



The World of GOGI

Getting Out by Going In (GOGI) shares simple tools for positive decision-making with the world.

Tools of the Body

Human Developmental Ages 0-8

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

Human Developmental Ages 9-13

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

Human Developmental Ages 14-18

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

Human Developmental Ages 18+

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.