

FREE GOGI COURSE

The GOGI My Life Story Certificate Course

To earn an official GOGI Certificate please mail the completed course in 1-2 envelopes to: GOGI, PO Box 88969, Los Angeles, CA 90009.

Within 6-8 weeks, GOGI will mail a certificate to the address you indicate.

The requirements to earn an official GOGI certificate are below:

- 1) **Format** ~ Your project must be handwritten on 8.5 by 11 inch paper (school-size). White paper is best. You must complete 15 full pages. 8 sheets of paper can be used. Remember, write neatly. Volunteers read your work. If we can't read it, you may not get credit. Spanish and other languages are fine. Please start your work about 1 inch from the top and leave 1 inch at the bottom and ½ inch on the sides of each page.
- 2) **Identification** ~ We open a lot of mail each week. Help us out, please. On the top of the FIRST PAGE please make sure you put ALL of your contact info. Housing, facility, address, city, state, zip are needed. At the top of EVERY PAGE, put your LAST NAME, FIRST NAME, and your ID. This helps us keep your course from getting lost or credit given to someone else.
- 3) **Submission** ~ You must mail this course to GOGI. You may put up to 5 pieces of paper in an envelope for the cost of a regular letter stamp. When mailing us two envelopes, please put (1 of 2) and (2 of 2) on the outside of the envelopes. You may also send the entire 8 pieces of paper (15 pages of writing) in one large envelope. The address is below.
- 4) **Content**
Pages 1-2 Ages Birth to 5: *What is your birth name, where were you born, who was “family” and who were friends? Siblings? Pets? What are the details you were told about these years?*

Pages 3-4 Ages 6-11: *What are your earliest memories? Where did you attend school? What do you remember about friends or teachers, parents, siblings, other family, or lack thereof? What was the worst thing that happened during this time? What was the best thing that happened?*

Pages 5-6 Ages 12-13: *What were your strengths and personality traits that were emerging at this time? What were your hobbies or things you liked to do? Who were your friends? What was your biggest accomplishment? What were your struggles? Were you happy or sad? Explain your experiences and how they may have impacted your future.*

Pages 7-9 Ages 14-18: *This period of life is often filled with realizations and explorations that define future events. This is also a period of great trials for many youths. What were your trials and how did you deal with these years? What were your strengths? What were your hopes, wishes and desires during this period? What went right and what went wrong? Best of times? Worst of times?*

Pages 10-13 Ages 18-25: *What were the defining moments in your young adulthood? What did you experience that changed the course of things? Were there influential individuals who helped you navigate challenges? Write about those things that impacted your life the most, and your perspective on those events from your wisdom of today.*

Pages 14-15 Ages 25 to now: *If you are a GOGI student, write about your GOGI journey, your favorite GOGI Tool and your future goals now that you have the GOGI Life Tools to help you create your life. If you are new to GOGI, write about your life during this period and up to today, highlighting your hopes, dreams, wishes and goals for the future.*

- 5) **Send all 15 pages to** ~ GOGI My Life Story, PO Box 88969, LA, CA 90009

You should receive your certificate within 6-8 weeks of submission. (2025)