

The GOGI Life Tool Calendar of Study

The GOGI week starts on the first Monday of each month. When there is a fifth Monday in a month, review all the Tools or have a guest speaker.

January Week 1 BOSS OF MY BRAIN Week 2 BELLY BREATHING Week 3 FIVE SECOND LIGHTSWITCH Week 4 POSITIVE THOUGHTS	July 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	August 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	September 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	October 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	November 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	December Week 1 FOR-GIVE Week 2 WHAT IF Week 3 REALITY CHECK Week 4 ULTIMATE FREEDOM

The GOGI Life Tools

Tools of the Body

BOSS OF MY BRAIN:

There are 3 Parts of your brain that you have control over, the **Smart Part**, **Emotional Part**, and **Old Habit Part**. Which part is in charge right now?

BELLY BREATHING:

One Hand On My Chest. One Hand On My Belly. Which one is moving? My brain works best when my belly moves with every breath.

FIVE SECOND LIGHTSWITCH:

Old Thought → New Action. By the count of five, I **Flip My Switch** and get to my New Action.

Tools of Choice

POSITIVE THOUGHTS:

Filter every thought with the 3 P's:
Is it Powerful? Is it Productive? Is it Positive?

POSITIVE WORDS:

Filter every word with the 3 P's:
Is it Powerful? Is it Productive? Is it Positive?

POSITIVE ACTIONS:

Filter every action with the 3 P's:
Is it Powerful? Is it Productive? Is it Positive?

Tools of Moving Forward

CLAIM RESPONSIBILITY:

Am I Proud Of This Choice? I am responsible for all of my actions and reactions today.

LET GO:

Hand/Squash/Toss. When bothered, I put the feeling in my Hand. I Squash it, and Toss it away from me.

FOR-GIVE:

For Me To Give, I Need Distance From Harm.
I keep distance from anything that would cause harm to anyone.

Tools of Creation

WHAT IF:

What If I Am Not My Past? No to the Past = Yes to the Future

REALITY CHECK:

Ten And Two Rule. Ten Steps Forward and Two Steps Back is still Eight Steps Ahead.

ULTIMATE FREEDOM:

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

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 our inner freedom (repeat)
May be of maximum service (repeat)
To those we love (repeat)
And infinite others (repeat)