

# GOGI Life Tool Calendar

According to the GOGI Life Tools Calendar, each GOGI Life Tool has a designated week for its study once every 3 months. The first week of each month begins on the first Monday of each month. If the 1<sup>st</sup> of a month lands 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, the Tools of that month will be reviewed.

## Calendar Activity

★ Draw a star next to your birth month.

♥ Draw a heart next to your birth week. (Example, the day of my birth is the 20<sup>th</sup>. This day will normally fall on the third week of the month.)

Underline the GOGI Life Tool studied the week of your birthday. That can be your GO-TO Tool.

### January

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

### February

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

### March

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

### April

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

### May

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

### June

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

### July

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

### August

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

### September

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

### October

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

### November

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

### December

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

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# Calendar Activity

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Answer the questions below by referring to the GOGI Life Tool Calendar. Here is an example of what to do on this page: If you were born on January 22<sup>nd</sup> you would be born the fourth week of February. The GOGI Life Tool studied that week is POSITIVE THOUGHTS.

I was born in the month of \_\_\_\_\_ on the day of \_\_\_\_\_

This day normally falls on the - 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> 4<sup>th</sup> - week of this month.

The GOGI Life Tool studied during my birthday week is called:

\_\_\_\_\_

What is your favorite holiday? \_\_\_\_\_

Why is it your favorite? \_\_\_\_\_

What month is your favorite holiday? \_\_\_\_\_

What Tool is studied the third week of that month? \_\_\_\_\_

What is today's date? \_\_\_\_\_

What week of the month is it? (weeks start on Mondays) \_\_\_\_\_

What is the Tool of this week? \_\_\_\_\_

What is your favorite month of the year? \_\_\_\_\_

Why is this your favorite month? \_\_\_\_\_

What Tool is studied the first week of your favorite month? \_\_\_\_\_

What GOGI Tool is studied the third week of October? \_\_\_\_\_

What GOGI Tool is studied the fourth week of December? \_\_\_\_\_

Many Students of GOGI enjoy studying according to the GOGI Life Tools Calendar. They enjoy knowing that everyone is studying the same Tool at the same time and it makes them feel good to know that no one will be alone in their study of the GOGI Tools. What are your thoughts on the calendar? Do you like having a calendar? Why?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

To you, is the GOGI Life Tools Calendar confusing or does it make sense? Explain.

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