

The GOGI Meeting Manual

Positive Communities the GOGI Way

By GOGI Coach Taylor

The GOGI Meeting Manual

Positive Communities the GOGI Way

The information in this book provides the reader with the ability to confidently use and share the GOGI Life Tools offered by Getting Out by Going In (GOGI). GOGI is a non-profit organization with a mission to empower individuals and communities with simple Tools proven to help create an extraordinary life experience.

The GOGI organization is volunteer-run and relies on donations and volunteerism. GOGI offers sponsorship opportunities to provide GOGI courses and trainings to underserved communities.

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Section One

The GOGI Essentials

Introduction

GOGI Meetings Support Positive Communities

GOGI Meetings Support Positive Communities

By GOGI Coach Taylor, Founder and Volunteer

It is possible to create a world where all children are taught the GOGI Life Tools. It is possible all children can use these simple Tools to create their amazing life experience.

Imagine adults modeling positive decision-making through their personal practice of the GOGI Life Tools. Children would witness meaningful and purpose-driven lives which would positively inform their own choices.

Imagine a universal language of internal freedom shared by all cultures; a language that unites rather than divides.

While it may seem this vision of communities is a utopia difficult to imagine, this is the world I have witnessed unfolding along my journey as the founder and first volunteer for the non-profit organization Getting Out by Going In (GOGI). I have seen children learning the GOGI Life Tools from their parents who model their use. These parents chart a path different for their offspring than the one they experienced. Because they experience the GOGI Life Tools as making their

efforts as parents successful, they eagerly share them with their children

The GOGI Life Tools were developed in collaboration with thousands of incarcerated individuals, and I have seen them model what it is like to live an internally free life. I have enjoyed community members coming to realize that if someone emerging out of prison can live an internally free life, then it would be reasonable to assume just about anyone else could live internally free, as well.

I Have Witnessed

In my 20 years as a volunteer inside prisons and jails, I have witnessed dozens, if not hundreds, of instances where rival gang members and former enemies gather to share the GOGI Life Tools in the safe and supportive environment their GOGI Meetings provide. I have seen color lines, along with all other exclusionary criteria, otherwise defining who is a friend and who is not, evaporate when the focus becomes being of service to community, The GOGI Way.

The world we can build for all humanity is not some far off dream. Rather, it is the world in which I live every day of my life. I witness positive choices

being made through utilization of the GOGI Life Tools inside some of the most notorious prisons across the United States of America.

GOGI Meetings have a way of inspiring a powerfully positive community. The GOGI Life Tools quickly find a home within the hearts of those who engage. GOGI Meetings offer the format, the permission, and even the excuse for each individual to be magnificent.

In this Manual

In this manual you will find the basics about the GOGI Life Tools. You will also find all the information you will need to hold your very own GOGI Meetings.

GOGI Meetings are the vision of GOGI Students who believe that when united in a common language of positive decision-making, there is nothing a community is unable to accomplish. In a very real way, there are few problems the GOGI Life Tools can't help redefine as an opportunity in disguise.

GOGI Meetings Emerge

GOGI Meetings emerged from the need to find the solution within the very thing defined as the

problem. Most importantly, the GOGI Life Tools offer you, and your community, the permission to get out of your own way and unite with others in one great cause of identifying and living a purposeful life path. The GOGI Life Tools have been successful in some pretty rough places. They can be successful Tools for you and your community, too.

GOGI's Roots ~ GOGI at the Bay

In 2015, Getting Out by Going In received grant funding to provide “programming” to prisoners locked in the highest security housing units of Pelican Bay State Prison (PBSP) and California Corrections Institution (CCI), both of which were within the State of California Department of Corrections and Rehabilitation.

Walking from one cell to the next with a push-cart overflowing with GOGI course workbooks, I was able to convince maximum security prisoners to simply “look” at the GOGI material, even if they had not been offered or had refused rehabilitative programs in the past.

I shared with them that GOGI was created by and for prisoners, and I had traveled a great distance to be there, so they would be doing me a

favor to give it a glance. Month after month I would return, distributing more and more courses as word spread throughout Pelican Bay State Prison that GOGI was the real deal.

Once the reality of GOGI offering simple Tools caught on, I would hear one prisoner giving a head's up to cells down the hall. "GOGI's in the house, you better have your homework ready." The men would holler this out, notifying the others down the line that GOGI Coach Taylor or another GOGI representative had been permitted in the unit.

After several months of visits, I came to know a few of the names, and many of the faces, of men who had not seen the light of day for 10, 20, and sometimes 30 years. Actually, in thinking about it, I was probably the first non-officer, non-chaplain, "free" person some of those men had seen since they were in the courtroom waving goodbye to their families. You don't think of those things at the time, but, I guess it was a new experience for all of us.

Air Vent Meetings

I remember one time I made it into the housing unit without the normal fanfare of being noticed and my arrival being announced. I walked into the

housing unit of CCI. It was A yard, if I remember correctly. With my officer escort I made my way quietly to one of the cells where a very enthusiastic GOGI student was housed. Upon my approach, I heard him speaking. I wondered if he had smuggled a cell phone, and I hoped I was not going to be walking up to a situation I did not want to see. I stood back a few feet and listened before approaching.

Curiosity

The Student of GOGI was on his top bunk with his mouth as close to the air vent as possible. He was talking about GOGI. I was curious. He was single-celled and had no one else in the cell with him. I glanced into the adjacent cell. Sure enough, the guy next door was in the same position. Two men were actually talking about GOGI.

“Are you two men holding a GOGI meeting?”
I asked, as I approached his cell door.

“Coach Taylor, you can’t walk up on people like that,” came his startled reply.

“Yeah, sorry about that, but I was hearing some GOGI talk and couldn’t resist.”

As it turned out, since the men were not permitted to be out of their cells at the same time

due to their security level, they had formed their very own meetings through the air vents to increase their ability to make positive decisions.

They were not alone in their desire to make big changes in their lives. An increasing number of high security prisons were finding freedom, The GOGI Way.

Housing Unit Meetings

At Pelican Bay, it was not uncommon for one of the men in a unit to hold a GOGI Meeting loud enough for the men in adjacent cells to chime in with their own contributions. At the Bay, SHU housing configurations were modular in format, but the cell bars within each module made open discussions possible. While seated on their two-inch mattresses, men in their cells reviewed their materials and conducted very organized and well-documented meetings.

As these higher security prisoners transitioned to less restrictive housing, they continued with their study of the GOGI Life Tools, inviting others to join in this new “GOGI Culture,” as they called it. GOGI became the new way of navigating life on the prison yard.

Graveyard GOGI

In another instance, I was permitted to visit a county jail facility at the request of an inmate who had found a GOGI Book in the trash. The only time he and his peers were permitted to study GOGI was during the graveyard shift. There was an officer on duty during graveyard who was supportive of rehabilitation, even if it had to happen at 9:00 at night.

We called it Graveyard GOGI.

I arrived at the jail during a snowstorm that painted the entire experience with an element of surrealism. I pushed the buzzer and was let into a very dark hallway. This hallway led me to another buzzer. This buzzer brought me to an elevator. When the main door opened, a voice on the intercom instructed me where to find the assigned officer.

I was led past hundreds of sleeping bodies in darkened dorm-like housing. When the final door opened, the light was so bright I found myself squinting. Inside the room, nearly 100 men in typical jail uniforms were assembled in a neatly-formed circle. Their peer leader, Tevita, who was also incarcerated, led them in the GOGI Pledge of

Service followed by an activity that highlighted their knowledge and use of the Tools. It was amazing to see men of every color and culture, all united in GOGI Life Tool study.

Many Meeting Configurations

Meetings with like-minded individuals are most often created by student's eagerness to share and explore the application of the GOGI Life Tools. Rare is it to find someone who does not want to speak about, share, and exemplify the GOGI Life Tools once they find them useful in their own lives.

Students of GOGI tried, tested, and explored the optimal way to empower communities for good. Through their contributions and refinement of details, the GOGI Meetings were created. That, my friends, is why this book is available for you! The Students of GOGI wish the gift of internal freedom to be yours.

A handwritten signature in black ink that reads "Coach Taylor". The signature is written in a cursive style, with a large heart shape at the beginning of the word "Coach".

GOGI Founder/ Volunteer

GOGI Basics

The GOGI Life Tools

The GOGI Life Tools

What are the GOGI Life Tools?

The GOGI Life Tools are simple decision-making strategies anyone can use to help them create the positive life they desire. The Tools are listed below:

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

The GOGI Life Tools

Why GOGI Life Tools?

The GOGI Life Tools provide an easy way for any individual to get (or remain) on course for creating an optimal life. The GOGI Life Tools were developed through incorporating effective and proven psychological strategies for behavioral change into a simplified methodology for easy use.

These modalities for change were fused with human excellence practices gleaned from science, religions, and cultures from across the globe.

The GOGI Life Tools were created over a twenty-year period working with hundreds of thousands of individuals who were seeking help when nothing else seemed to work. They decided a new method for change was needed

What are the "sets" of Tools?

The GOGI Life Tools are divided into 4 sets of Tools. This makes them easy to remember, as each set of Tools has a specific function. The four sets are the Tools of the Body, Tools of Choice, Tools of Moving Forward, and Tools of Creation.

GOGI Life Tool Sets

Tools of the Body

BOSS OF MY BRAIN
BELLY BREATHING
FIVE SECOND LIGHTSWITCH

Tools of Choice

POSITIVE THOUGHTS
POSITIVE WORDS
POSITIVE ACTIONS

Tools of Moving Forward

CLAIM RESPONSIBILITY
LET GO
FOR-GIVE

Tools of Creation

WHAT IF
REALITY CHECK
ULTIMATE FREEDOM

GOGI Life Tool Calendar

GOGI Life Tool Calendar

How are the Tools Studied?

The GOGI Life Tools are most often studied according to the GOGI Life Tool Calendar of Study.

The calendar is explained in detail throughout this manual. The Tools can be used on their own, in their sets, or in any configuration that helps to sustain positive decision making and lasting changes. The calendar, however, serves to unite all communities into a global community of positive individuals.

What is the GOGI Life Tool Calendar?

According to the calendar, each week starts on Monday. The first Monday of each month begins that month's study. Each week of the month is assigned its own Tool to be studied during that week. You will see there are 4 Tools studied each month. When there is a 5th Monday, all the Tools can be reviewed during that week.

GOGI Life Tool Calendar

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

The Many Ways to Study GOGI Life Tools

Ways to Study

The GOGI Life Tools

The most popular ways to study the GOGI Life Tools are:

1. GOGI Meetings

In this format the calendar is followed and the GOGI Meeting Format is offered in open or closed group format.

2. Course or Topic Specific GOGI Meetings

In this format a group meets to complete a specific GOGI course. For example, a group can be formed that meets to complete GOGI's Anger Management Course. Course-specific study permits peer support for course completions and topics for discussion.

3. Independent Correspondence Courses

In this format the GOGI student completes independent study of GOGI's workbook courses.

4. Leadership Training Programs

In Leadership Training Programs, participants are able to increase their ability to be of service to self and community through structured requirements. Each certification requires specific study, all culminating in certification as a Certified GOGI Community Coach.

Ways to Study #1
GOGI Meetings

GOGI Meetings

What are GOGI Meetings?

GOGI Meetings are positive gatherings of individuals formed in Circle Groups to reinforce daily use of the GOGI Life Tools. These meetings are ideal for those who wish to contribute to a positive community engaged in the study of the GOGI Life Tools.

Copies of this Manual?

Copies of applicable pages of this manual can be made and shared with individuals attending your GOGI Meeting. This will help circle members engage, help participants to feel included, encourage participation, and make the facilitators job much less stressful.

The Goal?

Remember, the goal of GOGI Meetings is to inspire all group members into a discussion of the GOGI Life Tools. This manual can encourage this participation.

Ways to Study #2

**Course or Topic
Specific Meetings**

Course or Topic Specific

GOGI Meetings

Course Specific GOGI Meetings are an engaging way to enhance study of GOGI Life Tool use for specific topics. While a GOGI Group can be formed for general life improvement, a GOGI Group can also be formed to permit students to complete any one of GOGI's courses as a Circle Group. This team-approach to completion of specific courses permits a deeper engagement with the course materials, and often solidifies the application of the GOGI Life Tools in specific circumstances.

A GOGI Meeting with a Circle Group focused on the completion of GOGI's Anger Management or Addition and Substance Abuse courses is an ideal way to not only permit self reflection, but encourage positive peer support.

Topic Specific GOGI Meetings are effective for supporting a specific challenge. A Circle Group can be formed for any number of life's challenges, with each Circle Group member focused on utilization of the GOGI Life Tools to overcome a shared challenge.

Whether a course-specific, or topic-specific approach is taken, Circle Group members are encouraged to focus intently on application of the GOGI Life Tools to resolve and overcome any of life's challenges.

Ways to Study #3

**Independent
Correspondence
Courses**

Independent Correspondence Courses

Getting Out by Going In (GOGI) developed an expertise in correspondence courses during the Covid pandemic of 2020. Unable to offer traditional education in a classroom setting, GOGI made a rapid pivot and moved all coursework to softbound, self-study workbook format. All courses can be purchased by individuals or organizations.

With an expertise in rehabilitative programming deeply embedded in the roots of GOGI's early years, the correspondence courses quickly became a beloved and effective means to prepare for success beyond prison walls, beyond addiction, and beyond any other challenge. Below are the covers of GOGI's most popular correspondence courses available on the GOGI website:

www.gettingoutbygoingin.org



Ways to Study #4

Leadership Training Programs

Leadership

Training Programs

GOGI Leadership Training Programs were created in collaboration with tens of thousands of GOGI Students who were committed to providing their families, friends and communities with a lasting solution for the challenges they faced. Over a twenty year period, many different leadership styles and formats were integrated into the all-inclusive leadership formats currently offered by GOGI. These formats continue to evolve over time with new emerging ways to express levels of leadership. Below is a short recap of levels of engagement and certifications offered to support milestones in GOGI course completions.

GOGI Community Coach Certification

Certifying as a GOGI Community Coach requires a 2-year process and 35 GOGI academic course credits. Required, also, is a 30-page thesis project. The GOGI Community Coach is the highest honor in the GOGI Leadership Training Program and acknowledges the individual as having met the highest criteria required by the GOGI organization.

GOGI Peer Coach

The GOGI Peer Coach has completed required GOGI courses and has displayed an interest in mentoring or supporting GOGI Life Tool studies in

a group setting. The GOGI Peer Coach was once a GOGI Ambassador, then G-Rep, then Facilitator of GOGI Meetings. As a GOGI Peer Coach, they are encouraged to support group study of the GOGI Life Tools.

GOGI Facilitator Certification

The GOGI Facilitator has completed the G-Rep Certification and has assisted in the facilitation of two cycles of GOGI Meetings.

GOGI G-Rep

A G-Rep is that person who has completed the basic GOGI training for leadership which may be offered in workshop or course format. As a G-Rep, this individual is well versed in their GOGI Life Tools and they are confident in sharing those Tools with friends and family. They may assist in GOGI Meetings, or may advocate for the sharing of the GOGI Life Tools within their community.

GOGI Ambassador

A GOGI Ambassador is anyone who finds the GOGI Life Tools supportive of positive decision making. This individual advocates for the use of the GOGI Life Tools for all communities and is able to share their support of GOGI Life Tools as a universal language of positive decision making.

Starting a GOGI Group

Getting Started

Getting Started

Sign Up

GOGI Groups 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.

How do we get started?

In the next section of this Manual, each GOGI Meeting is outlined in a simple format that can be used by children, youth, and adult groups. Start with the Team Building Meeting. Once you have completed the Team Building Meeting, the next 12 meetings will follow the GOGI Life Tool Calendar. It's that simple.

What is a Circle Group?

A Circle Group is no more than twelve participants who are members of a closed circle. When there are thirteen members, the Circle Group is split and two Circle Groups are formed. The entire GOGI Meeting group can be as large as the meeting space accommodates; however, the Circle Groups are 5-12 individuals in size. No circle group should be larger than 12 participants. Whenever possible, no

group should be smaller than 5 members. For example, there have been more than 300 participants who have convened in one space and formed 30 Circle Groups to hold 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 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.

Meeting Success Checklist

Group Success

Checklist

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

Participation

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

Format

- ✓ Do all Circle Groups have names and guidelines?
- ✓ 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?

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?

Calendar

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

Group Participation Acknowledgement

Credit or No Credit?

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.

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. For that reason, the following pages may prove informative, as they offer options to consider when tracking more than attendance.

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 kinds 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.

Verbal Quiz

This verbal quiz is a way to test group member's level of comprehension.

This assessment can be used to determine if an individual is ready to help facilitate or support a GOGI Meeting.

Verbal Quiz

This is an easy way to assess basic comprehension of the GOGI Life Tools.

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?

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.

Written Quiz

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

12.E

11.D

10.D

9. B

8. E

7. D

6. E

5. D

4. A

3. E

2. B

1. D

Reflective Writing

In the Reflective Writing opportunities, students reflect on what they have learned and how they can apply the GOGI Life Tools.

Credit for the Reflective Writing is provided by the hosting organization.

Reflective Writing

Reflective writing is an ideal format for groups and Circle Groups digging deep into the psychology of life and living. 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

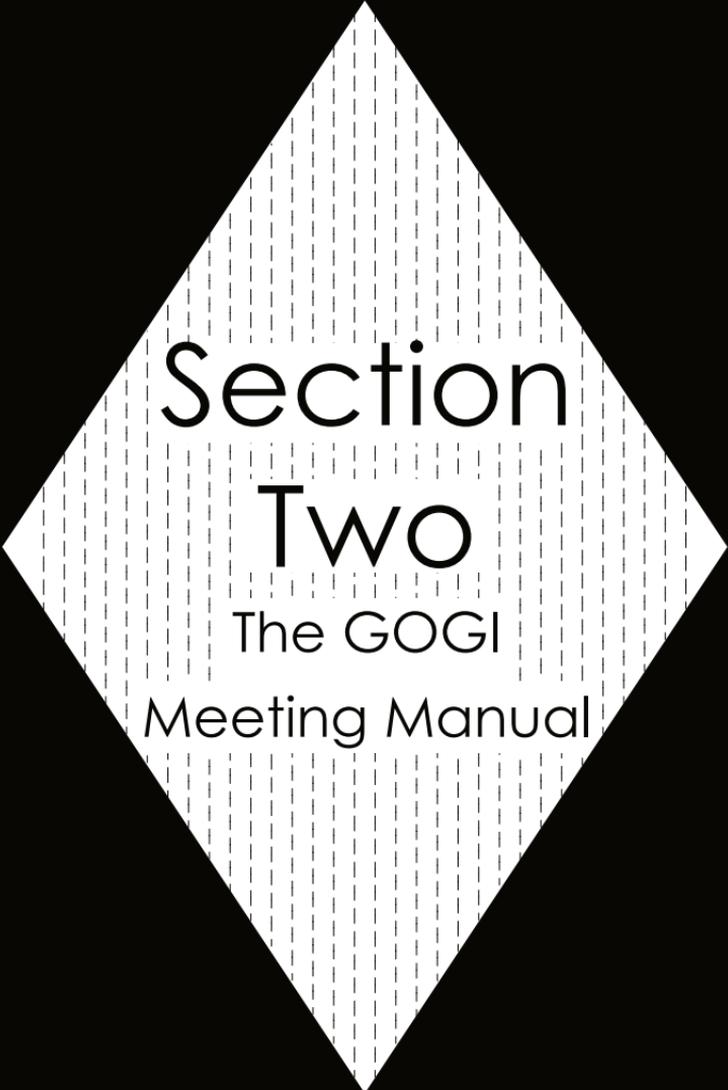
Ask for their name, other information about them, including date, time and place of the meeting.

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 simple, short, and weekly.



Section
Two

The GOGI
Meeting Manual

GOGI

Meeting Formats

Team Building Meeting

Start all new groups with this meeting

Repeat this meeting to start each cycle

Team Building Meeting

All new Circle Groups begin with this meeting.
And, it is repeated at the start of every cycle.

The Team Building Meeting reviews meeting details and GOGI's history, purpose, and mission. While all Tool related meetings are held according to the GOGI Life Tool Calendar, the Team Building Meeting is always held after completion of a cycle (15 Meetings).

1. Call the GOGI Team Building Meeting to order *(Read Aloud)*

“We call our GOGI Team Building Meeting to order. Our GOGI Meetings are community meetings reinforcing our use of the GOGI Life Tools. The GOGI Life Tools were created by, and for, Students of GOGI to share simple strategies for increasing success in life. GOGI Meetings permit us to create positive community experiences through the sharing of the GOGI Life Tools. GOGI Meetings are for anyone, regardless of their knowledge, or use, of the GOGI Life Tools.”

2. Why do we have a Calendar? *(Read Aloud)*

“All GOGI Meetings and GOGI studies are coordinated with the GOGI Life Tool Calendar, so no one will ever feel alone in their study of the GOGI Life Tools.”

3. The GOGI Meeting Purpose *(Read Aloud)*

“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.”

4. Meeting Circles *(Read Aloud)*

“All GOGI Meetings are conducted in Circle Groups of 5-12 participants. If we are not in circles of 5-12 yet, now is the time for us to form GOGI Circle Groups. Where possible, remove desks, tables, and other obstacles in the way of tightly formed circles of 5-12 participants for the meeting.”

5. Group Name *(Group to decide by vote)*

Circle Group members decide on the name of their group for this meeting cycle. The name can be repeated each cycle, but is voted on or confirmed at this time.

Team Building Meeting

6. Participate in GOGI Check-In *(Volunteer to Read Aloud)*

“Each member of our circle is invited to briefly state their name, state one positive thing that happened during the week, and mention their favorite GOGI Life Tool. Or, each member may state why they have joined the group for this specific meeting.”

7. Group Guidelines *(Volunteer to Read Aloud)*

“We now review, revise, or determine our group guidelines. For example, ‘no cross-talking’ and ‘confidentiality’ are common group guidelines.”

In your group documentation write down:

- Your Group Name.
- Three to five group guidelines.
- Group member names.

(Note: If there are more than 12 members, break into two different Circle Groups.)

8. Common Questions *(Volunteer to Read Aloud)*

As a group, read and briefly discuss information found on the following pages.

Frequent GOGI Meeting Questions

Volunteers to read the following paragraphs.

What is the purpose of GOGI Meetings?

The primary purpose of GOGI is to provide the GOGI Life Tools to anyone and everyone who may have an interest.

What is GOGI anyway?

Getting Out by Going In (GOGI) is a non-profit organization dedicated to empowering individuals to increase their positive decisions by using the easy to understand GOGI Life Tools. GOGI means getting out of our own prison by going within and becoming our own solution.

Are GOGI Meetings the same as GOGI?

GOGI Meetings follow a structured format and are a way to study the GOGI Life Tools.

How do GOGI Meetings help me learn GOGI?

GOGI Meetings reinforce the GOGI Life Tools in a community of like-minded participants.

Who started GOGI?

GOGI was created in 2002 when GOGI Coach Taylor began volunteering at a United States Federal Prison in San Pedro, California. The men and women and incarcerated youth who contributed to GOGI from 2002 until 2009, developed all aspects of the GOGI Life Tools now available in this GOGI Meeting format.

When and where are meetings held?

GOGI Meetings are facilitated by anyone and may be held anywhere, at any time. Meetings are often dependent upon the availability or permissions of the facility or hosting organization. GOGI Meetings are appropriate for school children, church groups, civic organizations and the general public.

Do GOGI Meetings cost anything?

GOGI Meetings are free, open-source meetings to promote the understanding and use of the GOGI Life Tools. No organization may solicit outside funding for themselves in order to provide GOGI Meetings at a cost to participants or to any population. No participant should be charged or

taxed to participate. If costs are inevitable, such as meeting space, it is the participants' opportunity to find donated space and volunteerism. GOGI Meetings are volunteer-run, community meetings to support GOGI Life Tool learning.

Who benefits from attending GOGI Meetings?

People who attend GOGI Meetings and who study the GOGI Life Tools come from all walks of life, all careers, all levels of education, all cultures, all religions, all races, all sizes, all shapes and all colors. In most cases, they heard from a friend that using GOGI Life Tools helped create new possibilities in their life.

What does living “The GOGI Way” mean?

The idea of living your life “The GOGI Way” means nothing more than including simple decision-making Tools in your decision-making process. Being skilled at making positive decisions will help you become a solution.

Repeat, Repeat, Repeat

The key to lasting change and improvement in anything is practice and repetition. GOGI students

call the repetition of using GOGI Life Tools “GOGI 4 Life.” They find that the Tools become second nature after a while.

Taking GOGI to the Streets

GOGI Meetings give participants the opportunity to take the GOGI Life Tools to the streets and share them with others.

Note:

While these frequently asked questions are helpful, they may not have answered all the questions you may have about GOGI. These basics are, however, enough to get you started.

9. Close your Meeting *(Read Aloud)*

“We have completed this Team Building Meeting. Now is the time for us to close this GOGI Meeting. The next twelve meetings will be Tool related and will follow our GOGI Life Tool Calendar.”

10. Check Out *(Each group member completes one of the following sentences.)*

- 1) This week I will...
- 2) My favorite part of the meeting was...
- 3) One word that best describes my thoughts or feelings right now is...

11. The GOGI Pledge of Service *(Read Aloud)*

As always, we close this meeting with our GOGI Pledge of Service, which invites us to become positive solutions for others. All Students of GOGI are encouraged to memorize our Pledge of Service. Please repeat after me:

GOGI Pledge of Service

(A Basic Pledge of Positivity)

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)

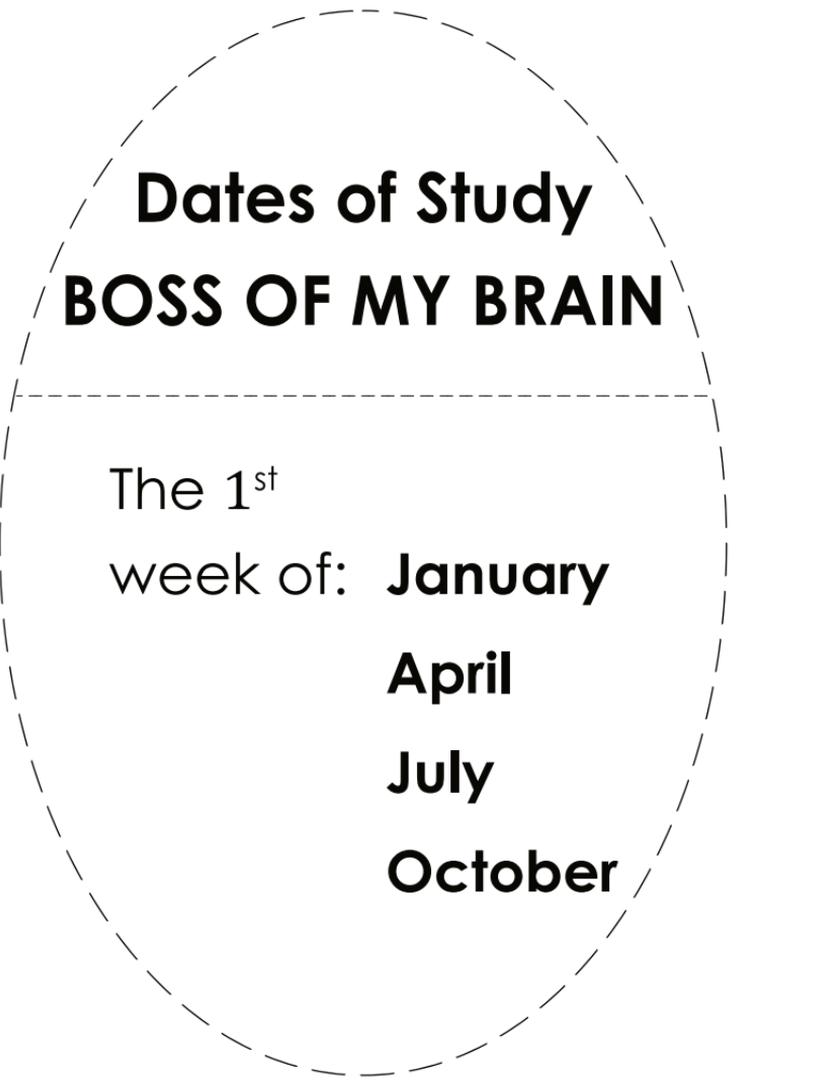
And infinite others (repeat)”

12. 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 Calendar will be the Tool (refer to calendar). If holding a meeting in a shared room, please let us leave this room clean and tidy for the next group.”

BOSS OF MY BRAIN

Meeting



Dates of Study
BOSS OF MY BRAIN

The 1st

week of: **January**

April

July

October

When to study

BOSS OF MY BRAIN

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

BOSS OF MY BRAIN Meeting

Hold this Meeting on the following weeks:
1st week of January, April, July, & October

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. Circle Groups (Read Aloud)

“GOGI Meetings and all GOGI studies are defined by our GOGI Life Tool Calendar and our Circle Groups. If we have not already done so, at this time let's break from the larger group meeting into our Circle 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 BOSS OF MY BRAIN Meeting to order, and we join in the Tool being studied by Students of GOGI everywhere.”

3. Review of the 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 *(Read Aloud)*

“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 group member is given the opportunity to “check-in” and share one positive thing that happened during the week.

6. BOSS OF MY BRAIN Tool Reading

(Volunteer/s to Share)

A volunteer may share all or part of the following Tool information.

GOGI Life Tool Basics **BOSS OF MY BRAIN**

The dates of study for BOSS OF MY BRAIN:

1st week of January, April, July, and October.

BOSS OF MY BRAIN Objective

BOSS OF MY BRAIN was created to help you realize the control you have over your thoughts. When you use BOSS OF MY BRAIN you may realize you are the boss of your own thinking, and as a result, the creator of your own life experience.

BOSS OF MY BRAIN 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.

BOSS OF MY BRAIN Keywords

The Three Parts: There are three parts of your brain you can control, the Smart Part, Emotional Part,

and Old Habit Part. To use BOSS OF MY BRAIN, ask yourself, “Which part is in charge right now?”

BOSS OF MY BRAIN Basics

To use this Tool, consider the three fundamental parts of the brain over which you have control: the Smart Part, Emotional Part, and Old Habit Part.

The Smart Part

When you put your hand on your forehead you are touching that area of your brain responsible for making decisions and learning new information. We call it the **Smart Part** because this is the part of your brain that will help you be strong and make the most positive decisions.

The Emotional Part

When you touch each side of your head just above your ears, you are pointing to the center of your brain, what GOGI calls the **Emotional Part**. It is in the center of your brain where you create and store emotions. When you use this Tool you become more aware of this part of your brain and you can better decide if you want it in control, or not.

The Old Habit Part

When you put your hand just above your neck, on the back of your head, you are touching what GOGI calls the **Old Habit Part**. When you use BOSS OF MY BRAIN you can better assess if you want your old habits to be in control, or not.

7. Thought Provoking Question

The group facilitator asks one of the questions below. Group members volunteer to share their answer to the question.

Thought Provoking Questions

- ? Think about the last time you used the Smart Part of your brain when making a decision. How were you able to use the Smart Part instead of resorting to old habits or an emotional reaction?
- ? When was the last time you let your Emotional Part take over? What other choice could you have made?
- ? What are some of the beliefs you have stored in the Old Habit Part of your brain and why do they no longer serve you?
- ? Do you believe there is value in teaching children this Tool? Explain.
- ? What might have been different in your life had you been taught to use BOSS OF MY BRAIN as a Tool in your childhood?
- ? How would you explain this Tool to a close friend? What would you say were the benefits?

8. BOSS OF MY BRAIN Activity

On the following pages are activity options.

Activity Options

Storytelling

In your group, assign each group member a specific part of the brain: Smart Part, Emotional Part, and Old Habit Part. A volunteer starts a story using the part of the brain they were assigned. This individual then passes the story off to another group member to continue the story. The purpose of this activity is to see how differently a story can unfold depending on what part of the brain you are using. *Example: Joe signed up for school (Smart Part). Joe gets drunk with his buddies and misses the first day of class (Old Habit). Joe decides he never was good at school, anyway (Emotional Part).*

The Real Boss Assessment

A situation is offered by a volunteer. Example: “Someone stole my favorite tennis shoes.” The volunteer then places a hand on the Smart Part, Emotional Part, and Old Habit Part of their brain. Members state what might likely happen when

Activity Options Continued

reacting with this part of the brain. Several volunteers are asked to share a real situation and have the group create likely outcomes based on the part of the brain that is selected.

The Three Parts

One at a time, group members pick one part of the brain and complete the following directions.

Your Forehead- Touch your forehead. Right behind your forehead is the Smart Part of your brain. While touching the Smart Part, share an example of when you made a smart decision.

Your ears- Touch each side of your head, just above your ears. Between your two ears, in the middle of your head, is the Emotional Part of your brain. Share an example of a time when you made an emotional decision and when you let the Emotional Part of your brain be the boss.

Back of your head- Place the palm of your hand on the back of your head. That is the Old Habit Part where Old Habit Thinking happens. Share an example of a time when Old Habit Thinking was used in your decision making.

Review - After everyone has completed this activity, each member can take turns touching their forehead and stating one thing they will do this week that uses the Smart Part of their brain.

Activity Options Continued

Identify the Part (Ideal for In-Person Meetings)

On pieces of paper, write down a person's name and a scenario. Example: Tasha quits her job because she didn't get the promotion. She has no savings and doesn't know how she is going to pay rent next month.

Fold each piece of paper and place them in the middle of the Circle Group. Pick one of the pieces of paper out the pile and have a volunteer state if the individual in the scenario used the Smart Part, Emotional Part, or Old Habit Part in their reaction. Group members discuss.

Example 1: Letty returned home to find her brother had used her car and had backed it into the garage door. She rushes into his room, picks up his new cellphone and tosses it against the wall, breaking it into pieces. Which part of the brain did she likely use in this situation?

Example 2: Armand was laid off from his job today because someone said he stole. He didn't steal anything. He had done a lot of things in his life that he regrets, but he is not, was not, and never would be a thief. After being escorted off the job site, he writes the owner of the company a kind email sharing his thoughts and promising that he did not steal from anyone. Which part of the brain did he likely use in this situation?

9. Applying BOSS OF MY BRAIN

(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 the opportunity to share for equal amounts of time.

10. Weekly Statement of Intention

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

11. 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 if there are multiple Circle Groups in the same room. As we close this GOGI Meeting, we unite as a community with our pledge to be of service. Please repeat after me:

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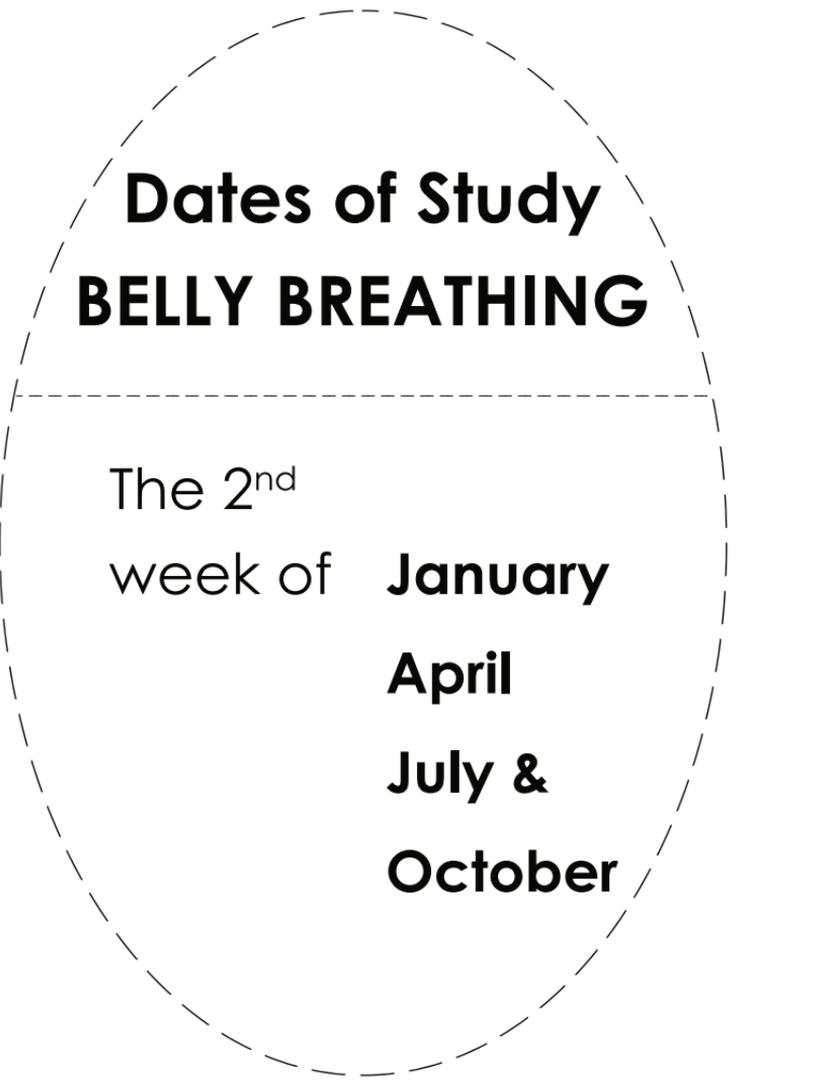
And infinite others (repeat)”

12. 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 Calendar will be the Tool (refer to calendar). If holding a meeting in a shared room, please let us leave this room clean and tidy for the next group.”

BELLY BREATHING

Meeting



Dates of Study
BELLY BREATHING

The 2nd
week of **January**
April
July &
October

When to study

BELLY BREATHING

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

BELLY BREATHING Meeting

Hold this Meeting on the following weeks:
2nd week of January, April, July, & October

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 Circle Groups. If we have not already done so, at this time let's break from the larger group meeting into our Circle 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 BELLY BREATHING Meeting to order, and we join in the Tool being studied by Students of GOGI everywhere.”

3. Review of the Tools (*Read Aloud*)

BOSS OF MY BRAIN
BELLY BREATHING
FIVE SECOND LIGHTSWITCH
POSITIVE THOUGHTS
POSITIVE WORDS
POSITIVE ACTIONS
CLAIM RESPONSIBILITY
LET GO
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4. The GOGI Purpose (*Read Aloud*)

“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 group member is given the opportunity to “check-in” and share one positive thing that happened during the week.

6. BELLY BREATHING Tool Reading

A volunteer may share all or part of the following Tool information.

GOGI Life Tool Basics **BELLY BREATHING**

The dates of study for BELLY BREATHING:
2nd week of January, April, July, and October.

BELLY BREATHING Objective

BELLY BREATHING was added as a GOGI Life Tool to help you direct your body's reactions and responses to people, places, and things. When you use BELLY BREATHING you maintain control and your actions and reactions become more intentional. BELLY BREATHING gives you the ability to create the best possible response to any situation.

BELLY BREATHING 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 control of my responses to life's events.

BELLY BREATHING Keywords

One hand on my belly. One hand on my chest.
Which one is moving? My brain works better
when my belly moves as I breathe.

BELLY BREATHING Basics

Breathing 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 BELLY BREATHING Tool, monitor your breathing and let your brain do the rest of the work.

One Hand on Your Belly - Sometimes something as simple as placing your hand on your belly reminds you to breathe deeply. When you use this Tool often, you will train your mind to automatically breathe in a way that supports your best decisions.

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

Which One is Moving? - When you slow down enough to identify the pattern of your breathing, you are instantly in charge of creating the best outcome in any situation.

7. Thought Provoking Question

The group facilitator asks one of the questions below. Group members volunteer to share their answer to the question.

Thought Provoking Questions

- ? Do you remember anyone telling you to take a deep breath in your youth? Do you think this sort of advice would be helpful?
- ? What could have been the value of learning BELLY BREATHING in your youth? Do you think things might have been different for you as an adult if you had learned this Tool?
- ? What do you think about the fact that the human body operates more effectively with good breathing habits? What has been your experience with optimal breathing?
- ? In thinking about your life, what benefit is there to mastery of this Tool called BELLY BREATHING? What might be improved in your life?
- ? Can you remember examples of individuals who seemed to keep their cool no matter what? Thinking back, did you notice their breathing? Discuss.

8. BELLY BREATHING Activity

On the following pages are activity options.

Activity Options

Time Your Breathing

The group facilitator counts to four for each breath, reading the below.

Inhale, fill your belly for 4, 3, 2, 1.

Hold for 4, 3, 2, 1.

Exhale for 4, 3, 2, 1.

Hold for 4, 3, 2, 1.

This sequence is repeated four times.

Group members discuss how they felt. Did members get dizzy? Discuss the experience of controlled breathing.

The Belly Test

One at a time, each group member places one hand on their belly and one hand on their chest, sharing one time when it was difficult to use BELLY BREATHING and one time when it was natural to breathe optimally.

Activity Options Continued

Chest Breathing Situations

Several situations are written down on pieces of paper. Taking turns, a volunteer selects one of the pieces of paper and reads it aloud. Group members decide if this is a situation where they would be naturally using the Tool BELLY BREATHING and, if not, how they might remind themselves to do so. The group discusses the situations, citing examples from their own life when BELLY BREATHING might have helped in similar situations.

Persons, Places, Things

Each group member states a person, a place, or a thing that supported their natural breathing with their belly. As an example, “my son” or “a phone call with my mom” or “sleep”. The group members share when they experienced this specific type of person, place, or thing, and if they were able to breathe naturally.

The BELLY BREATHING Award

Each group member answers this question:

When was the last time you consciously used the Tool BELLY BREATHING even if you did not know it was a Tool?

After each group member has shared their BELLY BREATHING use, the group members comment on each other’s use of the Tool. Group members can even vote on the Best BELLY BREATHING award.

Activity Options Continued

Baby Breathing

Have group members sit comfortably in a chair, or lay down for this three-minute activity. The facilitator reads the paragraph below aloud.

“Close your eyes, imagine you are an infant. You are a safe infant and you are protected. You are loved and you are happy. As you lay or sit where you are, let your body begin to breathe as it might if you are truly safe, protected, loved, and happy. Imagine this innocent and tender experience also letting your entire body breathe in its most optimal manner. In and out. Your breath begins to fill your belly and your entire body begins to expand and contract with every breath. Let’s remain in this place of safety and protection for two minutes of silence as you enjoy this full and optimal breathing, letting your body breathe as it was intended to breathe.”

After two minutes of silence, individuals are asked to open their eyes. If laying down, they are asked to stand with hands to their sides. The same paragraph is read once again, with the individuals asked to recreate the same feeling while they are standing.

Group members discuss what it felt like to breathe like a safe and secure baby.

9. Applying BELLY BREATHING

(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 the opportunity to share for equal amounts of time.

10. Weekly Statement of Intention

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

11. 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 if there are multiple Circle Groups in the same room. As we close this GOGI Meeting, we unite as a community with our pledge to be of service. Please repeat after me:

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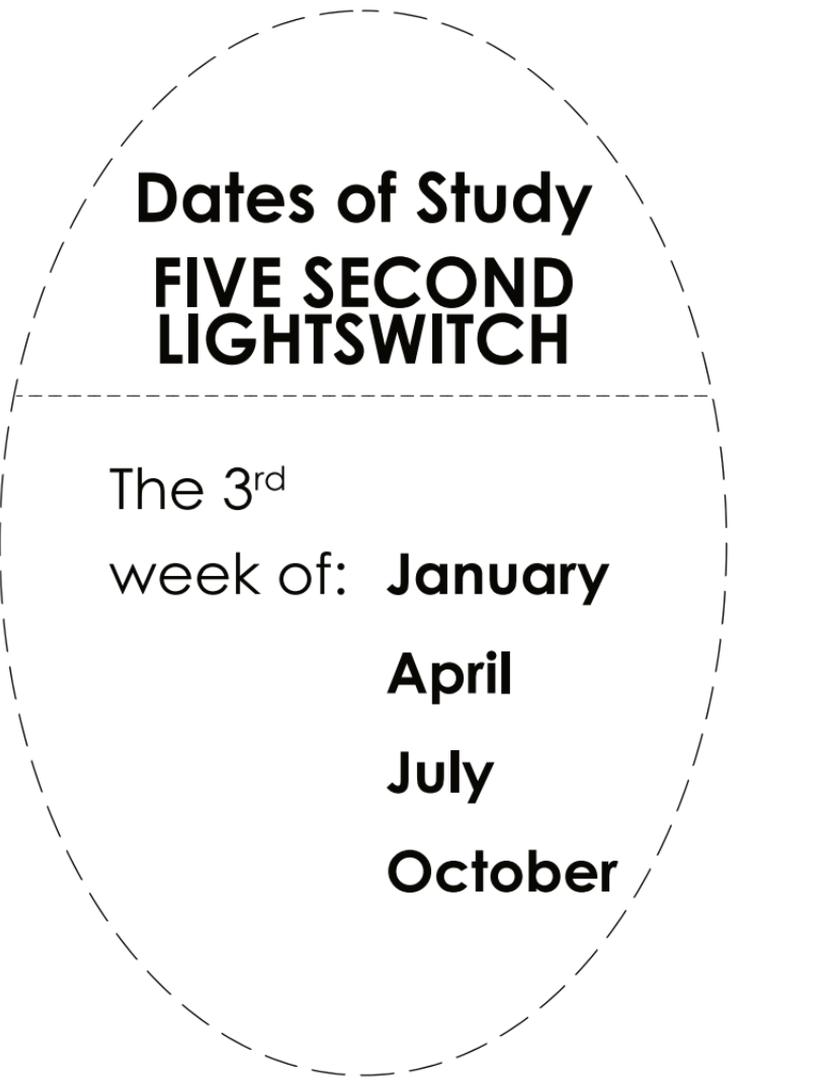
To those we love (repeat)

And infinite others (repeat)”

12. 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 Calendar will be the Tool (refer to calendar). If holding a meeting in a shared room, please let us leave this room clean and tidy for the next group.”

FIVE SECOND LIGHTSWITCH Meeting



Dates of Study
FIVE SECOND
LIGHTSWITCH

The 3rd

week of: **January**

April

July

October

When to study

FIVE SECOND LIGHTSWITCH

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

FIVE SECOND LIGHTSWITCH Meeting

Hold this Meeting on the following weeks:
3rd week of January, April, July, & October

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 Circle Groups. If we have not already done so, at this time let's break from the larger group meeting into our Circle 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 FIVE SECOND LIGHTSWITCH Meeting to order, and we join in the Tool being studied by Students of GOGI everywhere.”

3. Review of the 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 (*Read Aloud*)

“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 group member is given the opportunity to “check-in” and share one positive thing that happened during the week.

6. FIVE SECOND LIGHTSWITCH Tool Reading

A volunteer may share all or part of the following Tool information.

GOGI Life Tool Basics

FIVE SECOND LIGHTSWITCH

Dates of study for FIVE SECOND LIGHTSWITCH:
3rd week of January, April, July, & October

FIVE SECOND LIGHTSWITCH Objective

FIVE SECOND LIGHTSWITCH was added to the GOGI Life Toolbox to help you when your decisions seem to be automatic and beyond your control. Using FIVE SECOND LIGHTSWITCH, you regain control of thoughts, words, and actions. You can Flip The Switch and change the outcome of situations with this Tool.

FIVE SECOND LIGHTSWITCH

Statement of Ownership

I can Flip My Switch and instantly change any negative thought to 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.

FIVE SECOND LIGHTSWITCH Keywords

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

Action. Within 5 seconds, I Flip My Switch and get to my New Action.

FIVE SECOND LIGHTSWITCH Basics

You can easily gain control of your actions, reactions, thoughts, and words with FIVE SECOND LIGHTSWITCH. When situations seem to be the boss of you, it's easy to Flip Your Switch with FIVE SECOND LIGHTSWITCH.

Old Thought? To use this Tool, identify things that set you off, upset you, cause you to relapse, or push your buttons. By identifying your Old Thoughts, you will be prepared to Flip Your Switch when they enter your mind.

New Action? Now that you have identified specific Old Thoughts, identify some productive New Actions. (For example, BELLY BREATHING is a positive action; Stepping away from a situation is a positive action.) Pick a few options for your New Actions.

Flip My Switch- When an Old Thought creeps into your situation you notice the Old Thought. Then, within five seconds, use your FIVE SECOND LIGHTSWITCH to get to your New Action.

My Five - Here is another popular way to use FIVE SECOND LIGHTSWITCH: Pick out five solid 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.

7. Thought Provoking Question

The group facilitator asks one of the questions below. Group members volunteer to share their answer to the question.

Thought Provoking Questions

- ? Are there times when you are so caught up in the heat of the moment that thinking clearly seems impossible? Share what it feels like when this happens.
- ? Some people say, at times, or, in heated moments, that things get moving so fast they barely remember what happened. Do you think FIVE SECOND LIGHTSWITCH might be helpful for these individuals?
- ? How important do you think it is to have your New Actions clearly defined?
- ? What could it mean to you if you could simply “Flip the Switch” when faced with adversity?
- ? Do you think it is important that children learn how to “Flip The Switch” and use the Tool FIVE SECOND LIGHTSWITCH?
- ? How would you explain this Tool to friends?

8. FIVE SECOND LIGHTSWITCH Activity

On the following pages are activity options.

Activity Options

New Actions

Each group member shares as they discuss the below steps out loud.

1. Share an Old Thought with the group.
2. Share with the group five new and positive actions that you can take anytime this thought enters your brain.
3. Share your preferred New Action with the group.

Live Action (Ideal for In-Person Groups)

1. The group is divided into pairs, or triads. Each group is given 10-15 minutes to create a skit or scenario where the Tool FIVE SECOND LIGHTSWITCH is used to create a more positive outcome.
2. Then, each group shares their skit to the other Circle Groups.

Activity Options Continued

My Five

The facilitator leads everyone through this activity, instructing group members through the 5 steps below.

1. Trouble in My Hand - Hold out your hand. Imagine a poor choice or Old Thought sitting in your hand.
2. My Five - Now, think of five reasons why you are choosing a new POSITIVE ACTION instead of acting on the Old Thought. Name each reason out loud or to yourself. You can count them on your fingers, or write them down.
3. Squash the Trouble - Now, make a fist and imagine squashing that Old Thought and poor choice with your five reasons to make a positive choice.
4. My Positive – What POSITIVE ACTION can you do right now instead of that Old Thought?
5. New Action- Do or think about your positive and new action.

Group members share their experiences.

Activity Options Continued

To Switch or Not To Switch

A volunteer shares a recent situation where two very different outcomes were possible, based on reactions. The volunteer picks someone to state what might have occurred if FIVE SECOND LIGHTSWITCH was used, and what might have happened if FIVE SECOND LIGHTSWITCH was not used. That person now shares a situation and picks the next participant to respond. This process is repeated until all group members have an opportunity to share a situation and its possible outcomes.

Looking Glass Game

Each member picks one possible future situation where they might be tempted to let an Old Thought run wild. After clearly stating this possible situation, they share with the group their Old Thought, their New Action, and how they would use their FIVE SECOND LIGHTSWITCH.

9. Applying FIVE SECOND LIGHTSWITCH

(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 the opportunity to share for equal amounts of time.

10. Weekly Statement of Intention

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

11. 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 if there are multiple Circle Groups in the same room. As we close this GOGI Meeting, we unite as a community with our pledge to be of service. Please repeat after me:

GOGI Pledge of Service

(A Basic Pledge of Positivity)

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)

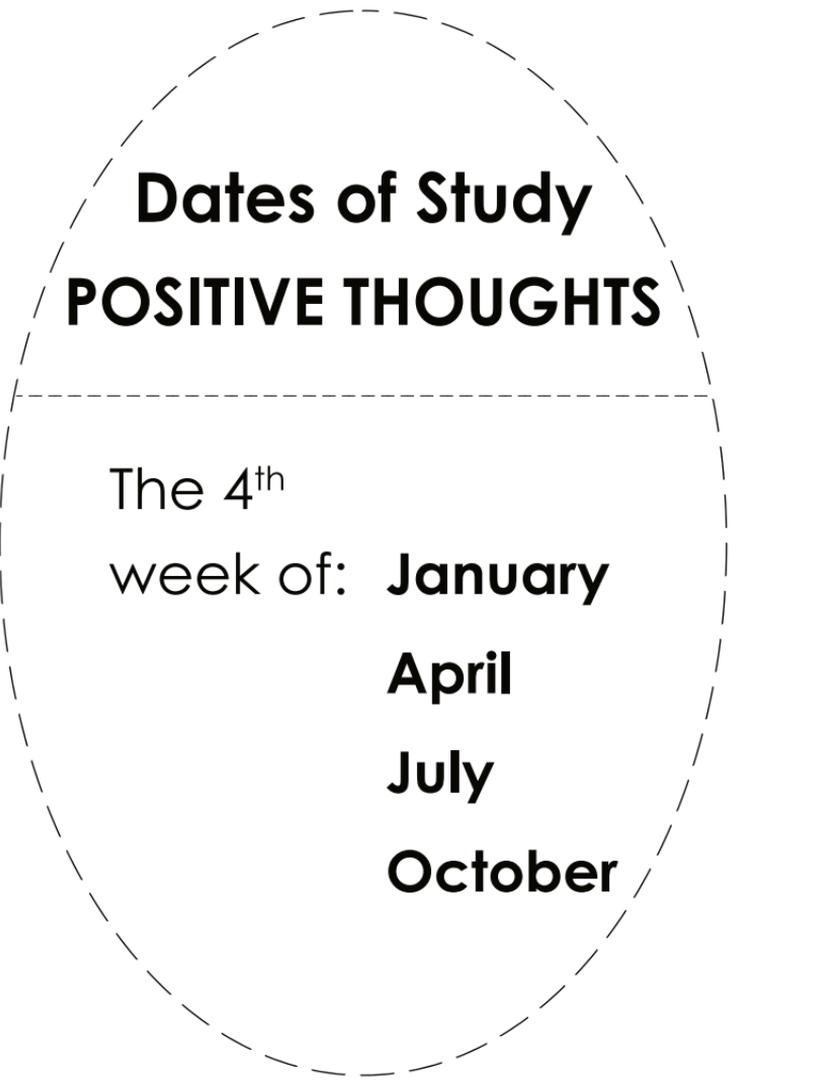
And infinite others (repeat)”

12. 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 Calendar will be the Tool (refer to calendar). If holding a meeting in a shared room, please let us leave this room clean and tidy for the next group.”

POSITIVE THOUGHTS

Meeting



Dates of Study
POSITIVE THOUGHTS

The 4th
week of: **January**
April
July
October

When to study

POSITIVE THOUGHTS

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

POSITIVE THOUGHTS Meeting

Hold this Meeting on the following weeks:
4th week of January, April, July, & October

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 Circle Groups. If we have not already done so, at this time let's break from the larger group meeting into our Circle 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 POSITIVE THOUGHTS Meeting to order, and we join in the Tool being studied by Students of GOGI everywhere.”

3. Review of the 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 *(Read Aloud)*

“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 group member is given the opportunity to “check-in” and share one positive thing that happened during the week.

6. POSITIVE THOUGHTS Tool Reading

A volunteer may share all or part of the following Tool information.

GOGI Life Tool Basics **POSITIVE THOUGHTS**

The dates of study for POSITIVE THOUGHTS:
4th Week of January, April, July, and October.

POSITIVE THOUGHTS Objective

POSITIVE THOUGHTS was added to the GOGI Life Toolbox to empower you to create mastery of your thinking process. When you use your POSITIVE THOUGHTS Tool, you are reinforcing within your brain the kind of life you want to create for yourself while simultaneously charting the course for your future.

POSITIVE THOUGHTS Statement of Ownership

My thoughts declare the direction of my life from this moment forward. 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.

POSITIVE THOUGHTS Keywords

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

POSITIVE THOUGHTS Basics

This Tool is easy to practice at any time and in any place. POSITIVE THOUGHTS requires nothing more than filtering each thought through The Three P's. You can measure each and every thought as either moving you in the direction of your intended life experience or keeping you further away from your intended life experience. Using The Three P's may help you develop the skill of generating thoughts that aid in experiencing the life you desire.

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 or if it is keeping you from the feeling you want to create. If a feeling of freedom is the feeling you want, is revenge or arguing moving you powerfully in that direction? What thoughts powerfully bring feelings of freedom into the situation?

Is it Productive? - You can filter all thoughts through the scale of productivity. Is the thought you created productive in your effort to create your life? Does it productively get you closer to your goal?

Is it Positive? - You can always retrain your thinking process to find hidden positive angles. It is never too late, nor is it too difficult to apply POSITIVE THOUGHTS to any situation. When you weigh each and every thought on a scale of positivity, it will be easy to retrain your brain to focus on creating POSITIVE THOUGHTS.

7. Thought Provoking Question

The group facilitator asks one of the questions below. Group members volunteer to share their answer to the question.

Thought Provoking Questions

- ? In your opinion, do your thoughts lead to words and actions? How?

- ? Explain the difference between having positive thoughts and using the GOGI Life Tool called POSITIVE THOUGHTS.

- ? If you were to share the GOGI Life Tool POSITIVE THOUGHTS with family or friends, how would you describe the Tool to them?

- ? In your past, what choices might have been different if you used the GOGI Life Tool POSITIVE THOUGHTS each day? Why do you think your choices would have been different?

8. POSITIVE THOUGHTS Activity

On the following pages are activity options.

Activity Options

Making the Best of a Difficult Situation

Have one person state a situation that may be considered negative. Each group member states one positive thought about that situation. Sounds simple? It's not quite as simple as it seems. It may seem strange to try to find something positive about a negative situation, but POSITIVE THOUGHTS are your key to change.

Person, Place, or Thing

Each group member identifies a person, place, or thing that does not make them feel or think positively. Identifying an unpleasant situation or person, each group member shares some positive things about this specific person, place, or thing.

Example: Negative boss. Positives are, I have a job. I have a paycheck. I have health insurance.

Once all group members have shared, discuss the experience of doing this activity. Was this a difficult task? Discuss with the group.

Activity Options Continued

POSITIVE THOUGHTS Round Robin

Group members volunteer to share a recurring thought. This could be “life is hard”, or “I will never get out”, or some other ongoing negative or positive thought. The group members assess if it is a negative or positive thought by filtering it through The Three P’s. Negative thoughts are given positive alternatives and positive thoughts are reviewed for their negative counterpart.

Share Your Positive

Think about your day today. Then, consider the THREE P’s.

Is it Powerful?

Is it Productive?

Is it Positive?

The group members each share no fewer than five things that are Powerful, Productive and Positive thoughts about themselves and their future. Remember, only Powerful, Productive, and Positive thoughts are to be shared.

Example: I am here today. I enjoy this meeting. I feel good. I am learning more about my ability to create my life every day. I helped out the man next door earlier today when his car would not start.

9. Applying POSITIVE THOUGHTS

(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 the opportunity to share for equal amounts of time.

10. Weekly Statement of Intention

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

11. 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 if there are multiple Circle Groups in the same room. As we close this GOGI Meeting, we unite as a community with our pledge to be of service. Please repeat after me:

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(A Basic Pledge of Positivity)

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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)

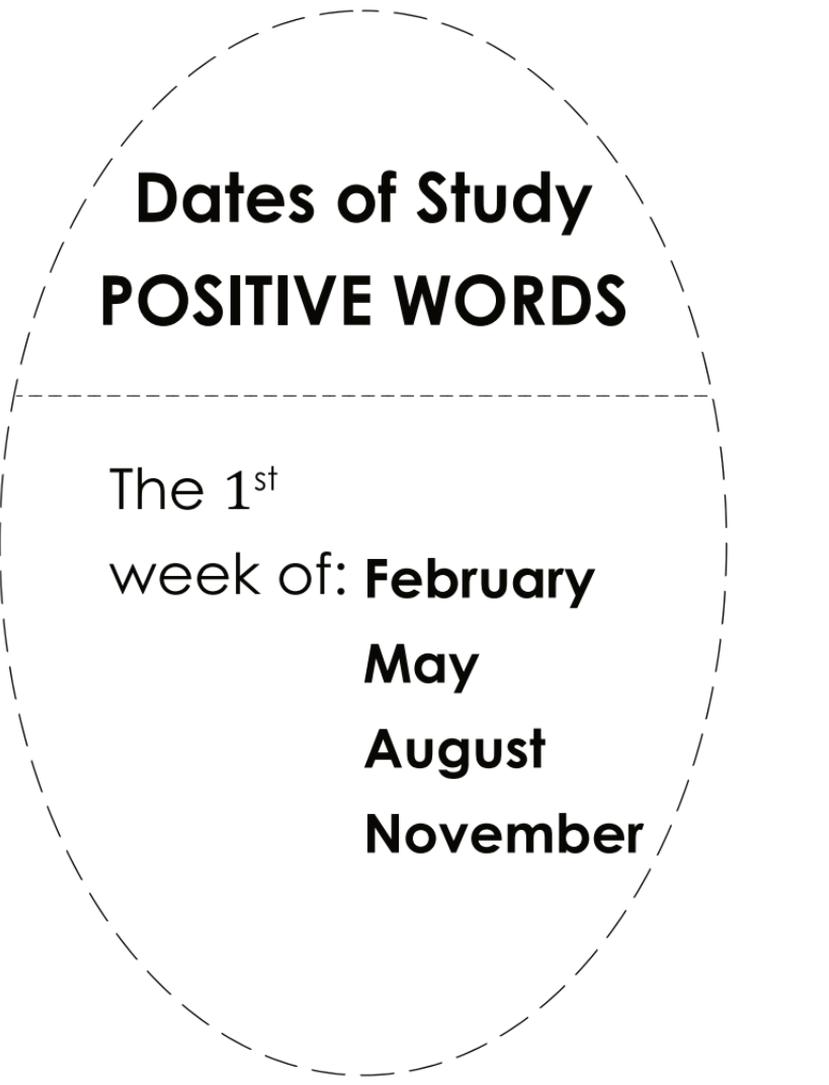
And infinite others (repeat)”

12. 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 Calendar will be the Tool (refer to calendar). If holding a meeting in a shared room, please let us leave this room clean and tidy for the next group.”

POSITIVE WORDS

Meeting



Dates of Study
POSITIVE WORDS

The 1st
week of: **February**
May
August
November

When to study

POSITIVE WORDS

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

POSITIVE WORDS Meeting

Hold this Meeting on the following weeks:

1st week of February, May, August, & November

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 Circle Groups. If we have not already done so, at this time let's break from the larger group meeting into our Circle 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 POSITIVE WORDS Meeting to order, and we join in the Tool being studied by Students of GOGI everywhere.”

3. Review of the 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 *(Read Aloud)*

“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 group member is given the opportunity to “check-in” and share one positive thing that happened during the week.

6. POSITIVE WORDS Tool Reading

A volunteer may share all or part of the following Tool information.

GOGI Life Tool Basics **POSITIVE WORDS**

The dates of study for POSITIVE WORDS:
1st week of February, May, August, and November.

POSITIVE WORDS Objective

POSITIVE WORDS permit you to declare who you are today and what you want for your life. When you use the Tool POSITIVE WORDS, you create space for positive opportunities in your life. The Tool POSITIVE WORDS helps restructure your brain's thought process and invites positive collaboration with others in creating improvements and providing solutions in all things.

POSITIVE WORDS 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. From this day forward, POSITIVE WORDS help me collaborate with others who are positive.

POSITIVE WORDS Keywords

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

POSITIVE WORDS Basics

The POSITIVE WORDS Tool may be an easy Tool for you to master, but you may find it challenging to understand. Many individuals choose their words stating they are “factual,” “honest,” and “realistic.” While to some extent this might be true, the observation is not the totality of possibilities. A fact is not the totality of all facts. It is one fact. Truth for one person may not be the truth for another. Choosing to use POSITIVE WORDS, even in a negative situation, is a skill that requires practice.

You may find using POSITIVE WORDS enjoyable because it instantly gives you alternatives to negativity. When you choose a negative word, you define the situation as static. When you choose a positive word in a negative situation, you break down the static nature of the situation and crush its power over your experience. Consider your words as either moving you powerfully in the direction of or keeping you further from your intended life experience. The Three P’s help you choose your words beyond the limits of negativity.

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, ask 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.

7. Thought Provoking Question

The group facilitator asks one of the questions below. Group members volunteer to share their answer to the question.

Thought Provoking Questions

- ? When was a time you heard a negative word said about or to you, and what impact did it have on you? Describe and share your experience.
- ? When was a time you were told something positive about yourself and how did that impact you?
- ? Are there times in your past when you were harsh with your words? And, if so, how can you handle a similar situation in the future?
- ? What are the biggest obstacles to using the POSITIVE WORDS GOGI Life Tool? And, how might those obstacles be overcome?
- ? In your own life, what might improve when you use the GOGI Life Tool POSITIVE WORDS?
- ? Explain the difference between choosing more positive words and using the GOGI Life Tool called POSITIVE WORDS.

8. POSITIVE WORDS Activity

On the following pages are activity options.

Activity Options

Building Community

POSITIVE WORDS have the ability to build people up. Negative words have the ability to tear people down. What POSITIVE WORDS can you offer your community to help build a better and more positive community?

Each group member contributes one positive sentence to be discussed by the group members. The group should discuss when it would be best to use this positive sentence.

The Negative Word Rebuttal

Group members write down negative words they have heard over the past week on small pieces of paper. One by one the words are read, with the person choosing that word also offering a positive alternative.

Activity Options Continued

I See You As

One by one, each group member stands up in the center of the Circle Group. Each group member says, "I see you as _____," choosing the most appropriate word to describe this individual. The word is followed by a brief explanation of why this word was chosen.

POSITIVE WORDS Round Robin

Group members volunteer to share their favorite positive words. The 10-20 words is shared as a list of words available to everyone in the group to use every day. Each member picks one word they agree they will use multiple times in the coming week.

Fave 5

Have one group member pick out one positive word.

Have another group member use that word in a sentence.

Each person in the group should have the opportunity to offer a word and create a sentence.

As a group, discuss how these words might help you be positive each day.

9. Applying POSITIVE WORDS

(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 the opportunity to share for equal amounts of time.

10. Weekly Statement of Intention

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

11. 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 if there are multiple Circle Groups in the same room. As we close this GOGI Meeting, we unite as a community with our pledge to be of service. Please repeat after me:

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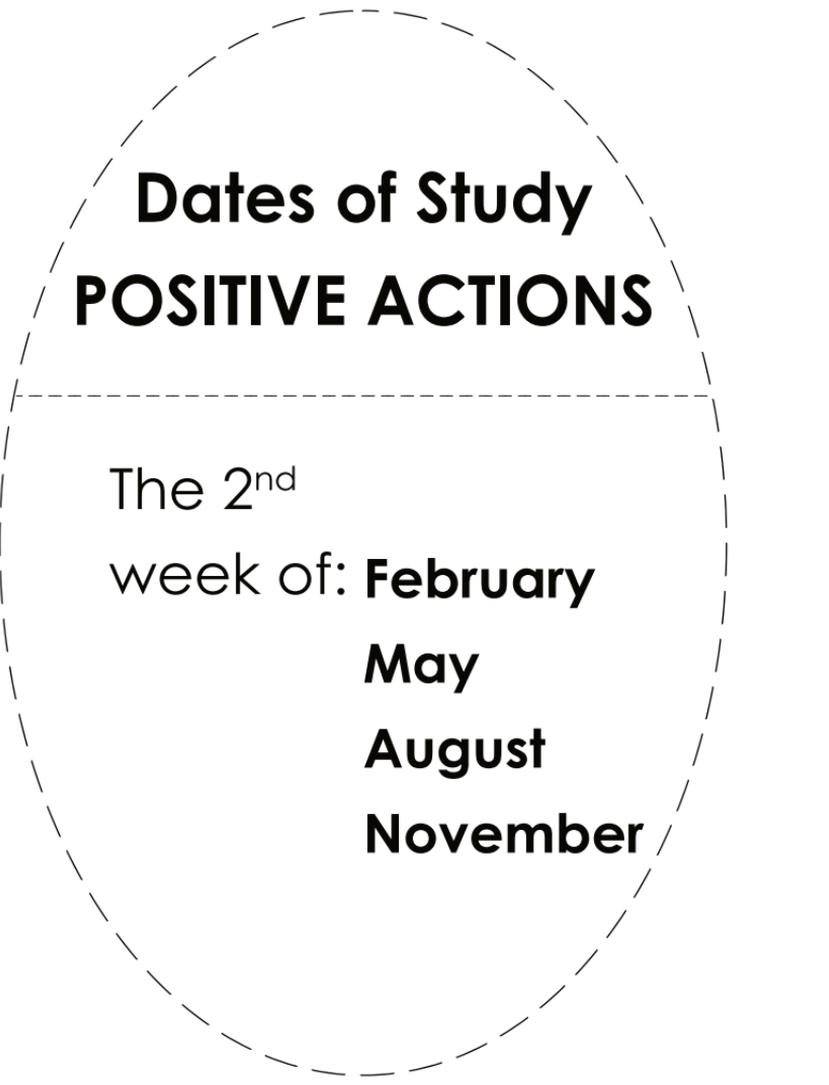
And infinite others (repeat)”

12. 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 Calendar will be the Tool (refer to calendar). If holding a meeting in a shared room, please let us leave this room clean and tidy for the next group.”

POSITIVE ACTIONS

Meeting



Dates of Study
POSITIVE ACTIONS

The 2nd

week of: **February**

May

August

November

When to study

POSITIVE ACTIONS

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
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- 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

POSITIVE ACTIONS Meeting

Hold this Meeting on the following weeks:
2nd week of February, May, August, & November

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 Circle Groups. If we have not already done so, at this time let's break from the larger group meeting into our Circle 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 POSITIVE ACTIONS Meeting to order, and we join in the Tool being studied by Students of GOGI everywhere.”

3. Review of the 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 *(Read Aloud)*

“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”, sharing one positive thing that happened during the week.

6. POSITIVE ACTIONS Tool Reading

A volunteer may share all or part of the following Tool information.

GOGI Life Tool Basics **POSITIVE ACTIONS**

The dates of study for POSITIVE ACTIONS:
2nd week of February, May, August, and November.

POSITIVE ACTIONS Objective

POSITIVE ACTIONS is your GOGI Life Tool to prove to yourself, and to others, that you have taken command of your choices. Through your practice of POSITIVE ACTIONS, you can develop the skill of focusing your energy on creating positive reactions and responses to all of life's circumstances. As POSITIVE ACTIONS become a habit, and a way in which you move through each day, you become increasingly confident in creating the life you desire.

POSITIVE ACTIONS Statement of Ownership

POSITIVE ACTIONS permits 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.

POSITIVE ACTIONS Keywords

The Three P's – With every action I ask The Three P's. Is it Powerful? Is it Productive? Is it Positive?

POSITIVE ACTIONS Basics

POSITIVE ACTIONS is often misinterpreted as requiring massive changes that are noticed by the world around you. Actually, POSITIVE ACTIONS is a Tool mastered through the small, and often unseen, decisions that are made each day. POSITIVE ACTIONS is more powerful when used with the small things; They begin to add up quickly and set the pattern for bigger actions in the future. While the bigger changes are sometimes needed or desired, it is in the smaller, daily decisions where this Tool is perfected. In other words, the bigger changes come more easily when POSITIVE ACTIONS has been practiced with the smaller, daily decisions.

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?

7. Thought Provoking Question

The group facilitator asks one of the questions below. Group members volunteer to share their answer to the question.

Thought Provoking Questions

- ? In your opinion, how strong is the link between your actions and your thoughts?
- ? Do you think that the GOGI Life Tool POSITIVE ACTIONS can be useful in developing and maintaining solid relationships with friends and family? Explain.
- ? What part of using this GOGI Life Tool might be the most difficult for you to master? Why?
- ? If you were to teach this GOGI Life Tool to a child, how would you explain it?
- ? In your own life, what can be improved when you apply the Tool POSITIVE ACTIONS to your daily decisions?
- ? Explain the difference between choosing positive actions and using the GOGI Life Tool called POSITIVE ACTIONS.

8. POSITIVE ACTIONS Activity

On the following pages are activity options.

Activity Options

Take Action

To effectively use the Tool POSITIVE ACTIONS it is best if you have 2-3 pre-planned POSITIVE ACTIONS ready. Each group member shares their 2-3 pre-planned POSITIVE ACTIONS and when they are most likely to use them.

I Saw You

Taking turns, one volunteer singles out a group member and mentions a time when they witnessed that person making the choice for a positive action. Then, that individual picks the next person to do the same. This process is repeated until all group members have been acknowledged for one or more positive choices.

Activity Options Continued

Daily Actions

Each of us takes POSITIVE ACTIONS daily, whether small or large. Taking turns, each member shares a POSITIVE ACTION they have taken recently with the group. Explain how this action is POWERFUL, or PRODUCTIVE, or POSITIVE. When finished, they pass the opportunity to the next group member.

Choosing Positive

As a group, create a list of POSITIVE ACTIONS. A group member volunteers to write down the POSITIVE ACTIONS listed. Once everyone has contributed to the POSITIVE ACTIONS list, each group member picks two of the POSITIVE ACTIONS that they will do in the upcoming week.

9. Applying POSITIVE ACTIONS

(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 the opportunity to share for equal amounts of time.

10. Weekly Statement of Intention

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

11. 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:

GOGI Pledge of Service

(A Basic Pledge of Positivity)

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)

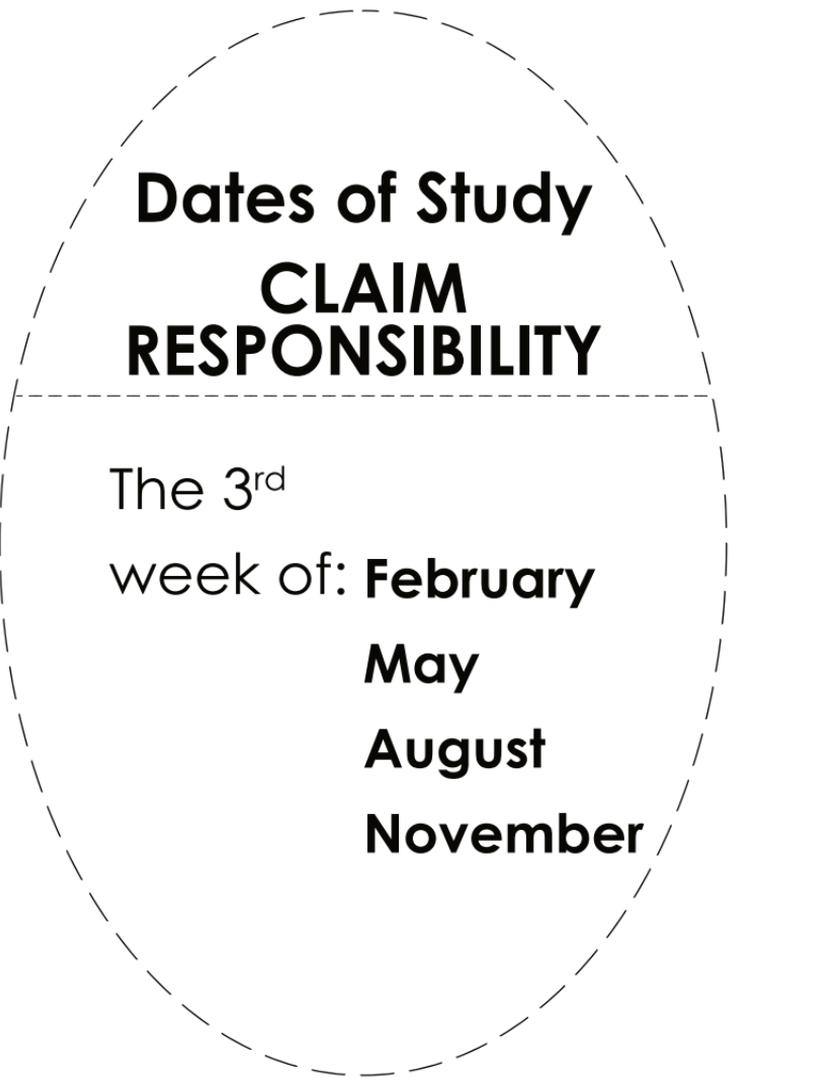
And infinite others (repeat)”

12. 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 Calendar will be the Tool (refer to calendar). If holding a meeting in a shared room, please let us leave this room clean and tidy for the next group.”

CLAIM RESPONSIBILITY

Meeting



Dates of Study
CLAIM
RESPONSIBILITY

The 3rd

week of: **February**

May

August

November

When to study

CLAIM RESPONSIBILITY

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

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- Week 4 LET GO

December

- Week 1 FOR-GIVE
- Week 2 WHAT IF
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- Week 4 ULTIMATE FREEDOM

CLAIM RESPONSIBILITY Meeting

Hold this Meeting on the following weeks:

3rd week of February, May, August, & November

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 Circle Groups. If we have not already done so, at this time let's break from the larger group meeting into our Circle 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 CLAIM RESPONSIBILITY Meeting to order, and we join in the Tool being studied by Students of GOGI everywhere.”

3. Review of the 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 *(Read Aloud)*

“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 group member is given the opportunity to “check-in” and share one positive thing that happened during the week.

6. CLAIM RESPONSIBILITY Tool Reading

A volunteer may share all or part of the following Tool information.

GOGI Life Tool Basics CLAIM RESPONSIBILITY

The dates of study for CLAIM RESPONSIBILITY: 3rd week of February, May, August, and November

CLAIM RESPONSIBILITY Objective

As a Tool, CLAIM RESPONSIBILITY provides a sense of ownership you can use to make the best decisions available today. Use CLAIM RESPONSIBILITY for decisions today to become aware that actions and reactions to life's inevitable challenges are yours to choose.

CLAIM RESPONSIBILITY Statement of Ownership

Today, I use my Tool CLAIM RESPONSIBILITY to inform each action and reaction 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?"

CLAIM RESPONSIBILITY Keywords

Am I Proud Of This Choice? My actions and reactions today are not tethered to the past unless I do the tethering.

CLAIM RESPONSIBILITY Basics

CLAIM RESPONSIBILITY empowers you with choices that support your goals. While it is important to claim responsibility and learn from past actions, with CLAIM RESPONSIBILITY as a Tool, you focus exclusively on today's decisions.

When you focus on your decisions today without being burdened with past mistakes you may find more powerful decisions are possible. 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. Focus on culminating better decisions for your future.

CLAIM RESPONSIBILITY for today

Using this GOGI Life Tool today permits you to ask the question, "Am I proud of the choice I am about to make?" This Tool is utilized best 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 situation.

CLAIM RESPONSIBILITY for the past

Using CLAIM RESPONSIBILITY to reconcile decisions of the past permits you to consider options that might have been available to you that you did not consider.

7. Thought Provoking Question

The group facilitator asks one of the questions below. Group members volunteer to share their answer to the question.

Thought Provoking Questions

- ? Why do you believe it is difficult for some people to see that claiming responsibility and the GOGI Life Tool CLAIM RESPONSIBILITY are different?
- ? Do you think that having the GOGI Life Tool CLAIM RESPONSIBILITY at an earlier date could have changed some past outcomes for you? How or why?
- ? What part of this GOGI Life Tool might be the most difficult to remember in the heat of the moment? How might you overcome the impulses that cause you to forget?
- ? How are claiming responsibility for your past and using the Tool CLAIM RESPONSIBILITY different?
- ? How would you teach someone how to use the GOGI Life Tool CLAIM RESPONSIBILITY?

8. CLAIM RESPONSIBILITY Activity

On the following pages are activity options.

Activity Options

I Acknowledge You (Ideal for In-Person Groups)

In your group, have each member share something that they notice someone else has claimed responsibility for. One at a time, one group member looks another group member in the eye and says, “I, (MY NAME), acknowledge that you have claimed responsibility for ...” This group member then chooses a new group member to do the same. Repeat until everyone has acknowledged someone else and has been acknowledged by someone else.

Same Words/Different Meaning

To differentiate claiming responsibility for the past and using the Tool CLAIM RESPONSIBILITY, a volunteer will state a time when they needed to claim responsibility for a past action and also state a time in the recent past when they used the Tool CLAIM RESPONSIBILITY. The group members discuss if this is the process of claiming responsibility or the use of the GOGI Life Tool CLAIM RESPONSIBILITY.

Activity Options Continued

Revisit the Past

One at a time, group members share one action or reaction where they permitted a situation to head in a less than desirable direction and did not CLAIM RESPONSIBILITY. Group members offer alternatives that might have been more consistent with using the Tool CLAIM RESPONSIBILITY.

Actions and Reactions

Each group member states a recent event where they claimed responsibility for their actions and reactions. Time permitting, each member explains how they claimed responsibility and if that altered their experience as a result.

Am I Proud of this Choice?

Each group member states one thing they are very proud to have done or achieved. Group members acknowledge their effort and success in words of support.

Day-to-Day Drama

A volunteer offers a common scenario with familiar conflict. Group members discuss ways the CLAIM RESPONSIBILITY GOGI Life Tool could be used to reduce conflict. Another volunteer offers a different scenario and the process is repeated.

9. Applying CLAIM RESPONSIBILITY

(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 the opportunity to share for equal amounts of time.

10. Weekly Statement of Intention

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

11. 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 if there are multiple Circle Groups in the same room. As we close this GOGI Meeting, we unite as a community with our pledge to be of service. Please repeat after me:

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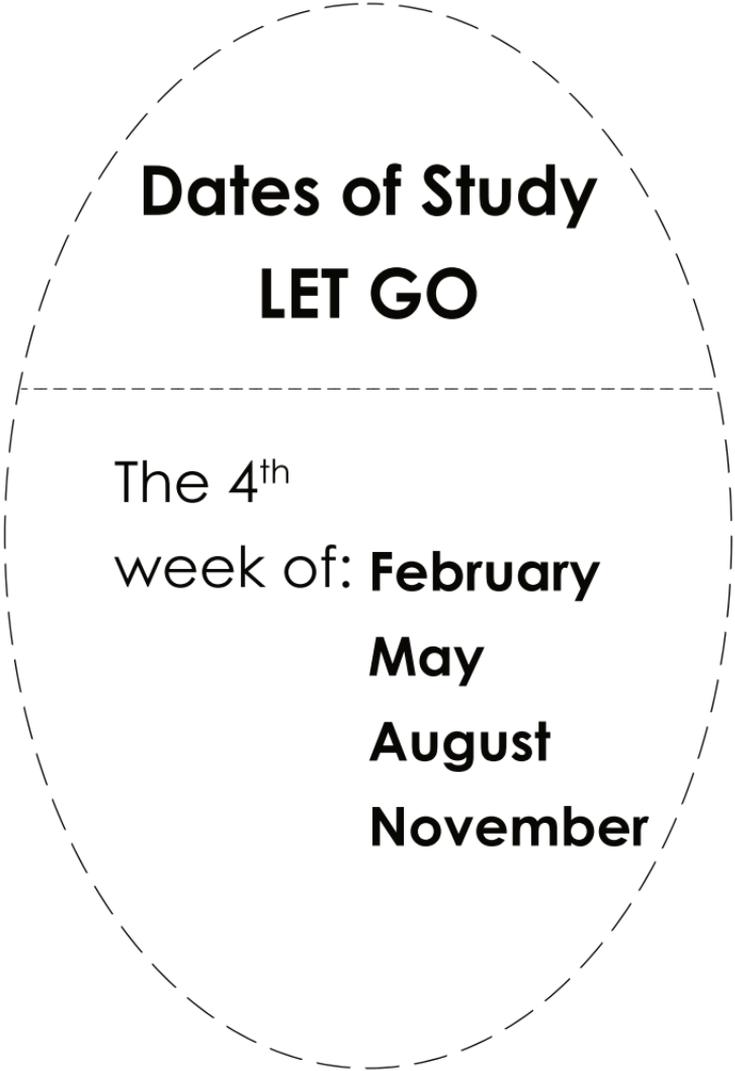
To those we love (repeat)

And infinite others (repeat)”

12. 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 Calendar will be the Tool (refer to calendar). If holding a meeting in a shared room, please let us leave this room clean and tidy for the next group.”

LET GO Meeting



Dates of Study
LET GO

The 4th
week of: **February**
May
August
November

When to study

LET GO

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
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June

- Week 1 FOR-GIVE
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- Week 3 REALITY CHECK
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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
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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

LET GO Meeting

Hold this Meeting on the following weeks:
4th week of February, May, August, & November

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 Circle Groups. If we have not already done so, at this time let's break from the larger group meeting into our Circle 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 LET GO Meeting to order, and we join in the Tool being studied by Students of GOGI everywhere.”

3. Review of the Tools *(Read Aloud)*

BOSS OF MY BRAIN
BELLY BREATHING
FIVE SECOND LIGHTSWITCH
POSITIVE THOUGHTS
POSITIVE WORDS
POSITIVE ACTIONS
CLAIM RESPONSIBILITY
LET GO
FOR-GIVE
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4. The GOGI Purpose *(Read Aloud)*

“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 group member is given the opportunity to “check-in” and share one positive thing that happened during the week.

6. LET GO Tool Reading

A volunteer may share all or part of the following Tool information.

GOGI Life Tool Basics **LET GO**

The dates of study for LET GO:
4th week of February, May, August, and November

LET GO Objective

The LET GO GOGI Life Tool helps you move forward in creating your optimal life. When using LET GO as a GOGI Life Tool, you are empowered to disconnect from past harms and hurts and define today on today's terms, not from events of the past. LET GO frees you to lighten your load and create more space for possibilities.

LET GO 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.

LET GO Keywords

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

LET GO Basics

You may find you are able to make the best decisions when you are not suffering from the harms of the past. When you consider each day as holding unlimited potential for good, you naturally move beyond the pain and suffering of the past. LET GO gives you a method to get to a place where you can create positivity, regardless of your past.

While some individuals believe they must suffer or they deserve to suffer, they can use LET GO to relieve themselves and others of suffering. LET GO permits the most positive decisions. Placing a thought or a feeling in your hand, squashing it, and tossing it far from you, is one way of protecting yourself and others. When you do this, you act and react in the present, and do not bring pain from the past into the current situation.

In the Hand - When feelings and thoughts are in your heart or head, your decisions may be impacted by those thoughts and feelings. By holding out your hand and imagining these things in the palm of your hand, you may experience relief or a sense of lightness. You can experience this by simply placing those things in your hand.

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

Toss it - When you toss the crumpled past away, you create the space to move forward with your life, unhampered by the past.

7. Thought Provoking Question

The group facilitator asks one of the questions below. Group members volunteer to share their answer to the question.

Thought Provoking Questions

- ? Some people have a difficult time letting go of past harms they caused or experienced. Why do you think this is so?
- ? If your life is not limited by events in the past, what is possible for you?
- ? Some people feel guilt or shame in using LET GO for harms they caused. Why might this be so? For those who believe this, how could LET GO be used to help?
- ? How could LET GO, as a GOGI Life Tool, have helped you as a child? Teen? Young adult?
- ? What does HAND/SQUASH/TOSS permit you to do?
- ? What is the difference between the act of letting go and the GOGI Life Tool LET GO?
- ? Discuss some things you simply are not ready to use this Tool with and other things where the GOGI Life Tool LET GO has been helpful.

8. LET GO Activity

On the following pages are activity options.

Activity Options

The HAND, SQUASH, TOSS

Group facilitator walks the group through this activity.

1. Think of something that bothers you. You can write this down on a piece of paper.
2. Place your paper in your hand, or imagine the bothersome thing in the palm of your hand.
3. Go ahead and squash it. Crumple up all the emotions around this thing.
4. Toss it.

(If your group wants, you can put everyone's squashables in one big pile, or put them all in a trash can so everyone can be free together. We call this Hand, Squash, Toss. Put it in your Hand, Squash it, and Toss it for from you.)

Give the opportunity for group members to share what they LET GO of with the group.

Activity Options Continued

Let Go

The group facilitator leads the group members through the following.

“LET GO is a great Tool to use for small things or irritations. List three small things that irritate or bother you that if you LET GO you would have a more positive experience. Doing this gives you the ability to use LET GO on the bigger and more difficult situations.”

The facilitator asks the group members to share.

Personal LET GO Lists

Each group member is invited to write down a list of things they want to move beyond. This list represents things in their lives that have held them back. A conversation is held about that list.

Members discuss the possibility of practicing the LET GO GOGI Life Tool during the week on these items.

9. Applying LET GO

(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 the opportunity to share for equal amounts of time.

10. Weekly Statement of Intention

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

11. 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 if there are multiple Circle Groups in the same room. As we close this GOGI Meeting, we unite as a community with our pledge to be of service. Please repeat after me:

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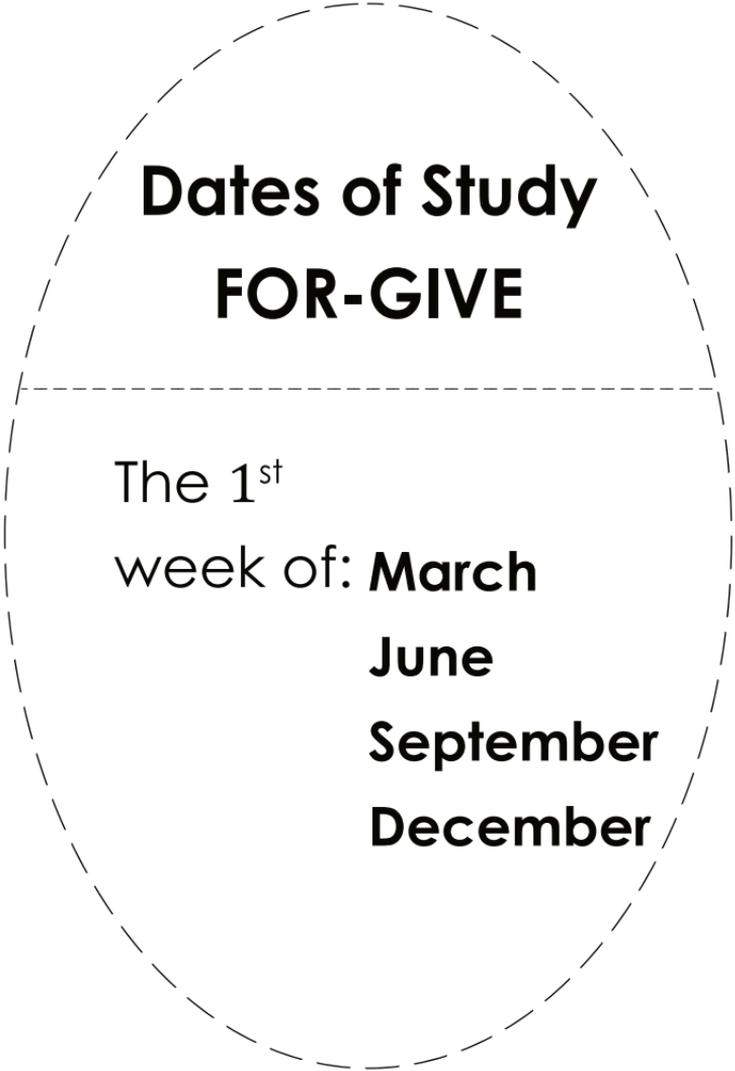
To those we love (repeat)

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12. 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 Calendar will be the Tool (refer to calendar). If holding a meeting in a shared room, please let us leave this room clean and tidy for the next group.”

FOR-GIVE Meeting



**Dates of Study
FOR-GIVE**

The 1st
week of: **March**
June
September
December

When to study

FOR-GIVE

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

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December

- Week 1 **FOR-GIVE**
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- Week 3 REALITY CHECK
- Week 4 ULTIMATE FREEDOM

FOR-GIVE Meeting

Hold this Meeting on the following weeks:
1st week of March, June, September, & December

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 Circle Groups. If we have not already done so, at this time let's break from the larger group meeting into our Circle 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 FOR-GIVE Meeting to order, and we join in the Tool being studied by Students of GOGI everywhere.”

3. Review of the 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 *(Read Aloud)*

“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 group member is given the opportunity to “check-in” and share one positive thing that happened during the week.

6. FOR-GIVE Tool Reading

A volunteer may share all or part of the following Tool information.

GOGI Life Tool Basics **FOR-GIVE**

The dates of study for FOR-GIVE
1st week of March, June, September, and December

FOR-GIVE Objective

FOR-GIVE is the GOGI Life Tool of safety. For you to give back to your family, friends, or society, you must be safe from harm. With this Tool, you make certain you are safe from harm so you can begin to be of service to others. FOR-GIVE is used to get a safe distance from the harm you caused or the harm you experienced, whether in your control or completely out of your control.

FOR-GIVE Statement of Ownership

The 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.

FOR-GIVE Keywords

For me to Give, I need distance from harm. I keep distance from anything that would harm anyone or me.

FOR-GIVE Basics

You may want to help someone who is suffering, or you may believe that your suffering may help someone avoid their own. It is human nature to want to help, especially when you experience the hope that life can be more than pain and harm. A key to realizing a life full of purpose is your ability to maintain a safe distance from any and all future harm. When you commit to remaining 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 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 future harm, or it simply leaves you vulnerable to additional 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.

7. Thought Provoking Question

The group facilitator asks one of the questions below. Group members volunteer to share their answer to the question.

Thought Provoking Questions

- ? What is the difference between forgiveness as something you do and FOR-GIVE as a GOGI Life Tool?
- ? How might forgiveness be easier when you use the GOGI Life Tool FOR-GIVE?
- ? Why do you think individuals are not often taught to acknowledge their safety in the process of forgiveness?
- ? What will you want to do once you are a safe distance from harm? How will you give back and share your wisdom?
- ? How would you describe the GOGI Life Tool FOR-GIVE to a friend?
- ? Why do you think some people call the GOGI Life Tool FOR-GIVE the GOGI “Safety Tool”?
- ? Are there present or prior decisions you would have made differently if you were skilled in the Tool FOR-GIVE? Explain.

8. FOR-GIVE Activity

On the following pages are activity options.

Activity Options

For Me to Give

Group members are asked to share one thing that is difficult to forgive. This could be a lie, being stolen from, or it could be a bigger thing that is difficult to forgive. It could be something you have done.

The facilitator asks the speaker to share with the group if they are still in danger of having this thing happen again.

The facilitator asks what it would take to be safe enough FOR you to GIVE and FOR you to start GIVING back to others.

The group discusses safety and the importance of safety in giving back.

Activity Options Continued

FOR-GIVE for Forgiveness

Volunteers share something harmful they did or experienced. As an example, “I started my younger sister on meth”, or “I was beaten by my stepfather until I ran away”. As a group, hold a discussion about if forgiveness is possible, considering that the Tool FOR-GIVE requires safety from harm.

Forgiveness vs. FOR-GIVE

Discuss the difference between forgiveness and the GOGI Life Tool FOR-GIVE. How are they different and how are they related to each other?

9. Applying FOR-GIVE

(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 the opportunity to share for equal amounts of time.

10. Weekly Statement of Intention

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

11. 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 if there are multiple Circle Groups in the same room. As we close this GOGI Meeting, we unite as a community with our pledge to be of service. Please repeat after me:

GOGI Pledge of Service

(A Basic Pledge of Positivity)

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)

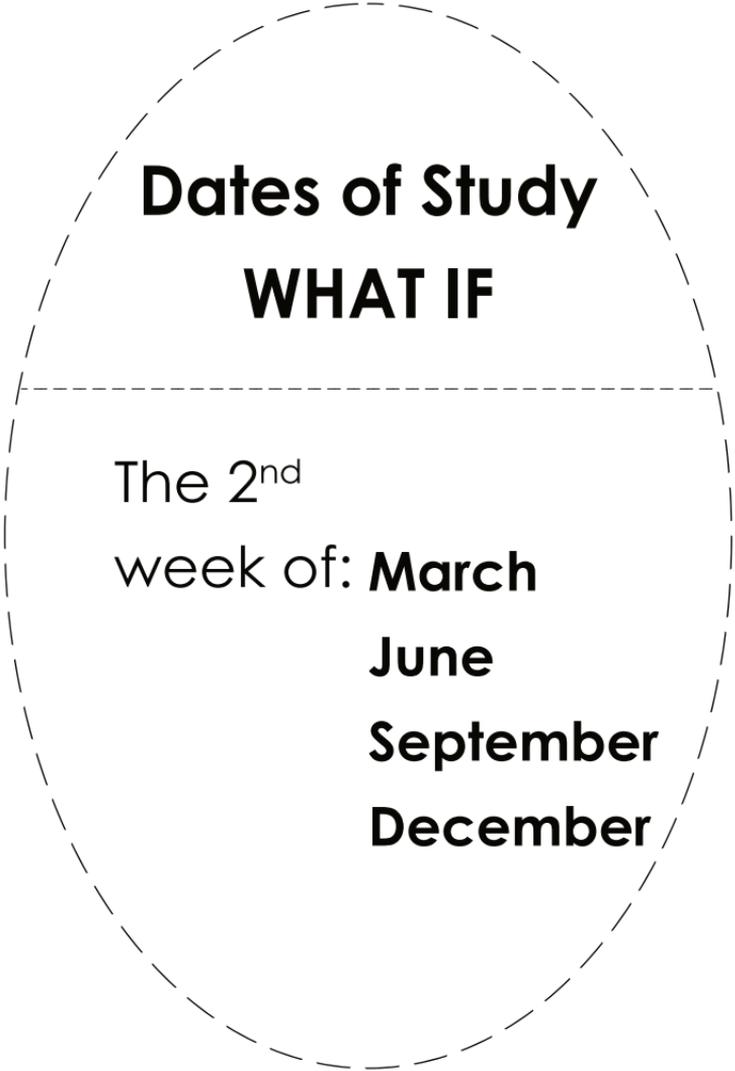
To those we love (repeat)

And infinite others (repeat)”

12. 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 Calendar will be the Tool (refer to calendar). If holding a meeting in a shared room, please let us leave this room clean and tidy for the next group.”

WHAT IF Meeting



Dates of Study
WHAT IF

The 2nd
week of: **March**
June
September
December

When to study

WHAT IF

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

WHAT IF Meeting

Hold this Meeting on the following weeks:
2nd week of March, June, September, & December

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 Circle Groups. If we have not already done so, at this time let's break from the larger group meeting into our Circle 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 WHAT IF Meeting to order, and we join in the Tool being studied by Students of GOGI everywhere.”

3. Review of the 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 *(Read Aloud)*

“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 group member is given the opportunity to “check-in” and share one positive thing that happened during the week.

6. WHAT IF Tool Reading

A volunteer may share all or part of the following Tool information.

GOGI Life Tool Basics

WHAT IF

The dates of study for WHAT IF:

2nd week of March, June, September, and December

WHAT IF Objective

WHAT IF is the Tool you can use to instantly access the big picture and a wider perspective for every situation. With WHAT IF, you are instantly removed from automatic thinking and old habit reactions and propelled into the power to create the optimal outcome. Using WHAT IF empowers you to make positive future decisions, and not be held back by the limiting choices of your past.

WHAT IF 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.

WHAT IF Keywords

What if I am not my past?

No to the past = yes to the future.

WHAT IF Basics

You can use this GOGI Life Tool to consider a possible positive or negative outcome. You can use WHAT IF to define yourself beyond the mistakes of the past. Using WHAT IF helps you unlock from self-defeating beliefs about who you are, what you are, and what you can do today. WHAT IF lifts the lid off the limits of the past and permits you to see more options available for creating your life. In reality, you are only defined by your past to the extent that you repeat similar behavior. WHAT IF also helps you align with a new identity, permitting you to define yourself by today's decisions, not yesterday's. Asking yourself, "What if I am not my past?" is a solid use of the WHAT IF Tool.

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 decide to create a positive alternative.

WHAT IF for the positive – When you use WHAT IF to consider a possible positive outcome, you open the channels of hope. Having awareness of positive possibilities may be the first step toward positive and lasting change.

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

7. Thought Provoking Question

The group facilitator asks one of the questions below. Group members volunteer to share their answer to the question.

Thought Provoking Questions

- ? What does the question “WHAT IF you are not your past?” mean in your own life?

- ? When you consider your life’s choices, how many of them have been made after considering negative and positive outcomes and how many have been made without consideration of outcomes?

- ? Why do many individuals only consider outcomes from a place of regret rather than preparation?

- ? What are some of the beliefs you have stored in the Old Habit Part of your brain and why do they no longer serve you?

8. WHAT IF Activity

On the following pages are activity options.

Activity Options

Looking into the Future

Each group member is given a chance to make a statement. Example: “WHAT IF I drink water instead of beer for the rest of my life?” or, “WHAT IF I go back to school and graduate?”

The group members are asked to respond with possible outcomes. For example, “If you only drink water, then you would remain sober.”

Repeat this until each group member has an opportunity to state a WHAT IF scenario.

WHAT IF Commitments

Each member of the group identifies one action or activity they are willing to do during the coming week, stating, “My WHAT IF is that I will (state their commitment) this week.” Each member is given the opportunity to identify a WHAT IF commitment and share this with the group.

Activity Options Continued

WHAT IF Shuffle (Ideal for In-Person Groups)

Each group member can write down several WHAT IF situations on pieces of paper. Mix the pieces of paper together. Have each group member pull a piece of paper and read it. Group members discuss possible outcomes for each scenario.

The Limit Buster

Someone in the group shares one limiting belief they have about their situation, their life, their relationships, or their future. Each member of the group uses WHAT IF to bust their limitations and widen their perspective of what is possible saying, “I hear you, and WHAT IF...”, providing an alternative choice for them to consider. This is repeated with any volunteer willing to share a current or past limiting belief.

9. Applying WHAT IF

(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 the opportunity to share for equal amounts of time.

10. Weekly Statement of Intention

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

11. 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 if there are multiple Circle Groups in the same room. As we close this GOGI Meeting, we unite as a community with our pledge to be of service. Please repeat after me:

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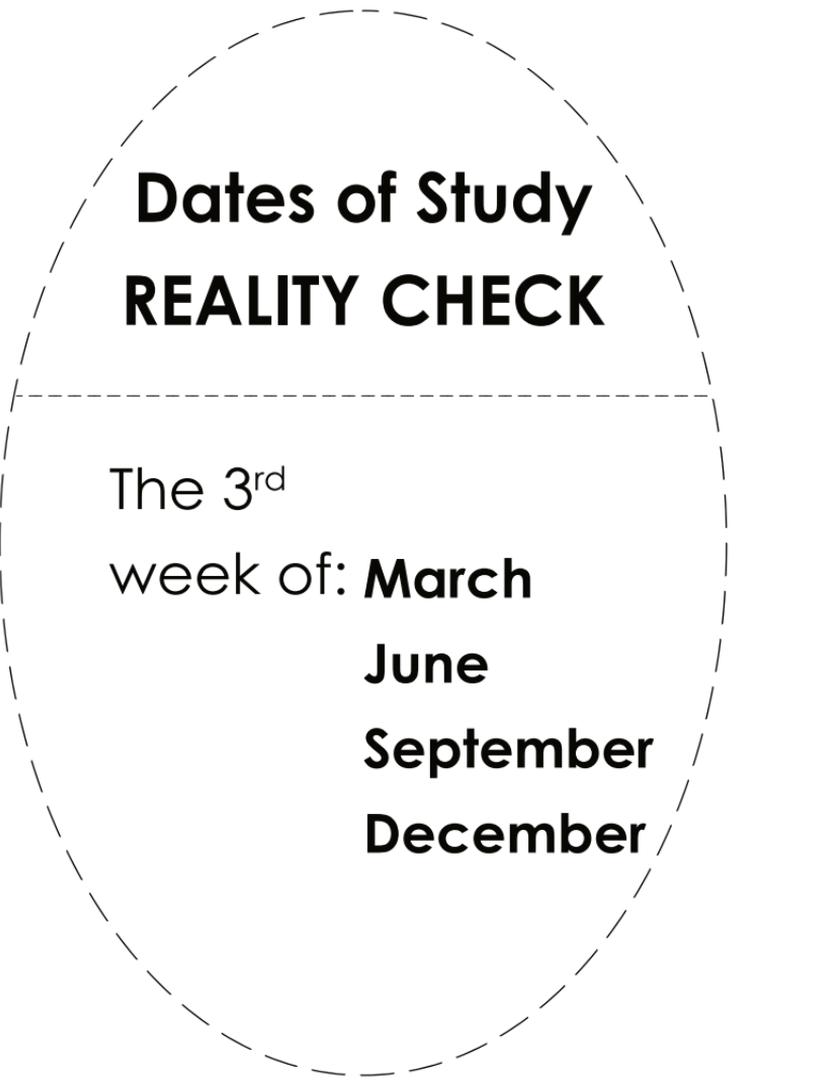
And infinite others (repeat)”

12. 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 Calendar will be the Tool (refer to calendar). If holding a meeting in a shared room, please let us leave this room clean and tidy for the next group.”

REALITY CHECK

Meeting



Dates of Study
REALITY CHECK

The 3rd
week of: **March**
June
September
December

When to study

REALITY CHECK

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

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- Week 2 POSITIVE ACTIONS
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June

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

July

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

August

- Week 1 POSITIVE WORDS
- Week 2 POSITIVE ACTIONS
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September

- Week 1 FOR-GIVE
- Week 2 WHAT IF
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- Week 4 ULTIMATE FREEDOM

October

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- 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

REALITY CHECK Meeting

Hold this Meeting on the following weeks:
3rd week of March, June, September, & December

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 Circle Groups. If we have not already done so, at this time let's break from the larger group meeting into our Circle 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 REALITY CHECK Meeting to order, and we join in the Tool being studied by Students of GOGI everywhere.”

3. Review of the Tools *(Read Aloud)*

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

4. The GOGI Purpose *(Read Aloud)*

“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 group member is given the opportunity to “check-in” and share one positive thing that happened during the week.

6. REALITY CHECK Tool Reading

A volunteer may share all or part of the following Tool information.

GOGI Life Tool Basics **REALITY CHECK**

The dates of study for REALITY CHECK:
3rd week of March, June, September, and December

REALITY CHECK Objective

REALITY CHECK is the GOGI Life Tool to help you acknowledge that you are human and mistakes do not dictate or limit possibilities. REALITY CHECK also helps you move beyond the mistakes and steadily toward creating your life with greater commitment, knowledge, experience, and resources. REALITY CHECK lets you understand that ten steps forward and two steps back is still eight steps ahead.

REALITY CHECK Statement of Ownership

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

REALITY CHECK Keywords

The Ten and Two Rule: Ten Steps Forward and Two Steps Back is Still Eight Steps Ahead.

REALITY CHECK Basics

As humans, we inherently want to create lives that bring us joy. The challenge is when we see temporary joy played out in the lives of others. Oftentimes, what we are witnessing is not joy at all, but the futile struggle to find joy in ways that are not lasting. By the time we realize this, we are in too deep and habits are formed too deeply to be easily reconstructed. Not only that, in our youth we do not have the inherent wisdom we gather along life's journey. At some point, however, we want to change but we fumble, fall, and make mistakes that oftentimes disable our progress and damages our self-esteem. This is where REALITY CHECK comes in handy.

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

7. Thought Provoking Question

The group facilitator asks one of the questions below. Group members volunteer to share their answer to the question.

Thought Provoking Questions

- ? Do you focus more on your past mistakes or your current successes and why?
- ? Do you think growing up you placed a lot of attention on failures or fear of failure? Why do you think many young people do this?
- ? Do you think it is possible to mess up and not consider yourself a mess-up?
- ? Do you think it is possible to define mistakes as temporary losses rather than total losses?
- ? Explain how using the GOGI Life Tool REALITY CHECK may have been helpful in your past, present, or future.
- ? Can you share an example of someone who has made terrible mistakes but has remained consistent in their efforts to improve?
- ? What is the difference between having a reality check and using the GOGI Life Tool REALITY CHECK?

8. REALITY CHECK Activity

On the following pages are activity options.

Activity Options

Next Positive Action

The facilitator slowly shares a scenario or story. Group members assess if the choice was a step forward or backward and why.

An example: I had a test the next morning, but my friends invited me to go to a party. I decided I could study the material in the morning. (forward or backward?)

I was tired in the morning but studied until it was time to leave for class, (forward or backward?)

My car ran out of gas and I missed class. (forward or backward?)

I emailed the teacher and scheduled a make-up test for the next day. (forward or backward?)

Any scenario can be used and the group can engage in a lively discussion about forward or backward.

A New Reality

Each group member is asked to share one instance where they naturally used REALITY CHECK, even if they did not know it was a GOGI Life Tool.

Activity Options Continued

Ten and Two Rule (Ideal for In-Person Groups)

One at a time, each group member states five positive things they have done, taking one step forward with each positive action. They also state one or two negative things that they have done and when doing so, they take steps back.

The group discusses how the positives outweigh the mistakes.

The Reality of Others

Using REALITY CHECK is also an option for dealing with others. Ask a volunteer to share a disappointment they have had with the mistakes of another. Then, have them state 2-3 times they have been proud of that same person. Ask them to reflect on where they put their focus and attention on the mistakes or the successes of other individuals.

What Defines You

Using small pieces of paper, write three mistakes or setbacks on one side of the paper. On the other side, write “My REALITY CHECK is that I ...” and list six accomplishments or good qualities. A volunteer points to a group member and asks, “What defines you?” The responding individual says “Three recent mistakes were...” and reads each of the mistakes. Turning the paper over, they say, “My REALITY CHECK is that I...” and they read their list of six accomplishments. The group discusses the tendency to define our lives by mistakes and how REALITY CHECK can keep us on task.

9. Applying REALITY CHECK

(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 the opportunity to share for equal amounts of time.

10. Weekly Statement of Intention

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

11. 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 if there are multiple Circle Groups in the same room. As we close this GOGI Meeting, we unite as a community with our pledge to be of service. Please repeat after me:

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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)”

12. 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 Calendar will be the Tool (refer to calendar). If holding a meeting in a shared room, please let us leave this room clean and tidy for the next group.”

ULTIMATE FREEDOM

Meeting



Dates of Study
ULTIMATE FREEDOM

The 4th

week of: **March**

June

September

December

When to study

ULTIMATE FREEDOM

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**

ULTIMATE FREEDOM Meeting

Hold this Meeting on the following weeks:
4th week of March, June, September, & December

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 Circle Groups. If we have not already done so, at this time let's break from the larger group meeting into our Circle 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 ULTIMATE FREEDOM Meeting to order, and we join in the Tool being studied by Students of GOGI everywhere.”

3. Review of the Tools *(Read Aloud)*

BOSS OF MY BRAIN
BELLY BREATHING
FIVE SECOND LIGHTSWITCH
POSITIVE THOUGHTS
POSITIVE WORDS
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4. The GOGI Purpose *(Read Aloud)*

“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 group member is given the opportunity to “check-in” and share one positive thing that happened during the week.

6. ULTIMATE FREEDOM Tool Reading

A volunteer may share all or part of the following Tool information.

GOGI Life Tool Basics **ULTIMATE FREEDOM**

The dates of study for ULTIMATE FREEDOM:
4th week of March, June, September, and December

ULTIMATE FREEDOM Objective

ULTIMATE FREEDOM is your GOGI Life Tool to use when you want the feeling of internal freedom. When using ULTIMATE FREEDOM, you may 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 now making. Making the choice to be of service and creating positive experiences throughout each day is the core of ULTIMATE FREEDOM as a GOGI Life Tool.

ULTIMATE FREEDOM 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 of life and can be, and align with, a greater good for all those around me.

ULTIMATE FREEDOM Keywords

Being Free Is Up To Me – Living a life of service sets me internally free.

ULTIMATE FREEDOM Basics

You can use ULTIMATE FREEDOM to develop and/or maintain a sense of purpose in your life. With this Tool, you are empowered to create meaning and great value throughout the day. This is because ULTIMATE FREEDOM places you in the mindset of service. It helps you improve every situation, ease the mind of those who suffer or struggle, and help advance a positive perspective.

When you focus on seeing your day through the eyes of ULTIMATE FREEDOM, you may feel inclined to contribute more. You may notice more opportunities and more freedoms come your way. With the Tool 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.

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

7. Thought Provoking Question

The group facilitator asks one of the questions below. Group members volunteer to share their answer to the question.

Thought Provoking Questions

- ? Do you think that helping someone helps everyone? What are your thoughts?
- ? How does it feel to help someone during a trying time? Why do you think most individuals feel good when they are helpful?
- ? Some individuals say that the GOGI Life Tool ULTIMATE FREEDOM helped them get over long-standing sadness or anger. Why might that be?
- ? ULTIMATE FREEDOM is about being of service. How can this GOGI Life Tool lead us to experience a sense of internal freedom?
- ? What is the difference between physical freedom and internal freedom?

8. ULTIMATE FREEDOM Activity

On the following pages are activity options.

Activity Options

7 Days of Freedom

Discuss specific ways the group members can be of service during the week. If possible, the entire group can agree on the same activity.

Suggested Service Project

The first group member suggests a service project for another group member to do during the next week. This individual accepts, rejects, or modifies the service project suggestion and then suggests a service project for another group member. Continue this process until every group member has a service project they are willing to complete in the upcoming week.

Internal Freedom

Each group member is asked to share a moment when they felt internally free. The group discusses how internal freedom is different from physical freedom.

Activity Options Continued

ULTIMATE FREEDOM Round Robin

A volunteer shares a situation where someone extended help or contributed positively to their day. They share how the act of service or friendship made them feel and what they thought. Group members take turns sharing stories of service.

Daily Service

Taking turns, each participant names one thing that can be done within 24 hours that is an act of service for someone else. One individual writes down the list. Then, once the list is assembled, each individual chooses two of the actions as things they will do in the coming week prior to the next GOGI Meeting.

I Saw You

Taking turns, one volunteer singles out a group member and mentions a time when they witnessed that person being of service. Then, that individual picks the next person to do the same. This process is repeated until all group members have been acknowledged for one or more positive decision.

9. Applying ULTIMATE FREEDOM

(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 the opportunity to share for equal amounts of time.

10. Weekly Statement of Intention

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

11. 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 if there are multiple Circle Groups in the same room. As we close this GOGI Meeting, we unite as a community with our pledge to be of service. Please repeat after me:

GOGI Pledge of Service

(A Basic Pledge of Positivity)

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)”

12. 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 Calendar will be the Tool (refer to calendar). If holding a meeting in a shared room, please let us leave this room clean and tidy for the next group.”

Fifth Monday Meeting Options

According to the GOGI Life Tool Calendar, there are four GOGI Life Tools studied each month. When there is a 5th Monday, your Circle Group can hold one of the following Meeting Formats:

- **Tool Review Meeting**
- **Speaker Meeting**

Tool Review Meeting

Hold this Meeting:

After completion of 12 Tool Meetings

(And, when there is a 5th week in the month)

Building a skill takes repetition and concentration. After 12 Tool meetings, it is important to review what your group has experienced. In this review, you solidify the learning. This Tool Review Meeting can be empowering, fun, and energetic as each member of the group is encouraged to share their journey and their daily application of GOGI Life Tools.

During the review process, please be mindful that your internal freedom is enhanced by your willingness to reach beyond your own needs and share the best of you with those around you. You truly are a solution for your community and this Tool Review Meeting should help you realize why that is a reality.

Acknowledging the progress made by group members can encourage continuation along a positive path. When we nurture the practice of reaching goals, we are encouraged and we encourage others to do the same.

Success comes in many forms. Success may be attending 15 meetings; That may be a very big success for that individual. Success may be someone speaking in front of a group for the very first time. No matter how big or how small, success is determined individually. During this meeting, we have an opportunity to share with others the successes we experienced as a result of our time together.

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 Circle Groups. If we have not already done so, at this time let's break from the larger group meeting into our Circle 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 Life Tool Review Meeting to order.”

3. Review of the 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 (*Read Aloud*)

“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. Review with Group

In your Circle Groups, review the following questions and engage in discussions utilizing available GOGI materials or texts.

1. What are the names of the four Sets of Tools?
2. What Tools are in the set called Tools of the Body?
3. What Tools are in the set called Tools of Choice?
4. What Tools are in the set called Tools of Moving Forward?
5. What Tools are in the set called Tools of Creation?
6. What is your favorite GOGI Life Tool and why?
7. Can you recite any Keywords?
8. Why do GOGI studies rely on a calendar and what do you think about this?
9. Why were GOGI Meetings created?
10. Why is a Team Building Meeting held after the Celebrate Success Meeting?
11. Why is a Tool Review Meeting held after 12 Tool Meetings?
12. What might your Circle Group want to do next week for the Success Celebration?
13. Recap in your own words the value you place on your GOGI Circle Group experience.

6. 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 if there are multiple Circle Groups in the same room. As we close this GOGI Meeting, we unite as a community with our pledge to be of service. Please repeat after me:

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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)”

7. 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 this will be our Celebrate Success Meeting. If holding a meeting in a shared room, please let us leave this room clean and tidy for the next group.”

Speaker Meeting

Hold this Meeting:
When there is a 5th week in the month

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. Remain in Large Group (*Read Aloud*)

“For the purposes of this meeting, we will not be splitting into Circle Groups.”

2. Start Your Meeting (*Read Aloud*)

“The purpose of this meeting is for individuals to share their GOGI experiences to offer examples and help build understanding of how GOGI can guide us to a life of internal freedom. Therefore, we call this GOGI Speaker Meeting to order.”

3. Review of the Tools (*Read Aloud*)

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POSITIVE THOUGHTS
POSITIVE WORDS
POSITIVE ACTIONS

CLAIM RESPONSIBILITY
LET GO
FOR-GIVE
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REALITY CHECK
ULTIMATE FREEDOM

4. The GOGI Purpose *(Read Aloud)*

“The objective of GOGI Meetings is to reinforce the use of the GOGI Life Tools and support positive community experiences.”

5. Introduction to Speaker *(Read Aloud)*

“May we welcome our Guest Speaker _____, who I now hand the floor over to.”

6. Speaker Shares *(Speaks for up to 30 minutes)*

Guest Speaker shares their GOGI Journey.

7. Group Sharing *(Comments or Questions)*

Guest Speaker answers questions from group. The group members share comments and thoughts about what the Guest Speaker said. *(See possible questions to ask the Guest Speaker on the next page.)*

Thought Provoking Questions

- ? What are some events that happened shortly before you were introduced to GOGI that lead you to GOGI?
- ? How did you find out about GOGI?
- ? What are some of the Tools you had a hard time with, but with dedication and repetition became easier to use/understand?
- ? How do the Tools help you in your life today?
- ? What part of GOGI stood out to you the most when you were first introduced? What motivated you to keep learning more?
- ? What are three things you could suggest to the newcomer in GOGI as to why this program works and why it's worth it to use the Tools?
- ? Who introduced you to GOGI?

8. 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. Each Circle Group will rotate leading the pledge for the larger group if there are multiple Circle Groups in the same room. As we close this GOGI Meeting, we unite as a community with our pledge to be of service.

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To those we love (repeat)

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9. 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 this will be our Celebrate Success Meeting. If holding a meeting in a shared room, please let us leave this room clean and tidy for the next group.”

Celebrate Success Meeting

Celebrate Success Meeting

Hold this Meeting after each Tool Review Meeting

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 Circle Groups. If we have not already done so, at this time let's break from the larger group meeting into our Circle 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. We call this GOGI Celebrate Success Meeting to order.”

3. Review of the Tools *(Read Aloud)*

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BELLY BREATHING

FIVE SECOND LIGHTSWITCH

POSITIVE THOUGHTS

POSITIVE WORDS

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CLAIM RESPONSIBILITY

LET GO

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WHAT IF

REALITY CHECK

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4. The GOGI Purpose *(Read Aloud)*

“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.”

Celebrate Success Meeting

5. **Celebrate** *(To Be Read Aloud)*

“To celebrate means to acknowledge progress, which is important in reinforcing lasting change. During this Celebrate Success Meeting, we acknowledge ourselves as individuals, as a Circle Group and Community Circle, and as a community celebrating the successes we have experienced in our previous weeks together.”

6. **Activities:** *Possible activities to celebrate success within and completion of an entire cycle of GOGI Meetings are:*

Share: Members share their favorite Tool and why it is their favorite Tool.

Recite: Each member recites Tools from memory and a prize is offered to the individual with the most Tools memorized.

Discuss: Members discuss Tools and cite examples of how they worked when applied.

Ask: Each member takes a turn asking other members a question about a specific Tool.

Acknowledge: One at a time, each member stands in the circle and the group members tell them how they have seen that person grow.

- Write: The group writes thank you letters to the organization, institution, or individual responsible for providing GOGI Meetings as an opportunity.
- Goals: The group permits each member to state their goals for the future.
- Other: Make up your own way to acknowledge the progress of your group.

7. The GOGI Pledge of Service *(Read Aloud)*

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8. Tidy Up Time *(Volunteer to Read Aloud)*

“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 Calendar will be the Tool (refer to calendar). As always, we will leave this space better for our being here.”

A Note from the GOGI Founder

GOGI Founder's Message

The GOGI Solution

The GOGI Solution

By GOGI Coach Taylor
Founder/Volunteer

My journey of "getting out" by "going inward" began twenty years ago. Like most humans, I suffered from disappointment, discouragement, frustration, abandonment, anger, resentment, not feeling heard, and just about every other emotion we humans feel when the world does not show up in a manner we appreciate.

It was through volunteerism at a prison that I learned the concept of getting out of my self-made prison by turning inward for freedom. That is how Getting Out by Going In (GOGI) got its name. Getting out of your own prison requires the simple act of moving beyond the limitations perceived as halting freedom. When we realize that the only way our freedom can be limited is through our own choices, we understand that we were always holding the keys.

During the twenty years of my volunteerism, the GOGI Students helped me create ways to share the GOGI Life Tools. There are dozens of GOGI courses, GOGI books, and GOGI handouts. These document our evolution and track our history. When I glance over one of the first handouts submitted by an individual in some remote prison

facility, I can see how inspired and sincere our first GOGI Students were in the questions presented on these handouts.

When I review our first books, I can see the evolution of the GOGI Students, a group of sincere, helpful people who wanted nothing more than to show up as a solution through their choices. As I flip through the pages, in my mind's eye, I see the faces of the hundreds of thousands of individuals I have met over the past two decades who have taught me that the only freedom that matters is the freedom within.

When I reflect on my own 20-year journey, I am pleased I never gave up. While tempted to walk away more than a million times, there was always something that kept me tethered to helping to create a shortcut to freedom. You see, I believe suffering is a choice. Suffering is the long road to freedom. There is an easier road, one that eliminates much of the suffering we erroneously believe is necessary for the process of learning. By using the GOGI Life Tools every day, I dodge many problems. I still suffer upon occasion, but my suffering is negligible compared to others and instantly eradicated when I step into my role as a guide for the increasing number of GOGI Students.

The GOGI Life Tools invite you to live a life of freedom. What you may find is when you use your

The GOGI Meeting Manual

GOGI Life Tools daily, you have more space in your head and your heart for service. You are more helpful when not consumed with your own struggle. Ultimately, this is the secret of the GOGI Life Tools. Once you use them, your problems reduce, and you step up as an example and proof of internal freedom for others who can follow your lead.

GOGI is not about teaching anyone.... but self. Once the self is on the shortcut path to freedom, many individuals are willing to follow. My wish for you is freedom. My gift to you is the GOGI Life Tools that a few hundred thousand suffering individuals, including me, created over the past two decades.

My advice? Take the easy road. Suffering is very much a choice. Internal freedom is a choice available to you, as well.

With Love,

Coach

A handwritten signature in black ink that reads "Coach Taylor". The signature is written in a cursive style, with the word "Coach" and "Taylor" connected together. There is a small heart symbol drawn above the letter "C" in "Coach".

GOGI Founder/Volunteer

