

How to Hold a GOGI Meeting

- Step ①** Invite family, friends, neighbors, co-workers, and anyone else who may benefit from joining this positive gathering of individuals.
- Step ②** Consult the GOGI Life Tool Calendar of Study. Which GOGI Life Tool is the focus for this week?
- Step ③** Follow the GOGI Meeting Format.

GOGI Life Tool Calendar

The GOGI week starts on the 1st Monday of the month.

When there is a 5th Monday of the month, review Tools or hold a guest speaker meeting.

January

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

February

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

March

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

April

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

May

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

June

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

July

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

August

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

September

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

October

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

November

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

December

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

GOGI Meeting Format

- Step 1** **Tool of the Week** ~ Check your GOGI Life Tool Calendar.
- Step 2** **Admin and Announcements** ~ Group business and announcements.
- Step 3** **Start Your Meeting** ~ Welcome and read opening statement.
- Step 4** **Review GOGI Life Tools** (Volunteer to read)
- Step 5** **GOGI Purpose** (Volunteer to read)
- Step 6** **Group Check In** (Facilitator asks question)
Each group member replies in a 1-2 sentence response.
- Step 7** **Tool Reading**
Volunteer(s) to read Objective, Keywords, Statement of Ownership, and Basics.
- Step 8** **Tool Experience**
Volunteers share their experience with the Tool or a reading they would like to share.
- Step 9** **Quick Tool Review**
- Step 10** **Activity** (If time permits.)
- Step 11** **Statement of Intention**
Group members complete this sentence. "This week I will..."
- Step 12** **Pledge of Service** (Volunteer to lead)

For a free PDF of the full GOGI Meeting Manual visit www.GettingOutByGoingIn.org
Or write to GOGI, PO Box 88969, Los Angeles, CA 90009

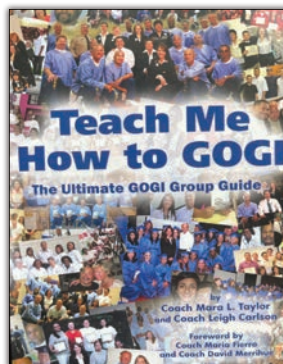
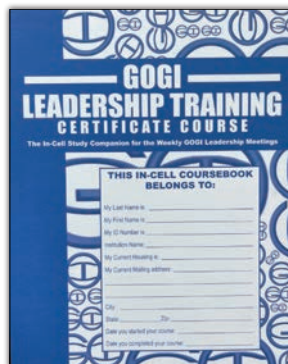
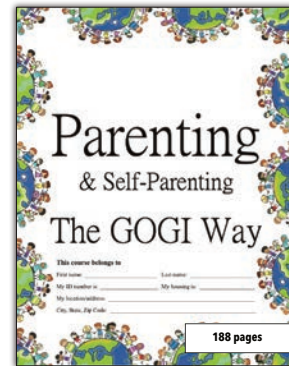
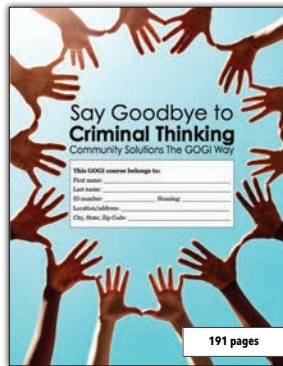
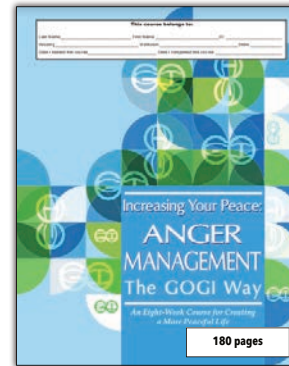
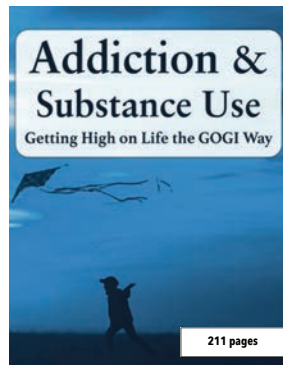
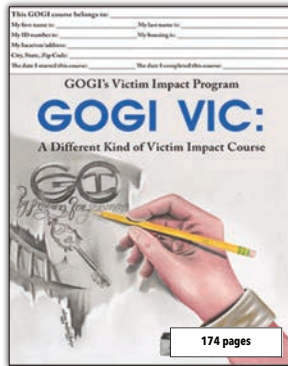
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GOGI Correspondence Courses

Earn an official GOGI Certificate with completion of each course.



Getting Out by Going In offers many ways to study the GOGI Life Tools. Below are just a few of the courses available for individual and group course study.



For more information visit www.GettingOutByGoingIn.org
Or write to GOGI, PO Box 88969, Los Angeles, CA 90009

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