

 Getting Out by Going In

# The GOGI RECOVERY Meeting Format

The guide for providing GOGI Meetings for individuals on the recovery journey

# GOGI Recovery Meeting Introduction

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*Being someone in recovery with addictions to alcohol, drugs, gangs, and criminal thinking, I remember taking that first step and being at a place of “done.” I understood that the way I was living had two destinations. 1) Prison, or 2) death. I didn’t want either, but my choices took me directly to prison. The GOGI Life Tools helped me navigate through the urges and cravings that still come up for me today. GOGI has provided me with a community and a support network of people who have my best interest in mind, along with the GOGI Life Tools I can use at any moment on my own.*

*I have extensive knowledge and experience with addiction. I was an addict since the age of 13 and I have been working in the addiction field since 2010. I understand some of the thinking behind addiction and recovery. I have heard some people say, “If you haven’t been an addict, you can’t tell me anything.” Or “I don’t want to do that.” The invitation is for you to have an open mind and be willing to do whatever it takes to find sobriety with any addiction that you may be dealing with. You are invited to have a positive attitude and engage in your own recovery. Remember, there will be tough times, and you may doubt your willingness and even want to quit. These feelings will pass. Anything worth having is worth fighting for. You are worth the fight. Remember that sobriety is one day at a time.*



GOGI Coach Johnny  
CAADAC/CAS - SUDCC III

# Welcome to Recovery The GOGI Way

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*GOGI Recovery Meetings are powerful ways to build a positive community of support during and after a journey of recovery. Your GOGI Recovery Meeting may look familiar to meetings such as 12-step or other recovery models. The GOGI Recovery Meeting format is different in that it mainly focuses on your competencies and skills and helps build your abilities to make positive decisions. The meetings do not focus on past behaviors. Meetings will focus on who you want to be today and in the future. The GOGI Life Tools are intended to help you reach those goals.*

*GOGI Recovery Meetings occur in peer mentor circles of 2-12 participants called Circle Groups. These circles help build community and peer support, as participants are invited to contribute to the meeting discussions and exploration of the GOGI Life Tool of the week. There can be multiple Circle Groups in one room.*

*GOGI Recovery Meetings rely upon the GOGI Life Tool Calendar. We do this to unite the recovery effort with all other students engaged at GOGI. You are never alone when you study the GOGI Life Tools according to the calendar. You may find comfort in the fact that there are other individuals around the world seated in Circle Groups engaged in GOGI Life Tool study.*

*GOGI Recovery Meetings can be facilitated by anyone who follows the meeting format outlined in this document. It is best if the Circle Groups benefits from the knowledge and experience of a certified GOGI G-Rep or Certified GOGI Community Coach, but this is not required. Anyone with this material can facilitate a GOGI Recovery Meeting. For more information about G-Rep Certification or GOGI Community Coach Certification, please email [info@gettingoutbygoingin.org](mailto:info@gettingoutbygoingin.org).*

*GOGI Recovery Meetings may generate credits, certificates, or some other documentation for attendance. The credits are issued by the hosting organization. A standard GOGI Meeting Cycle is 15 meetings, permitting weekly study of the GOGI Life Tools as well as an introduction meeting, recap, and celebration. The GOGI Recovery Meetings are intended to be "open meetings" whereby an empty seat can be filled with a new participant, even during the middle of a cycle. Credit from the hosting facility is appropriate and allowed by GOGI headquarters because GOGI headquarters does not issue completion certificates for attendance. Attendance-based GOGI studies are documented by the facility, institution, or educational facility. GOGI headquarters only issues certificates for completion of softbound course workbooks, book reports, and other reflective writing courses, as well as certifications such as G-Rep and GOGI Coach.*

*For more information regarding GOGI's free self-study courses, please ask your facilitator to email us or write to GOGI, PO Box 88969, LA, CA 90009.*

# GOGI's Tools and Calendar

## 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**

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**POSITIVE THOUGHTS**

**POSITIVE WORDS**

**POSITIVE ACTIONS**

~

**CLAIM RESPONSIBILITY**

**LET GO**

**FOR-GIVE**

~

**WHAT IF**

**REALITY CHECK**

**ULTIMATE FREEDOM**

## GOGI Meetings Follow the GOGI Life Tool Calendar

Each GOGI Life Tool has a designated week for its study. The first week of each month begins on the first Monday of each month. If the first day of a month is on a Tuesday-Sunday, the meeting for the first Tool of that month will begin the following Monday. When there is a fifth Monday in a month, one or all Tools can be reviewed, or you may have a Guest Speaker Meeting.

## The GOGI Life Tool Calendar

January	February	March
Week 1 BOSS OF MY BRAIN	Week 1 POSITIVE WORDS	Week 1 FOR-GIVE
Week 2 BELLY BREATHING	Week 2 POSITIVE ACTIONS	Week 2 WHAT IF
Week 3 FIVE SECOND LIGHTSWITCH	Week 3 CLAIM RESPONSIBILITY	Week 3 REALITY CHECK
Week 4 POSITIVE THOUGHTS	Week 4 LET GO	Week 4 ULTIMATE FREEDOM
April	May	June
Week 1 BOSS OF MY BRAIN	Week 1 POSITIVE WORDS	Week 1 FOR-GIVE
Week 2 BELLY BREATHING	Week 2 POSITIVE ACTIONS	Week 2 WHAT IF
Week 3 FIVE SECOND LIGHTSWITCH	Week 3 CLAIM RESPONSIBILITY	Week 3 REALITY CHECK
Week 4 POSITIVE THOUGHTS	Week 4 LET GO	Week 4 ULTIMATE FREEDOM
July	August	September
Week 1 BOSS OF MY BRAIN	Week 1 POSITIVE WORDS	Week 1 FOR-GIVE
Week 2 BELLY BREATHING	Week 2 POSITIVE ACTIONS	Week 2 WHAT IF
Week 3 FIVE SECOND LIGHTSWITCH	Week 3 CLAIM RESPONSIBILITY	Week 3 REALITY CHECK
Week 4 POSITIVE THOUGHTS	Week 4 LET GO	Week 4 ULTIMATE FREEDOM
October	November	December
Week 1 BOSS OF MY BRAIN	Week 1 POSITIVE WORDS	Week 1 FOR-GIVE
Week 2 BELLY BREATHING	Week 2 POSITIVE ACTIONS	Week 2 WHAT IF
Week 3 FIVE SECOND LIGHTSWITCH	Week 3 CLAIM RESPONSIBILITY	Week 3 REALITY CHECK
Week 4 POSITIVE THOUGHTS	Week 4 LET GO	Week 4 ULTIMATE FREEDOM

# Group Success Checklist

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

## The Group

- ✓ Do participants have access to GOGI materials?
- ✓ Have Circle Groups established group rules or guidelines?
- ✓ Are all Circle Group members seated in a circle where everyone can see each other?
- ✓ Are all members seated as part of the circle?
- ✓ Have all desks or tables been moved out of the way?
- ✓ Are meeting participants gathered in Circle Groups of 2-12 members?
- ✓ When there are 13 members, does the groups split into two circles?
- ✓ Are group member's comments and discussions geared towards the use of the GOGI Life Tools?
- ✓ Is everyone actively engaged and participating in the meeting?

## Meeting Format

- ✓ Do all meetings follow the GOGI Meeting outline format?
- ✓ Do all Meetings follow the GOGI Life Tool 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?
- ✓ Do you close out each meeting with the GOGI Pledge of Service?

## 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?

# Team Building Meeting

**Start all new groups with this meeting  
Repeat this meeting after the completion  
of a Meeting Cycle**

## **Meeting Objective:**

The GOGI Recovery Meeting encourages all participants to engage not only in a solo journey but the collective journey of all participants in the group. The Team Building Meeting permits an opportunity to solidify the concept of teamwork. This meeting is also a perfect time to lay the foundation, create the boundaries, and set the template for future successes. Hold this meeting after 15 meetings.

*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.”

# Team Building Meeting

Hold this Meeting:

At the start of every Meeting Cycle

## 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.

## 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 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

### What is the purpose of GOGI Meetings?

The primary purpose of GOGI is to share 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.



## Sharing GOGI:

GOGI Meetings give participants the opportunity to take the GOGI Life Tools 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:

#### **The GOGI Pledge of Service**

*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 Life Tool 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.”

# GOGI Recovery Meeting Reflection Page

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ ID #: \_\_\_\_\_

Date of meeting: \_\_ / \_\_ / \_\_ Location of meeting: \_\_\_\_\_

Facilitator name: \_\_\_\_\_ Tool studied: \_\_\_\_\_

***Turn this in to your facilitator or as instructed by the facilitator. Do not mail this to GOGI.***

The best part of the GOGI Recovery Meeting this week was: \_\_\_\_\_

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One thing I learned about myself is: \_\_\_\_\_

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Here is a goal I have for attending GOGI Recovery Meetings and how I plan to achieve this goal:

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Here are my thoughts about GOGI and GOGI Meetings: \_\_\_\_\_

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I am attending GOGI Recovery Meetings because: \_\_\_\_\_

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# BOSS OF MY BRAIN Meeting

## Dates of Study BOSS OF MY BRAIN

The GOGI week starts the first Monday of each month.

The 1<sup>st</sup>  
week of: **January**  
**April**  
**July**  
**October**

## When to study BOSS OF MY BRAIN

<b>January</b> <b>BOSS OF MY BRAIN</b> BREATHING COND SWITCH VETHOUGHTS	<b>February</b> Week 1 POSITIVE WORDS Week 2 POSITIVE ACTIONS Week 3 CLAIM RESPONSIBILITY Week 4 LET GO	<b>March</b> Week 1 FOR-GIVE Week 2 WHAT IF Week 3 REALITY CHECK Week 4 ULTIMATE FREEDOM
<b>April</b> <b>BOSS OF MY BRAIN</b> Week 2 BELLY BREATHING Week 3 FIVE SECOND LIGHTSWITCH Week 4 POSITIVE THOUGHTS	<b>May</b> Week 1 POSITIVE WORDS Week 2 POSITIVE ACTIONS Week 3 CLAIM RESPONSIBILITY Week 4 LET GO	<b>June</b> Week 1 FOR-GIVE Week 2 WHAT IF Week 3 REALITY CHECK Week 4 ULTIMATE FREEDOM
<b>July</b> <b>BOSS OF MY BRAIN</b> Week 2 BELLY BREATHING Week 3 FIVE SECOND LIGHTSWITCH Week 4 POSITIVE THOUGHTS	<b>August</b> Week 1 POSITIVE WORDS Week 2 POSITIVE ACTIONS Week 3 CLAIM RESPONSIBILITY Week 4 LET GO	<b>September</b> Week 1 FOR-GIVE Week 2 WHAT IF Week 3 REALITY CHECK Week 4 ULTIMATE FREEDOM
<b>October</b> <b>BOSS OF MY BRAIN</b> Week 2 BELLY BREATHING Week 3 FIVE SECOND LIGHTSWITCH Week 4 POSITIVE THOUGHTS	<b>November</b> Week 1 POSITIVE WORDS Week 2 POSITIVE ACTIONS Week 3 CLAIM RESPONSIBILITY Week 4 LET GO	<b>December</b> Week 1 FOR-GIVE Week 2 WHAT IF Week 3 REALITY CHECK Week 4 ULTIMATE FREEDOM



The GOGI week starts the first Monday of each month.

# BOSS OF MY BRAIN Meeting

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

## Meeting Objective:

The BOSS OF MY BRAIN GOGI Life Tool is like having a personal coach inside your head, reminding you that you have the power to take charge of your thoughts and actions, especially when it comes to addiction.

Imagine this Tool as your own internal mentor, gently guiding you through the ups and downs of your journey. When thoughts of using creep in, BOSS OF MY BRAIN steps up to remind you that you're the one in control. You have the choice to either entertain those thoughts or dismiss them.

BOSS OF MY BRAIN is like having a trusted friend by your side, helping you navigate through the challenges of addiction. This Tool invites you to recognize that you hold the reins to your own destiny. You have the ability to decide what to do with those thoughts that try to pull you back into addiction.

So, embrace the power of the GOGI Life Tool BOSS OF MY BRAIN. Let it empower you to take control and make the choices leading to a healthier, happier life. Remember, you're not alone in this journey – you have the strength within you to overcome addiction and take those next steps towards recovery.

~GOGI Coach Johnny

**Administrative Duties and Details:** If there are announcements, administrative details, 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 2-12 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 a few moments to share events of their past week, focusing on GOGI Life Tools and recovery related discoveries.
- 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**

Dates of study: 1<sup>st</sup> 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 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 Questions:** 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?
- ? When thinking about your past, do you believe this Tool might have helped you make a more positive decisions during critical moments? Explain a possible outcome that would have emerged from this Tool's use.
- ? What might have been different in your life had you been taught to use BOSS OF MY BRAIN as a Tool in your childhood?
- ? When exploring the recovery process, how will you include this Tool into your daily efforts to create the life you say you want.

## 8. BOSS OF MY BRAIN Activity

### Activity Options

#### The Three Parts

1. **FOREHEAD** – Touch your forehead. Give an example to your partner or group of when you make smart decisions and when you are using Smart Part thinking.
2. **EARS** – Now touch your ears. Give an example to your partner or group of when you make emotional decisions and are letting the Emotional Part be the boss.
3. **BACK OF HEAD** – Now put your hand on the back of your head. Give an example of some Old Habit thinking, which has controlled you in the past.

After everyone in your group has completed this activity you can have each member touch their forehead and state one thing they will do every day this week which is using the Smart Part for smart thinking.

#### 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.

**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.

**How To - BOSS OF MY BRAIN**

BOSS OF MY BRAIN is an easy Tool to apply to the recovery process. This Tool gives me the power to understand which part of my brain is in control at any moment. The three most important parts of my brain are the Smart Part, the Emotional Part, and the Old Habit Part. I make an active choice to remain in my Smart Part. In times of challenges, when my Old Habit Part or Emotional Part is engaged, I see it as a red flag. In the recovery process, I intentionally switch my focus to the Smart Part and keep my goals in progress at the forefront of my mind.

~ GOGI Coach Jason Singer  
Recovery Counselor

**10. Weekly Statement of Intention:** Each member of the group is encouraged to complete this sentence: "To support my recovery efforts this week, it is my intention 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:

**The GOGI Pledge of Service**

*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."

# GOGI Recovery Meeting Reflection Page

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ ID #: \_\_\_\_\_

Date of meeting: \_\_ / \_\_ / \_\_ Location of meeting: \_\_\_\_\_

Facilitator name: \_\_\_\_\_ Tool studied: \_\_\_\_\_

***Turn this in to your facilitator or as instructed by the facilitator. Do not mail this to GOGI.***

The best part of the GOGI Recovery Meeting this week was: \_\_\_\_\_

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One thing I learned about myself is: \_\_\_\_\_

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In my opinion, I could use the Tool studied this week to overcome urges or impulses in the following ways:

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Here are my thoughts specific to the Tool studied this week: \_\_\_\_\_

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If I was to tell somebody about this Tool, here is what I would say: \_\_\_\_\_

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# BELLY BREATHING Meeting

## Dates of Study BELLY BREATHING

The GOGI week starts the first Monday of each month.

The 2<sup>nd</sup>  
week of **January**  
**April**  
**July &**  
**October**

## When to study BELLY BREATHING

<b>January</b> k 1 BOSS OF MY BRAIN k 2 <b>BELLY BREATHING</b> k 3 FIVE SECOND LIGHTSWITCH k 4 POSITIVE THOUGHTS	<b>February</b> Week 1 POSITIVE WORDS Week 2 POSITIVE ACTIONS Week 3 CLAIM RESPONSIBILITY Week 4 LET GO	<b>March</b> Week 1 FOR-GIVE Week 2 WHAT IF Week 3 REALITY CHECK Week 4 ULTIMATE FREEDOM
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<b>October</b> Week 1 BOSS OF MY BRAIN Week 2 <b>BELLY BREATHING</b> Week 3 FIVE SECOND LIGHTSWITCH Week 4 POSITIVE THOUGHTS	<b>November</b> Week 1 POSITIVE WORDS Week 2 POSITIVE ACTIONS Week 3 CLAIM RESPONSIBILITY Week 4 LET GO	<b>December</b> Week 1 FOR-GIVE Week 2 WHAT IF Week 3 REALITY CHECK Week 4 ULTIMATE FREEDOM



The GOGI week starts the first Monday of each month.

# BELLY BREATHING Meeting

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

## Meeting Objective:

The GOGI Life Tool BELLY BREATHING is like giving yourself a gentle hug from the inside out. It's a simple yet powerful technique that can help those battling addiction take a moment to pause, reconnect with themselves, and make clearer decisions for their future.

Imagine placing one hand on your chest and the other on your belly. As you take slow, deep breaths, notice which hand rises and falls with each breath. Is it the one on your chest or the one on your belly? The magic happens when you feel your belly gently rise and fall with each breath.

BELLY BREATHING isn't just about oxygenating your body; it's also about oxygenating your mind and spirit. It's a reminder to slow down, to be present in the moment, and to listen to what your body is telling you.

In the midst of addiction, it's easy to feel overwhelmed or out of control. But with BELLY BREATHING, you have a Tool at your fingertips to ground yourself, find your center, and make choices that align with your desired future.

So, the next time you're feeling stressed, anxious, or tempted by addiction, take a moment to practice BELLY BREATHING. Feel the soothing rhythm of your breath, and let it guide you toward making the best choices for yourself and the life you want to live.

~GOGI Coach Johnny

**Administrative Duties and Details:** If there are announcements, administrative details, 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 2-12 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, 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 a few moments to share events of their past week, focusing on GOGI Life Tools and recovery related discoveries.
6. **BELLY BREATHING Tool Reading** (*Volunteer/s to Share*)  
A volunteer may share all or part of the following Tool information.

### GOGI Life Tool Basics **BELLY BREATHING**

The dates of study: 2<sup>nd</sup> 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 Questions:** 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.
- ? How would you explain this Tool to a close friend? What would you say were the benefits?

**8. BELLY BREATHING Activity** (*Below are activity options.*)

**Activity Options**

**Belly Breathing/  
Meditation**

Participants place one hand on their belly and one hand on their chest. 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. Did participant’s belly rise and fall? Discuss the experience of controlled breathing.

**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 use the GOGI Life Tool BELLY BREATHING.

**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.

**How To - BELLY BREATHING**

Here is how I use BELLY BREATHING with a client. I tell them to clear off their lap. Slide to the front of their seat. Put their shoulders back. Sit up straight. I ask them to put one hand on their chest and one hand on their belly.

I tell them that when I inhale through my nose, I intentionally push my belly out. When I exhale through my mouth, my belly deflates. I remind them that their brain works best when they breathe with their belly.

When I find myself in a rut of negative thinking, when I have tunnel vision and can only see red, I take a moment to use BELLY BREATHING once or twice. When I take a moment to breathe, I can dislodge that destructive thinking. I am able to return back to thinking with the Smart Part of my brain.

~ GOGI Coach Jason Singer  
Recovery Counselor

**10. Weekly Statement of Intention:** Each member of the group is encouraged to complete this sentence: “To support my recovery efforts this week, it is my intention 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:

**The GOGI Pledge of Service**

*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.”

# GOGI Recovery Meeting Reflection Page

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ ID #: \_\_\_\_\_

Date of meeting: \_\_ / \_\_ / \_\_ Location of meeting: \_\_\_\_\_

Facilitator name: \_\_\_\_\_ Tool studied: \_\_\_\_\_

***Turn this in to your facilitator or as instructed by the facilitator. Do not mail this to GOGI.***

The best part of the GOGI Recovery Meeting this week was: \_\_\_\_\_

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One thing I learned about myself is: \_\_\_\_\_

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In my opinion, I could use the Tool studied this week to overcome urges or impulses in the following ways:

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Here are my thoughts specific to the Tool studied this week: \_\_\_\_\_

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If I was to tell somebody about this Tool, here is what I would say: \_\_\_\_\_

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# FIVE SECOND LIGHTSWITCH Meeting

## Dates of Study FIVE SECOND LIGHTSWITCH

The GOGI week starts the first Monday of each month.

The 3<sup>rd</sup>  
week of: **January**  
**April**  
**July**  
**October**

## When to study FIVE SECOND LIGHTSWITCH

<b>January</b> Week 1 BOSS OF MY BRAIN Week 2 BELLY BREATHING Week 3 <b>FIVE SECOND LIGHTSWITCH</b> Week 4 POSITIVE THOUGHTS	<b>February</b> Week 1 POSITIVE WORDS Week 2 POSITIVE ACTIONS Week 3 CLAIM RESPONSIBILITY Week 4 LET GO	<b>March</b> Week 1 FOR-GIVE Week 2 WHAT IF Week 3 REALITY CHECK Week 4 ULTIMATE FREEDOM
<b>April</b> Week 1 BOSS OF MY BRAIN Week 2 BELLY BREATHING Week 3 <b>FIVE SECOND LIGHTSWITCH</b> Week 4 POSITIVE THOUGHTS	<b>May</b> Week 1 POSITIVE WORDS Week 2 POSITIVE ACTIONS Week 3 CLAIM RESPONSIBILITY Week 4 LET GO	<b>June</b> Week 1 FOR-GIVE Week 2 WHAT IF Week 3 REALITY CHECK Week 4 ULTIMATE FREEDOM
<b>July</b> Week 1 BOSS OF MY BRAIN Week 2 BELLY BREATHING Week 3 <b>FIVE SECOND LIGHTSWITCH</b> Week 4 POSITIVE THOUGHTS	<b>August</b> Week 1 POSITIVE WORDS Week 2 POSITIVE ACTIONS Week 3 CLAIM RESPONSIBILITY Week 4 LET GO	<b>September</b> Week 1 FOR-GIVE Week 2 WHAT IF Week 3 REALITY CHECK Week 4 ULTIMATE FREEDOM
<b>October</b> Week 1 BOSS OF MY BRAIN Week 2 BELLY BREATHING Week 3 <b>FIVE SECOND LIGHTSWITCH</b> Week 4 POSITIVE THOUGHTS	<b>November</b> Week 1 POSITIVE WORDS Week 2 POSITIVE ACTIONS Week 3 CLAIM RESPONSIBILITY Week 4 LET GO	<b>December</b> Week 1 FOR-GIVE Week 2 WHAT IF Week 3 REALITY CHECK Week 4 ULTIMATE FREEDOM



The GOGI week starts the first Monday of each month.

# FIVE SECOND LIGHTSWITCH Meeting

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

## Meeting Objective:

The GOGI Life Tool FIVE SECOND LIGHTSWITCH is like having a superpower that helps us take back control when addiction tries to hijack our thoughts and actions. It's a game-changer for those of us battling addiction of any kind.

Imagine standing in front of a mental switchboard where you can identify what truly matters to you. It could be your health, your loved ones, or your dreams for the future. Then, with just a flick of the switch, you can shift your focus away from negative thoughts and towards positive actions.

When addiction makes our decisions feel automatic or out of control, the FIVE SECOND LIGHTSWITCH empowers us to regain control over our thoughts, words, and actions. It's like hitting the reset button on our minds, allowing us to choose a different path that aligns with our values and goals.

With this Tool, we can remind ourselves that no matter how overwhelming or insurmountable addiction may seem, we have the power to make a change. Whenever an old, negative thought arises, we can consciously choose a new, positive action instead.

So, the next time addiction tries to pull us back into its grasp, let's remember the FIVE SECOND LIGHTSWITCH. Let's flip that mental switch and choose the path of recovery, healing, and growth. No matter how dark things may seem, there's always a light switch waiting to guide us towards a brighter future.

~GOGI Coach Johnny

**Administrative Duties and Details:** If there are announcements, administrative details, 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 2-12 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 a few moments to share events of their past week, focusing on GOGI Life Tools and recovery related discoveries.
- 6. FIVE SECOND LIGHTSWITCH Tool Reading** (*Volunteer/s to Share*)  
A volunteer may share all or part of the following Tool information.

### GOGI Life Tool Basics **FIVE SECOND LIGHTSWITCH**

Dates of study: 3<sup>rd</sup> 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 Questions:** 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** (*Below are activity options.*)

## Activity Options

### To Switch or Not To Switch

A volunteer shares a recent situation where two very different outcomes were possible. 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.

### New Actions

Each group member shares as they discuss the below steps.

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

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.

## 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.

### How To - FIVE SECOND LIGHTSWITCH

I may have an Old Thought, but with FIVE SECOND LIGHTSWITCH, I have a New Action. In times of calm and logical thinking, I come up with three prosocial and acceptable actions that I can deploy at a moment's notice. When I feel triggered or challenged, rather than responding in my old habit way and allowing my Old Thought to take control, I can deploy one of my predetermined positive choices. So in recovery, practicing this Tool allows me to reassign my old destructive habits into positive New Actions. In recovery, this is how we rewire our brains with FIVE SECOND LIGHTSWITCH.

~ GOGI Coach Jason Singer  
Recovery Counselor

## 10. Weekly Statement of Intention: Each member of the group is encouraged to complete this sentence: "To support my recovery efforts this week, 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:

### The GOGI Pledge of Service

*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."

# GOGI Recovery Meeting Reflection Page

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ ID #: \_\_\_\_\_

Date of meeting: \_\_ / \_\_ / \_\_ Location of meeting: \_\_\_\_\_

Facilitator name: \_\_\_\_\_ Tool studied: \_\_\_\_\_

***Turn this in to your facilitator or as instructed by the facilitator. Do not mail this to GOGI.***

The best part of the GOGI Recovery Meeting this week was: \_\_\_\_\_

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One thing I learned about myself is: \_\_\_\_\_

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In my opinion, I could use the Tool studied this week to overcome urges or impulses in the following ways:

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Here are my thoughts specific to the Tool studied this week: \_\_\_\_\_

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If I was to tell somebody about this Tool, here is what I would say: \_\_\_\_\_

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# POSITIVE THOUGHTS Meeting

## Dates of Study POSITIVE THOUGHTS

The GOGI week starts the first Monday of each month.

The 4<sup>th</sup>  
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**

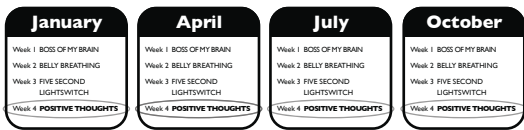
Week 1 BOSS OF MY BRAIN  
Week 2 BELLY BREATHING  
Week 3 FIVE SECOND LIGHTSWITCH  
Week 4 **POSITIVE THOUGHTS**

**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



The GOGI week starts the first Monday of each month.

# POSITIVE THOUGHTS Meeting

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

## Meeting Objective:

The GOGI Life Tool POSITIVE THOUGHTS is like having a compass that guides us through the darkest moments of addiction, helping us navigate towards a brighter, more hopeful future.

Imagine having the power to choose your thoughts, even in the midst of addiction's grip. It's not about denying the challenges we face but shifting our focus toward positivity, productivity, and progress.

When addiction clouds our minds with negativity, the 3 P's come to our rescue. We ask ourselves: Is this thought positive? Is it productive? Is it Powerful? Filtering our thoughts through the 3 P's becomes our lifeline, our beacon of hope amidst the chaos. It's a reminder that even in the depths of despair, we still have the power to choose optimism, seek solutions, and move forward.

So, the next time addiction tries to drag us down, let's remember the power of POSITIVE THOUGHTS. Let's filter our minds through the 3 P's and choose thoughts that uplift, empower, and lead us toward the light at the end of the tunnel.

No matter how challenging the journey may be, The GOGI Life Tool POSITIVE THOUGHTS is always within our reach, guiding us towards healing, growth, and the life we truly deserve.

~GOGI Coach Johnny

**Administrative Duties and Details:** If there are announcements, administrative details, 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 2-12 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 a few moments to share events of their past week, focusing on GOGI Life Tools and recovery related discoveries.
- 6. POSITIVE THOUGHTS Tool Reading** (*Volunteer/s to Share*)  
A volunteer may share all or part of the following Tool information.

**GOGI Life Tool Basics POSITIVE THOUGHTS**

The dates of study: 4<sup>th</sup> 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 Questions:** 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** (*Below 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.

**5 Positive Minutes**

In small groups, spend 5 minutes where each member shares Powerful, Productive, and Positive thoughts with the group.

Remember, only Powerful, Productive, and Positive thoughts are to be shared. Sounds simple? It's not quite as simple as it seems and it may seem strange to try to find something positive about a negative situation, but POSITIVE THOUGHTS are your key to change.

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.



**How To - POSITIVE THOUGHTS**

I recommend that all GOGI students use the GOGI Life Tool called POSITIVE THOUGHTS. To use this Tool, you first have to be aware that you create your thoughts. You can accomplish a lot of things if your thoughts are Powerful, Productive, and Positive. POSITIVE THOUGHTS are appropriate for the recovery process. If Positive, Productive, and Positive are checked off, I know I am good, and my thoughts are positive. If not, then that thought is discarded.

For example, if you get stuck in traffic, you can have the POSITIVE THOUGHT that the traffic is only temporary and will easily go with the flow, and you will reach your destination safely.

~ GOGI Coach Saul Campos  
Recovery Counselor

**10. Weekly Statement of Intention:** Each member of the group is encouraged to complete this sentence: “To support my recovery efforts this week, it is my intention 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:

**The GOGI Pledge of Service**

*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.”

# GOGI Recovery Meeting Reflection Page

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ ID #: \_\_\_\_\_

Date of meeting: \_\_ / \_\_ / \_\_ Location of meeting: \_\_\_\_\_

Facilitator name: \_\_\_\_\_ Tool studied: \_\_\_\_\_

***Turn this in to your facilitator or as instructed by the facilitator. Do not mail this to GOGI.***

The best part of the GOGI Recovery Meeting this week was: \_\_\_\_\_

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One thing I learned about myself is: \_\_\_\_\_

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In my opinion, I could use the Tool studied this week to overcome urges or impulses in the following ways:

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Here are my thoughts specific to the Tool studied this week: \_\_\_\_\_

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If I was to tell somebody about this Tool, here is what I would say: \_\_\_\_\_

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# POSITIVE WORDS Meeting

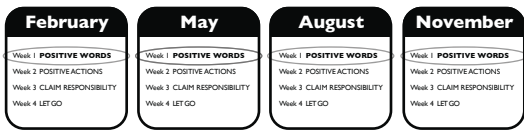
## Dates of Study POSITIVE WORDS

The GOGI week starts the first Monday of each month.

The 1<sup>st</sup>  
week of: **February**  
**May**  
**August**  
**November**

## When to study POSITIVE WORDS

January	February	March
Week 1 BOSS OF MY BRAIN Week 2 BELLY BREATHING Week 3 FIVE SECOND LIGHTSWITCH Week 4 POSITIVE THOUGHTS	Week 1 <b>POSITIVE WORDS</b> Week 2 POSITIVE ACTIONS Week 3 CLAIM RESPONSIBILITY Week 4 LET GO	Week 1 FOR-GIVE Week 2 WHAT IF Week 3 REALITY CHECK Week 4 ULTIMATE FREEDOM
April	May	June
Week 1 BOSS OF MY BRAIN Week 2 BELLY BREATHING Week 3 FIVE SECOND LIGHTSWITCH Week 4 POSITIVE THOUGHTS	Week 1 <b>POSITIVE WORDS</b> Week 2 POSITIVE ACTIONS Week 3 CLAIM RESPONSIBILITY Week 4 LET GO	Week 1 FOR-GIVE Week 2 WHAT IF Week 3 REALITY CHECK Week 4 ULTIMATE FREEDOM
July	August	September
Week 1 BOSS OF MY BRAIN Week 2 BELLY BREATHING Week 3 FIVE SECOND LIGHTSWITCH Week 4 POSITIVE THOUGHTS	Week 1 <b>POSITIVE WORDS</b> Week 2 POSITIVE ACTIONS Week 3 CLAIM RESPONSIBILITY Week 4 LET GO	Week 1 FOR-GIVE Week 2 WHAT IF Week 3 REALITY CHECK Week 4 ULTIMATE FREEDOM
October	November	December
Week 1 BOSS OF MY BRAIN Week 2 BELLY BREATHING Week 3 FIVE SECOND LIGHTSWITCH Week 4 POSITIVE THOUGHTS	Week 1 <b>POSITIVE WORDS</b> Week 2 POSITIVE ACTIONS Week 3 CLAIM RESPONSIBILITY Week 4 LET GO	Week 1 FOR-GIVE Week 2 WHAT IF Week 3 REALITY CHECK Week 4 ULTIMATE FREEDOM



The GOGI week starts the first Monday of each month.

# POSITIVE WORDS Meeting

Hold this Meeting on the following weeks:  
1<sup>st</sup> week of February, May, August, & November

## Meeting Objective:

The GOGI Life Tool POSITIVE WORDS is like having a magic wand that allows us to shape our reality and reclaim our power in the journey toward true sobriety.

Imagine standing at a crossroads, where every word you speak declares who you are and where you're headed. With POSITIVE WORDS, you have the opportunity to rewrite your story, one empowering word at a time.

As you speak, ask yourself the 3 P's: Is it Powerful? Is it Productive? Is it Positive? These questions become your compass, guiding you towards words that uplift, inspire, and propel you forward on your path to recovery.

In the midst of addiction, our words often betray us, reinforcing negative beliefs and keeping us trapped in a cycle of despair. But with POSITIVE WORDS, we reclaim our voice and speak our truth with conviction and purpose.

So, the next time you feel the weight of addiction bearing down on you, let POSITIVE WORDS be your guiding light. Speak words of strength, resilience, and hope, knowing that each word you utter sets the course for a brighter, more fulfilling future.

Because in the journey towards sobriety, every word matters. And with POSITIVE WORDS, you have the power to shape a life filled with possibility, purpose, and endless potential.

~GOGI Coach Johnny

**Administrative Duties and Details:** If there are announcements, administrative details, 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 2-12 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 a few moments to share events of their past week, focusing on GOGI Life Tools and recovery related discoveries.
6. **POSITIVE WORDS Tool Reading** (*Volunteer/s to Share*)  
A volunteer may share all or part of the following Tool information.

**GOGI Life Tool Basics POSITIVE WORDS**

The dates of study: 1<sup>st</sup> 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 Questions:** 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** (*Below are activity options.*)

**Activity Options**

**Quote List**

Each group member writes down 2-3 of their favorite quotes on small pieces of paper and places them in the center of the circle.

Once all group members have placed their quotes in the circle, group members pick up one of the quotes.

One at a time, the group members read their quote aloud and share what the quote means to them. Then, they share how the Tool POSITIVE WORDS relates to the quote.

**Encouraging Words**

A volunteer chooses one person and tells them two encouraging words related to how they experience them. The person who received the encouraging words then picks another group member to tell them two things they appreciate about them.

This is repeated until all group members have had an opportunity to give and receive encouraging words.

*Example: Rick tells Tim how he appreciates his dedication to GOGI and how he is always on time for work. Tim then picks another group member and tells them two encouraging words.*

It is helpful if someone agrees to write down the words and gives them to the person to reflect upon during the week.

**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.

**How To - POSITIVE WORDS**

You can use the GOGI Life Tool POSITIVE WORDS with the words you tell yourself or in your daily conversations with others. Are your words negative or positive? For instance, in the GOGI materials, I learned that only I could limit myself with my thoughts and words about myself. This is how I use POSITIVE WORDS in my life. When it comes to recovery, you can believe in yourself and tell yourself, "I can recover." When you see others struggling, you can encourage them and give them POSITIVE WORDS, Let them know they can also recover.

~ GOGI Coach Saul Campos  
Recovery Counselor

**10. Weekly Statement of Intention:** Each member of the group is encouraged to complete this sentence: “To support my recovery efforts this week, it is my intention 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.”

# GOGI Recovery Meeting Reflection Page

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ ID #: \_\_\_\_\_

Date of meeting: \_\_ / \_\_ / \_\_ Location of meeting: \_\_\_\_\_

Facilitator name: \_\_\_\_\_ Tool studied: \_\_\_\_\_

***Turn this in to your facilitator or as instructed by the facilitator. Do not mail this to GOGI.***

The best part of the GOGI Recovery Meeting this week was: \_\_\_\_\_

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One thing I learned about myself is: \_\_\_\_\_

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In my opinion, I could use the Tool studied this week to overcome urges or impulses in the following ways:

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Here are my thoughts specific to the Tool studied this week: \_\_\_\_\_

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If I was to tell somebody about this Tool, here is what I would say: \_\_\_\_\_

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# POSITIVE ACTIONS Meeting

## Dates of Study POSITIVE ACTIONS

The GOGI week starts the first Monday of each month.

The 2<sup>nd</sup>

week of: **February**

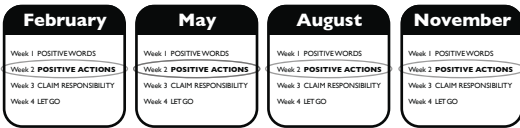
**May**

**August**

**November**

## When to study POSITIVE ACTIONS

<b>January</b> Week 1 BOSS OF MY BRAIN Week 2 BELLY BREATHING Week 3 FIVE SECOND LIGHTSWITCH Week 4 POSITIVE THOUGHTS	<b>February</b> Week 1 POSITIVE WORDS Week 2 <b>POSITIVE ACTIONS</b> Week 3 CLAIM RESPONSIBILITY Week 4 LET GO	<b>March</b> Week 1 FOR-GIVE Week 2 WHAT IF Week 3 REALITY CHECK Week 4 ULTIMATE FREEDOM
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The GOGI week starts the first Monday of each month.

# POSITIVE ACTIONS Meeting

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

## Meeting Objective:

The GOGI Life Tool POSITIVE ACTIONS is like building a sturdy bridge that carries us from addiction to sobriety, one intentional step at a time.

Imagine each action you take as a brick in this bridge, solidifying your commitment to stay sober and contribute positively to your community. With POSITIVE ACTIONS, you're not just talking the talk – you're walking the walk, proving to yourself and others that you're in command of your choices.

Before taking action, pause and ask yourself the 3 P's: Is it Powerful? Is it Productive? Is it Positive? These questions serve as your compass, guiding you towards empowering, inspiring, and uplifting actions.

In the journey towards sobriety, actions speak louder than words. POSITIVE ACTIONS become the cornerstone of your transformation, demonstrating your dedication to living a life of purpose and integrity.

So, whether it's reaching out for support, volunteering in your community, or simply practicing self-care, let every action be a testament to your strength and resilience. With POSITIVE ACTIONS, you're not just overcoming addiction – you're building a future filled with hope, healing, and endless possibilities.

~GOGI Coach Johnny

**Administrative Duties and Details:** If there are announcements, administrative details, 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 2-12 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 group member is given a few moments to share events of their past week, focusing on GOGI Life Tools and recovery related discoveries.
6. **POSITIVE ACTIONS Tool Reading** (*Volunteer/s to Share*)  
A volunteer may share all or part of the following Tool information.

## GOGI Life Tool Basics **POSITIVE ACTIONS**

The dates of study: 2<sup>nd</sup> 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 Questions:** 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?
- ? What part of using this GOGI Life Tool might be the most difficult for you to master? Why?
- ? 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** (*Below are activity options.*)

**Activity Options**

**I Saw You**

Taking turns, one volunteer picks 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.

**Choosing Positive**

As a group, create a list of 12 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.

**Weekly Service Example**

Facilitator passes around a list of positive actions that can be done that week and a few blank spots where they can add their own. Group members are invited to do at least one positive thing for the 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.

**How To - POSITIVE ACTIONS**

The GOGI Life Tool POSITIVE ACTIONS is the part of the filtering process where your thoughts become actions. With this Tool, we know that what we say, think, and do impacts our lives and the lives of others. So what are POSITIVE ACTIONS? POSITIVE ACTIONS create a positive ripple effect in the world. If I pick up a piece of trash, this POSITIVE ACTION helps the world be a little cleaner. When it comes to recovery, a POSITIVE ACTION that I take that I believe is beneficial to others is when I see people doing drugs, I just simply walk away. When it seems like too much stress is going on in my life, it is okay to manage one thing at a time. I find a quiet place to remind myself it will pass. Doing drugs is never the answer.

~ GOGI Coach Saul Campos  
Recovery Counselor

**10. Weekly Statement of Intention:** Each member of the group is encouraged to complete this sentence: “To support my recovery efforts this week, it is my intention 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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**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.”

# GOGI Recovery Meeting Reflection Page

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ ID #: \_\_\_\_\_

Date of meeting: \_\_ / \_\_ / \_\_ Location of meeting: \_\_\_\_\_

Facilitator name: \_\_\_\_\_ Tool studied: \_\_\_\_\_

***Turn this in to your facilitator or as instructed by the facilitator. Do not mail this to GOGI.***

The best part of the GOGI Recovery Meeting this week was: \_\_\_\_\_

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One thing I learned about myself is: \_\_\_\_\_

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In my opinion, I could use the Tool studied this week to overcome urges or impulses in the following ways:

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Here are my thoughts specific to the Tool studied this week: \_\_\_\_\_

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If I was to tell somebody about this Tool, here is what I would say: \_\_\_\_\_

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# CLAIM RESPONSIBILITY Meeting

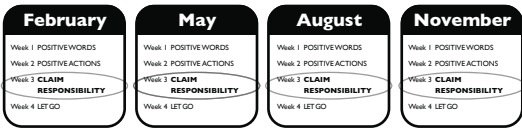
## Dates of Study CLAIM RESPONSIBILITY

The GOGI week starts the first Monday of each month.

The 3<sup>rd</sup>  
week of: **February**  
**May**  
**August**  
**November**

## When to study CLAIM RESPONSIBILITY

<b>January</b> Week 1 BOSS OF MY BRAIN Week 2 BELLY BREATHING Week 3 FIVE SECOND LIGHTSWITCH Week 4 POSITIVE THOUGHTS	<b>February</b> Week 1 POSITIVE WORDS Week 2 POSITIVE ACTIONS Week 3 <b>CLAIM RESPONSIBILITY</b> Week 4 LET GO	<b>March</b> Week 1 FOR-GIVE Week 2 WHAT IF Week 3 REALITY CHECK Week 4 ULTIMATE FREEDOM
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The GOGI week starts the first Monday of each month.

# CLAIM RESPONSIBILITY Meeting

Hold this Meeting on the following weeks:  
3<sup>rd</sup> week of February, May, August, & November

## Meeting Objective:

The GOGI Life Tool CLAIM RESPONSIBILITY is like having a compass that guides you through the storm of addiction, helping you navigate towards calmer waters one decision at a time.

Picture this Tool as a lifeline that empowers you to take ownership of your choices, regardless of your past struggles. With CLAIM RESPONSIBILITY, you're no longer defined by your mistakes; you're empowered to shape your responses with greater wisdom and clarity.

Before taking action, pause and ask yourself, "Am I proud of this choice?" This simple yet profound question becomes your guiding light, steering you toward decisions that honor your journey toward sobriety.

In the battle against addiction, it's easy to get caught up in guilt and shame over past actions. But with CLAIM RESPONSIBILITY, you're encouraged to focus solely on today's decisions. It's about letting go of the weight of yesterday and embracing the power of now to create a brighter tomorrow.

So, whether it's resisting temptation, seeking support when needed, or practicing self-care, let every choice be a testament to your strength and resilience. With CLAIM RESPONSIBILITY, you're not just reclaiming your life from addiction - you're reclaiming your sense of agency and creating a future filled with hope and possibility.

~GOGI Coach Johnny

**Administrative Duties and Details:** If there are announcements, administrative details, 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 2-12 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 a few moments to share events of their past week, focusing on GOGI Life Tools and recovery related discoveries.
- 6. CLAIM RESPONSIBILITY Tool Reading** (*Volunteer/s to Share*)  
A volunteer may share all or part of the following Tool information.

### GOGI Life Tool Basics **CLAIM RESPONSIBILITY**

The dates of study: 3<sup>rd</sup> 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 Questions:** 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 (*Below are activity options.*)

## Activity Options

### **I Acknowledge You**

In your group, have each member share something that they notice someone has used the GOGI Life Tool CLAIM RESPONSIBILITY for. One at a time, one group member looks another group member in the eye and says, "I, (MY NAME), acknowledge that today you CLAIM 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.

## 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.

### How To - CLAIM RESPONSIBILITY

When working with my clients in recovery, I tell people to do a daily inventory. I tell them to ask themselves, would I be Proud Of This Choice? Before they hang out with an old friend, I have them ask, is this a choice I can be proud of? If my choice of thoughts, words, and actions need to be stronger, I use CLAIM RESPONSIBILITY to make sure I am proud of my choices. Then I tell them to ask themselves if they would want the people they care about to be in this situation with these people. Daily inventory is how I suggest they use CLAIM RESPONSIBILITY. For example, I don't hang out with any of my friends who live a criminal lifestyle. If they are doing things I no longer do, I need safety from harm. I CLAIM RESPONSIBILITY today. I have to LET GO of things that are not good or positive.

~ GOGI Coach Emiliano Cross

**10. Weekly Statement of Intention:** Each member of the group is encouraged to complete this sentence: "To support my recovery efforts this week, it is my intention 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:

### The GOGI Pledge of Service

*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."

# GOGI Recovery Meeting Reflection Page

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ ID #: \_\_\_\_\_

Date of meeting: \_\_ / \_\_ / \_\_ Location of meeting: \_\_\_\_\_

Facilitator name: \_\_\_\_\_ Tool studied: \_\_\_\_\_

***Turn this in to your facilitator or as instructed by the facilitator. Do not mail this to GOGI.***

The best part of the GOGI Recovery Meeting this week was: \_\_\_\_\_

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One thing I learned about myself is: \_\_\_\_\_

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In my opinion, I could use the Tool studied this week to overcome urges or impulses in the following ways:

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Here are my thoughts specific to the Tool studied this week: \_\_\_\_\_

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If I was to tell somebody about this Tool, here is what I would say: \_\_\_\_\_

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# LET GO Meeting

## Dates of Study LET GO

The GOGI week starts the first Monday of each month.

The 4<sup>th</sup>  
week of: **February**  
**May**  
**August**  
**November**

## When to study LET GO

<b>January</b> Week 1 BOSS OF MY BRAIN Week 2 BELLY BREATHING Week 3 FIVE SECOND LIGHTSWITCH Week 4 POSITIVE THOUGHTS	<b>February</b> Week 1 POSITIVE WORDS Week 2 POSITIVE ACTIONS Week 3 CLAIM RESPONSIBILITY Week 4 <b>LET GO</b>	<b>March</b> Week 1 FOR-GIVE Week 2 WHAT IF Week 3 REALITY CHECK Week 4 ULTIMATE FREEDOM
<b>April</b> Week 1 BOSS OF MY BRAIN Week 2 BELLY BREATHING Week 3 FIVE SECOND LIGHTSWITCH Week 4 POSITIVE THOUGHTS	<b>May</b> Week 1 POSITIVE WORDS Week 2 POSITIVE ACTIONS Week 3 CLAIM RESPONSIBILITY Week 4 <b>LET GO</b>	<b>June</b> Week 1 FOR-GIVE Week 2 WHAT IF Week 3 REALITY CHECK Week 4 ULTIMATE FREEDOM
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<b>October</b> Week 1 BOSS OF MY BRAIN Week 2 BELLY BREATHING Week 3 FIVE SECOND LIGHTSWITCH Week 4 POSITIVE THOUGHTS	<b>November</b> Week 1 POSITIVE WORDS Week 2 POSITIVE ACTIONS Week 3 CLAIM RESPONSIBILITY Week 4 <b>LET GO</b>	<b>December</b> Week 1 FOR-GIVE Week 2 WHAT IF Week 3 REALITY CHECK Week 4 ULTIMATE FREEDOM



The GOGI week starts the first Monday of each month.

# LET GO Meeting

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

## Meeting Objective:

The GOGI Life Tool LET GO is like a breath of fresh air amid addiction's suffocating grip, empowering you to release the weight of past hurts and pave the way for a brighter, more hopeful future.

Imagine it as a gentle hand guiding you towards letting go of the burdens weighing you down – the regrets, the shame, the pain. With LET GO, you're not just disconnecting from past harms; you're reclaiming your power to shape the life you want today, free from the shackles of your past.

Using LET GO, you're invited to focus on the present moment, leaving behind the heavy baggage of yesterday. It's about creating space for new possibilities to blossom, unencumbered by the weight of past mistakes.

Remember the mantra: Hand/Squash/Toss. As you confront aggravating thoughts and feelings, imagine gathering them in your hand, squashing them with determination, and tossing them away from you. It's a symbolic gesture of releasing the grip that addiction has on your life and reclaiming your freedom to create a life worth living.

So, the next time you feel weighed down by the chains of addiction, let the Tool LET GO be your guiding light. Embrace the power of releasing the past and stepping into a future filled with hope, healing, and endless possibilities.

~GOGI Coach Johnny

**Administrative Duties and Details:** If there are announcements, administrative details, 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 2-12 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, 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 a few moments to share events of their past week, focusing on GOGI Life Tools and recovery related discoveries.
6. **CLAIM RESPONSIBILITY Tool Reading** (*Volunteer/s to Share*)  
A volunteer may share all or part of the following Tool information.

## GOGI Life Tool Basics **LET GO**

The dates of study: 4<sup>th</sup> 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 Questions:** The group facilitator asks one of the questions below. Group members volunteer to share their answer to the question.

### Thought Provoking Questions

- ? If your life is not limited by events in the past, what is possible for you?
- ? Some people have a difficult time letting go of past harms they caused or experienced. Why do you think this is so?
- ? 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?
- ? 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
- ? What is the difference between the act of letting go and the GOGI Life Tool LET GO?

8. **LET GO Activity** (*Below are activity options.*)

## Activity Options

### **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.

### **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. Toss in the trash or rip paper.

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 GOGI Life Tool LET GO 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.

### How To - LET GO

I explain to my clients in recovery what I do with LET GO. If it used to be fun but it puts me in harm's way, I use Hand/Squash/Toss and LET GO. I learned to LET GO of anything that might cause me or anyone else harm, and then I can be proud of my choices. When using LET GO for recovery, I ask people to use this Tool for their internal triggers, those things they struggle with inside their minds. External triggers can be moved away from, but the internal triggers need to be Hand/Squash/Toss-ed and let go of. If you LET GO, the only way to get that back in your life is to pick it up out of the trash. No one wants that. Anyone can cleanse themselves of their negative thoughts with LET GO. It helps you go inward, and it is the only way to get out.

~ GOGI Coach Emiliano Cross

**10. Weekly Statement of Intention:** Each member of the group is encouraged to complete this sentence: "To support my recovery efforts this week, it is my intention 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:

### The GOGI Pledge of Service

*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."

# GOGI Recovery Meeting Reflection Page

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ ID #: \_\_\_\_\_

Date of meeting: \_\_ / \_\_ / \_\_ Location of meeting: \_\_\_\_\_

Facilitator name: \_\_\_\_\_ Tool studied: \_\_\_\_\_

***Turn this in to your facilitator or as instructed by the facilitator. Do not mail this to GOGI.***

The best part of the GOGI Recovery Meeting this week was: \_\_\_\_\_

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One thing I learned about myself is: \_\_\_\_\_

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In my opinion, I could use the Tool studied this week to overcome urges or impulses in the following ways:

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Here are my thoughts specific to the Tool studied this week: \_\_\_\_\_

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If I was to tell somebody about this Tool, here is what I would say: \_\_\_\_\_

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# FOR-GIVE Meeting

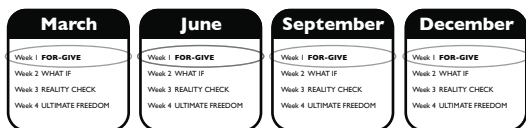
## Dates of Study FOR-GIVE

The GOGI week starts the first Monday of each month.

The 1<sup>st</sup>  
week of: **March**  
**June**  
**September**  
**December**

## When to study FOR-GIVE

<b>January</b> Week 1 BOSS OF MY BRAIN Week 2 BELLY BREATHING Week 3 FIVE SECOND LIGHTSWITCH Week 4 POSITIVE THOUGHTS	<b>February</b> Week 1 POSITIVE WORDS Week 2 POSITIVE ACTIONS Week 3 CLAIM RESPONSIBILITY Week 4 LET GO	<b>March</b> Week 1 <b>FOR-GIVE</b> Week 2 WHAT IF Week 3 REALITY CHECK Week 4 ULTIMATE FREEDOM
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# FOR-GIVE Meeting

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

The GOGI week starts the first Monday of each month.

## Meeting Objective:

The GOGI Life Tool FOR-GIVE is like a lifeline that helps you create a safe space for yourself amidst the chaos of addiction, allowing you to step back from harm and regain control of your life.

Imagine it as a shield that protects you from the pain and turmoil caused by addiction, whether it's the harm you've inflicted on yourself or others or the harm you've experienced at the hands of addiction itself. With FOR-GIVE, you're empowered to establish a safe distance from the wreckage of your past, giving yourself the space you need to heal and grow.

FOR-GIVE serves as a gentle reminder to maintain a healthy boundary between yourself and the harm caused by addiction. It's about prioritizing your well-being and creating a foundation of safety from which you can contribute positively to the lives of those you love.

In the journey towards recovery, FOR-GIVE becomes your guiding principle, helping you navigate the complexities of addiction with grace and compassion. It's about forgiving yourself for past mistakes, letting go of guilt and shame, and embracing the possibility of a brighter future.

So, the next time you find yourself struggling with addiction, let FOR-GIVE be your compass. Create a safe distance from past and present harm, and step into a life of purpose and meaning, knowing that you deserve healing, happiness, and peace.

~GOGI Coach Johnny

**Administrative Duties and Details:** If there are announcements, administrative details, 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 2-12 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 a few moments to share events of their past week, focusing on GOGI Life Tools and recovery related discoveries.

### 6. FOR-GIVE Tool Reading (*Volunteer/s to Share*)

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

## GOGI Life Tool Basics **FOR-GIVE**

The dates of study: 1<sup>st</sup> 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 Questions:** 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** (*Below 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.

### Distance From Harm

Each participant picks one thing that causes harm in their life. They share how they get distance from this thing. Then, that participant picks another person to share. This process is repeated until all group members have shared one thing that causes them harm and what they do to get distance from that harm.

### 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.

## 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.

### How To - FOR-GIVE

For my clients in recovery, when it comes to the GOGI Life Tool FOR-GIVE, I tell them that advice is just words unless you are willing to do what you ask of others. I know some people who say someone should not use drugs, but they are using drugs. Their advice has lost all credibility. For Me To Give Back, I Need Distance From Harm. A parent can't tell a child not to do something, and then they do it themselves. That is not credible. Your advice needs to mean something. That is why FOR-GIVE works; it helps you get distance from harm so you can help. The further you get away from that harmful lifestyle, the better life gets. For me? I can give better of myself when I keep my distance from harm.

~ GOGI Coach Emiliano Cross

**10. Weekly Statement of Intention:** Each member of the group is encouraged to complete this sentence: "To support my recovery efforts this week, it is my intention 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:

### The GOGI Pledge of Service

*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."

# GOGI Recovery Meeting Reflection Page

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ ID #: \_\_\_\_\_

Date of meeting: \_\_ / \_\_ / \_\_ Location of meeting: \_\_\_\_\_

Facilitator name: \_\_\_\_\_ Tool studied: \_\_\_\_\_

***Turn this in to your facilitator or as instructed by the facilitator. Do not mail this to GOGI.***

The best part of the GOGI Recovery Meeting this week was: \_\_\_\_\_

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One thing I learned about myself is: \_\_\_\_\_

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In my opinion, I could use the Tool studied this week to overcome urges or impulses in the following ways:

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Here are my thoughts specific to the Tool studied this week: \_\_\_\_\_

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If I was to tell somebody about this Tool, here is what I would say: \_\_\_\_\_

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# WHAT IF Meeting

## Dates of Study WHAT IF

The GOGI week starts the first Monday of each month.

The 2<sup>nd</sup>  
week of: **March**  
**June**  
**September**  
**December**

## When to study WHAT IF

<b>January</b> Week 1 BOSS OF MY BRAIN Week 2 BELLY BREATHING Week 3 FIVE SECOND LIGHTSWITCH Week 4 POSITIVETHOUGHTS	<b>February</b> Week 1 POSITIVE WORDS Week 2 POSITIVE ACTIONS Week 3 CLAIM RESPONSIBILITY Week 4 LET GO	<b>March</b> Week 1 FOR-GIVE Week 2 <b>WHAT IF</b> Week 3 REALITY CHECK Week 4 ULTIMATE FREEDOM
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<b>October</b> Week 1 BOSS OF MY BRAIN Week 2 BELLY BREATHING Week 3 FIVE SECOND LIGHTSWITCH Week 4 POSITIVETHOUGHTS	<b>November</b> Week 1 POSITIVE WORDS Week 2 POSITIVE ACTIONS Week 3 CLAIM RESPONSIBILITY Week 4 LET GO	<b>December</b> Week 1 FOR-GIVE Week 2 <b>WHAT IF</b> Week 3 REALITY CHECK Week 4 ULTIMATE FREEDOM



The GOGI week starts the first Monday of each month.

# WHAT IF Meeting

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

## Meeting Objective:

The GOGI Life Tool WHAT IF is like a window opening to a world of possibility, offering a fresh perspective and empowering you to break free from the chains of addiction.

Imagine it as a key that unlocks the door to a brighter future, allowing you to step out of the shadows of your past and into the light of possibility. With WHAT IF, you're no longer confined by automatic thinking or old habit reactions; instead, you're propelled into the driver's seat of your own destiny, with the power to create the best outcome for yourself.

When using WHAT IF, you're invited to explore the limitless potential of your future, unburdened by the limiting choices and thinking of your past. It's about challenging the narrative that addiction defines you and, instead, embracing the belief that you have the power to shape your own future.

When using the GOGI Life Tool WHAT IF, ask yourself, "WHAT IF I am not my past?" This simple question becomes a catalyst for transformation, reminding you that saying no to the past means saying yes to the future.

So, the next time you feel trapped by addiction's grip, let WHAT IF be your guiding light. Embrace the power of possibility, and dare to dream of a future filled with hope, healing, and endless opportunities.

~GOGI Coach Johnny

**Administrative Duties and Details:** If there are announcements, administrative details, 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 2-12 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 a few moments to share events of their past week, focusing on GOGI Life Tools and recovery related discoveries.
6. **WHAT IF Tool Reading** (*Volunteer/s to Share*)  
A volunteer may share all or part of the following Tool information.

### GOGI Life Tool Basics **WHAT IF**

The dates of study: 2<sup>nd</sup> 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 Questions:** 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?
- ? 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** (*Below are activity options.*)

## Activity Options

### 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.

### Not My Past

Each group member shares who they are if they are not their past.

### 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.

## 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.

### How To - WHAT IF

My work is focused on those coming out of prison. The reality is that when we come out of prison, we are going to face a lot of challenges. Yesterday, the men in my prison group discussed that there is a predictable schedule in prison. Wake. Chow. Yard. Work. Chow. Repeat. The coping tools are easy because things are predictable. But when you come out of prison, that is when you really use the Tools. I always ask myself WHAT IF. WHAT IF I use? I am a pastor and a GOGI Coach. I am a father. If I use, I will go down a dark road. I will lose all that. People look at me as an example. WHAT IF I make poor choices? Other people might think the GOGI Life Tools don't work. I don't want that. I say no to my past and yes to my future. Considering how my decisions impact others is my WHAT IF.

~ GOGI Coach (Pastor) Al Garcia

**10. Weekly Statement of Intention:** Each member of the group is encouraged to complete this sentence: "To support my recovery efforts this week, it is my intention 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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## 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."

# GOGI Recovery Meeting Reflection Page

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ ID #: \_\_\_\_\_

Date of meeting: \_\_ / \_\_ / \_\_ Location of meeting: \_\_\_\_\_

Facilitator name: \_\_\_\_\_ Tool studied: \_\_\_\_\_

***Turn this in to your facilitator or as instructed by the facilitator. Do not mail this to GOGI.***

The best part of the GOGI Recovery Meeting this week was: \_\_\_\_\_

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One thing I learned about myself is: \_\_\_\_\_

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In my opinion, I could use the Tool studied this week to overcome urges or impulses in the following ways:

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Here are my thoughts specific to the Tool studied this week: \_\_\_\_\_

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If I was to tell somebody about this Tool, here is what I would say: \_\_\_\_\_

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# REALITY CHECK Meeting

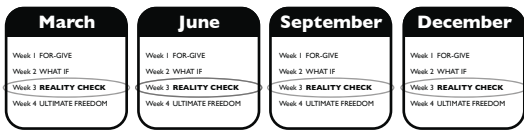
## Dates of Study REALITY CHECK

The GOGI week starts the first Monday of each month.

The 3<sup>rd</sup>  
week of: **March**  
**June**  
**September**  
**December**

## When to study REALITY CHECK

<b>January</b> Week 1 BOSS OF MY BRAIN Week 2 BELLY BREATHING Week 3 FIVE SECOND LIGHTSWITCH Week 4 POSITIVE THOUGHTS	<b>February</b> Week 1 POSITIVE WORDS Week 2 POSITIVE ACTIONS Week 3 CLAIM RESPONSIBILITY Week 4 LET GO	<b>March</b> Week 1 FOR-GIVE Week 2 WHAT IF Week 3 <b>REALITY CHECK</b> Week 4 ULTIMATE FREEDOM
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The GOGI week starts the first Monday of each month.

# REALITY CHECK Meeting

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

## Meeting Objective:

The GOGI Life Tool REALITY CHECK is a gentle reminder that it's okay to be imperfect, stumble, and fall because our mistakes don't define us or limit our potential.

Imagine it as a compassionate voice whispering in your ear, reassuring you that being human means making mistakes, and that's perfectly okay. With REALITY CHECK, you're invited to embrace your humanity and recognize that every misstep is an opportunity for growth and learning.

Using REALITY CHECK, you understand that progress isn't always linear – it's okay to take ten steps forward and two steps back because you're still moving eight steps ahead. It's about reframing your perception of success and celebrating every small victory along the way.

The Tool REALITY CHECK helps you create minute-by-minute successes by changing how you relate to mistakes. Instead of viewing them as failures, you see them as stepping stones on your journey towards recovery and healing.

So, the next time you find yourself struggling with addiction, let REALITY CHECK be your anchor. Embrace your imperfections, celebrate your progress, and remember that every moment is an opportunity to start anew.

~GOGI Coach Johnny

**Administrative Duties and Details:** If there are announcements, administrative details, 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 2-12 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, 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 a few moments to share events of their past week, focusing on GOGI Life Tools and recovery related discoveries.
6. **REALITY CHECK Tool Reading** (*Volunteer/s to Share*)  
A volunteer may share all or part of the following Tool information.

## GOGI Life Tool Basics **REALITY CHECK**

The dates of study: 3<sup>rd</sup> 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 Questions:** 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 it is possible to define mistakes as temporary losses rather than total losses?
- ? Do you think it is possible to mess up and not consider yourself a mess-up?
- ? 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?
- ? What is the difference between having a reality check and using the GOGI Life Tool REALITY CHECK?
- ? 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?

8. **REALITY CHECK Activity** (*Below are activity options.*)

**Activity Options**

**List of Wins**

The facilitator passes around a piece of paper. Each group participant writes down a time they took a step forward this week. This could be something as simple as waking up early to accomplishing a major goal.

Once everyone has listed their step forward, the entire list is read to the group.

**Ten and Two Rule**

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.

**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.

**How To - REALITY CHECK**

With REALITY CHECK, it's 10 steps forward and 2 steps back. When the steps back happen, you are still 8 ahead. Since I work with prisoners, here is an example specific to those individuals. When you come out of prison, you are not always going to make positive choices. Sometimes, we make choices that are not always positive. To be able to bounce back, we must remind ourselves of the 8 steps ahead that we have traveled. That encourages anyone to continue to do their very best to make positive decisions. If someone is in the process of recovery, I tell people they did the work; they are 8 steps ahead, even with the 2 steps back. The key is to focus on successes rather than continue to look back. Don't beat yourself up, is what I say. Make the next positive choice. For this, I use BOSS OF MY BRAIN to help me make that next positive choice. It helps me get back to forward decision-making.

~ GOGI Coach (Pastor) Al Garcia

**10. Weekly Statement of Intention:** Each member of the group is encouraged to complete this sentence: “To support my recovery efforts this week, it is my intention 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:

**The GOGI Pledge of Service**

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*Grant us the joy (repeat)*  
*Of giving and receiving (repeat)*  
*So that our inner freedom (repeat)*  
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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.”

# GOGI Recovery Meeting Reflection Page

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ ID #: \_\_\_\_\_

Date of meeting: \_\_ / \_\_ / \_\_ Location of meeting: \_\_\_\_\_

Facilitator name: \_\_\_\_\_ Tool studied: \_\_\_\_\_

***Turn this in to your facilitator or as instructed by the facilitator. Do not mail this to GOGI.***

The best part of the GOGI Recovery Meeting this week was: \_\_\_\_\_

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One thing I learned about myself is: \_\_\_\_\_

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In my opinion, I could use the Tool studied this week to overcome urges or impulses in the following ways:

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Here are my thoughts specific to the Tool studied this week: \_\_\_\_\_

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If I was to tell somebody about this Tool, here is what I would say: \_\_\_\_\_

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# ULTIMATE FREEDOM Meeting

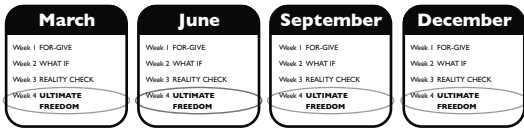
## Dates of Study ULTIMATE FREEDOM

The GOGI week starts the first Monday of each month.

The 4<sup>th</sup>  
week of: **March**  
**June**  
**September**  
**December**

## When to study ULTIMATE FREEDOM

<b>January</b> Week 1 BOSS OF MY BRAIN Week 2 BELLY BREATHING Week 3 FIVE SECOND LIGHTSWITCH Week 4 POSITIVE THOUGHTS	<b>February</b> Week 1 POSITIVE WORDS Week 2 POSITIVE ACTIONS Week 3 CLAIM RESPONSIBILITY Week 4 LET GO	<b>March</b> Week 1 FOR-GIVE Week 2 WHAT IF Week 3 REALITY CHECK Week 4 <b>ULTIMATE FREEDOM</b>
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The GOGI week starts the first Monday of each month.

# ULTIMATE FREEDOM Meeting

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

## Meeting Objective:

The GOGI Life Tool ULTIMATE FREEDOM is like a breath of fresh air, offering a pathway to inner liberation and a life of sobriety. Imagine it as the key that unlocks the door to a world of possibility, where you reclaim your power and embrace the feeling of internal freedom. With ULTIMATE FREEDOM, you're invited to make the conscious choice to be of service and create positive experiences throughout each day.

Using ULTIMATE FREEDOM, you discover that true freedom lies not in escaping your circumstances but in how you respond to them. It's about finding joy and fulfillment in serving others and, in doing so, experiencing a profound sense of liberation from the chains of addiction.

With ULTIMATE FREEDOM, you can see the bigger picture of life and align yourself with the greater good for all those around you. It's about recognizing that your actions have the power to uplift and inspire others, and in turn, elevate your own sense of purpose and fulfillment. When you're in ULTIMATE FREEDOM, you understand that being free is ultimately up to you. It's about taking ownership of your choices and embracing the journey towards sobriety with courage and determination.

Living a life of service becomes your pathway to internal freedom as you discover the profound joy that comes from making a positive impact on the lives of others. It's about finding purpose and meaning in every moment and experiencing the true essence of being truly free.

~GOGI Coach Johnny

**Administrative Duties and Details:** If there are announcements, administrative details, 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 2-12 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, 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 a few moments to share events of their past week, focusing on GOGI Life Tools and recovery related discoveries.
6. **ULTIMATE FREEDOM Tool Reading** (*Volunteer/s to Share*)  
A volunteer may share all or part of the following Tool information.

## GOGI Life Tool Basics **ULTIMATE FREEDOM**

The dates of study: 4<sup>th</sup> 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 Questions:** 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** (*Below are activity options.*)

**Activity Options**

**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.

**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. Each participant commits to one service project for the week.



**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.

**How To - ULTIMATE FREEDOM**

Being free is up to me, but remembering and focusing on my purpose keeps me free. I ask myself and those I work with what their purpose is. Giving back is our purpose. That is what keeps us free - giving back. For me, going back into prison keeps me free. Being a pastor keeps me free. Feeding the homeless. That keeps me free. Again, my purpose. I tell everybody they have a purpose, and that purpose is to give back and be helpful anywhere or in any way they can. This GOGI Life Tool connects us with making amends. ULTIMATE FREEDOM helps me remain free.

~ GOGI Coach (Pastor) Al Garcia

**10. Weekly Statement of Intention:** Each member of the group is encouraged to complete this sentence: “To support my recovery efforts this week, it is my intention 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:

**The GOGI Pledge of Service**

*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.”

# GOGI Recovery Meeting Reflection Page

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ ID #: \_\_\_\_\_

Date of meeting: \_\_ / \_\_ / \_\_ Location of meeting: \_\_\_\_\_

Facilitator name: \_\_\_\_\_ Tool studied: \_\_\_\_\_

***Turn this in to your facilitator or as instructed by the facilitator. Do not mail this to GOGI.***

The best part of the GOGI Recovery Meeting this week was: \_\_\_\_\_

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One thing I learned about myself is: \_\_\_\_\_

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In my opinion, I could use the Tool studied this week to overcome urges or impulses in the following ways:

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Here are my thoughts specific to the Tool studied this week: \_\_\_\_\_

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If I was to tell somebody about this Tool, here is what I would say: \_\_\_\_\_

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# Tool Review Meeting

## Hold this Meeting:

After completion of 12 Tool Meetings

And as an option when there is a 5<sup>th</sup> Monday in the month

## Meeting Objective:

The GOGI Life Tools are designed to be practiced over and over again. While repetition might feel boring or unnecessary, for anyone in the recovery process, the repetitive nature of the GOGI Life Tools is what makes them so powerful. While this is a Tool Review Meeting all participant should be reviewing their Tools each and every day. Remember repetition makes a habit.

**Administrative Duties and Details:** If there are announcements, administrative details, 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 2-12 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 Tool Review 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.”

# Tool Review Meeting

Hold this Meeting:  
After completion of 12 Tool Meetings  
(And, when there is a 5<sup>th</sup> week in the month)

**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)*

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:

### **The GOGI Pledge of Service**

*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)*

**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 the Tool to be discussed according to the GOGI Life Tool 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.”

# GOGI Recovery Meeting Reflection Page

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ ID #: \_\_\_\_\_

Date of meeting: \_\_ / \_\_ / \_\_ Location of meeting: \_\_\_\_\_

Facilitator name: \_\_\_\_\_ Tool studied: \_\_\_\_\_

***Turn this in to your facilitator or as instructed by the facilitator. Do not mail this to GOGI.***

The best part of the GOGI Recovery Meeting this week was: \_\_\_\_\_

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One thing I learned about myself is: \_\_\_\_\_

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In my opinion, I could use the Tools studied this week to overcome urges or impulses in the following ways:

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Here are my thoughts specific to the Tools studied this week: \_\_\_\_\_

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If I was to tell somebody about GOGI, here is what I would say: \_\_\_\_\_

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# Guest Speaker Meeting

Hold this Meeting (or the Tool Review Meeting)  
when there is a 5<sup>th</sup> Monday in the month

## Meeting Objective:

The Guest Speaker Meeting is an ideal time to invite one or more individuals to share their GOGI journey. Focusing on use of the GOGI Life Tools in the recovery process, this meeting is designed to inspire and encourage all participants to continue on the journey of recovery. If outside speakers are not available, now is a great time to let group participants speak.

**Administrative Duties and Details:** If there are announcements, administrative details, 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 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 Guest Speaker 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. Introduction to Speaker** (*Read Aloud*)

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

# Speaker Meeting

Hold this Meeting:  
When there is a 5<sup>th</sup> week in the month

## 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 below.*)

### 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?
- ? 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?

## 8. 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:

### The GOGI Pledge of Service

*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)*

## 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 the Tool to be discussed according to the GOGI Life Tool 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.”

# GOGI Recovery Meeting Reflection Page

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ ID #: \_\_\_\_\_

Date of meeting: \_\_ / \_\_ / \_\_ Location of meeting: \_\_\_\_\_

Facilitator name: \_\_\_\_\_ Tool studied: \_\_\_\_\_

***Turn this in to your facilitator or as instructed by the facilitator. Do not mail this to GOGI.***

The best part of the GOGI Recovery Meeting this week was: \_\_\_\_\_

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One thing I learned about myself is: \_\_\_\_\_

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In my opinion, I could use the Tool studied this week to overcome urges or impulses in the following ways:

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Here are my thoughts specific to the Tool studied this week: \_\_\_\_\_

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If I was to tell somebody about this Tool, here is what I would say: \_\_\_\_\_

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# Celebrate Success Meeting

**Hold this Meeting:  
After completion of 12 Tool Meetings, the week  
following the Tool Review Meeting**

## **Meeting Objective:**

The Celebrate Success Meeting is a time to acknowledge individual and collective progress in utilizing the GOGI Life Tools to address addictions or undesirable habits. In truth, this Celebrate Success Meeting can be anything you wish it to be. You may follow this format or you may create your own. Make your celebration as unique as you are.

**Administrative Duties and Details:** If there are announcements, administrative details, 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 2-12 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*)  
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.”

# Celebrate Success Meeting

Hold this Meeting:

When it is time to celebrate success!

**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*)

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:

## **The GOGI Pledge of Service**

*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)*

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

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

# GOGI Recovery Meeting Reflection Page

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ ID #: \_\_\_\_\_

Date of meeting: \_\_ / \_\_ / \_\_ Location of meeting: \_\_\_\_\_

Facilitator name: \_\_\_\_\_ Tool studied: \_\_\_\_\_

*Turn this in to your facilitator or as instructed by the facilitator. Do not mail this to GOGI.*

The best part of the GOGI Recovery Meeting this week was: \_\_\_\_\_

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One thing I learned about myself is: \_\_\_\_\_

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In my opinion, this group contributed to me and my journey in the following ways:

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For me, the most important aspect of this group has been: \_\_\_\_\_

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My favorite GOGI Tools are: \_\_\_\_\_ - \_\_\_\_\_

Here's why: \_\_\_\_\_

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I understand that many people believe GOGI is an ongoing study, here are my thoughts on that perspective:

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# Additional Activities

## **Obstacles vs Opportunities**

Facilitator asks for examples of obstacles (up to 8) and writes them down on piece of papers

Facilitator asks for 3 volunteers

Facilitator scatters 8 to 12 chairs in a designated area.

Facilitator tapes pieces of paper with obstacles on the backs of chairs so they can be seen by volunteers.

Facilitator sets up a chair at the end of the maze with some sort of prize in that seat.

Instructions for 3 volunteers is to get through the maze without knocking over or moving chairs. They are not allowed to push anyone out of their way or they will be disqualified. They must get to the end of the maze without running or jumping over anything. They are not allowed to leave the designated area that makes up the maze.

Facilitator blindfolds 3 volunteers.

Facilitator quietly removes all of the chairs that form the maze.

Facilitator instructs volunteers to begin moving through the maze.

Facilitator removes the prize at the end of the maze but leaves the chair.

Once volunteers have navigated the “maze,” the facilitator has the volunteers take off their blindfolds and has everyone sit down for a conversation about obstacles and how we can choose to relate to them.

Facilitator asks for experiences from the exercise and invites participants to consider that what may seem to be an obstacle in our life may be an opportunity. (asks for feedback)

Facilitator asks about the prize at the end that was removed and experiences with that.

Facilitator ends the exercise.

## **Thought Stopping Activity**

Facilitator invites students to find a comfortable position in their seats.

Facilitator give instructions which are that they are going to be asked to count slowly in their heads to 10. As soon as they are asked what their names are, they are to say their names out loud. No matter where they are in the count, they are to say their names out loud. Facilitator repeats the instructions and checks in to make sure that they understand the instructions.

Facilitator asks them to begin counting and when the facilitator feels they are halfway through the counting in their heads, he says out loud, “What are your names?”

Facilitator asks what happened to the counting.

Most answers are the counting stopped.

Facilitator brings up point that when a thought comes up, and they say something aloud, the thought will stop. We may not be in control of what thought comes to mind, but we are in control of how we proceed with that thought. If we are willing to say something out loud that means more than that thought, we can create space to reconsider something else.

## **Support Network List**

Writing down five people who you can call on when you are experiencing cravings. Sometimes we need people who can provide POSITIVE WORDS and support. It is important to know who these people are in our lives.

### **30 Days of Gratitude**

*Write down something for which you are grateful for 30 days. This ongoing activity will help direct your focus to those things that are positive in your life.*

1. Date: \_\_ / \_\_ / \_\_ \_\_\_\_\_
2. Date: \_\_ / \_\_ / \_\_ \_\_\_\_\_
3. Date: \_\_ / \_\_ / \_\_ \_\_\_\_\_
4. Date: \_\_ / \_\_ / \_\_ \_\_\_\_\_
5. Date: \_\_ / \_\_ / \_\_ \_\_\_\_\_
6. Date: \_\_ / \_\_ / \_\_ \_\_\_\_\_
7. Date: \_\_ / \_\_ / \_\_ \_\_\_\_\_
8. Date: \_\_ / \_\_ / \_\_ \_\_\_\_\_
9. Date: \_\_ / \_\_ / \_\_ \_\_\_\_\_
10. Date: \_\_ / \_\_ / \_\_ \_\_\_\_\_
11. Date: \_\_ / \_\_ / \_\_ \_\_\_\_\_
12. Date: \_\_ / \_\_ / \_\_ \_\_\_\_\_
13. Date: \_\_ / \_\_ / \_\_ \_\_\_\_\_
14. Date: \_\_ / \_\_ / \_\_ \_\_\_\_\_
15. Date: \_\_ / \_\_ / \_\_ \_\_\_\_\_
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25. Date: \_\_ / \_\_ / \_\_ \_\_\_\_\_
26. Date: \_\_ / \_\_ / \_\_ \_\_\_\_\_
27. Date: \_\_ / \_\_ / \_\_ \_\_\_\_\_
28. Date: \_\_ / \_\_ / \_\_ \_\_\_\_\_
29. Date: \_\_ / \_\_ / \_\_ \_\_\_\_\_
30. Date: \_\_ / \_\_ / \_\_ \_\_\_\_\_

## **Urge Surfing Activity**

The facilitator asks if anyone would be willing to share their experience of the waves that they see at the beach.

The facilitator takes a few examples of how waves move in the ocean (they raise to a certain point and then they crash). The facilitator compares waves to urges that we may experience within addiction. Urges like waves will rise to a certain point and then they will eventually crash. If we are willing to create space, it allows the urge to pass. Incorporate a Tool like FIVE SECOND LIGHTSWITCH that will provide enough space to not be impulsive and relapse.

We can also use BOSS OF MY BRAIN and remind ourselves that I am the BOSS OF MY BRAIN and this too shall pass.

## **10 Year Vision**

The facilitator invites student to identify an unprecedented future by writing out what their life would look like in 10 years. They are invited to write out the specifics of their life in 10 years. What kind of job do they have, where do they live, what does their personal life look like? What does their family look like? What does their house look like? We are inviting them to dream about a life that may only seem like a dream but will become a reality in the future. The facilitator can introduce the concept of POSITIVE THOUGHTS, If you can dream it, you can achieve it, and the law of attraction. The facilitator can use his own personal experience of this working in their own life.

## **The All Tool Exercise**

One volunteer tries to recite all of the GOGI Life Tools. If they are successful, the next group member attempts to recite all of the GOGI Life Tools. If the volunteer stumbles or forgets, the next group members steps in and starts where the previous group member forgot.

This same exercise can be repeated for the Sets of Tools, The GOGI Pledge of Service, all Tool Keywords, and the GOGI Life Tool Calendar.

## **Music Therapy**

You will need a speaker and a phone for this activity. The facilitator hands out pieces of paper and pens to group members. Each person writes down a positive song, the artist, and their own name. The facilitator collects all pieces of paper and looks up each song, playing each for 1-2 minutes. Share how POSITIVE WORDS in songs can help create peace and reflect on positive moments. Invite each group member to share how that song brings up something positive or powerful for them. Remind the students that whenever hard times, cravings, or urges arise, it may be helpful to have songs or a playlist to reflect on good times and empower yourself.