

GOGI – My Life Story Course (Jan 2024 version)

Getting Out by Going In (GOGI) offers many types of courses. Free and “for purchase” courses help participants earn an official GOGI credit. Students who complete this course are issued an official GOGI certificate. Realizing not everyone is given an opportunity to have a course purchased for them, the volunteers at GOGI invite you to complete this MY LIFE STORY course by completing the writing requirements outlined below. 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 is 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 significant 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 your final page, please explore in your own words who you are NOW, what have you learned, and goals you have 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 course to:**

GOGI MY LIFE STORY, PO Box 88969, LA, CA 90009.

Your course mailed in envelope is best, but multiple envelopes mailed the same day is acceptable.

You should receive your credit within 4 – 6 weeks of submission.