a wide variety of focused learning opportunities for those interested. This manual serves as a guide to build your very own GOGI Culture.



For information about free and low cost programming options, visit www.gettingoutbygoingin.org

ACKNOWLEDGMENTS

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GOGI Coach Certification Program



Certifying as a GOGI Community Coach requires 37 credit hours of course completions. Candidates are required to submit an approved 30-page thesis project outlining a proposed project with which they can be of service to their community.

We have found that having GOGI Coach credentials helps in obtaining lasting employment, repairing and enhancing relationships, and is a constant reminder to be of service to the community.

Frequently Asked Questions

Official certificates from GOGI?

GOGI offers official certificates of completion for our purchased, grant funded, gifted or donor-funded soft-bound courses.

Who pays for the courses?

Family and friends can sponsor courses. Students can purchase their own courses. Organizations can purchase courses. Grants and donations help to fund or reduce the costs of courses.

What about FREE courses?

GOGI offers the free MY LIFE STORY course to anyone who sends a physical letter to the GOGI mailroom.

What about free GOGI Meetings?

GOGI offers a free GOGI Meeting format which is free to anyone or any organization. Just email GOGI for the PDF of the meeting format.

GOGI documentation?

GOGI offers our students an official certificate, as well as a transcript of their completions. For requesting students, we also offer support letters for courts or other purposes.

Earn an Official GOGI Course Certificate

Students who complete a GOGI course receive an official GOGI certificate. Students can request a transcript documenting all course completions and a letter of support for court or hearing purposes.



GOGI Life Tools

Simple Tools ~ Lasting Change

BOSS OF MY BRAIN
BELLY BREATHING
FIVE SECOND LIGHTSWITCH

~

POSITIVE THOUGHTS
POSITIVE WORDS
POSITIVE ACTIONS

~

CLAIM RESPONSIBILITY
LET GO
FOR-GIVE

~

WHAT IF
REALITY CHECK
ULTIMATE FREEDOM

Connect With The GOGI Family



YouTube: GOGILifeTools



Twitter: GOGILifeTools



TikTok: GOGILifeTools



Instagram: GOGILifeTools



LinkedIn: Getting Out by Going In



Facebook: Getting Out by Going In



Zoom: Weekly Meetings

Contact Us

For more information and our full course catalog, contact:

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The History of GOGI

GOGI was founded in 2002 by GOGI Coach Taylor, who was a Pepperdine University psychology student. Coach Taylor's school instructor was a psychologist at Terminal Island Federal Correctional Institution and had arranged for her students to tour the facility. Coach Taylor then began to meet with the incarcerated on a weekly basis and collaborated with the prisoners to better understand the process of change. In 2005, Coach Taylor formed a non-profit organization called Getting Out by Going In (GOGI) so she could receive donations to help with costs and volunteers could join and help prisoners learn how to live a positive lifestyle and make positive decisions. Over the years, Coach Taylor has spent thousands of hours working with countless prisoners in various institutions, which has allowed GOGI to evolve into what it is today. GOGI curriculum was created by Coach Taylor by having tens of thousands of conversations with prisoners. Today GOGI has over 46,000 program completions and 23,000 active members across the United States and internationally.

What is GOGI and what are the GOGI Life Tools?

GOGI is a symbol of the unlimited potential every individual has to change, grow, and create opportunities to reach internal freedom. The GOGI Life Tools are taught to help you go inward to unlock your own mental prison so you can be internally free no matter where you are.

The twelve GOGI Life Tools are positive decision-making Tools that give you the ability to live a life of service to others. The GOGI Life Tools were created from proven psychological strategies for behavioral change with the focus of optimizing goals and personal satisfaction in life.

The purpose of GOGI is to provide simple Tools to anyone interested in making positive decisions and lasting change. This is done through educational materials that teach the twelve GOGI Life Tools and promote living the GOGI way. From the very beginning Coach Taylor explored ways to have GOGI students study and even be housed together.

From this exploration, came the GOGI way which is no longer buying in to the prison politics, prison culture or criminal way of thinking. Instead it focuses on changing the system from the inside out. By learning and applying the GOGI Life Tools



in our daily life, we become more positive individuals and influence our surroundings in a positive way. Creating a more positive community. GOGI's ultimate institutional goal is to promote the GOGI way as an alternative culture of a positive lifestyle and positive lasting change for everyone.

GOGI teaches twelve Tools that are based on common and well known psychological and behavioral techniques. You have probably heard of these Tools in some form throughout your life. GOGI simplifies these concepts into Tools so that they are easy to remember and apply in your everyday life. There are twelve Tools and they are divided in to four key categories called: Tools of the Body, Tools of Choice, Tools of Moving Forward, and Tools of Creation.

GOGI Life Tools ~ Sets

The first set of Tools are the Tools of the Body. They focus on learning how much power you have over your body and its seemingly automatic operation. The more control you have over your body, the easier it is to make positive decisions in your life. The three Tools that make up this set are:

1. **BOSS OF MY BRAIN**
2. **BELLY BREATHING**
3. **FIVE SECOND LIGHTSWITCH**

The second set of Tools are the Tools of Choice, which give you the opportunity to show the world who you are becoming with the choices you make. This set of Tools allows you to redefine yourself and choose what kind of opportunities you want to attract. By applying these Tools, you show the world you focus on the positive rather than the negative. You strengthen your character with your words and through your actions; you get to show the world who you are choosing to be. The three Tools of Choice are:

1. **POSITIVE THOUGHTS**
2. **POSITIVE WORDS**
3. **POSITIVE ACTIONS**

The third set of Tools are called Tools of Moving Forward. These Tools focus on helping you move beyond the past and into the future. The Tools help create room in your head, heart, and soul to make positive decisions. The three Tools of Moving Forward are:

1. **CLAIM RESPONSIBILITY**
2. **LET GO**
3. **FOR-GIVE**

The fourth set of Tools are called the Tools of Creation. These Tools allow you to move into the life you've always wanted but thought was out of reach. These Tools help you become a productive member in your community. The three Tools of the section of Tools of Creation are:

1. **WHAT IF**
2. **REALITY CHECK**
3. **ULTIMATE FREEDOM**

GOGI Life Tools ~ Keywords

BOSS OF MY BRAIN: Smart Part, Emotional Part, Old Habit Part.
Which Part is in Charge?

BELLY BREATHING: One Hand On My Stomach. One Hand On My Chest. Which one is Moving?

5 Second LightSwitch: Old Thought? New Action. By the count of five, I Flip My Switch and get to my New Action.

POSITIVE THOUGHTS: Is it Powerful, is it Productive, is it Positive?

POSITIVE WORDS: Is it Powerful, is it Productive, Is it Positive?

POSITIVE ACTIONS: Is it Powerful, is it Productive, Is it Positive?

CLAIM RESPONSIBILITY: I Own Today. I ask myself, "Am I Proud of this Choice?"

LET GO: Hand/Squash/Toss

FOR-GIVE: For Me to Give, I must be Safe From Harm.

WHAT IF: WHAT IF I Am Not My Past?

REALITY CHECK: Ten Steps Forward and Two Steps Back, is still Eight Steps Ahead.

ULTIMATE FREEDOM: Being Free is Up to Me.



The GOGI Life Tool Calendar

By following the calendar, you are never alone in your GOGI studies. The GOGI Life Tools are studied according to the GOGI Life Tool Calendar so that no matter where you are, everyone is studying the same Tool at the same time. The purpose of the Calendar is to unify learning efforts across the world. It also promotes collaboration and peer support. Adults in custody really enjoy having a calendar so that it opens up a positive dialogue with their friends and family.

Also, when you have different groups meeting throughout a week, it's nice to have individuals on the same Tool.



Example - E.O.C.I. in Oregon has noticed that during the week, adults in custody often talk about the Tools that they studied in their groups. The opportunity for conversation about the GOGI Life Tools is a very positive way to get away from the negative conversations often had in the prison environment. The staff at the institution can also follow along with what Tool the individuals are working on that week.

GOGI is all about creating a positive community of like-minded individuals so even people who are unaware of what GOGI is will see the kindness and positivity it creates.



The GOGI Life Tool Calendar

The calendar starts on the first Monday of the month. If there is a fifth Monday in a month there will be a Tool Review Meeting or a Guest Speaker Meeting.

January

Week 1- BOSS OF MY BRAIN
Week 2- BELLY BREATHING
Week 3- FIVE SECOND LIGHTSWITCH
Week 4- POSITIVE THOUGHTS

February

Week 1- POSITIVE WORDS
Week 2- POSITIVE ACTIONS
Week 3- CLAIM RESPONSIBILITY
Week 4- LET GO

March

Week 1- FOR-GIVE
Week 2- WHAT IF
Week 3- REALITY CHECK
Week 4- ULTIMATE FREEDOM

April

Week 1- BOSS OF MY BRAIN
Week 2- BELLY BREATHING
Week 3- FIVE SECOND LIGHTSWITCH
Week 4- POSITIVE THOUGHTS

May

Week 1- POSITIVE WORDS
Week 2- POSITIVE ACTIONS
Week 3- CLAIM RESPONSIBILITY
Week 4- LET GO

June

Week 1- FOR-GIVE
Week 2- WHAT IF
Week 3- REALITY CHECK
Week 4- ULTIMATE FREEDOM

July

Week 1- BOSS OF MY BRAIN
Week 2- BELLY BREATHING
Week 3- FIVE SECOND LIGHTSWITCH
Week 4- POSITIVE THOUGHTS

August

Week 1- POSITIVE WORDS
Week 2- POSITIVE ACTIONS
Week 3- CLAIM RESPONSIBILITY
Week 4- LET GO

September

Week 1- FOR-GIVE
Week 2- WHAT IF
Week 3- REALITY CHECK
Week 4- ULTIMATE FREEDOM

October

Week 1- BOSS OF MY BRAIN
Week 2- BELLY BREATHING
Week 3- FIVE SECOND LIGHTSWITCH
Week 4- POSITIVE THOUGHTS

November

Week 1- POSITIVE WORDS
Week 2- POSITIVE ACTIONS
Week 3- CLAIM RESPONSIBILITY
Week 4- LET GO

December

Week 1- FOR-GIVE
Week 2- WHAT IF
Week 3- REALITY CHECK
Week 4- ULTIMATE FREEDOM

GOGI Community Meetings

GOGI Meetings are a free, ongoing attendance-based meeting that reinforces the daily use of the GOGI Tools in a community of like-minded participants. GOGI Meetings support GOGI studies and enhances formal course study, which may or may not be available replace formal course study. Certificates and credit for attendance is awarded by the Institution.

GOGI was created so that everyone can be included in GOGI as this is a completely free and open source way to share GOGI with your community or Institution. All you need to run a GOGI Meeting is the GOGI Meeting Manual. Or, you can visit www.gettingoutbygoingin.org to obtain meeting handouts. This gives any institution the ability to implement this program at no cost if you cannot obtain funding.

GOGI Meetings consists of a 15-week cycle. The cycle is restarted with a team building meeting every 15 weeks as this is an ongoing program. The team building meeting is very important as this builds chemistry and comradery amongst the group. A GOGI group is defined as having no fewer than two, and no more than twelve members. This is an easy to use manual and will help any individual facilitate GOGI for their community.



GOGI Meeting Basics

How to get your meeting started

Sign Up Sheets

GOGI Meetings are most often formed through a sign-up form. Willing participation is ideal for GOGI Meetings. No one should be required to join a GOGI Meeting. Once a group is established, new members can be admitted as needed to replace those who are no longer participating.

What is a Circle Group?

A Circle Group is no more than twelve participants in a closed circle. When there are thirteen members, the Circle Group is split and two Circle Groups are formed. The entire GOGI Meeting can be as large as the meeting space allows; however, the Circle Groups are 5-12 individuals in size. No Circle Group should be larger than 12 participants or smaller than 5 members. For example, there have been more than 300 participants who have met in one space and formed 30 Circle Groups for their GOGI Meeting.

Forming a Circle Group

The most productive Circle Groups are often self-selected. Self-selection includes peer referral, word of mouth, and peer invitation. Permitting individuals an opportunity to circle with like-minded peers often proves more successful than when Circle Groups are formed without the benefit of positive prior relationships.

If self-selection is not possible, a shared experience group is another option. These individuals may have a shared goal, shared life experience, or similar situation. The shared experience model permits the focus of the meetings to be relevant to the experience.

What is a GOGI Meeting cycle?

Each cycle includes 15 Meetings. A cycle includes a Team Building Meeting, 12 Tool Meetings, a Tool Review Meeting, and a Celebrate Success Meeting.

Credit or no credit?

Is attendance credit given for attending GOGI Meetings?

If you are attending a GOGI Meeting inside a school, institution, or if the group is sponsored by an organization, it is likely your attendance is being tracked. They might even provide attendance credit or a completion certificate of some sort by the hosting organization.

Are certifications given for completing GOGI Meeting Cycles?

In many cases, participants hope to be acknowledged for more than simply attending GOGI Meetings. Credit is especially valuable in instances where a certificate or grade can document the level of comprehension in application of the GOGI Life Tools.

Does GOGI issue credit for GOGI Meetings?

While GOGI does not track attendance or provide credit for GOGI Meetings, tracking attendance and the issuance of certifications is encouraged at the local level. GOGI does not issue these types of credits for GOGI Meetings, even if quizzes or reports are completed. Credit is at the local level.

When does GOGI issue credit?

GOGI issues formal GOGI credits when published softbound workbooks are completed and submitted to our organization for academic review. These courses are categorized as "Correspondence Courses." GOGI does not track meetings, as those are intended to be an open-source and free format offered to any group wishing to support the learning of GOGI Life Tools.

What kind of acknowledgment is appropriate?

Attendance is the easiest acknowledgement to track, and easiest to award in situations where there is limited administrative assistance available. Sign in/sign out sheets are often used to document attendance.

Student attendance cards are another simple way to track attendance. Each student brings a GOGI Meeting Attendance Card or other attendance tracking document to each meeting. A staff member or supervisor documenting attendance signs this document every meeting to keep track of attendance.

The goal of the GOGI Life Tools is to empower all individuals to realize they can create their own positive life experience through use of the GOGI Life Tools. By offering GOGI Meetings as a free, volunteer-run, community facilitated option for individuals and organizations, GOGI reaches its mission and vision for a better world for all mankind. The GOGI Life Tools are free, fun, and are meant to be shared.

Group Success Checklist

You know your GOGI Meeting is the best it can be when you can say yes to all the below:

Seating

- ✓ Are all Circle Group members seated in a circle?
- ✓ Have all desks or tables been moved out of the way?
- ✓ Can all Circle Group members see each other?

Participation

- ✓ Are all members of the group attending willingly?
- ✓ Are Circle Groups with 2-12 members?
- ✓ Do participants have access to GOGI materials?

Format

- ✓ Do all Circle Groups have their own group names? Does each group have a set of group rules or agreements?
- ✓ Does the larger group break into Circle Groups at the beginning of the meeting?
- ✓ Do all Circle Groups follow the GOGI Life Tools Calendar?
- ✓ Do all Circle Groups hold the Team Building Meeting at the completion of each cycle (15 Meetings)?

Leaders

- ✓ Are the facilitators encouraging volunteerism within the Circle Group?
- ✓ Are the facilitators asking more questions than they offer statements?
- ✓ Are the facilitators keeping the Circle Group on time and on format?

Calendar

- ✓ Is the Circle Group on Calendar?
- ✓ Is the Circle Group prepared for the Tool Review and Celebration meetings?
- ✓ Is the Circle Group prepared for holding the Team Building Meeting to start the next cycle?

GOGI Meeting Format

The following meeting format is an example of how GOGI Meetings are held. Download a free PDF of the Manual at: www.gettingoutbygoingin.org

Hold your weekly meetings according to the GOGI Life Tool Calendar.

Administrative Duties and Details

If there are announcements, administrative details, voting, or distribution of materials, these tasks are to be conducted before your meeting begins.

1) Group Circles (read aloud)

“GOGI Meetings and all GOGI studies are defined by our GOGI Life Tool Calendar and our groups. If we have not already done so, at this time we break from the larger group meeting into our groups of 5-12 participants.”

2) Start Your Meeting (read aloud)

“The GOGI Life Tools are studied worldwide according to the GOGI Life Tool Calendar. We unite with others according to this schedule, so no one will feel they are alone in their effort to make positive decisions. We believe in everyone’s ability to benefit from this positive community of individuals united in the GOGI Life Tool Calendar. Therefore, we call this GOGI (The Tool You Are Studying) Meeting to order, and we join in the Tool being studied by Students of GOGI everywhere.”

3) Review of the GOGI Life Tools (read aloud)

BOSS OF MY BRAIN
BELLY BREATHING
FIVE SECOND LIGHTSWITCH
POSITIVE THOUGHTS
POSITIVE WORDS
POSITIVE ACTIONS
CLAIM RESPONSIBILITY
LET GO
FOR-GIVE
WHAT IF
REALITY CHECK
ULTIMATE FREEDOM

4) The GOGI Purpose (volunteer to read)

“The objective of GOGI Meetings is to reinforce the use of the GOGI Life Tools and support positive community experiences. We accomplish our objective through the study of the GOGI Life Tools shared in Circle Groups according to the GOGI Life Tool Calendar.”

5) Group Check-In

Each member may be given the opportunity to “check-in,” stating one positive thing that happened during the week.

6) Tool Reading (*Volunteer/s to Share*)

A volunteer may choose Tool information to share with group members. Not all the information needs to be read aloud. Additional Tool information from any of the GOGI books, courses, newsletters or open source materials can be used to help clarify Tool use options.

Tool Objective ~ Tool Statement of Ownership ~ Tool Keywords ~ Tool Basics

Ask a Tool Specific Thought Provoking Question

- Think about the last time you used (the Tool of the Week). Did you know you were using this Tool?
- Do you believe there is value in teaching children (the Tool of the week)? Explain.
- What might have been different in your life had you been taught to use the Tool of the week in your childhood?
- How would you explain this Tool to a close friend? What would you say were the benefits?

7) Applying the Tool (*group member discussion*)

Members of the group are invited to share personal experiences related to this week's Tool. Challenges in applying the Tool are also discussed. Open dialogue includes all group members in equal sharing of talk time.

8) Optional Tool Activity

Understanding that activities often reinforce group members' engagement and understanding of the GOGI Life Tools, now is a great time to engage in an activity which can be created by the group, gleaned from the GOGI materials, or utilized in prior GOGI Groups.

9) Weekly Statement of Intention

Each member of the group is encouraged to complete this sentence: "It is my intention this week to _____."

10) The GOGI Pledge of Service (*read aloud*)

"All Students of GOGI unite with our GOGI Pledge of Service. This pledge defines our purpose and is repeated at the end of every GOGI Meeting. Remaining in your Circle Groups, each group will rotate leading the pledge for the larger group. As we close this GOGI Meeting, we unite as a community with our pledge to be of service. Please repeat after me:

May our commitment (repeat)
To the study of GOGI (repeat)
Grant us the joy (repeat)
Of giving and receiving (repeat)
So that our inner freedom (repeat)
May be of maximum service (repeat)
To those we love (repeat)
And infinite others (repeat)"

11) Tidy Up Time (*read aloud*)

"We thank you for participating in this week's GOGI Meeting. Our next meeting will be held (day/time/place) and the Tool to be discussed according to the GOGI Life Tool Calendar will be the Tool (refer to calendar). If holding a meeting in one room, please let us leave this room clean and tidy for the next group."

GOGI Meeting Format Quick Reference Guide

- | | |
|----------------|--|
| Step 1 | Tool of the Week
Check your calendar |
| Step 2 | Admin and Announcements
Group business and announcements |
| Step 3 | Start Your Meeting
Welcome and read opening statement |
| Step 4 | Review Your Tools
Volunteer reads/recites all GOGI Life Tools |
| Step 5 | PowerUp GOGI Purpose
Volunteer reads the PowerUp GOGI Purpose |
| Step 6 | Group Check In
Facilitator asks a question and each group member replies in 1-2 sentence response. |
| Step 7 | Tool Reading 1
Volunteer to read Tool Objective, Statement of Ownership, Key Words
Tool Reading 2
Another volunteer to read Tool Basics |
| Step 8 | Tool Experience
Volunteers share their experience with this Tool or a reading they would like to share. |
| Step 9 | Quick Review
Recap of the Tool |
| Step 10 | Activity
If time permits |
| Step 11 | Statement of Intention
Group members complete this sentence. This week I will... |
| Step 12 | Pledge of Service
Volunteer recites the GOGI Pledge of Service |

For more information: gettingoutbygoingin.org

Training Your Chosen GOGI Facilitators

The ideal facilitator of GOGI Meetings is a certified GOGI Community Coach; however, anyone can lead GOGI Meetings. The most effective GOGI facilitators use multiple Tools and problem-solving skills in their life. GOGI facilitators promote a safe and productive atmosphere and leave prison politics, racial backgrounds, and sexual preferences at the door. They are able to deal with challenging behavior with appropriate problem-solving methods.

The best facilitators are well-prepared and arrive to the group knowing what Tool will be taught and what activities will occur. Facilitators prepare the room and have the teaching materials ready prior to the meeting starting. The facilitator should provide a clear direction for group activities.

An effective facilitator is able to determine if participants are understanding the material while balancing teaching, coaching, discussion, and activities. Facilitators provide helpful feedback and keep participants on track.

Group Facilitators should be genuine and open with participants. Empathy is also an important component of a good facilitator, as it provides reassurance and helps establish good rapport with participants. Being a GOGI Facilitator is about bringing people from diverse backgrounds together to learn positive decision-making Tools and drive participation in the group.

GOGI Facilitators should challenge participants appropriately using reflective statements and open-ended questions. They should set fair, clear, and consistent boundaries. They should have the ability to adapt and be flexible in challenging circumstances.

Having these qualities and characteristics has made groups at E.O.C.I. successful and allowed for inclusivity amongst all adults in custody. Being a facilitator in GOGI allows individuals to gain leadership skills and grow in positive ways. Living a life of service and being considerate of those around you is a way of life, the GOGI Way.



Building Confidence

The first thing to understand is that anyone can lead a GOGI Meeting. Each meeting has the same outline. Every week a specific Tool is studied. Once you are familiar with the format, your confidence in facilitating GOGI Meetings will grow. That being said, here are some specific focus points when considering facilitating GOGI Meetings.

- Are the members of the meeting sitting in Peer Circles of no more than 12 members?
- As the facilitator, am I listening more than I am speaking? A good facilitator will always listen more than they speak.
- Is the meeting I am facilitating focused on the Tool of the week according to the GOGI Life Tool Calendar?
- Are members of the meeting clear about credits? Or, no credits? Or, requirements for the group?
- Am I able to provide each Peer Circle with adequate handouts or copies of official GOGI material?
- Am I securing volunteers for the next week? A good facilitator will ask for volunteers for the upcoming meeting.
- Do all people feel welcome into the GOGI Meetings? A good facilitator provides an inclusive environment that benefits everyone.

The GOGI Community

The GOGI community offers inclusivity and positivity amongst both prisoners and staff. There is a simple formula found in GOGI studies: positivity leads to more positivity. The GOGI Community is a solution-oriented culture of positive minded individuals from every walk of life. The overall goal is that the participants of GOGI will reflect peaceful lives of service while enjoying internal freedom, creating a GOGI culture. Remember to be flexible, forgiving, and understanding as the implementation process will be different everywhere depending on institutional rules, needs, and guidelines. By teaching the GOGI Life Tools to community members, they will become empowered to make positive decisions and create everlasting change in the prison and rehabilitative community.

Independent Study

The My Life Story Course

Independent study is a great way for individuals to learn the positive decision-making Tools of GOGI. When someone first begins GOGI independent studies, they will be tasked with “The My Life Story” assignment. This is a requirement in order to reach Community Coach status. There are two ways in which you can do this.

The first option is to hand write a fifteen-page report on your personal life. GOGI breaks up the report into six sets of age categories you need to write about. The age groups are birth to 5 years old, ages 5-11, ages 11-13, ages 13-18, ages 18-25, and age 25 to current. In each set of years, you are to write about the memories you have about significant people or events in your life. This lets the individual reflect on their life and gives GOGI the opportunity to get to know you.

The second option is the Pelican Bay Life Story workbook. This workbook assists you in putting your life story together by asking insightful questions for the same age groups listed above. In addition to your own life story, this includes the life story of two other incarcerated individuals from Pelican Bay. You will be given the opportunity to reflect on your own life by relating to their life experiences. This book includes the twelve GOGI Life Tools and the GOGI Life Tool Calendar.

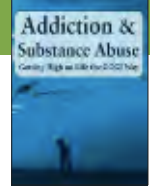


GOGI Courses

The GOGI courses are available for purchase. These are just a few, and the library keeps growing.

Getting High on Life the GOGI Way:

This workbook focuses on addiction and substance abuse. It gives you the Tools to better overcome urges and triggers to help overcome addiction.



GOGI VIC: Victim Impact:

This workbook gives you the understanding of your impact on the world around you. It shows you how your actions have a positive or negative effect on those around you.



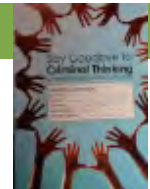
GOGI Certificate Program:

This is a 12-week certificate program that focuses on Addiction, Anger Management, Behavior Modification, General Self-Help Study, Insight Development, Mental Health, Parenting, and Release preparation.



Say Goodbye to Criminal Thinking:

This course focuses on empowering the individual to be an asset to their community and themselves. Change is easier when the focus is on desired outcomes and help others instead of what is wrong around you.



Anger Management the GOGI Way:

This 8-week workbook focuses on creating a more peaceful life. It encourages and provides you with insights into your ability to choose internal peace.



With Love Coach:

This workbook was written by GOGI's founder Coach Mara Taylor to give participants an in depth understanding of how GOGI works. There are two ways to get credit for this, an in-cell workbook or a 15 Page Book report.



Parenting and Self-Parenting the GOGI Ways

This workbook focuses on parenting and self-parenting through the utilization of the GOGI Life Tools. It reviews all of the Tools and provides tips on how to use the Tools in parenting situations.



Teach Me How to GOGI:

This course gives participants an in depth understanding of the group study format. It reviews the GOGI Life Tool Calendar, meeting format, and GOGI Life Tools. There is a 15-page book report about their perspective.



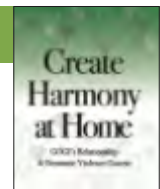
GOGI Yoga:

This book empowers communities through the combination of yoga and the GOGI Life Tools. It contains seven modules and is 164 pages in length.



Create Harmony at Home:

This is GOGI's alternative to domestic violence. It contains information and Tools to help identify solutions to problems that once lead to violence. The focus is creating harmony in your life.



How to Teach GOGI:

This is the guide to teaching and facilitating GOGI studies. This book gives an overview of how to run GOGI groups and answers questions commonly asked about the program. This is great for someone planning on running a GOGI group.



Positive Communities the GOGI Way:

This meeting manual provides the reader with the ability to confidently understand the GOGI Life Tools. It also gives the reader the proper outline and group exercises to run a GOGI Meeting.



GOGI Group Study:

GOGI offers two main options for group study. These options include the GOGI Group Certificate Program and the GOGI Leadership Training Certificate Course.

1. The GOGI Group Certificate program consists of 15 meetings. It focuses on the twelve GOGI Life Tools and provides opportunities for great group discussion and involvement.
2. The GOGI Leadership Training Certificate Course also consists of 15 meetings. This leadership training focuses on giving you the opportunity to learn how to change your own system by making more positive decisions, regardless of your environment. The goal is to share this powerful way of living with those around you as a GOGI leader. This gives you the Tools to make a stand for positive decision making in your own life and those around you.



Frequently Asked Questions

Why are GOGI groups fifteen weeks long?

The meeting cycle is 15 weeks long because there is a meeting for the introduction called the team building meeting, 12 weeks for studying the GOGI positive decision-making Tools, a review week, and a celebration meeting.

Does GOGI ever end?

There is no ending to GOGI. This is a “way of life,” not only a program.

How did GOGI groups come in to existence?

Women in Los Angeles Jail in 2008 began to meet in their dayroom. They discussed their GOGI studies. The women followed familiar aspects of NA, AA, and church meeting formats in which they had all participated. They created a friendly and familiar way in which they study the GOGI Life Tools.

What is GOGI and who does it benefit?

GOGI is a lifestyle and stands for Getting Out by Going In, turning inward for answers and getting out of your own self-created prisons. GOGI helps anyone, anywhere make better decisions.

Is it possible to be involved with GOGI after your released from prison?

There are GOGI Meetings that are available to attend in local communities upon your release.

What is the goal of GOGI? What is GOGI's true destination?

The goal of GOGI is up to the individual. For some, it is creating a more positive life, and for others it is achieving ULTIMATE FREEDOM. Until you are living a life of service and making the world a better place,

you are not completely free. The destination of GOGI is living life the GOGI Way.

Why should I do GOGI? How does it benefit me?

The GOGI Life Tools assist you in your daily life. They bring positivity and peace both internally and externally.

How is GOGI going to benefit me while being incarcerated?

GOGI will help you be more positive and productive in your daily life. Being internally free is up to you, it isn't dependent on where you are physically.

Will GOGI help me mend my relationships with my family and friends?

GOGI will give you the Tools to better yourself and therefore better your relationships. While there is no guarantee, your personal relationships will likely improve as a result of your utilization of the Tools and focus on a life of service.

Why did prisoners create the GOGI Pledge of Service?

The GOGI Pledge of Service was created by prisoners to unite and express their verbal commitment to the use of the GOGI Life Tools to help others.

Why do GOGI groups always meet in a circle?

GOGI participants meet in a circle because every member is equal and should feel included.

What makes a great GOGI leader?

A great GOGI leader listens, encourages, and supports their participants in learning and understanding the GOGI Life Tools.

Corrections Officer's Guide to the GOGI Program

What is the GOGI Program?

The GOGI program teaches a set of non-denominational self-help tools in positive decision-making. GOGI study can be done in three ways: 1) In-cell individually 2) With 2-5 prisoners in a dayroom where permitted and/or 3) Supervised larger group study with a staff or GOGI facilitator in a classroom, gym or chapel.

What other prisons have GOGI?

Federal, State, and County settings of incarceration utilize GOGI programming. GOGI began as a Federal prison program in 2002 and has expanded to State Corrections Departments with students in 37 states.

What does GOGI mean?

Pronounced GO—Ghee (like Yogi Bear) GOGI is the acronym for Getting Out by Going In, a non-profit organization. Getting OUT of prison by going INSIDE yourself to fix the problems.

What does the program teach?

GOGI teaches that to get out of a mental state of prison, you must correct what is wrong on the inside first. The goal is that a prisoner may come to understand the value of claiming responsibility for their actions and reactions to life's inevitable challenges. GOGI teaches behavioral tools they can use to make better choices. GOGI studies support positive peer associations. Students of GOGI can continue to study indefinitely and are encouraged to continue to study any available GOGI materials.

How does GOGI impact custody duties?

GOGI programming is designed to support all safety and security needs of all settings of incarceration, teaching that compliance to rules and regulations is a positive choice for every individual. GOGI programming should have little or no impact on custody duties. GOGI students can study their GOGI Tools independently, with peers, or in structured group format. No special accommodations are needed for GOGI students. Many custody officers state that the prisoners actively engaged in GOGI studies are more compliant with rules and regs. Ultimately, this compliance and positive peer association assists the officers in their corrections duties.

What materials do the prisoners need?

Officers may see the GOGI students carrying a variety of GOGI books. No special materials or accommodations should be made for GOGI students. All GOGI materials are clearly marked with the GOGI logo and often look like journals or composition books in which the prisoner is required to complete written assignments.

Want to know more?

Any Corrections Officer can request free PDF's of GOGI materials to review by emailing info@gettingoutbygoingin.org . Learn more about GOGI at www.gettingoutbygoingin.org .

Getting Out by Going In (GOGI) ~ PO Box 88969 ~ Los Angeles, CA 90009
www.gettingoutbygoingin.org

What Worked When Integrating GOGI in Oregon Department of Corrections at E.O.C.I.

When we began GOGI at E.O.C.I., some individuals supported the new peer driven program, and many did not know the impact it would eventually have. Some individuals and staff members were skeptical of what GOGI planned to do and the way it was organized. We overcame the negativity by living the GOGI Way. It took time to show that GOGI was going to positively impact everyone involved.

Living the GOGI Way by helping others and using the GOGI Life Tools demonstrated that GOGI would improve the community. The Correctional Rehabilitation Department at E.O.C.I. was supportive of GOGI. And, with their assistance, GOGI was developed in a way that is very unique and works efficiently. Having GOGI Meetings on each housing unit has created a positive community of adults who are bettering themselves together while incarcerated. It creates a positive dialogue between GOGI members and those who do not participate. Living GOGI is not just something you do in a group, it's a positive lifestyle with the intention of being of service to others.

In most institutions, the Correctional Rehabilitation manager is normally the point of contact. Finding a point of contact is very important because coordination and development of anything takes time and dedication when getting started. At E.O.C.I., we have a correctional counselor that is very supportive and is our point of contact.

The correctional counselor corresponded with security to set up authorized meeting locations so that GOGI could operate. The way in which you operate GOGI will vary based on the rules and regulations of your Institution or Rehabilitation center. There are attachments on the following pages you can use to get GOGI started.

GOGI LIFE TOOLS

BOSS OF MY BRAIN

BELLY BREATHING

FIVE SECOND LIGHTSWITCH

~

POSITIVE THOUGHTS

POSITIVE WORDS

POSITIVE ACTIONS

~

CLAIM RESPONSIBILITY

LET GO

FOR-GIVE

~

WHAT IF

REALITY CHECK

ULTIMATE FREEDOM

GOGI Group Format at E.O.C.I. Oregon

Example: At E.O.C.I., we found it important to follow the GOGI Life Tool Calendar and ALWAYS have an orientation meeting. It brings people together and breaks the ice so individuals are more comfortable in the group. A facilitator will run this group. GOGI has simple rules and requirements for groups listed below.

For GOGI Groups that are utilizing the GOGI Group Certificate program workbook, follow the steps below.

1. **NO SOLO:** Group courses are not a solo study course. Participants will complete and attend all meetings. GOGI group meetings are specifically and exclusively a GOGI group course and credit will not be given to anyone doing this course as a solo study.
2. **Group Size:** A GOGI group is defined as having no fewer than two and no more than twelve members. Some Institutions and prisons meet in larger groups, but break up in to small groups not exceeding 12 participants.
3. **Calendar and Weekly Meetings:** GOGI meetings are held according to the GOGI Life Tool Calendar. This means that meetings will study the Tool that all other groups are studying. Each week participants will follow the GOGI Meeting format and meet for a time of either 45 minutes to 2 hours long.
4. **Fifteen Weekly Meetings:** Only after fifteen meetings, will credit be issued. In order for credit to be issued, the groups have to follow the GOGI Life Tool Calendar and document all meetings on the appropriate pages or workbooks.



How GOGI operates successfully at E.O.C.I.

Example: GOGI Meetings have been at Eastern Oregon Correctional Institution (E.O.C.I.) since 2018. GOGI began with two groups of ten people studying the GOGI spider table course meeting in an authorized area. Because of the increasing level of interest at the time, there were more GOGI spider table courses being offered. Since then, we have taken a new approach, GOGI Meetings. These meetings take place on individual housing units and in segregation.

GOGI Meetings on housing units and in segregation has made a great impact on the prison population at E.O.C.I. When an individual is released from disciplinary segregation, they can continue GOGI studies on the housing unit that they go to. This is how the groups at Eastern Oregon Correctional Institution run so affectively. Only the page print outs or PowerUp Your Life the GOGI Way reading book is required to run the meeting. This is a very cost effective way of running groups in an institution because the books and printouts can be re-purposed.

Leadership Groups at E.O.C.I. Oregon

Example: The facilitators at Eastern Oregon Correctional Institution are required to attend a 15-week GOGI leadership training Certificate Course before they run GOGI Meetings on their housing unit. Training incorporates an in-depth training of the GOGI Tools, information about GOGI, expectations for leadership, and ways to create group discussion. We believe that as a leader on the housing unit, you must present yourself professionally and be approachable to all staff and adults in custody. As you go through this course the approved GOGI support facilitator will attend housing unit groups and assist the leader in training to be able to run the groups on their own. The GOGI support facilitator is an authorized individual who can go to different housing units and other authorized areas throughout the institution/facility.



GOGI Club at at E.O.C.I. Oregon

Example: A GOGI Club was created at Eastern Oregon Correctional Institution and has raised over \$60,000 since it has begun. They created GOGI Club so they can hold fundraising events for purchasing books and other community outreach within the facility. This is a great option for funding the needed materials at a facility or correctional institution.



Fundraising at at E.O.C.I. Oregon

Example: GOGI Club at E.O.C.I. has three to four fundraisers a year, including Dominos pizza, Safeway chicken, GOGI water bottles, and various donuts. Depending on your location, there may be different local options that will work with you to make the fundraising operation go smoothly. Efficiency is important, at E.O.C.I., we often double the cost of the item so proceeds can be used for funding the GOGI program. To maximize the amount raised, it is recommended you offer an additional section labeled donations, so those who want to can donate to the GOGI program. Here are some photos of the chicken fundraiser E.O.C.I. offered.



GOGI Group Tracker

The E.O.C.I. Example: This page has an example of a roster that a facilitator/staff uses to keep track of attendance for GOGI Meetings.

#	ID#:	Cycle:	Last:	Name	Housing	Cnslr.
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
Fac						
Fac						
ADM = Administrative Removal						
D = Dropped						
DSU						
EX = Excused, family visit, other call out, etc.						
EX-NOC = Excused - Not on Call Out						
EX = Excused						
NS = No Show						
RT = Return						
SW = Switched classes to a better time						
T = Transferred						
NOTE:						

Institutional Certificate for GOGI Meetings

The E.O.C.I. Example: This page has an example of a certificate that a facilitator/staff awards upon completion of a cycle of GOGI Meetings.

Eastern Oregon Correctional Institution Certificate of Participation

is hereby granted to:

Participant Name

To certify that they have completed to satisfaction

GOGI Meetings

Granted: February 1, 2023



{name, title}



Book Check-Out Agreement ~ Example

The E.O.C.I. Example: This page has an example of a form that a facilitator/staff uses to check out books.

Welcome to GOGI (Getting Out by Going In)

This book will be your responsibility. You may be held financially accountable if the book is lost, stolen, or damaged.

When you complete the class, please return this book that day. If you drop the class, are transferred, or moved housing, you responsible to ensure that the book is returned to the Correctional Rehabilitation Department.

What to do if:

1. You are transferred: Give the book to your unit officer before your departure.
2. You go to DSU: Let the DSU officer know you have a book belonging to the Correctional Rehabilitation so it may be returned. If you are going to participate in GOGI while in DSU, you will be issued a book while there.
3. You decide to drop the class: Return the book that day in class, turn it in to any your Facilitator or return it via kite to Correctional rehabilitation.
4. Your book becomes damaged, lost, or stolen: Directly bring it to your facilitator's attention. Do not wait. The cost for the book can and may be deducted from your account if you have been found responsible for the damage. The book is the property of the Department of Corrections.

By signing the form below, I understand that, I am responsible for this book.

Name: _____ SID: _____ Book: _____

Signature

Date

Book #	Condition- cover/over all inside	Markings

Testimonial

By GOGI Leader/Coach Aaron B. Lara

Before getting involved with GOGI 7 months ago, I had a bad attitude, my behavior was erratic, my communication skills were lacking, and I had a negative outlook on life. All of this started to change with GOGI. Today, I am completely different version of myself than I was only seven months ago.

My GOGI experience started when I got a job as a counselor's orderly which gave me the opportunity to be around individuals that ran GOGI at E.O.C.I. I witnessed their dedication to GOGI. I saw a sense of peace in them that I wanted in my life. Coach Stephens worked on GOGI everyday. He was able to laugh, joke, and was always positive. I thought that if GOGI helped him, maybe it could help me too.

I started with the Pelican Life Story, and I found it interesting how others had so many experiences and dilemmas similar to my own. This book allowed me to be insightful and look back on my life from childhood to the present. As I read more GOGI books and wrote reports, I practiced each Tool as it was explained. It felt as if overnight my attitude began to change. I noticed I was smiling more often and stressing less after starting GOGI. I was hooked and made a commitment to myself to continue studying GOGI.

After learning GOGI, I tried to use the Tools everyday. POSITIVE THOUGHTS, POSITIVE WORDS, and POSITIVE ACTIONS are the Tools I used most in the beginning because they helped me get out of my old mind set and separate myself from people who had no desire to change or better themselves. After a while, I started to practice other Tools like BELLY BREATHING and LET GO. I used BELLY BREATHING to ground myself and prevent my frustrations from escalating into anger. BELLY BREATHING reminded me that I can only control my decisions. LET GO was huge for me because I was hung up on my past and things I have no control over. GOGI helped me practice LET GO in my life and realize I can be the best version of me.

After a few months of studying and practicing GOGI, I realized I had become a completely different person. I had a positive attitude even in frustrating situations. My communication skills had improved and allowed me to build healthy relationships. I even found myself associating with peers that I wouldn't have talked to before GOGI. My behaviors were positive and GOGI oriented. I invited many people to come and check out GOGI class. GOGI had taken me out of the dark place I was in and created a new environment full of opportunity.

Now, many months and countless hours of studying GOGI, I continue to find opportunities ahead of me. I am now at a new institution and I get to be a part of the start up process of GOGI here. All the hours I put into learning the GOGI way now gives me a chance to share it with others in a new place surrounded by new people. I am so grateful for this opportunity and I have to thank GOGI, Coach Stephens, and the GOGI team at E.O.C.I. for their support, patience, and teachings.

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

When you use BOSS OF MY BRAIN, you may realize only you are the boss of your thinking and the creator of your life experience. To use this GOGI Life Tool, simply consider three parts of your brain over which you have control:

The Smart Part: Place your hand on your forehead, you are touching the part of your brain responsible for making decisions and learning new information. This part helps you make positive decisions.

The Emotional Part: Touch the sides of your head just above your ears. At the center of your brain is the Emotional Part of the brain. This is where you create emotions. With this Tool, you become more aware of this part of your brain, and can choose if you want it in control or not.

The Old Habit Part: Put your hand just above your neck, on the back of your head. This 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.

FIVE SECOND LIGHTSWITCH

You can gain control of your actions, reactions, thoughts, and words with this Tool. When situations seem to take control of you, you can easily Flip Your Switch.

Old Thought? Identify things that upset you or push your buttons. By identifying your Old Thoughts about these things, you will be prepared to Flip Your Switch.

New Action? Now that you have identified specific Old Thoughts, identify some productive New Actions. For example: BELLY BREATHING is a positive action. Pick a few New Actions.

When an Old Thought creeps into your mind, notice the Old Thought. Then, within five seconds, use your FIVE SECOND LIGHTSWITCH to get to your New Action.

My 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 reasons to get to your New Action.

BELLY BREATHING

Breathing with your belly helps oxygen move through your body. When your oxygen flow is optimal, your brain function is optimal as well. When you build the skill of breathing with intention, you will naturally make more positive decisions because more oxygen is getting to your brain. To use the Tool BELLY BREATHING, monitor your breathing and let your brain do the rest of the work.

One Hand on My Belly: Something as simple as placing your hand on your belly can remind you to breathe deeper. When you use this Tool often, you will train yourself to automatically breathe in a way that supports your best and most positive decisions.

One Hand on My Chest: Oftentimes, when we are upset or angry, our breathing gets shallow and the air we take in is restricted and centralized to our chest area. Putting one hand on your chest allows you to identify if you are chest breathing.

Which One is Moving? When you slow down and identify the pattern of your breathing, you are in charge of creating the best outcome for you. Your brain works best when you breathe with your belly.

Tools of Choice



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

POSITIVE THOUGHTS

With this Tool, you can measure every thought as either powerfully moving you in the direction of your intended life experience, or keeping you further away. This Tool helps you practice the skill of discernment.

Is it Powerful?

When you know how you want to feel in your life, you can determine if your thoughts are powerfully generating this feeling. You will also be able to know if your thoughts are keeping you from your goals.

Is it Productive?

You can filter all thoughts through a level of productivity. Is the thought productive in your effort to create your desired life?

Is it Positive?

Regardless of how negative your situation may seem, you can retrain your thinking process to find hidden positives. It is never too late to use POSITIVE THOUGHTS in any situation.

When you weigh each and every thought on a scale positivity, you can retrain your brain to automatically create POSITIVE THOUGHTS.

POSITIVE WORDS

Using POSITIVE WORDS is a skill that requires practice. You may find this Tool enjoyable to use because it instantly gives you alternatives to negativity. POSITIVE WORDS permit you to declare who you are today. When you use the Tool POSITIVE WORDS, you craft your future possibilities and create space for more positive opportunities in your life experience. POSITIVE WORDS helps restructure your brain's thought process, and invites positive collaboration with others and creates improvements in all situations.

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

Is it Productive? As you choose your words, filter them through The Three P's by asking if that specific word is productive. Does that word provide a productive, positive option?

Is it Positive? As you choose your words, your focus on the positive options will greatly determine your ability to build momentum in a positive direction.

POSITIVE ACTIONS

POSITIVE ACTIONS is a Life Tool mastered through the small, and often unseen, decisions that are made each day. While the bigger changes are often desired, it is in the daily decisions where this Tool is perfected. Bigger changes come more easily when POSITIVE ACTIONS is practiced with smaller decisions. Small decisions add up quickly and set the pattern for bigger actions in the future.

POSITIVE ACTIONS is your Life Tool to prove that you have taken command of your choices.

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 get you further from your goal?

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 choose one that is considered positive?

Tools of Moving Forward



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

CLAIM RESPONSIBILITY

CLAIM RESPONSIBILITY focuses on making decisions today that you will be proud of doing. Your actions and reactions today are not tethered to the past, unless you do the tethering. This Tool provides a sense of ownership you can use to make the best decisions available to you today. You can use CLAIM RESPONSIBILITY for decisions today, to become aware that your reactions to life's inevitable challenges are yours to choose.

CLAIM RESPONSIBILITY for today

Using this Tool requires you to ask yourself, "Am I proud of the choice I am about to make?" This Life Tool is best utilized when used for a specific choice, on a specific day, in a specific situation. In this way, you are not dragging past choices into the present.

CLAIM RESPONSIBILITY for the past

Using the Tool CLAIM RESPONSIBILITY to reconcile decisions of the past permits you to consider positive options you might have missed. This helps you avoid making decisions similar to those you now regret.

FOR-GIVE

FOR-GIVE is the Safety Tool. For you to give back to others, you must be safe from harm. With this Tool, you make certain you are safe from harm so you can start being of service to others. A key to living your purpose is your ability to be a safe distance from any and all future harm. When you are committed to remain safe from harm, you can help others find that safety as well.

FOR-GIVE vs forgiveness: FOR-GIVE as a GOGI Life Tool is not the same as the act of forgiveness.

Forgiveness is important, but before true forgiveness is possible, you need safety from harm. There is little point in forgiving someone for stealing your money if they continually reach into your pockets to steal more. Forgiveness requires safety from future harm, or it leaves you vulnerable to more harm.

FOR-GIVE aids forgiveness: Once you are safe from harm, the process of true and lasting forgiveness can unfold. Until you are safe, it may not be wise to try to forgive. Once you are safe, you can begin to give back.

LET GO

When you are able to consider each day as holding unlimited potential for good, regardless of the past, you can naturally move beyond the pain and suffering of the past. The Tool LET GO allows you to the capacity to create positivity, regardless of your past by placing negative thoughts or feelings in your hand, squashing it, and then tossing them far from you. When you do this, you can act and react in the present, and not bring pain and suffering of your past into the present. When you use LET GO, you are empowered to disconnect from past harms and hurts.

In Your Hand When feelings and thoughts are in your heart or mind, your decisions may be impacted. By imagining these things in the palm of your hand, you may experience a sense of relief or 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 creating the space to move forward with your life, unhampered by the past.

Tools of Creation



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

WHAT IF

WHAT IF helps you define yourself beyond the past. The Tool WHAT IF permits you to see all options available to you while you create your life today. You are only defined by your past to the extent that you repeat past behavior. WHAT IF allows you to define yourself by today's decisions, not yesterday's.

With WHAT IF, you instantly access the bigger picture and are empowered to make decisions not limited by your past.

WHAT IF for the positive When you use WHAT IF to consider a possible positive outcome, you open the unlimited possibilities for positive growth and lasting change. WHAT IF gives you awareness of all possible positive outcomes.

WHAT IF for the negative When you use WHAT IF to consider a negative outcome, you have the power of conscious choice. You can decide if the negative outcome is your best or only option. Or, you can choose POSITIVE ACTIONS.

WHAT IF for your past By asking yourself, "WHAT IF I am not my past?" you are given the option to define yourself beyond the limits of your past.

ULTIMATE FREEDOM

The ULTIMATE FREEDOM Tool simply means you look for opportunities to be of service. You can use ULTIMATE FREEDOM to develop and/or maintain a sense of purpose in your life. Using this Tool, you will improve every situation, ease the minds of those who struggle, and help advance a positive perspective. When you use ULTIMATE FREEDOM, you may find yourself happier, find yourself more aware, and find that a general sense of abundance begins to overcome a previous sense of lack. ULTIMATE FREEDOM is the Tool of service.

Being Free Is Up to Me: With your ULTIMATE FREEDOM GOGI Life Tool, you are empowered to make every day an impactful day. You can begin your day knowing the world is a better place as a result of your service. When using the Tool ULTIMATE FREEDOM, you find ways to see each day as an opportunity to make the world a little better of a place because of the choices you are making throughout the day.

REALITY CHECK

REALITY CHECK is your Tool to help you acknowledge that you are human and realize that your mistakes do not determine or limit your possibilities. As humans, we inherently want to create lives that bring us joy. At some point, we usually want to change for the better. We fumble, fall, and make mistakes along this journey of positive change. These missteps oftentimes disable our progress and damage our self-esteem. This is where REALITY CHECK comes in handy.

REALITY CHECK helps you move beyond mistakes by committing to getting right back on track. You can live your life with greater commitment, knowledge, experience, and resources because, with REALITY CHECK, you understand that ten steps forward and two steps back is still eight steps ahead.

REALITY CHECK for Change: REALITY CHECK helps you overcome the reality that old habits and limiting beliefs are often a challenge to change. This is because REALITY CHECK offers the Ten and Two Rule: Ten Steps Forward and Two Steps Back, is still Eight Steps Ahead. When you understand this, you are able to regain your footing for the journey ahead.

Team Building Meeting Handout

Welcome to GOGI Meetings. Please make sure you are in a Circle Group of no more than 12 individuals. As a group, decide on a Circle Group name, introduce all Circle Group Members, and decide upon Circle Group Guidelines.

Circle Group Name: _____

Names of Circle Group members:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Circle Group Guidelines

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

Are you ready to GOGI?

A GOGI Meeting will be held every _____ at _____ : _____ , at the following location: _____.

If you are interested in joining the meeting please sign you full name below:

[illegible]

GOGI Meeting Sign-In Sheet

First name**Last name**

Today's date

[illegible]

Guest speaker invitation and information

Today's Date: _____

Dear possible guest speaker,

We would like to invite you to speak at a GOGI Meeting at following location, on the following date, at the following time.

Location: _____ Date: _____ Time: ____ : ____

Your success as a speaker will be increased by following the below format:

1. Share your personal experience with GOGI.
2. Share your GOGI journey, your life before GOGI, how you were introduced to GOGI, and your present life with GOGI.
3. Your future: your goals and hopes for the future and how your GOGI Life Tools may help you achieve them.
4. Your favorite GOGI Life Tool and why it's your favorite.

Please be prepared to answer questions from the group for approximately ten minutes. Thank you for modeling the GOGI Life Tools in your life and we would greatly appreciate you sharing your GOGI journey with us.

Respectfully,

(Your signature)

Contact Information:

My Letter to GOGI

Please send your letter of gratitude to GOGI, PO Box 88969, Los Angeles CA, 90009. These letters inspire our volunteers and let us know our work doesn't go unnoticed.

Dear GOGI volunteers,

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Sincerely, _____
(Your name here)

Date: _____

GOGI Group Survey

The below survey allows you to rate your GOGI Group experience. Please send your completed form to GOGI, PO Box 88969, LA, CA 90009.

Time & place of weekly meeting: _____ Date: _____

Full Name (ID # if applicable): _____

Please circle your response to each question.

1) I enjoy what I learned in this group.

<i>Strongly disagree</i>	<i>Somewhat disagree</i>	<i>Does not apply (no opinion)</i>	<i>Somewhat agree</i>	<i>Strongly agree</i>
1	2	3	4	5

2) I found value in the GOGI Life Tools.

<i>Strongly disagree</i>	<i>Somewhat disagree</i>	<i>Does not apply (no opinion)</i>	<i>Somewhat agree</i>	<i>Strongly agree</i>
1	2	3	4	5

3) I would join another GOGI Group.

<i>Strongly disagree</i>	<i>Somewhat disagree</i>	<i>Does not apply (no opinion)</i>	<i>Somewhat agree</i>	<i>Strongly agree</i>
1	2	3	4	5

4) The peer Circle Group is an effective way for me to learn.

<i>Strongly disagree</i>	<i>Somewhat disagree</i>	<i>Does not apply (no opinion)</i>	<i>Somewhat agree</i>	<i>Strongly agree</i>
1	2	3	4	5

5) The materials and handouts provided were helpful to me.

<i>Strongly disagree</i>	<i>Somewhat disagree</i>	<i>Does not apply (no opinion)</i>	<i>Somewhat agree</i>	<i>Strongly agree</i>
1	2	3	4	5

6) I would recommend the GOGI Life Tools to others.

<i>Strongly disagree</i>	<i>Somewhat disagree</i>	<i>Does not apply (no opinion)</i>	<i>Somewhat agree</i>	<i>Strongly agree</i>
1	2	3	4	5

7) I would recommend GOGI Meetings to others.

<i>Strongly disagree</i>	<i>Somewhat disagree</i>	<i>Does not apply (no opinion)</i>	<i>Somewhat agree</i>	<i>Strongly agree</i>
1	2	3	4	5

8) I feel I benefited from the GOGI Meetings.

<i>Strongly disagree</i>	<i>Somewhat disagree</i>	<i>Does not apply (no opinion)</i>	<i>Somewhat agree</i>	<i>Strongly agree</i>
1	2	3	4	5

On the back of this form, provide other opinions or explain any answer you feel needs more information.

My Gift to GOGI ~ letter to a young person

On this page, fill the lines with a letter to an at-risk young person. Write what you wish someone would have told you. Or what you would like to share with a young person headed down a path of addiction and turmoil. What would you say to encourage them to make positive decisions?

Today's Date _____

Dear young person,

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Respectfully,

Your Name _____

Mail to: GOGI Youth Letters
PO Box 88969
Los Angeles, CA, USA 90009

My Unwritten Letter

Below is a letter I have not written. In this letter, I express my sincere regret and my remorse for my decisions. I express my remorse for the impact my decisions have had on the life of someone else.

Today's Date: ____/____/____

My name is _____ and this is a letter I have not written.

Dear _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Respectfully,

Your Signature Here

GOGI – My Life Story Book Report Course

Getting Out by Going In (GOGI) offers course workbooks that can be purchased by organizations or sponsored by individuals. Participants in GOGI programming use these workbooks and earn an official GOGI Credit and are issued a GOGI Transcript for any courses they complete. Realizing not everyone is given an opportunity to have a course purchased for them, the volunteers at GOGI invite you to earn an **official GOGI credit** by completing the MY LIFE STORY writing requirements. Your credit for completion will be official, and you will be formally recognized for your completion. This is a volunteer-supported course we offer for you, free of charge.

~REQUIREMENT 1 – Format. Your project must be handwritten on 8.5 by 11 inches paper (school-size). White paper is best. You must complete 15 full pages. This means 8 sheets of paper can be used. Remember, write neatly. Volunteers read your work. If we can't read it, you may not get credit. Spanish or other languages is fine. Please start your work about 1 inch from the top of each page, and leave 1 inch at the bottom. Leave about ½ inch on the sides.

~REQUIREMENT 2 – Identification. At the top of EVERY PAGE put your LAST NAME, FIRST NAME, and your ID. Oftentimes in our mailroom pages get mixed up. We get a lot of mail from all over the USA. Help us out, please. On the top of the FIRST PAGE please make sure you put ALL your contact info. Housing, facility, address, city, state, zip are all needed.

~REQUIREMENT 3 – Submission. You must mail this course to GOGI. You can put 4 pieces of paper in an envelope for a regular stamp. Just put 1 of 2 on the outside of the envelope. Or you can send the entire 8 pieces of paper in a large envelope. This course **MUST BE MAILED TO GOGI**. Do not turn it in at an institution or to anyone else. You must **MAIL THE COURSE TO GOGI**. The address is: GOGI – MY LIFE STORY, PO Box 88969, LA, CA 90009.

~REQUIREMENT 4 – Content. Please follow suggested topics for your writing. For each set of years, you are going to write about your memories, details, significant events, what you were proud of, what you were sad about, coping tools you used, and any significant people in your life during that period. To the level of your comfort, share the good, the bad and the ugly. Anything that helps you define your life is appropriate for this section. Please know you can go as deep or be as shallow as you choose. This is a course for you to gain insight into the journey of your life. You do not need to share details that make you uncomfortable, but you should not avoid events or choices that have impacted you greatly. You can simply word them in a way that you feel comfortable. You will gain more insight the deeper you look at the factors that you faced through the years. If GOGI is already a part of your life, please share that journey! We love a great GOGI story!

Pages 1-2 – Ages Birth to 5

Pages 3-4 – Ages 5-11

Pages 5-6 – Ages 11-13

Pages 7-9 – Ages 13-18

Pages 10-13 Ages 18-25

Pages 14-15 Ages 25 to now

On the final page, please discuss who you are NOW, what have you learned, and goals for your future.

Remember: This course must be mailed back to GOGI for credit. You must meet the requirements, but **the content is yours alone to judge if you put forth adequate effort**. Upon completion of this course, you may qualify for a donor to pay for a PowerUp! Your Life the GOGI Way book, which includes another free course. **Send the completed MY LIFE STORY pages to: GOGI MY LIFE STORY, PO Box 88969, LA, CA 90009.** One envelope is best, but multiple envelopes mailed the same day is acceptable. You should receive your credit within 4 – 6 weeks of submission.

Verbal Quiz

This is an easy way to assess basic comprehension of the GOGI Life Tools. This assessment can be used to determine if an individual is ready to help facilitate or support a GOGI Meeting. As a facilitator, you can test your own comprehension by answering the following questions.

1. What are the four sets of Tools?
2. What are the 12 GOGI Life Tools?
3. What Tools are included in the Tools of the Body?
4. What Tools are included in the Tools of Choice?
5. What Tools are included in the Tools of Moving Forward?
6. What Tools are included in the Tools of Creation?
7. Why does GOGI have the GOGI Life Tool Calendar?
8. What is your favorite Tool and why?
9. In your opinion, what is the most interesting aspect of GOGI Meetings?
10. Can you recite the GOGI Pledge of Service?

Reflective Writing

Reflective writing is an ideal format for groups and Circle Groups digging deep into the psychology of life. Here are some suggestions when considering Reflective Writing Assignments as a way to encourage a deeper engagement than attending the weekly meetings may offer. Creating a handout that is distributed weekly is likely to be most productive. Waiting until the end of the cycle may discourage participants.

Weekly Reflective Writing Assignment Options

Ask for their name, other information about them, including date, time and place of the meeting.

Ask for thoughts on the Tool of the Week that was discussed during the meeting. Oftentimes, the participant can recall the Keywords and in their own words review the Statement of Purpose and objective of each Tool.

Ask the student if they have seen this Tool in action and ask them to share an example. This assess comprehension and attention.

Permit the student to create a scenario where they would use the Tool in the future is also an enjoyable experience for participants.

Whatever is decided upon as far as requirements, it is suggested to keep the reflective writing short, simple, and weekly.

Written Quiz

The written quiz is a popular format for assessing comprehension. This quiz is not overseen nor tracked by GOGI, and no official GOGI credit is awarded. The quiz could be a powerful resource for educators or administrators wishing to document comprehension or completion.

1. I can change my thought, words, and actions by taking control over the _____ of my brain:
 - A. Smart Part
 - B. Emotional Part
 - C. Old Habit Part
 - D. All of the above
 - E. None of the above
2. According to the GOGI Life Tools, the quickest way for me to get oxygen to my brain is when I:
 - A. Breathe so my chest rises and falls
 - B. Breathe so I feel my belly expand
 - C. Realize oxygen gets to my brain automatically and I can't control it
 - D. Hold my breath
 - E. All of the above
3. According to a GOGI Life Tool, I can swap an Old Thought with a New Action when I:
 - A. Remind myself that the Old Thought does not help me
 - B. Flip My Switch
 - C. Remember 5 positive reasons to stay on a positive path
 - D. Think about prior poor choices
 - E. B and C
4. Using POSITIVE THOUGHTS, I can filter thoughts so they remain positive even in negative situations by:
 - A. Asking if my thoughts are Powerful, Productive, and Positive
 - B. Asking myself if negative thinking is helpful
 - C. Asking if I have the power to change
 - D. Ask about the negative
5. Using the Tool POSITIVE WORDS, I can choose POSITIVE WORDS in a negative situation by asking:
 - A. If my words are Positive
 - B. If my words are Productive
 - C. If my words are Powerful
 - D. All of the above
 - E. None of the above
6. When I use the Tool POSITIVE ACTIONS, I ask if my small actions are Powerful, Productive, and Positive because:
 - A. POSITIVE ACTIONS lead to more in the future, even if they are small
 - B. Small actions help build a habit
 - C. Habits are built with repetition
 - D. A and B
 - E. A, B, and C

7. I can use the Tool CLAIM RESPONSIBILITY to make positive decisions for my future by:
 - A. Reminding myself of mistakes in the past
 - B. Claiming responsibility for my past
 - C. Making a list of bad choices to avoid
 - D. Understanding that my actions and reactions today define who I am
 - E. None of the above
8. I can use the Tool LET GO to move beyond harmful events and people from my past by
 - A. Forgiving others and moving on
 - B. Imagining a negative thought in my hand
 - C. Squashing a negative thought in my hand
 - D. Tossing a negative thought far from me
 - E. B, C, and D
9. According to the GOGI Life Tool FOR-GIVE, I can maintain safe distance from harm by:
 - A. Forgiving others who harmed me
 - B. Keeping distance from anything that could cause harm
 - C. Apologizing for the things I have done
 - D. Simply forgiving and forgetting
 - E. None of these
10. I can move beyond mistakes I have made in the past by:
 - A. Asking, "What if I am not my past?"
 - B. Imagining the likely negative outcomes
 - C. Assess possible positive outcomes
 - D. A, B, and C
 - E. None of the above
11. I can use the Tool REALITY CHECK to regain my footing if I make a mistake by:
 - A. Talking about my mistake with a friend
 - B. Deciding not to beat myself up
 - C. Stay away from the person who made me mess up
 - D. Remembering that 10 steps forward and 2 steps back is still 8 steps ahead
 - E. Realizing once I mess up, I might as well keep messing up
12. According to the Tool ULTIMATE FREEDOM, I can create a sense of purpose and internal freedom by:
 - A. Finding a way to be of service each day
 - B. Doing a kind act that goes unnoticed by others
 - C. Choosing to live a life of service
 - D. Realizing being free is up to me
 - E. All of the above

Answer Key for Written Quiz

1.D 2.B 3.E 4.A 5.D 6.E 7.D 8.E 9.B 10.D 11.D 12.E

EOCI GOGI Institutional Survey Findings

Survey Conducted 4/25/23 - 6/25/23

Objectives

The GOGI Institutional Survey at EOCI was created to take a reading of the GOGI students' feeling toward the program and what it has to offer incarcerated people. The survey sets out to demonstrate a clear and concise picture of what GOGI means to GOGI students. We also want to demonstrate how important and effective programming can be in the lives of GOGI students. The GOGI Survey is also meant to show there is a direct benefit to the public as well as to the incarcerated.

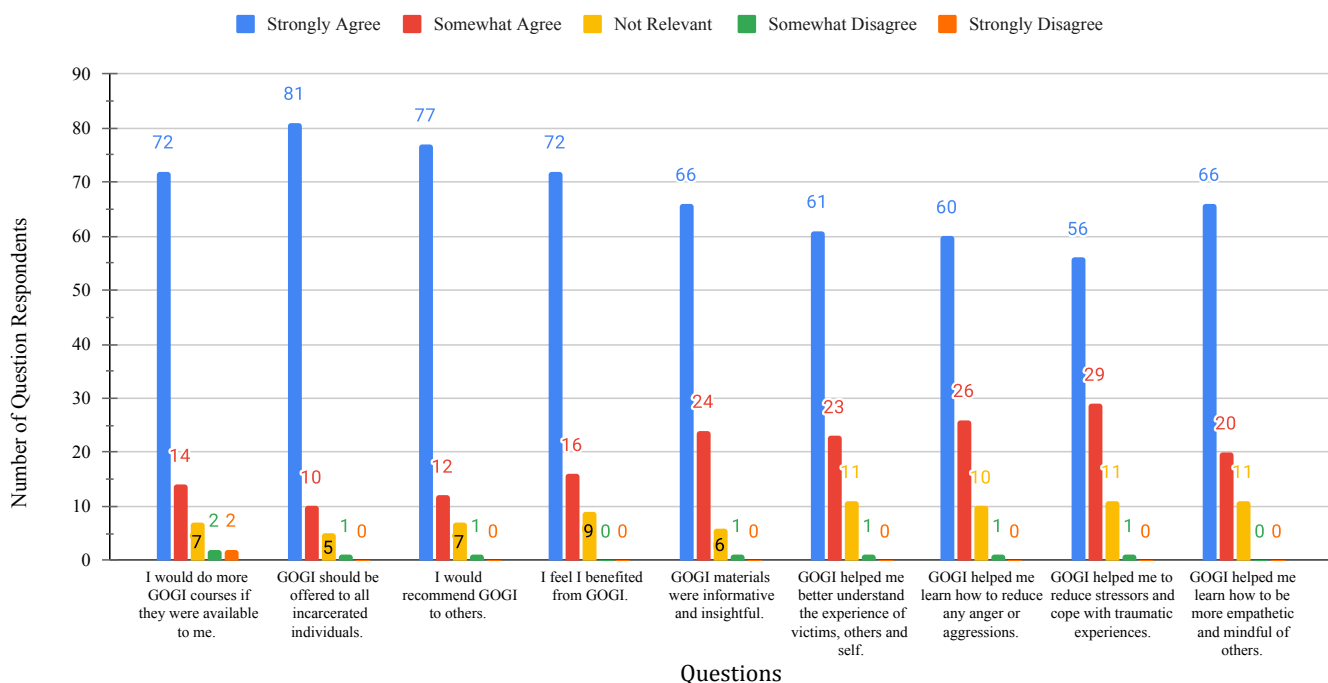
Process

The GOGI Survey was passed out by GOGI members to each housing unit at EOCI. Overall more than 500 surveys were distributed to the GOGI students housed at EOCI. Of the 500 surveys, 128 were returned to the counselor's office at EOCI. These surveys were tabulated by the program's clerks and entered into a spreadsheet. Once the data was tabulated graphics were created to demonstrate the returned data. In order to preserve the integrity of the data, all participants were told that no answer they gave would affect their ability to participate in GOGI. All of the original surveys returned were kept as a record of the data.

Results

Of the 9 questions asked in the survey, a majority of respondents strongly agreed to the benefits of the GOGI program in all categories. 86-95 respondents out of 97 strongly or somewhat agree that GOGI is a positive program (see graph).

EOCI Institutional GOGI Survey



Summary

GOGI is an overall positive program at EOCI that provides numerous benefits to GOGI students and the community. GOGI provides students an outlet to develop skills and tools that create a more positive and peaceful atmosphere. The numbers show that GOGI helps GOGI students cope, express themselves, reduce violent and criminal behavior, and become a more thoughtful person. Education is one of the most powerful ways to reduce criminality and future criminal episodes. Community is also a valuable tool in preventing criminality. GOGI provides both education and community in a positive and accessible way for GOGI students. Increasing support for GOGI can only better the environment for staff, GOGI students, and the community that we are all a part of.