

FREE GOGI Meeting Packet Program



These weekly meeting GOGI Life Tool packets are a free gift from GOGI. These packets permit any institution or organization to reinforce greater understanding, use and application of the GOGI LIFE TOOLS. Participation and completion credits are to be offered by the facilitator. **GOGI does not award credit for attendance of meetings or completion of these packets.**

For more information on this and other resources:

Getting Out by Going In

PO Box 88969

Los Angeles, CA 90009

www.GettingOutByGoingIn.org

This packet program belongs to:

First: _____ *Last:* _____

ID: _____ *Housing:* _____

Date: __/__/__

GOGI Life Tool Packet Program

This free course offered by Getting Out by Going In (GOGI) was created to be given to students by teachers, counselors, facilitators, programs, organizations, re-entry, shelters, schools, churches, and anyone else providing supportive programming to any population.

CREDIT

Local Credit - GOGI does not issue credit for this program. If credit is to be given, it will be issued by the institution or hosting facility. Repeat. GOGI headquarters will not issue credit for this packet or this course. The teacher/facilitator/counselor/institution may award their own form of credit or certificate for completing this course.

Please Note: It is NOT possible for the student or the facilitator to submit the completed course directly to GOGI.

GOGI STUDY - There are three ways to study GOGI:

- 1) **Free GOGI** - This course is one of the many free ways to study GOGI.
- 2) **Self-Study GOGI** - GOGI offers many independent, small group, and classroom study courses. The student has a personal softbound course and completes the writing and study assignments in this format. The completed softbound workbook is turned in to a GOGI representative, teacher, or facilitator or mailed to GOGI headquarters. Official GOGI certificates are awarded for softbound workbook completions. You can purchase these softbound courses at www.gettingoutbygoingin.org/shop. Many individuals who engage in Self-Study GOGI choose to work toward Certified GOGI Coach status, a title offered after completing specific self-study courses and projects.
- 3) **GOGI Groups** - GOGI offers several GOGI Group workbooks, which include GOGI leadership training and GOGI Community Coach Certification. This method of GOGI programming is popular with organizations and institutions, as GOGI circle groups permit learning and positive peer associations leading toward success.

For more than 25 years, GOGI has offered social awareness skill-building to enhance human wellness and create a positive life experience. Information regarding GOGI's Community Coach Certification, other courses, video media, and open-source materials can be obtained by contacting GOGI:

Getting Out by Going In (GOGI)

PO Box 88969

Los Angeles, CA 90009

www.gettingoutbygoingin.org

info@gettingoutbygoingin.org

GOGI Packet One Getting Started



My Name is

Your name here

My first name is: _____

My last name is: _____

My ID # is: _____

The date I completed this packet is: ___ / ___ / ___

GOGI Life Tools

The twelve GOGI Life Tools are listed on this page.

Tools of the Body

BOSS OF MY BRAIN
BELLY BREATHING
FIVE SECOND LIGHTSWITCH



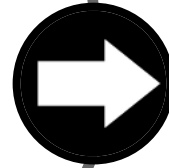
Tools of Choice

POSITIVE THOUGHTS
POSITIVE WORDS
POSITIVE ACTIONS



Tools of Moving Forward

CLAIM RESPONSIBILITY
LET GO
FOR-GIVE



Tools of Creation

WHAT IF
REALITY CHECK
ULTIMATE FREEDOM



Your Turn

Circle the Tool that sounds most interesting to you. Below, explain why this Tool seems interesting to you. If you had to guess what this Tool is about, what would you guess about this Tool?

GOGI Life Tool Sets

The twelve GOGI Life Tools are divided into four sets.
On this page, the four sets are listed.

Tools of the Body

This Set of Tools empowers you to take control of your body's responses to life's inevitable challenges.



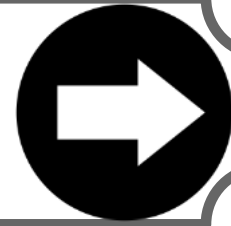
Tools of Choice

This Set of Tools puts you in charge of everything you think, say, and do and filters them to guide you to a positive life.



Tools of Moving Forward

This Set of Tools helps you move beyond the past and turn your challenges of today into opportunities of the future.



Tools of Creation

This Set of Tools is your guide to designing a life that brings you lasting joy, meaning, and purpose.



Your Turn

Which Set of Tools seems most interesting to you and why?

GOGI Life Tool Calendar

According to the GOGI Life Tool Calendar, each GOGI Life Tool has a designated week for its study once every three months. The first week of each month begins on the first Monday of each month. If the first 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, one or all Tools can be reviewed, or you may have a Guest Speaker Meeting.

Calendar Activity



Draw a star next to the month of your favorite holiday.

Draw a heart next to the week of this holiday.

Underline the GOGI Life Tool studied the week of your favorite holiday.

January

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

February

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

March

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

April

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

May

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

June

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

July

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

August

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

September

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

October

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

November

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

December

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

Fun Calendar Activity

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

I was born in the month of _____ on the day of _____

This day typically falls on the - 1st 2nd 3rd 4th - 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 Life Tool is studied the third week of October? _____

What GOGI Life Tool is studied the fourth week of December? _____

Many Students of GOGI enjoy studying according to the GOGI Life Tool 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 Life Tools. What are your thoughts on the calendar? Do you like having a calendar? Why?

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

GOGI Circle Groups

The study of the GOGI Life Tools is optimized in Circle Groups. Below is information about why and how GOGI Life Tool study is focused on uniting communities through collaboration rather than instruction.

What is a GOGI Circle Group?

Circle Groups help build solid GOGI Life Tool studies. GOGI Circle Groups provide an environment where Students of GOGI can actively engage in their study with friends. Circle Groups are no more than 12 individuals. When there are 13 individuals, divide the group into two Circle Groups. Sometimes, a Circle Group is only two individuals, but the ideal size is 12. It is ideal if the group forms a circle with chairs and there are no obstructions such as desks or tables in the circle.



Why do we do GOGI Circle Group?

Circle Groups help everyone engage, build lasting friendships, and learn to apply the GOGI Life Tools to everyday situations. Formed in a circle, the group members can feel included, valued, and part of a circle focused on learning the GOGI Life Tools.

How do we do GOGI Circle Groups?

It is best to let individuals form their own Circle Groups as long as there are a maximum of 12 individuals per circle. Individuals will naturally gravitate to friends or others with whom they feel most comfortable. This is perfectly acceptable unless prohibited by the hosting organization. Where self-selection is impossible, assigning group numbers or other means of forming groups can be utilized.



Your Turn

In your opinion, do you think it is beneficial to have conversations with like-minded individuals about positive solutions? Do you think that GOGI Circle Groups facilitate positive discussions? Discuss why.

GOGI Pledge of Service

This is a vision, prayer, declaration, affirmation, statement, oath, chant, or song.

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)

Your Turn

In your opinion, do you believe there is value in having a Pledge of Service that unites students who study the GOGI Life Tools? What do you think students who practice this pledge are pledging? Share your opinion of the Pledge of Service.

Describe how your life might have been different if you had the GOGI Life Tools as a kid.

GOGI Life Tools - The Basics

You know your GOGI Life Tools if you can answer the following questions.

WHAT?

What are the **FOUR** sets of GOGI Life Tools?

Circle the set of Tools that sounds most interesting to you.

Tools of the Body
Tools of Choice
Tools of Moving Forward
Tools of Creation

WHAT?

What are the names of each of **The GOGI Life Tools**?

Circle your favorite Tool.

BOSS OF MY BRAIN, BELLY BREATHING,
FIVE SECOND LIGHTSWITCH,
POSITIVE THOUGHTS, POSITIVE WORDS,
POSITIVE ACTIONS,
CLAIM RESPONSIBILITY, LET GO,
FOR-GIVE, WHAT IF, REALITY CHECK,
ULTIMATE FREEDOM

HOW?

How were the GOGI Life Tools created?

All GOGI materials are gifts to GOGI from men and women who were in prison. The Tools were created through collaboration and sharing of ideas.

WHO?

Who created the GOGI Life Tools?

Who created the Tools? _____

Prisoners created the GOGI Life Tools to share with other prisoners, and now we share them with you.

WHAT?

What is the GOGI Pledge/GOGI Song/GOGI Prayer of Service?

*May our commitment
To the study of GOGI
Grant us the joy
Of giving and receiving
So our inner freedom
May be of maximum service
To those we love
And infinite others.*

WHO?

Who created the GOGI Pledge of Service?

A group of prisoners created the GOGI Pledge of Service to unite all students learning GOGI to make their communities better places to live.

WHY?

Why does GOGI have a calendar?

Students of GOGI study according to a calendar because when all Students of GOGI study according to the GOGI Life Tool Calendar, no person will ever feel alone during their GOGI studies. Each week of the year, we focus on a different Tool as one united community.

WHO?

Who created GOGI's official Meeting Format and why?

Prisoners with experience in many different types of group meetings created the official GOGI Meeting format. All GOGI Meetings follow a uniform format familiar to anyone attending meetings in other locations.

GOGI Packet 2

BOSS OF MY BRAIN

Do this packet on the weeks marked below

January

Week 1 **BOSS OF MY BRAIN**

Week 2 BELLY BREATHING

Week 3 FIVE SECOND
LIGHTSWITCH

Week 4 POSITIVE THOUGHTS

April

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

October

Week 1 **BOSS OF MY BRAIN**

Week 2 BELLY BREATHING

Week 3 FIVE SECOND
LIGHTSWITCH

Week 4 POSITIVE THOUGHTS

My first name is: _____

My last name is: _____

My ID # is: _____

The date I completed this packet is: ___ / ___ / ___

GOGI Life Tool Calendar

The GOGI week starts on the first Monday of each month. When there is a 5th 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

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

Hold your GOGI Meetings according to the GOGI Life Tool Calendar and Meeting Format.

Administrative Duties and Details

If there are announcements, administrative details, voting, or distribution of materials, these tasks are to be conducted before your meeting begins.

1) Group Circles (read aloud)

“GOGI Meetings and all GOGI studies are defined by our GOGI Life Tool Calendar and our groups. If we have not already done so, at this time we break from the larger group meeting into our groups of 5-12 participants.”

2) Start Your Meeting (read aloud)

“The GOGI Life Tools are studied worldwide according to the GOGI Life Tool Calendar. We unite with others according to this schedule, so no one will feel they are alone in their effort to make positive decisions. We believe in everyone’s ability to benefit from this positive community of individuals united in the GOGI Life Tool Calendar. Therefore, we call this GOGI (The Tool You Are Studying) Meeting to order, and we join in the Tool being studied by Students of GOGI everywhere.”

3) Review of The GOGI Life Tools (read aloud)

BOSS OF MY BRAIN
BELLY BREATHING
FIVE SECOND LIGHTSWITCH
POSITIVE THOUGHTS
POSITIVE WORDS
POSITIVE ACTIONS
CLAIM RESPONSIBILITY
LET GO
FOR-GIVE
WHAT IF
REALITY CHECK
ULTIMATE FREEDOM

4) The GOGI Purpose (volunteer to read aloud)

“The objective of GOGI Meetings is to reinforce the use of the GOGI Life Tools and support positive community experiences. We accomplish our objective through the study of the GOGI Life Tools shared in Peer Mentor Circles according to the GOGI Life Tool Calendar.”

GOGI Life Tool Packet Program

5) Group Check-In

Each member may be given the opportunity to “check-in,” stating one positive thing that happened during the week.

6) Tool Reading (Volunteer/s to Share)

A volunteer may choose from the Tool information shared in with group members. Not all the information needs to be read aloud. Additional Tool information from any of the GOGI books, courses, newsletters or open source materials can be used to help clarify Tool use options.

Tool Objective ~ Tool Statement of Ownership ~ Tool Keywords ~ Tool Basics

Ask a Tool Specific Thought Provoking Question

Think about the last time you used (the Tool of the Week). Did you know you were using this Tool?

What might have been different in your life had you been taught to use the Tool of the week in your childhood?

How would you explain this Tool to a close friend? What would you say were the benefits?

7) Applying the Tool (group member discussion)

Members of the group are invited to share personal experiences related to this week’s Tool. Challenges in applying the Tool are also discussed. Open dialogue includes all group members in equal sharing of talk time.

8) Optional Tool Activity

Understanding that activities often reinforce group members’ engagement and understanding of the GOGI Life Tools, now is a great time to engage in an activity which can be created by the group, gleaned from the GOGI materials, or utilized in prior GOGI Groups.

9) Weekly Statement of Intention

Each member of the group is encouraged to complete this sentence:

“It is my intention this week to _____.”

10) The GOGI Pledge of Service (read aloud)

All Students of GOGI unite with our GOGI Pledge of Service. This pledge defines our purpose and is repeated at the end of every GOGI Meeting. Remaining in your Peer Mentor Circles, each group will rotate leading the pledge for the larger group. As we close this GOGI Meeting, we unite as a community with our pledge to be of service. Please repeat after me:

*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)*

11) Tidy Up Time (read aloud)

Thank you for participating in this week’s GOGI Meeting. Our next meeting will be held (day/time/place) and the Tool to be discussed according to the GOGI Calendar will be the Tool (refer to calendar). If holding a meeting in one room, please let us leave this room clean and tidy for the next group.

Me at Ages 0-2

The story of your life begins. If you were not told anything about your first two years of life, can you imagine what those years were like? If you don't know the answers to these questions, you can guess some of the answers. There are no wrong answers.

When I was born, I was given the name:

First _____ Middle _____ Last _____

My nicknames were: _____

Here is the history of my nickname/s:

I was born on the _____ day of the month called _____,
and the year was _____. The place, city, state, and country where I was born was called:

Here is a little information I was told about the place where I was born and the situation I was born into.

My birth mother was named: _____

My birth father was named: _____

Here is a little information I have been told about my birth parents:

GOGI Life Tool Packet Program

Did you or do you have siblings? Did you have step-siblings? Were there other children living in your first home when you were born? Describe the kids who were in your life at this time.

Describe what you have been told about the first two years of your life. Who was there? Who was not? Who was your primary caregiver? What are your memories of those years? Or, what have you been told about those years?

How do you think the first two years of your life impacted subsequent years? How?

BOSS OF MY BRAIN Basics

Calendar Study Dates for this GOGI Life Tool: 1st week of January, April, July, October

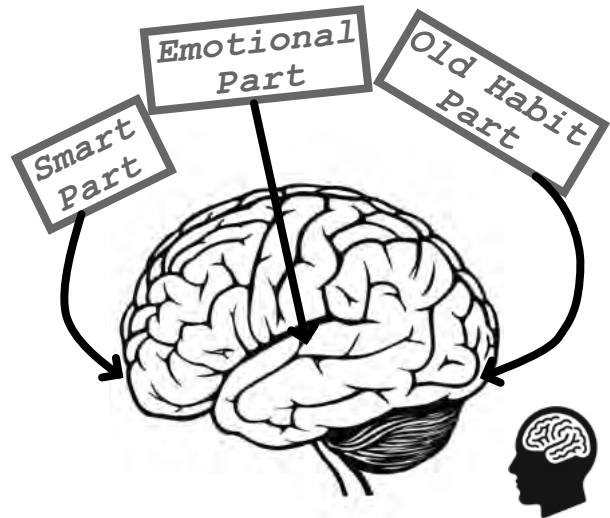
To use this GOGI Life Tool, consider three parts of your brain over which you have control: the Smart Part, Emotional Part, and Old Habit Part.

The Smart Part

When you place your hand on your forehead, you touch the area of your brain responsible for making decisions and learning new information. We call it the Smart Part because it helps you make positive decisions.

Your Turn ~ Name a time when you used the Smart Part of your brain. I used the Smart Part of my brain when:

It made me feel: _____



The Emotional Part

Touch each side of your head just above your ears. At the center of your brain is what we call the Emotional Part. This is where you create emotions. When you use this Tool, you become more aware of this part of your brain, and you can better decide whether you want it in control.

Your Turn ~ Describe a time when you used the Emotional Part of your brain. I used the Emotional Part of my brain when:

Today, I will use BOSS OF MY BRAIN when:

Old Habit Part

Put your hand just above your neck, on the back of your head. You are touching the Old Habit Part of your brain. When you use BOSS OF MY BRAIN, you can better assess whether you want your old habits to be in control.

Your Turn ~ Describe a time when you used the Old Habit Part of your brain. I used the Old Habit Part of my brain when:

Today, I can use BOSS OF MY BRAIN to:

All About BOSS OF MY BRAIN

Remember: YOU are the boss, and the Tool BOSS OF MY BRAIN puts you in the CEO seat of your own company!

BOSS OF MY BRAIN Objective

BOSS OF MY BRAIN helps you realize the control you have over what your brain does. When you use BOSS OF MY BRAIN, you may realize you are the boss of your thinking and the creator of your life experience.

Your Turn

The Tool BOSS OF MY BRAIN aims to remind you that you are the boss. If you truly believed you are the boss, would your thoughts and decisions be more positive? Why or why not?

BOSS OF MY BRAIN Statement of Ownership

I am the BOSS OF MY BRAIN, and I claim control over each thought I create. Because I am BOSS OF MY BRAIN, I can change my thoughts anytime. No one has control over my thoughts because only I am BOSS OF MY BRAIN.

Your Turn

Knowing that BOSS OF MY BRAIN is a Tool that is yours to use at any time, you can begin using this Tool in your life today. Do other people have the power to change your thoughts? Explain.

BOSS OF MY BRAIN Keywords

The Three Parts - You can control three parts of your brain: the Smart Part, Emotional Part, and Old Habit Part. To use BOSS OF MY BRAIN, I ask, "Which part is in charge right now?"

Your Turn

How might you remember the Keywords for BOSS OF MY BRAIN? When might they come in most handy?

The GOGI Life Tool - BOSS OF MY BRAIN

BOSS OF MY BRAIN is part of the Set of Tools called Tools of the Body. This was the first Tool created by Students of GOGI as they explored ways to remain on track with the kind of life they wanted to create. Identifying the Smart Part, the Emotional Part, and the Old Habit Part will help you simplify controlling the operations of your brain. When you use this Tool frequently, you will begin to experience the power that comes from practice. BOSS OF MY BRAIN solves the problem of not being taught that you, and only you, are the owner of your brain. With BOSS OF MY BRAIN, you can run the business of your brain just like a good boss runs a good company.

Your Turn

What is the name of the Tool described on this page?

Which Set of Tools does this Tool belong to? Circle one.

Tools of the Body

Tools of Choice

Tools of Moving Forward

Tools of Creation

What are the Keywords for this Tool?

Now, consult your GOGI Life Tool Calendar and write the weeks of the year that a majority of Students of GOGI study this Tool. Look at your calendar and write those weeks and months below.

BOSS OF MY BRAIN is studied on the following weeks:

The _____ week of _____

The _____ week of _____

The _____ week of _____

The _____ week of _____

Based on what you have read about this Tool, give one example of how you might be able to use **BOSS OF MY BRAIN** in your daily life right now. Write how you could use this Tool.

I could use this Tool when: _____

What are your thoughts on the negative or positive impact you have on others, and how might this **BOSS OF MY BRAIN** help you increase your positive impact?

My Thoughts About **BOSS OF MY BRAIN**

What are your first thoughts about the Tool **BOSS OF MY BRAIN**? What do you think of the name?

After reading about this GOGI Life Tool, can you think of a specific instance in your youth when using **BOSS OF MY BRAIN** would have come in handy? What happened? How would you have utilized this GOGI Life Tool in this situation?

Looking back on it now, if you were talking to the younger version of yourself, what would you say about **BOSS OF MY BRAIN** and how to use it as a Tool?

Did anyone ever tell you that you were in charge of your brain before? Who? Did you believe them? Explain.

Have you used GOGI Life Tool, **BOSS OF MY BRAIN**, before? If so, when and what happened? How did you use this Tool?

Test Your Understanding

BOSS OF MY BRAIN

The GOGI Life Tool **BOSS OF MY BRAIN** states there are three parts of your brain over which you have control.

The _____ Part,

The _____ Part, and

The _____ Part.

To use the GOGI Tool **BOSS OF MY BRAIN**, you ask yourself, "Which Part of my _____ is the boss right now?"

The **Smart Part** of the brain is at the _____ of your head.

The **Emotional Part** of your brain is in the _____ of your head.

The **Old Habit Part** of your brain is at the _____ of your head.

No matter how many bad decisions you have made in the past, you can always make positive decisions today. Is this statement true _____ or false _____?

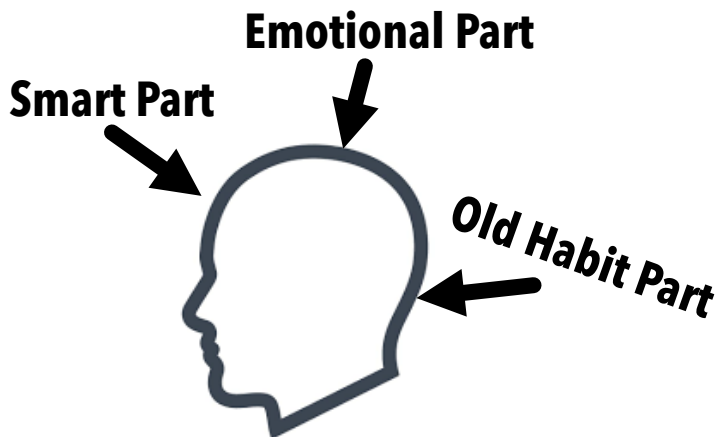
Why or why not?

Which Part is in Charge?

Describe how you might become more aware of which part of your brain reacts and responds to every situation? In your opinion, how does this awareness help you with more positive responses?

Describe when the “Emotional Part” of your brain normally kicks in. Describe what you can do when this happens now that you have BOSS OF MY BRAIN as a Tool.

When does your “Smart Part” like to be in charge of your decision-making?



When does your “Old Habit Part” operate on its own?

GOGI Life Tool Review

The name of this Tool is:
BOSS OF MY BRAIN

The **Keywords** for this Tool are:
Smart Part, Emotional Part, Old Habit Part.
Which Part Is In Charge Right Now?

The **calendar dates** of study for this Tool are:
1st week of January, April, July, & October

My favorite thing about the GOGI Life Tool BOSS OF MY BRAIN is:

I can utilize BOSS OF MY BRAIN when:

In this packet I learned:

Packet Completion & Acknowledgement

I promise that the work in this packet is all my own and I am proud of my work.

Signature

GOGI Packet Three BELLY BREATHING

Do this packet on the weeks marked below

January

Week 1 BOSS OF MY BRAIN

Week 2 **BELLY BREATHING**

Week 3 FIVE SECOND LIGHTSWITCH

Week 4 POSITIVE THOUGHTS

April

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

October

Week 1 BOSS OF MY BRAIN

Week 2 **BELLY BREATHING**

Week 3 FIVE SECOND LIGHTSWITCH

Week 4 POSITIVE THOUGHTS

My first name is: _____

My last name is: _____

My ID # is: _____

The date I completed this packet is: ___ / ___ / ___

GOGI Life Tool Calendar

The GOGI week starts on the first Monday of each month. When there is a 5th 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

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

Hold your GOGI Meetings according to the GOGI Life Tool Calendar and Meeting Format.

Administrative Duties and Details

If there are announcements, administrative details, voting, or distribution of materials, these tasks are to be conducted before your meeting begins.

1) Group Circles (read aloud)

“GOGI Meetings and all GOGI studies are defined by our GOGI Life Tool Calendar and our groups. If we have not already done so, at this time we break from the larger group meeting into our groups of 5-12 participants.”

2) Start Your Meeting (read aloud)

“The GOGI Life Tools are studied worldwide according to the GOGI Life Tool Calendar. We unite with others according to this schedule, so no one will feel they are alone in their effort to make positive decisions. We believe in everyone’s ability to benefit from this positive community of individuals united in the GOGI Life Tool Calendar. Therefore, we call this GOGI (The Tool You Are Studying) Meeting to order, and we join in the Tool being studied by Students of GOGI everywhere.”

3) Review of The GOGI Life Tools (read aloud)

BOSS OF MY BRAIN
BELLY BREATHING
FIVE SECOND LIGHTSWITCH
POSITIVE THOUGHTS
POSITIVE WORDS
POSITIVE ACTIONS
CLAIM RESPONSIBILITY
LET GO
FOR-GIVE
WHAT IF
REALITY CHECK
ULTIMATE FREEDOM

4) The GOGI Purpose (volunteer to read aloud)

“The objective of GOGI Meetings is to reinforce the use of the GOGI Life Tools and support positive community experiences. We accomplish our objective through the study of the GOGI Life Tools shared in Peer Mentor Circles according to the GOGI Life Tool Calendar.”

5) Group Check-In

Each member may be given the opportunity to “check-in,” stating one positive thing that happened during the week.

6) Tool Reading (Volunteer/s to Share)

A volunteer may choose from the Tool information shared in with group members. Not all the information needs to be read aloud. Additional Tool information from any of the GOGI books, courses, newsletters or open source materials can be used to help clarify Tool use options.

Tool Objective ~ Tool Statement of Ownership ~ Tool Keywords ~ Tool Basics

Ask a Tool Specific Thought Provoking Question

Think about the last time you used (the Tool of the Week). Did you know you were using this Tool?

What might have been different in your life had you been taught to use the Tool of the week in your childhood?

How would you explain this Tool to a close friend? What would you say were the benefits?

7) Applying the Tool (group member discussion)

Members of the group are invited to share personal experiences related to this week’s Tool. Challenges in applying the Tool are also discussed. Open dialogue includes all group members in equal sharing of talk time.

8) Optional Tool Activity

Understanding that activities often reinforce group members’ engagement and understanding of the GOGI Life Tools, now is a great time to engage in an activity which can be created by the group, gleaned from the GOGI materials, or utilized in prior GOGI Groups.

9) Weekly Statement of Intention

Each member of the group is encouraged to complete this sentence:

“It is my intention this week to _____.”

10) The GOGI Pledge of Service (read aloud)

All Students of GOGI unite with our GOGI Pledge of Service. This pledge defines our purpose and is repeated at the end of every GOGI Meeting. Remaining in your Peer Mentor Circles, each group will rotate leading the pledge for the larger group. As we close this GOGI Meeting, we unite as a community with our pledge to be of service. Please repeat after me:

*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)*

11) Tidy Up Time (read aloud)

Thank you for participating in this week’s GOGI Meeting. Our next meeting will be held (day/time/place) and the Tool to be discussed according to the GOGI Calendar will be the Tool (refer to calendar). If holding a meeting in one room, please let us leave this room clean and tidy for the next group.

Me at Ages 3-5

Children ages 3-5 learn how to walk, talk, and play. On these pages, we explore your life experience during these years.

Ages 3, 4, and 5 could be summed up as _____ years for me. I can give those years that label because:

During these years, I lived with:

We lived in a city/town called:

Our home was:

Would you say you were happy during these years? What made you happiest? What were the things you liked to do? Who were your best friends? What did “family” mean to you? Share the hard times, as well as good memories.

GOGI Life Tool Packet Program

What was a typical day like when you were ages 3, 4, and 5? From when you would wake up in the morning to when you fell asleep, what was a typical day like? Did you think your life was normal, or did you sense something was wrong or different from others? Did you experience yourself as “good,” or did you think you were “wrong” or “bad” somehow?

Were there troubling events that occurred in your life during these times? What brought you sorrow or worried you? Did you have someone to confide in during the difficult times? Did you have someone with whom to share your sorrows? When you were worried or troubled, how did you manage these feelings?

Looking back on it, could things have been different if just one or two things were changed? And, if so, what would those things have been? What needed to change for you to have experienced these years differently?

All About BELLY BREATHING

Remember: You can use your GOGI Life Tool BELLY BREATHING any time to direct control over your response to any situation!

BELLY BREATHING Objective

When you use BELLY BREATHING, you maintain control. Your actions and reactions become more intentional. Your GOGI Life Tool, BELLY BREATHING, allows you to create the best possible response to any situation.

Your Turn

The objective of BELLY BREATHING is to help you develop intentional decision-making. In your opinion, how could your breathing be connected with your decisions?

BELLY BREATHING Statement of Ownership

BELLY BREATHING gives me the power to direct my actions and reactions. With BELLY BREATHING, I experience the power that comes with calm control of my responses to life's events.

Your Turn

Explain your thoughts about breathing and how it might help you direct your actions and reactions.

BELLY BREATHING Keywords

One Hand On My Belly. One Hand On My Chest. Which One is Moving?

My brain works better when my belly moves as I breathe.

Your Turn

Keywords often help people to remember helpful strategies when they need them most. Explain how you might remember these Keywords for BELLY BREATHING. When might they come in most handy?

BELLY BREATHING Basics

Calendar Study Dates for this GOGI Life Tool: 2nd week of January, April, July, October

BELLY BREATHING is a GOGI Life Tool that can help you increase positive responses to negative circumstances. Breathing helps oxygen move through your body. When your oxygen flow is optimal, your brain function is also optimal. When you build the skill of breathing with intention, you will naturally make more positive decisions because more oxygen is getting to your brain.

To use BELLY BREATHING, monitor your breathing and let your brain do the rest of the work.



1 One Hand on My Belly

Sometimes, something as simple as placing your hand on your belly will remind you to breathe more deeply. When you use this Tool, you train your mind to breathe in a way that supports your best decisions automatically.

2 One Hand on My Chest

Often, when we are upset or angry, our breathing gets very shallow, and most of the air we take in is restricted and centralized to our chest area. Putting one hand on your chest allows you to easily identify whether you are chest breathing.



3 Which One is Moving?

When you slow down enough to identify your breathing pattern, you are instantly in charge of creating the best outcome for you. Your brain works best when you breathe with your belly.

Your Turn

Describe a time when taking a few deep breaths served to help you make positive decisions. OR, do you remember when someone recommended you stop for a moment and breathe? Does this Tool make sense to you?

The GOGI Life Tool - BELLY BREATHING

BELLY BREATHING is part of the Set of Tools called Tools of the Body, and it was created when some Students of GOGI were trying to explain to an adolescent how to get out of the loop of automatic thinking. In a peer-mentor circle, the Students of GOGI asked the adolescent to lie down on his back until his belly moved with every breath. You can try this simple trick every night while lying down to sleep. Lay on your back until your belly starts to move with each breath. It will happen on its own. You don't even have to think about it. When your belly moves, you are using BELLY BREATHING. Once you notice you are using your Tool BELLY BREATHING lying down, you can focus on doing it when standing up.

Your Turn

What is the name of the Tool described on this page?

Which Set of Tools does this Tool belong to? Circle one.

Tools of the Body

Tools of Choice

Tools of Moving Forward

Tools of Creation

What are the Keywords for this Tool?

Now, consult your GOGI Life Tool Calendar and write the weeks of the year that a majority of Students of GOGI study this Tool. Look at your calendar and write those weeks and months below.

BELLY BREATHING is studied on the following weeks:

The _____ week of _____

The _____ week of _____

The _____ week of _____

The _____ week of _____

Based on what you have read about this Tool, give one example of how you might be able to use **BELLY BREATHING** in your daily life right now. Write how you could use this Tool.

What are your thoughts on the negative or positive impact you have on others, and how might **BELLY BREATHING** help you increase your positive impact?

My Thoughts About BELLY BREATHING

What are your first thoughts about **BELLY BREATHING**? What do you think of the name?

After reading about **BELLY BREATHING**, can you think of a specific instance in your youth when using **BELLY BREATHING** would have come in handy? What happened? How would you have utilized **BELLY BREATHING** in this situation?

Looking back on it now, if you were talking to the younger version of yourself, what would you say about **BELLY BREATHING** and how to use it?

Have you used **BELLY BREATHING** before? If so, when and what happened? How did you use **BELLY BREATHING**? Share your experience.

Test Your Understanding BELLY BREATHING

The GOGI Tool **BELLY BREATHING** has you "feel the flow" by putting one hand on your _____ and your other hand on your _____.

To use the GOGI Tool **BELLY BREATHING**, you ask yourself, "Which _____ is moving?"

If the hand on your belly is moving, you are _____ breathing.

Your _____ works best when you breathe with your belly.

Oftentimes, when you are _____, your breathing tends to get concentrated in the chest and activates your fight or flight response.

While it sounds simple, nothing is more _____ than taking charge of how your body uses its oxygen.

What is your experience with **BELLY BREATHING**?



Circle your favorite
drawing about
BELLY BREATHING.



For a little fun, fill this page with color and make it your own creation.

Get Creative! In the space below, give the man in the drawings a name and tell a story about him and his GOGI Life Tools.

The name I give to this man is: _____ . He is _____ years old.

He learned about GOGI when: _____

He uses his GOGI Life Tools when: _____

When he is happy, he thinks: _____

When he is sad, : _____



GOGI Life Tool Review

The name of this Tool is:
BELLY BREATHING

The **Keywords** for this Tool are:
One Hand On My Belly, One Hand On My Chest.
Which One Is Moving?

The **calendar dates** of study for this Tool are:
2nd week of January, April, July, & October

My favorite thing about the GOGI Life Tool BELLY BREATHING is:

I can utilize BELLY BREATHING when:

In this packet, I learned:

Packet Completion & Acknowledgement

I promise that the work in this packet is all my own and I am proud of my work.

Signature

GOGI Packet Four

FIVE SECOND LIGHTSWITCH

Do this packet on the weeks marked below

January

Week 1 BOSS OF MY BRAIN

Week 2 BELLY BREATHING

Week 3 **FIVE SECOND
LIGHTSWITCH**

Week 4 POSITIVE THOUGHTS

April

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

October

Week 1 BOSS OF MY BRAIN

Week 2 BELLY BREATHING

Week 3 **FIVE SECOND
LIGHTSWITCH**

Week 4 POSITIVE THOUGHTS

My first name is: _____

My last name is: _____

My ID # is: _____

The date I completed this packet is: ___ / ___ / ___

GOGI Life Tool Calendar

The GOGI week starts on the first Monday of each month. When there is a 5th Monday in a month, review all the Tools or have a guest speaker.

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

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

March
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Week 2 WHAT IF
Week 3 REALITY CHECK
Week 4 ULTIMATE FREEDOM

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CLAIM RESPONSIBILITY
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WHAT IF
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ULTIMATE FREEDOM

4) The GOGI Purpose (volunteer to read aloud)

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GOGI Life Tool Packet Program

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Each member may be given the opportunity to “check-in,” stating one positive thing that happened during the week.

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Tool Objective ~ Tool Statement of Ownership ~ Tool Keywords ~ Tool Basics

Ask a Tool Specific Thought Provoking Question

Think about the last time you used (the Tool of the Week). Did you know you were using this Tool?

What might have been different in your life had you been taught to use the Tool of the week in your childhood?

How would you explain this Tool to a close friend? What would you say were the benefits?

7) Applying the Tool (group member discussion)

Members of the group are invited to share personal experiences related to this week’s Tool. Challenges in applying the Tool are also discussed. Open dialogue includes all group members in equal sharing of talk time.

8) Optional Tool Activity

Understanding that activities often reinforce group members’ engagement and understanding of the GOGI Life Tools, now is a great time to engage in an activity which can be created by the group, gleaned from the GOGI materials, or utilized in prior GOGI Groups.

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Each member of the group is encouraged to complete this sentence:

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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)*

11) Tidy Up Time (read aloud)

Thank you for participating in this week’s GOGI Meeting. Our next meeting will be held (day/time/place) and the Tool to be discussed according to the GOGI Calendar will be the Tool (refer to calendar). If holding a meeting in one room, please let us leave this room clean and tidy for the next group.

Me at Ages 6-8

The ages 6, 7, and 8 are the years when you begin to discern right from wrong and good from bad. It is also the years we might witness those around us making poor decisions. In this course, share what life was like for you when you were 6, 7, and 8 years old.

Start with the basics, such as where you lived and with whom. What was school like? What do you remember most about ages 6, 7, and 8?

Did you experience turmoil, or were those years calm? Do you recall any significant experiences that impacted you negatively or positively? As you consider these years of your life, explore any thoughts you remember about the world and your experience in it. Would you say you were happy more than sad? Explain.

All About FIVE SECOND LIGHTSWITCH

Remember: Using FIVE SECOND LIGHTSWITCH means you can Flip The Switch to change any Old Thought into a New Action!

FIVE SECOND LIGHTSWITCH Objective

You can control and direct thoughts, words, and actions using FIVE SECOND LIGHTSWITCH. You can Flip The Switch and change the outcome of situations with your FIVE SECOND LIGHTSWITCH.

Your Turn

The Tool FIVE SECOND LIGHTSWITCH aims to help you Flip The Switch to a positive New Action. In your experience, is the objective of this GOGI Life Tool supportive of your own life goals? Explain how you might benefit from this simple Tool.

FIVE SECOND LIGHTSWITCH Statement of Ownership

I can Flip The Switch and instantly change any negative thought to a positive action with my FIVE SECOND LIGHTSWITCH. No negative thought is more powerful than my positive action when I use FIVE SECOND LIGHTSWITCH.

Your Turn

Write what “owning” the Tool FIVE SECOND LIGHTSWITCH might mean in your life.

FIVE SECOND LIGHTSWITCH Keywords

Old Thought → New Action.

Within 5 seconds, I Flip My Switch and get to my New Action.

Your Turn

When under pressure, you may be vulnerable to old habit thinking. Explain how you might remember these Keywords for FIVE SECOND LIGHTSWITCH. When might they come in most handy?

FIVE SECOND LIGHTSWITCH Basics

Calendar Study Dates for this GOGI Life Tool: 3rd week of January, April, July, October

You can easily gain control of your actions, reactions, thoughts, and words with FIVE SECOND LIGHTSWITCH.

Flip The Switch

When an Old Thought creeps into your mind, notice the Old Thought. Then, within five seconds, use your FIVE SECOND LIGHTSWITCH to get to your New Action.

Write an Old Thought.

Now, write a New Action you can use to Flip Your Switch.

When situations seem to be the boss of you, it's easy to Flip Your Switch with FIVE SECOND LIGHTSWITCH.

Five

Old Thought? To use FIVE SECOND LIGHTSWITCH, identify things that set you off, upset you, or push your buttons. By identifying your New Actions about these things, you will be prepared to Flip Your Switch.

New Action? Now that you have identified specific Old Thoughts, identify some productive New Actions. For example: BELLY BREATHING is a positive action; Stepping away from a situation is a positive action. Pick a few options for your New Actions.

My Five

Pick out five solid reasons you want to remain on a positive track. When an Old Thought tries to take over, look at your fingers and name the five good reasons to get to your New Action.

5 reasons I want to remain on my positive life direction.

1. _____
2. _____
3. _____
4. _____
5. _____

The GOGI Life Tool - FIVE SECOND LIGHTSWITCH

FIVE SECOND LIGHTSWITCH is part of the Set of Tools called Tools of the Body and was created when a group of Students of GOGI wanted to stop making reactive and automatic decisions. Wanting to find a way to stop lightning-fast decisions that seemed out of control, they created a way to Flip The Switch and redirect any thought to a positive action within five seconds. When you have a positive action already picked out, it is easier to Flip Your Switch and ensure you do not act on negative thoughts. Flip The Switch, and you can shine a light where you are directing your life.

Your Turn

What is the name of the Tool described on this page?

Which Set of Tools does this Tool belong to? Circle one.

Tools of the Body

Tools of Choice

Tools of Moving Forward

Tools of Creation

What are the Keywords for this Tool?

Now, consult your GOGI Life Tool Calendar and write the weeks of the year that a majority of Students of GOGI study this Tool. Look at your calendar and write those weeks and months below.

FIVE SECOND LIGHTSWITCH is studied on the following weeks:

The _____ week of _____

The _____ week of _____

The _____ week of _____

The _____ week of _____

Based on what you have read about **FIVE SECOND LIGHTSWITCH**, give one example of how you might be able to use this Tool in your daily life right now. Write how you could use this Tool.

What are your thoughts on the negative or positive impact you have on others, and how might this specific GOGI Life Tool help you increase your positive impact?

My Thoughts About FIVE SECOND LIGHTSWITCH

What are your first thoughts about **FIVE SECOND LIGHTSWITCH**? What do you think of the name?

After reading about **FIVE SECOND LIGHTSWITCH**, can you think of a specific instance in your youth when using **FIVE SECOND LIGHTSWITCH** would have come in handy? What happened? How would you have utilized **FIVE SECOND LIGHTSWITCH** in this situation?

Looking back on it now, if you were talking to the younger version of yourself, what would you say about **FIVE SECOND LIGHTSWITCH**? How would you explain this GOGI Life Tool?

Have you used **FIVE SECOND LIGHTSWITCH** before? If so, when and what happened? How did you use **FIVE SECOND LIGHTSWITCH**?

Old Thought/New Action

<u>My Old Thought</u>		<u>My Old Action</u>		<u>My Old Outcome</u>
1. _____		1. _____		1. _____
2. _____	+	2. _____	=	2. _____
3. _____		3. _____		3. _____

<u>Same Old Thought</u>		<u>My New Action</u>		<u>My New Outcome</u>
1. _____		1. _____		1. _____
2. _____	+	2. _____	=	2. _____
3. _____		3. _____		3. _____

Test Your Understanding

FIVE SECOND LIGHTSWITCH

The GOGI Life Tool **FIVE SECOND LIGHTSWITCH** has you replace an Old _____ with a New _____.

To use the GOGI Tool **FIVE SECOND LIGHTSWITCH**, first, you have to realize you have an Old _____.

By the count of _____, you can Flip The _____ and get to your New _____.

When you notice an Old Thought, you can replace it with a _____
_____. This is how you use the GOGI Life Tool called _____.

When you have your _____ handy, you are likely to have great success with **FIVE SECOND LIGHTSWITCH**.

What does it mean to you to **Flip The Switch**?

FIVE SECOND LIGHTSWITCH

For each age group, write down a significant event. Include your thoughts and feelings.

Age	What happened	How I felt	How it impacted my life	How FIVE SECOND LIGHTSWITCH can help me now
Ages 1-5				
Ages 6-12				
Ages 13-17				
Ages 18-21				
Ages 22-28				
Ages 29 +				

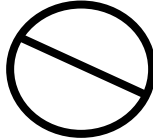
Flip That Switch

Some Students of the GOGI Life Tools Flip their Switch by remembering 5 reasons to stay on a positive path and why remaining on a positive life path is in their best interest. List 5 reasons you want to stay on a positive path.

1. _____

2. _____

3. _____



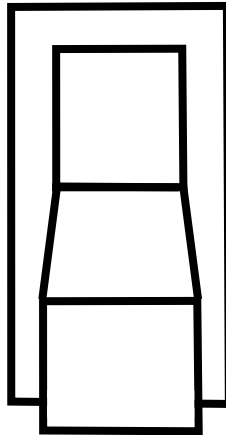
4. _____

5. _____

Flipping the Switch requires that you have preplanned actions when you have a negative thought. What are your 5 favorite preplanned actions you can use to Flip Your Switch?

My New Action #1

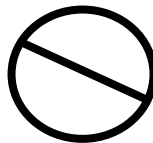
My New Action #2



My New Action #3

My New Action #4

My New Action #5 _____



In your opinion, how might FIVE SECOND LIGHTSWITCH be a good strategy for breaking negative habits? Explain.

GOGI Life Tool Review

The name of this Tool is:
FIVE SECOND LIGHTSWITCH

The **Keywords** for this Tool are:
Old Thought → New Action
Within Five Seconds, I Flip My Switch
and get to my New Action.

The **calendar dates** of study for this Tool are:
3rd week of January, April, July, & October

My favorite thing about the GOGI Life Tool FIVE SECOND LIGHTSWITCH is:

I can utilize FIVE SECOND LIGHTSWITCH when:

In this packet I learned:

Packet Completion & Acknowledgement

I promise that the work in this packet is all my own and I am proud of my work.

Signature

GOGI Packet Five POSITIVE THOUGHTS

Do this packet on the weeks marked below

January

Week 1 BOSS OF MY BRAIN

Week 2 BELLY BREATHING

Week 3 FIVE SECOND
LIGHTSWITCH

Week 4 **POSITIVE
THOUGHTS**

April

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**

October

Week 1 BOSS OF MY BRAIN

Week 2 BELLY BREATHING

Week 3 FIVE SECOND
LIGHTSWITCH

Week 4 **POSITIVE
THOUGHTS**

My first name is: _____

My last name is: _____

My ID # is: _____

The date I completed this packet is: ___ / ___ / ___

GOGI Life Tool Calendar

The GOGI week starts on the first Monday of each month. When there is a 5th Monday in a month, review all the Tools or have a guest speaker.

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Week 2 BELLY BREATHING
Week 3 FIVE SECOND LIGHTSWITCH
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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

Hold your GOGI Meetings according to the GOGI Life Tool Calendar and Meeting Format.

Administrative Duties and Details

If there are announcements, administrative details, voting, or distribution of materials, these tasks are to be conducted before your meeting begins.

1) Group Circles (read aloud)

“GOGI Meetings and all GOGI studies are defined by our GOGI Life Tool Calendar and our groups. If we have not already done so, at this time we break from the larger group meeting into our groups of 5-12 participants.”

2) Start Your Meeting (read aloud)

“The GOGI Life Tools are studied worldwide according to the GOGI Life Tool Calendar. We unite with others according to this schedule, so no one will feel they are alone in their effort to make positive decisions. We believe in everyone’s ability to benefit from this positive community of individuals united in the GOGI Life Tool Calendar. Therefore, we call this GOGI (The Tool You Are Studying) Meeting to order, and we join in the Tool being studied by Students of GOGI everywhere.”

3) Review of The GOGI Life Tools (read aloud)

BOSS OF MY BRAIN
BELLY BREATHING
FIVE SECOND LIGHTSWITCH
POSITIVE THOUGHTS
POSITIVE WORDS
POSITIVE ACTIONS
CLAIM RESPONSIBILITY
LET GO
FOR-GIVE
WHAT IF
REALITY CHECK
ULTIMATE FREEDOM

4) The GOGI Purpose (volunteer to read aloud)

“The objective of GOGI Meetings is to reinforce the use of the GOGI Life Tools and support positive community experiences. We accomplish our objective through the study of the GOGI Life Tools shared in Peer Mentor Circles according to the GOGI Life Tool Calendar.”

5) Group Check-In

Each member may be given the opportunity to “check-in,” stating one positive thing that happened during the week.

6) Tool Reading (Volunteer/s to Share)

A volunteer may choose from the Tool information shared in with group members. Not all the information needs to be read aloud. Additional Tool information from any of the GOGI books, courses, newsletters or open source materials can be used to help clarify Tool use options.

Tool Objective ~ Tool Statement of Ownership ~ Tool Keywords ~ Tool Basics

Ask a Tool Specific Thought Provoking Question

Think about the last time you used (the Tool of the Week). Did you know you were using this Tool?

What might have been different in your life had you been taught to use the Tool of the week in your childhood?

How would you explain this Tool to a close friend? What would you say were the benefits?

7) Applying the Tool (group member discussion)

Members of the group are invited to share personal experiences related to this week’s Tool. Challenges in applying the Tool are also discussed. Open dialogue includes all group members in equal sharing of talk time.

8) Optional Tool Activity

Understanding that activities often reinforce group members’ engagement and understanding of the GOGI Life Tools, now is a great time to engage in an activity which can be created by the group, gleaned from the GOGI materials, or utilized in prior GOGI Groups.

9) Weekly Statement of Intention

Each member of the group is encouraged to complete this sentence:

“It is my intention this week to _____.”

10) The GOGI Pledge of Service (read aloud)

All Students of GOGI unite with our GOGI Pledge of Service. This pledge defines our purpose and is repeated at the end of every GOGI Meeting. Remaining in your Peer Mentor Circles, each group will rotate leading the pledge for the larger group. As we close this GOGI Meeting, we unite as a community with our pledge to be of service. Please repeat after me:

*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)*

11) Tidy Up Time (read aloud)

Thank you for participating in this week’s GOGI Meeting. Our next meeting will be held (day/time/place) and the Tool to be discussed according to the GOGI Calendar will be the Tool (refer to calendar). If holding a meeting in one room, please let us leave this room clean and tidy for the next group.

Me at Ages 9 & 10

For many children, turning ten years old seems so “grown up.” After all, you have reached the two-digit mark and will never be a single-digit child again. For many children, when they turn ten, the countdown to the title of “teenager” begins. Reflect on your experiences when you were nine and ten on these two pages. Answer the questions below, or share details you remember that illustrate those two years of your life.

When you were nine and ten years old, would you say you were a happy child? If so, what was it that permitted you to feel happiness? If not, what was it that made happiness out of reach?

With whom were you living when you were nine and ten years old? What were your living circumstances like? Did you enjoy being “home,” or was it a place you tried to escape? Explain why you felt the way you did.

What was your schooling like? Did you have subjects you enjoyed more than others? Which subjects did you struggle in? For many children, school can be very difficult. What were the difficulties you faced in school at ages nine and ten?

GOGI Life Tool Packet Program

Often, we have a clear memory of one or two big events in our childhood. Ages nine and ten are when we explore our world through experiences with activities, relationships, and feelings. What would those events be if asked to pick a memory or two that stands out more than others? Why do you think they stand out from the rest?

Did you have positive examples to follow when you were nine and ten? Or were you exposed to negative examples during this time in your life? What did you think of the examples you saw around you? Did you consider that your life was different than others? Or, did you think that everyone had the same experience you were living?

During these ages, children often experience doing kind or nice things. Do you remember doing anything kind, and if so, what was it? How did it make you feel?

If you could have changed anything during this time of your life at ages 9 and 10, what would you have changed and why?

All About POSITIVE THOUGHTS

Remember: You can practice POSITIVE THOUGHTS by filtering each thought through the Three P's and start creating the feelings and experiences you desire!

POSITIVE THOUGHTS Objective

When you use your GOGI Life Tool POSITIVE THOUGHTS, you reinforce the kind of life you want to create while charting the course for your future.

Your Turn

POSITIVE THOUGHTS has an objective to help you create thoughts that support your success. Below, explain why you might use the GOGI Life Tool called POSITIVE THOUGHTS.

POSITIVE THOUGHTS Statement of Ownership

My thoughts declare the direction of my life from this moment forward. Because I create POSITIVE THOUGHTS, I am able to create outcomes and alternatives I might have otherwise missed. POSITIVE THOUGHTS help me choose my life experience from this day forward.

Your Turn

When you claim ownership of a GOGI Life Tool, it may make it Tool more readily available for use. Write what "owning" POSITIVE THOUGHTS as a GOGI Life Tool may mean in your life.

POSITIVE THOUGHTS Keywords

The Three P's – With every thought, I ask myself the Three P's:
Is it Powerful? Is it Productive? Is it Positive?

Your Turn

Describe how you might remember the Keywords for POSITIVE THOUGHTS. When might they come in most handy?

POSITIVE THOUGHTS Basics

Calendar Study Dates for this GOGI Life Tool: 4th week of January, April, July, & October

The Tool POSITIVE THOUGHTS requires nothing more than filtering each thought through what GOGI calls the “Three P’s.” With this Tool, you can measure every thought as either powerfully moving you in the direction of your intended life experience or keeping you further away. The Three P’s help you practice the skill of discernment. The Three P’s are: Is it Powerful? Is it Productive? Is it Positive?

Is it Powerful?

When you know how you want to feel, it is easy to determine if your thoughts are powerfully generating this feeling. You will also recognize if your thoughts are keeping you from your goals.

Your Turn

What is the first POSITIVE feeling that comes to your mind? Write that thought down now. What can you do today to powerfully generate this feeling?



Is it Productive?

With an idea of what you want in your life, you can filter all thoughts through a level of productivity. Is the thought you have created productive in your effort to create your desired life experience?

Your Turn

What is the first PRODUCTIVE thought that comes to your mind right now? Do you act on this productive thought often? Why do you consider this thought productive?



Is it Positive?

Regardless of how negative your situation may seem, you can always retrain your thinking process to find hidden positives, which is key to unlocking more positive experiences. It is never too late, nor is it too difficult to apply POSITIVE THOUGHTS to any situation. When you weigh each and every thought on a scale of either negative or positive, it will be easy to retrain your brain to focus on creating POSITIVE THOUGHTS automatically.

The GOGI Life Tool - POSITIVE THOUGHTS

POSITIVE THOUGHTS is part of the Set of Tools called Tools of Choice and was created by a group of GOGI Girls who were in a small housing unit with very little ability to get away from each other for much-needed alone time. Being in this situation, they created the Tool POSITIVE THOUGHTS to build their capacity to withstand peer pressure, bad attitudes, addiction, and negativity. In these difficult circumstances, they decided that rather than give up and give in, they would become even more committed to living positive lives. You can do this with POSITIVE THOUGHTS. You can banish negativity forever with your Tool POSITIVE THOUGHTS. Is the thought Powerful? Is it Productive? Is it Positive? If not, choose a new and positive thought.

Your Turn

What is the name of the Tool described on this page?

Which Set of Tools does this Tool belong to? Circle one.

Tools of the Body Tools of Choice Tools of Moving Forward Tools of Creation

What are the Keywords for this Tool?

Now, consult your GOGI Life Tool Calendar and write the weeks of the year that a majority of Students of GOGI study this Tool. Look at your calendar and write those weeks and months below.

POSITIVE THOUGHTS is studied on the following weeks:

The _____ week of _____

The _____ week of _____

The _____ week of _____

The _____ week of _____

*Based on what you have read about the GOGI Life Tool called **POSITIVE THOUGHTS**, give one example of how you might be able to use this Tool in your daily life right now. Write how you would use **POSITIVE THOUGHTS**.*

My Thoughts About POSITIVE THOUGHTS

What are your first thoughts about the GOGI Life Tool called **POSITIVE THOUGHTS**?

After reading about **POSITIVE THOUGHTS**, can you think of a specific instance in your youth when using **POSITIVE THOUGHTS** would have come in handy? What happened? How would you have utilized **POSITIVE THOUGHTS** in this situation?

Looking back on it now, what would you say about **POSITIVE THOUGHTS** if you were talking to the younger version of yourself? How would you explain it?

Have you used **POSITIVE THOUGHTS** before? If so, when and what happened? How did you use **POSITIVE THOUGHTS**? How might **POSITIVE THOUGHTS** be useful for you now?

Test Your Understanding

POSITIVE THOUGHTS

The GOGI Life Tool **POSITIVE THOUGHTS** uses three Keywords.

Is it _____ ?

Is it _____ ?

And is it _____ ?

Here is how you can master **POSITIVE THOUGHTS**

Notice

I notice my thoughts.

Consider

Is my thought negative or positive? Is it helping me be my best?

Pick

I have three positive things I choose to think about right now. Here are three

POSITIVE THOUGHTS I can think of whenever things seem negative.

1. _____

2. _____

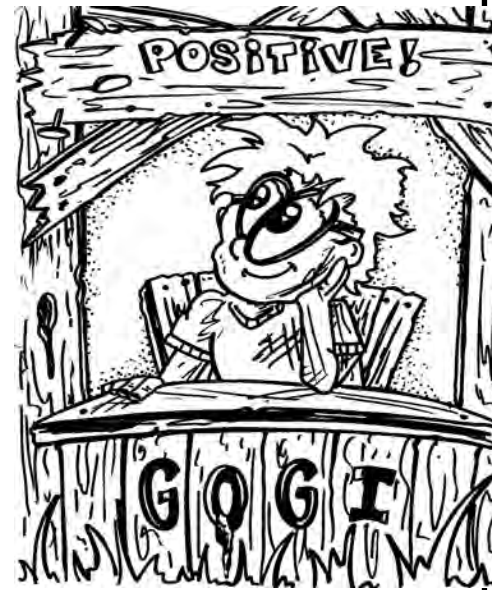
3. _____

Replace

I replace all _____ thoughts by using my GOGI Life Tool

POSITIVE THOUGHTS. My _____ are mine to create.

Circle your favorite drawing below.
 For a little fun, fill this page with color and make it your own creation.



GOGI Life Tool Packet Program

If you enjoy drawing, fill this page with positive drawings. If you enjoy writing poetry, fill this page with an optimistic poem. If you like to write, fill this page with positive words. If you would like to combine all the options or create something positive that is not listed, fill this page with that. On this page, create something using POSITIVE THOUGHTS.

Mail this page to GOGI if you want us to share it with others on our social media or handouts.

My POSITIVE THOUGHTS

List POSITIVE THOUGHTS you can rely upon when times get tough.

- I think the world can be:

- I think I can:

- I think things in my life:

- I think tomorrow will be:

- I think I am:

- I think it will be:



Art by GOGI Coach Keith Erickson



GOGI Life Tool Review

The name of this Tool is:
POSITIVE THOUGHTS

The **Keywords** for this Tool are:
With Every Thought, I Ask Myself The 3 P's
Is It Positive? Is It Productive? Is It Positive?

The **calendar dates** of study for this Tool are:
4th week of January, April, July, & October

My favorite thing about the GOGI Life Tool POSITIVE THOUGHTS is:

I can utilize POSITIVE THOUGHTS when:

In this packet, I learned:

Packet Completion & Acknowledgement

I promise that the work in this packet is all my own and I am proud of my work.

Signature

GOGI

Packet Six

POSITIVE WORDS

Do this packet on the weeks marked below

February

Week 1 **POSITIVE WORDS**

Week 2 POSITIVE ACTIONS

Week 3 CLAIM
RESPONSIBILITY

Week 4 LET GO

May

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

November

Week 1 **POSITIVE WORDS**

Week 2 POSITIVE ACTIONS

Week 3 CLAIM
RESPONSIBILITY

Week 4 LET GO

My first name is: _____

My last name is: _____

My ID # is: _____

The date I completed this packet is: ___ / ___ / ___

GOGI Life Tool Calendar

The GOGI week starts on the first Monday of each month. When there is a 5th 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

GOGI Meeting Format

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Administrative Duties and Details

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3) Review of The GOGI Life Tools (read aloud)

BOSS OF MY BRAIN
 BELLY BREATHING
 FIVE SECOND LIGHTSWITCH
 POSITIVE THOUGHTS
 POSITIVE WORDS
 POSITIVE ACTIONS
 CLAIM RESPONSIBILITY
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4) The GOGI Purpose (volunteer to read aloud)

“The objective of GOGI Meetings is to reinforce the use of the GOGI Life Tools and support positive community experiences. We accomplish our objective through the study of the GOGI Life Tools shared in Peer Mentor Circles according to the GOGI Life Tool Calendar.”

GOGI Life Tool Packet Program

5) Group Check-In

Each member may be given the opportunity to “check-in,” stating one positive thing that happened during the week.

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A volunteer may choose from the Tool information shared in with group members. Not all the information needs to be read aloud. Additional Tool information from any of the GOGI books, courses, newsletters or open source materials can be used to help clarify Tool use options.

Tool Objective ~ Tool Statement of Ownership ~ Tool Keywords ~ Tool Basics

Ask a Tool Specific Thought Provoking Question

Think about the last time you used (the Tool of the Week). Did you know you were using this Tool?

What might have been different in your life had you been taught to use the Tool of the week in your childhood?

How would you explain this Tool to a close friend? What would you say were the benefits?

7) Applying the Tool (group member discussion)

Members of the group are invited to share personal experiences related to this week’s Tool. Challenges in applying the Tool are also discussed. Open dialogue includes all group members in equal sharing of talk time.

8) Optional Tool Activity

Understanding that activities often reinforce group members’ engagement and understanding of the GOGI Life Tools, now is a great time to engage in an activity which can be created by the group, gleaned from the GOGI materials, or utilized in prior GOGI Groups.

9) Weekly Statement of Intention

Each member of the group is encouraged to complete this sentence:

“It is my intention this week to _____.”

10) The GOGI Pledge of Service (read aloud)

All Students of GOGI unite with our GOGI Pledge of Service. This pledge defines our purpose and is repeated at the end of every GOGI Meeting. Remaining in your Peer Mentor Circles, each group will rotate leading the pledge for the larger group. As we close this GOGI Meeting, we unite as a community with our pledge to be of service. Please repeat after me:

*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)*

11) Tidy Up Time (read aloud)

Thank you for participating in this week’s GOGI Meeting. Our next meeting will be held (day/time/place) and the Tool to be discussed according to the GOGI Calendar will be the Tool (refer to calendar). If holding a meeting in one room, please let us leave this room clean and tidy for the next group.

Me at Ages 11 & 12

Children at 11 and 12 years of age become aware of social circumstances. As their bodies mature, children experience growth spurts or stunted growth; they gain weight or become rail thin. In addition to body changes, children begin to identify with peer groups and often discover likes and dislikes related to social activities. On these pages, write what you remember about these ages.

Where were you calling home at 11 and 12 years old? Who were you living with? Would you consider these years pleasant or troublesome in the place you called home? Share a story or a memory you have about ages 11 and 12.

Usually, at these ages, the physical body begins the maturation process. Was your body changing? What do you remember about your friends and the changes they were experiencing? What were you feeling about yourself at this time? And, how did you manage the emotions that usually run high during these years?

School can often be very stressful during this time. As children begin to identify with specific groups, they start creating their own identities. Were you considered to be a problem child or a “good” kid? Were you shy or outgoing in school? What were some of the words friends would use to describe you?

GOGI Life Tool Packet Program

What was your relationship like with your parents or the adult in charge of caring for you? Did you feel loved? Understood? Supported? What were some of the emotions you experienced about the adults in your life?

What activities did you enjoy? Did you have any pets? If given a full day to do what you wanted to do at ages 11 or 12, what would that have been? And who would you have chosen to spend time with?

What things were you good at? What was the most difficult thing for you to do at this age?

What were your most pleasant memories of these years? Which ones were the most difficult memories?

In recapping these years, would you say life at this age was good? Why or why not?

All About POSITIVE WORDS

Remember: When you choose to use your Tool POSITIVE WORDS in a negative situation, you crush the situation's power over your life experience!

POSITIVE WORDS Objective

POSITIVE WORDS permit you to declare who you are today. When you use POSITIVE WORDS as a GOGI Life Tool, you craft your future possibilities and create space for more positive opportunities to find their way into your life experience. The Tool POSITIVE WORDS helps restructure your brain's thought process and invites positive collaboration from others to improve everything.

Your Turn

Below, explain what might be a good goal for your use of POSITIVE WORDS. Explain how you might benefit from this Tool. How can you achieve your goal?

POSITIVE WORDS Statement of Ownership

My words declare the direction of my life from this moment forward. Because I choose POSITIVE WORDS, I am able to create outcomes and alternatives I might have otherwise missed.

Your Turn

A Statement of Ownership permits you to claim ownership of something. Write what "owning" POSITIVE WORDS may mean in your life.

POSITIVE WORDS Keywords

The Three P's – With every word, I ask myself the Three P's:

Is it Powerful? Is it Productive? Is it Positive?

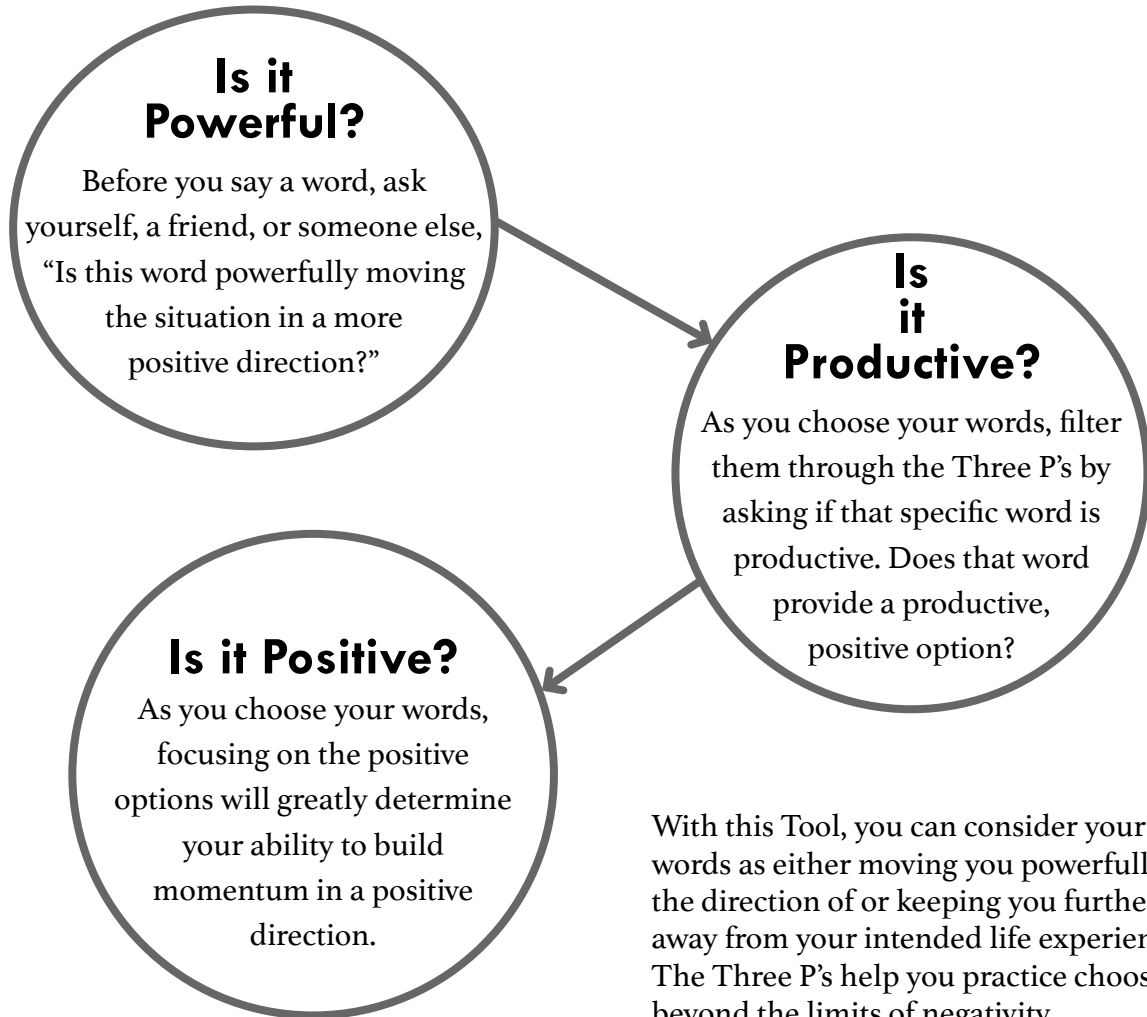
Your Turn

With your Keywords for POSITIVE WORDS, you have added support to remain on the path that works best for you. When might they come in most handy?

POSITIVE WORDS Basics

Calendar Study Dates for this GOGI Life Tool: 1st week of February, May, August, and November

Choosing to use your GOGI Life Tool, POSITIVE WORDS, even in a negative situation, is a skill that requires practice. This Tool is enjoyable because it instantly gives you unlimited options and alternatives to negativity.



Your Turn

In the space below, write down three of your favorite POSITIVE WORDS.

1. _____
2. _____
3. _____

The GOGI Life Tool - POSITIVE WORDS

POSITIVE WORDS is part of the Set of Tools called Tools of Choice and was created by GOGI Students when they realized it was not enough to simply have POSITIVE THOUGHTS. They quickly realized that they were vulnerable to outside influence if their thoughts remained in their head. When they used POSITIVE WORDS, it was as if they were building an additional shield of positive protection to keep them from being negatively impacted by their circumstances. When they used POSITIVE WORDS, they were less inclined to become the victim of negative circumstances. You can use your Tool POSITIVE WORDS by asking your Three P's to fend off attackers of your peace of mind and positive life.

Your Turn

What is the name of the Tool described on this page?

Which Set of Tools does this Tool belong to? *Circle one.*

Tools of the Body

Tools of Choice

Tools of Moving Forward

Tools of Creation

What are the Keywords for this Tool?

Now, consult your GOGI Life Tool Calendar and write the weeks of the year that a majority of Students of GOGI study this Tool. Look at your calendar and write those weeks and months below.

POSITIVE WORDS is studied on the following weeks:

The _____ week of _____

The _____ week of _____

The _____ week of _____

The _____ week of _____

Based on what you have read about the GOGI Life Tool **POSITIVE WORDS**, give one example of how you might be able to use this Tool in your daily life right now. Write how you would use **POSITIVE WORDS**.

What are your thoughts on the negative or positive impact you have on others, and how might **POSITIVE WORDS** help you increase your positive impact?

Your Words Matter

My name is:

And, here is a little about me.

Fill in the blanks with positive responses.

I can: _____

I have: _____

I could: _____

I would: _____

I will be: _____

I feel: _____

I think: _____

I believe: _____

I trust: _____

I hope: _____

I want: _____

I see: _____

I hear: _____

I touch: _____

I hold: _____

I give: _____

Most of all, I am: _____

My Thoughts About POSITIVE WORDS

What are your first thoughts about the GOGI Life Tool called **POSITIVE WORDS**?

After reading about **POSITIVE WORDS**, can you think of a specific instance in your youth when using **POSITIVE WORDS** would have come in handy? What happened? How would you have utilized **POSITIVE WORDS** in this situation?

Looking back on it now, what would you say about **POSITIVE WORDS** if you were talking to the younger version of yourself? How would you explain it?

Have you used **POSITIVE WORDS** before? Maybe you did not even know it was a GOGI Life Tool. If so, when and what happened? How did you use **POSITIVE WORDS**?

List your three favorite **POSITIVE WORDS** that someone has said to you or about you.

1. _____
2. _____
3. _____

Test Your Understanding

POSITIVE WORDS

The GOGI Life Tool **POSITIVE WORDS** uses three Keywords.

Is it _____ ?

Is it _____ ?

And is it _____ ?

To use the Tool **POSITIVE WORDS**, you...

Consider - Is your opinion of what is being said negative or _____ ?

Get away - Ask, "What good can come out of this?" If there is no good, you _____.

Get Positive - You remind yourself, "I choose to be _____."

Pick - Only you choose what you _____. Choose to spread positivity.

Remind yourself you are your _____ in action. They tell the world around you who you are and who you are _____ to be.

GOGI Life Tool Review

The name of this Tool is:
POSITIVE WORDS

The **Keywords** for this Tool are:

With Every Word, I Ask Myself The 3 P's
Is It Positive? Is It Productive? Is It Positive?

The **calendar dates** of study for this Tool are:

1st week of February, May, August, & November

My favorite thing about the GOGI Life Tool POSITIVE WORDS is:

I can utilize POSITIVE WORDS when:

In this packet, I learned:

Packet Completion & Acknowledgement

I promise that the work in this packet is all my own and I am proud of my work.

Signature

GOGI Packet Seven POSITIVE ACTIONS

Do this packet on the weeks marked below

February

Week 1 POSITIVE WORDS

Week 2 **POSITIVE ACTIONS**

Week 3 CLAIM RESPONSIBILITY

Week 4 LET GO

May

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

November

Week 1 POSITIVE WORDS

Week 2 **POSITIVE ACTIONS**

Week 3 CLAIM RESPONSIBILITY

Week 4 LET GO

My first name is: _____

My last name is: _____

My ID # is: _____

The date I completed this packet is: ___ / ___ / ___

GOGI Life Tool Calendar

The GOGI week starts on the first Monday of each month. When there is a 5th Monday in a month, review all the Tools or have a guest speaker.

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

February
Week 1 POSITIVE WORDS
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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
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May
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Week 1 FOR-GIVE
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GOGI Meeting Format

Hold your GOGI Meetings according to the GOGI Life Tool Calendar and Meeting Format.

Administrative Duties and Details

If there are announcements, administrative details, voting, or distribution of materials, these tasks are to be conducted before your meeting begins.

1) Group Circles (read aloud)

“GOGI Meetings and all GOGI studies are defined by our GOGI Life Tool Calendar and our groups. If we have not already done so, at this time we break from the larger group meeting into our groups of 5-12 participants.”

2) Start Your Meeting (read aloud)

“The GOGI Life Tools are studied worldwide according to the GOGI Life Tool Calendar. We unite with others according to this schedule, so no one will feel they are alone in their effort to make positive decisions. We believe in everyone’s ability to benefit from this positive community of individuals united in the GOGI Life Tool Calendar. Therefore, we call this GOGI (The Tool You Are Studying) Meeting to order, and we join in the Tool being studied by Students of GOGI everywhere.”

3) Review of The GOGI Life Tools (read aloud)

BOSS OF MY BRAIN
BELLY BREATHING
FIVE SECOND LIGHTSWITCH
POSITIVE THOUGHTS
POSITIVE WORDS
POSITIVE ACTIONS
CLAIM RESPONSIBILITY
LET GO
FOR-GIVE
WHAT IF
REALITY CHECK
ULTIMATE FREEDOM

4) The GOGI Purpose (volunteer to read aloud)

“The objective of GOGI Meetings is to reinforce the use of the GOGI Life Tools and support positive community experiences. We accomplish our objective through the study of the GOGI Life Tools shared in Peer Mentor Circles according to the GOGI Life Tool Calendar.”

GOGI Life Tool Packet Program

5) Group Check-In

Each member may be given the opportunity to “check-in,” stating one positive thing that happened during the week.

6) Tool Reading (Volunteer/s to Share)

A volunteer may choose from the Tool information shared in with group members. Not all the information needs to be read aloud. Additional Tool information from any of the GOGI books, courses, newsletters or open source materials can be used to help clarify Tool use options.

Tool Objective ~ Tool Statement of Ownership ~ Tool Keywords ~ Tool Basics

Ask a Tool Specific Thought Provoking Question

Think about the last time you used (the Tool of the Week). Did you know you were using this Tool?

What might have been different in your life had you been taught to use the Tool of the week in your childhood?

How would you explain this Tool to a close friend? What would you say were the benefits?

7) Applying the Tool (group member discussion)

Members of the group are invited to share personal experiences related to this week’s Tool. Challenges in applying the Tool are also discussed. Open dialogue includes all group members in equal sharing of talk time.

8) Optional Tool Activity

Understanding that activities often reinforce group members’ engagement and understanding of the GOGI Life Tools, now is a great time to engage in an activity which can be created by the group, gleaned from the GOGI materials, or utilized in prior GOGI Groups.

9) Weekly Statement of Intention

Each member of the group is encouraged to complete this sentence:

“It is my intention this week to _____.”

10) The GOGI Pledge of Service (read aloud)

All Students of GOGI unite with our GOGI Pledge of Service. This pledge defines our purpose and is repeated at the end of every GOGI Meeting. Remaining in your Peer Mentor Circles, each group will rotate leading the pledge for the larger group. As we close this GOGI Meeting, we unite as a community with our pledge to be of service. Please repeat after me:

*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)*

11) Tidy Up Time (read aloud)

Thank you for participating in this week’s GOGI Meeting. Our next meeting will be held (day/time/place) and the Tool to be discussed according to the GOGI Calendar will be the Tool (refer to calendar). If holding a meeting in one room, please let us leave this room clean and tidy for the next group.

Me at Age 13

Becoming a teenager is often a huge milestone in a young adult's life. Being a "teenager" implies additional freedoms, assumption of wisdom, and usually a dose of defiance. For many individuals, however, transitioning into the teenage years is not a smooth process. On these pages, you will have the opportunity to reflect on your 13th year of life.

By age 13, you likely experienced many wonderful things, and you had also experienced many horrific or troubling things. Would you say the wonderful things outweighed the trouble? Explain your experience at 13 years of age.

Where did you call home when you were 13, and with whom did you live? Who was taking care of you? Who lived in your home? Would you say your home was a happy place, or did you want out as quickly as you could make that possible? Explain your home life at age 13.

What are the names of the individuals who impacted your life when you were 13? These could be friends, adults, performers, or individuals you heard or read about. Was the impact positive or negative, and to what extent do you think they altered the course of your decisions?

GOGI Life Tool Packet Program

What were your hobbies at 13? Most teenagers are overly consumed with thoughts of their social standing and concerned with what others think of them. Was that the case for you, or were you interested in other aspects of being a teenager? Explain what it felt like to be 13.

What are some of the positive achievements you remember from age 13? And what were some of the poor decisions you made? Provide some examples of each. Did the positive or negative decisions have an impact on your future? Explain your thoughts.

If you could sit with your 13-year-old self for a discussion, what advice would you give yourself? And do you think you would follow that advice? Why or why not?

All About POSITIVE ACTIONS

Remember: POSITIVE ACTIONS is put to use through small and often unseen choices you make each day!

POSITIVE ACTIONS Objective

POSITIVE ACTIONS is your GOGI Life Tool to prove to yourself and others that you have taken command of your choices. Using POSITIVE ACTIONS develops the skill of creating positive reactions and responses to life's circumstances. As using the Tool POSITIVE ACTIONS becomes a habit, you become increasingly confident in creating your desired life.

Your Turn

Explain how you might benefit from this simple GOGI Life Tool.

POSITIVE ACTIONS Statement of Ownership

POSITIVE ACTIONS permits me to transform my life experience through my choices. I move toward a future of my own making with POSITIVE ACTIONS.

Your Turn

When you claim ownership of a GOGI Life Tool, it may make this Tool more readily available for your use. Write what "owning" POSITIVE ACTIONS may mean in your life.

POSITIVE ACTIONS Keywords

The Three P's – With every action, I ask myself the Three P's:

Is it Powerful? Is it Productive? Is it Positive?

Your Turn

When under pressure, you may be vulnerable to old habit thinking. Explain how you might remember the Keywords for POSITIVE ACTIONS. When might they come in most handy?

POSITIVE ACTIONS Basics

Calendar Study Dates for this GOGI Life Tool: 2nd week of February, May, August, and November

The GOGI Life Tool called POSITIVE ACTIONS is often misinterpreted as requiring massive changes that are noticed by the world around you. POSITIVE ACTIONS is a Tool mastered through the small and often unseen decisions that are made each day. POSITIVE ACTIONS is more powerful when used with the small things; They begin to add up quickly and set the pattern for bigger actions in the future.

Is it Powerful?

Before choosing to take any action or reaction, use your Three P's. Is the action powerfully moving you in the direction of your desires? Or would this action get you further from your goal?

Your Turn

How might asking this question help you?

Is it Productive?

As you consider your action, consider if it is productive. Does your goal become clearer or closer with this action?

Your Turn

Why is considering if an action is productive helpful?

While bigger changes are often desired, the use of this Tool is perfected with small decisions. The bigger changes come more easily when POSITIVE ACTIONS is practiced with the little daily decisions.

Is it Positive?

Regardless of how negative your situation may seem, is the action you are about to choose one that is considered positive?

Your Turn

What is one POSITIVE ACTION you will choose today?

Today I will: _____

The GOGI Life Tool - POSITIVE ACTIONS

POSITIVE ACTIONS is part of the Set of Tools called Tools of Choice. This Tool emerged from the other Tools of Choice because GOGI Students realized it was possible to shield themselves from negativity by using POSITIVE THOUGHTS and increase their protection with POSITIVE WORDS. When they used POSITIVE ACTIONS, they drove away people, places, and things that did not support the positive life they desired. With practice, you can use POSITIVE ACTIONS to prove that it is possible to change the course of your life and be happy, positive, sober, and successful. Using this Tool is simplified when you use the Three P's. Before you act on anything, ask yourself, "Is it Powerful? Is it Productive? Is it Positive?" If the action in question fails the Three P's filter, you have a clear answer if you should do it or not. Your actions show the world who you are and where you are going.

Your Turn

What is the name of the Tool described on this page?

Which Set of Tools does this Tool belong to? Circle one.

Tools of the Body Tools of Choice Tools of Moving Forward Tools of Creation

What are the Keywords for this Tool?

Now, consult your GOGI Life Tool Calendar and write the weeks of the year that a majority of Students of GOGI study this Tool. Look at your calendar and write those weeks and months below.

POSITIVE ACTIONS is studied on the following weeks:

The _____ week of _____

The _____ week of _____

The _____ week of _____

The _____ week of _____

Based on what you have read about the GOGI Life Tool **POSITIVE ACTIONS**, give one example of how you might use this Tool in your daily life right now. Write how you would use **POSITIVE ACTIONS**.

What are your thoughts on the negative or positive impact you have on others, and how might this specific GOGI Life Tool help you increase your positive impact?

My Thoughts About POSITIVE ACTIONS

What are your first thoughts about the GOGI Life Tool named **POSITIVE ACTIONS**? What do you think of the name?

After reading about **POSITIVE ACTIONS**, can you think of a specific instance in your youth when using the GOGI Life Tool **POSITIVE ACTIONS** would have come in handy? Describe one event. How would you have utilized **POSITIVE ACTIONS** in this situation?

Looking back on it now, what would you say about **POSITIVE ACTIONS** if you were talking to the younger version of yourself? How would you explain it?

Have you used the GOGI Life Tool **POSITIVE ACTIONS** before? If so, when and what happened? How did you use **POSITIVE ACTIONS**?

Test Your Understanding

POSITIVE ACTIONS

The GOGI Life Tool **POSITIVE ACTIONS** uses the _____ **P's**.

Ask

Ask yourself, is it (*check all that apply*) -

positive productive powerful passive

Pick

You can pick **POSITIVE ACTIONS** and have them in your mind at all times. What are three **POSITIVE ACTIONS** you can choose?

①. _____ ②. _____ ③. _____

Replace

Replace the old thought with the best **POSITIVE ACTIONS** for the situation.

Reflect

In the past ten years, what are your five favorite **POSITIVE ACTIONS** you have taken? Why?

1. _____
2. _____
3. _____
4. _____
5. _____

My Daily POSITIVE ACTIONS

If there were three POSITIVE ACTIONS you could do each day that would make the biggest positive difference in your future, what would those three things be?

1) I could: _____

2) I might: _____

3) I can also: _____

Why do you think these three things would positively impact your life? And how would you know positive changes were taking place?

Could you begin to do these actions every day? Why or why not? How might you successfully do at least one of these POSITIVE ACTIONS daily? Are there ways you can remind yourself?

GOGI Life Tool Review

The name of this Tool is:
POSITIVE ACTIONS

The **Keywords** for this Tool are:

With Every Action, I Ask Myself The 3 P's
Is It Positive? Is It Productive? Is It Positive?

The **calendar dates** of study for this Tool are:

2nd week of February, May, August, & November

My favorite thing about the GOGI Life Tool POSITIVE ACTIONS is:

I can utilize POSITIVE ACTIONS when:

In this packet, I learned:

Packet Completion & Acknowledgement

I promise that the work in this packet is all my own and I am proud of my work.

Signature

GOGI

Packet Eight

CLAIM RESPONSIBILITY

Do this packet on the weeks marked below

February

Week 1 POSITIVE WORDS

Week 2 POSITIVE ACTIONS

Week 3 **CLAIM RESPONSIBILITY**

Week 4 LET GO

May

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

November

Week 1 POSITIVE WORDS

Week 2 POSITIVE ACTIONS

Week 3 **CLAIM RESPONSIBILITY**

Week 4 LET GO

My first name is: _____

My last name is: _____

My ID # is: _____

The date I completed this packet is: ___ / ___ / ___

GOGI Life Tool Calendar

The GOGI week starts on the first Monday of each month. When there is a 5th 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

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

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

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GOGI Meeting Format

Hold your GOGI Meetings according to the GOGI Life Tool Calendar and Meeting Format.

Administrative Duties and Details

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GOGI Life Tool Packet Program

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Each member may be given the opportunity to “check-in,” stating one positive thing that happened during the week.

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Understanding that activities often reinforce group members’ engagement and understanding of the GOGI Life Tools, now is a great time to engage in an activity which can be created by the group, gleaned from the GOGI materials, or utilized in prior GOGI Groups.

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Thank you for participating in this week’s GOGI Meeting. Our next meeting will be held (day/time/place) and the Tool to be discussed according to the GOGI Calendar will be the Tool (refer to calendar). If holding a meeting in one room, please let us leave this room clean and tidy for the next group.

CLAIM RESPONSIBILITY Basics

Calendar Study Dates for this GOGI Life Tool: 3rd week of February, May, August, and November

CLAIM RESPONSIBILITY for Today

Using this GOGI Life Tool today permits you to ask the question, "Am I proud of the choice I am about to make?" This GOGI Life Tool is best utilized when used for a specific choice, on a specific day, in a specific situation. In this way, you are not dragging past choices into your current situation.

Your Turn

Most people struggle to distance themselves from past habits or decisions. How can you make today's decisions based on who you are today?

Now Is The Time

There is a time and place for you to claim responsibility for the past, and there is a time and place for you to learn how to make better decisions for the future. CLAIM RESPONSIBILITY, as a GOGI Life Tool, focuses on making decisions today that you will be proud of doing.

Your Turn

List 3 decisions related to CLAIM RESPONSIBILITY. Today, I CLAIM RESPONSIBILITY for:

1. _____
2. _____
3. _____

CLAIM RESPONSIBILITY for the Past

Using the CLAIM RESPONSIBILITY Tool to reconcile decisions of the past permits you to consider positive options you might have missed. This helps you avoid making decisions similar to those you now regret.

Your Turn

One decision I would have done differently was the time when I:

If I could do this differently I would have:

All About CLAIM RESPONSIBILITY

Remember: When you use CLAIM RESPONSIBILITY for your actions today you may find more powerful decisions are possible when you are not heavily burdened with the weight of the pain caused by mistakes of the past.

CLAIM RESPONSIBILITY Objective

As a Tool, CLAIM RESPONSIBILITY provides a sense of ownership you can use to make the best decisions available today. Use CLAIM RESPONSIBILITY as a GOGI Life Tool for decisions today, so you become aware that actions and reactions to life's inevitable challenges are yours to choose.

Your Turn

The Tool CLAIM RESPONSIBILITY has an objective to define yourself by today's actions and reactions. Explain how you might benefit from this simple Tool.

CLAIM RESPONSIBILITY Statement of Ownership

Today, I use my Tool CLAIM RESPONSIBILITY to inform each action and reaction to life's challenges. When I use CLAIM RESPONSIBILITY, I am able to move beyond my past choices and design my responses with greater wisdom and clarity. I ask myself, "Am I proud of this choice?"

Your Turn

How might, "Am I proud of this choice?" be a good question to ask? Why do you think so many Students of GOGI find asking this question helpful?

CLAIM RESPONSIBILITY Keywords

Am I Proud of This Choice?

My actions and reactions today are not tethered to the past, unless I do the tethering.

Your Turn

With your Keywords for CLAIM RESPONSIBILITY, you have added support to remain on the path that works best for you. When might these Keywords come in most handy?

The GOGI Life Tool - CLAIM RESPONSIBILITY

CLAIM RESPONSIBILITY is part of the Set of Tools called Tools of Moving Forward. This Tool is not about claiming responsibility for the past. Instead, the Tool CLAIM RESPONSIBILITY is about today and tomorrow. When you use this Tool, you realize that how you respond and react to anything is under your control. No one can make you angry; only you choose if you will let others anger you. No one can make you violent; you choose if you will let others bring out violence in your behavior. No one can make you drink or do drugs; it is you who gets to choose if you put yourself in a position where saying, “no” is a challenge. When you use CLAIM RESPONSIBILITY, you move forward toward the life that you may have never thought was possible. The truth is, only you are responsible for how you react and respond today. Today, you get to move beyond the past and create an improved version of you with your Tool CLAIM RESPONSIBILITY.

Your Turn

What is the name of the Tool described on this page?

Which Set of Tools does this Tool belong to? *Circle one.*

Tools of the Body Tools of Choice Tools of Moving Forward Tools of Creation

What are the Keywords for this Tool?

Now, consult your GOGI Life Tool Calendar and write the weeks of the year that a majority of Students of GOGI study this Tool. Look at your calendar and write those weeks and months below.

CLAIM RESPONSIBILITY is studied on the following weeks:

The _____ week of _____

The _____ week of _____

The _____ week of _____

The _____ week of _____

Based on what you have read about this Tool, give one example of how you might be able to use **CLAIM RESPONSIBILITY** in your daily life right now. Write how you would use this Tool.

What are your thoughts on the negative or positive impact you have on others, and how might **CLAIM RESPONSIBILITY** help you increase your positive impact?

My Thoughts About CLAIM RESPONSIBILITY

After reading about this GOGI Life Tool called **CLAIM RESPONSIBILITY**, can you think of a specific instance in your youth when using this Tool would have come in handy? What happened? How would you have utilized **CLAIM RESPONSIBILITY** in this situation?

Looking back on it now, if you were talking to the younger version of yourself, how would you describe **CLAIM RESPONSIBILITY** and how to use it?

Have you used **CLAIM RESPONSIBILITY** before even if you did not know it was a GOGI Life Tool? If so, when and what happened? How did you use this GOGI Life Tool?

Test Your Understanding

CLAIM RESPONSIBILITY

The Tool **CLAIM RESPONSIBILITY** is fairly easy because it has less to do with the _____ and everything to do with my actions and reactions _____.

To use _____, consider if you are proud of your choices today.

You can say to yourself, "I am in charge of my _____ and reactions _____."

Say to yourself, "I choose how I _____ right now. I own _____."

Ask yourself, "**Am I _____ of This Choice?**" Today you have the power to make choices you will be proud of doing. Your actions today are not tethered to the past unless _____ do the tethering.

GOGI Life Tool Review

The name of this Tool is:
CLAIM RESPONSIBILITY

The **Keywords** for this Tool are:

Am I Proud Of This Choice?

I am in charge of my actions and reactions today. **

The **calendar dates** of study for this Tool are:

3rd week of February, May, August, & November

My favorite thing about the GOGI Life Tool CLAIM RESPONSIBILITY is:

I can utilize CLAIM RESPONSIBILITY when:

In this packet, I learned:

Packet Completion & Acknowledgement

I promise that the work in this packet is all my own and I am proud of my work.

Signature

GOGI Packet Nine LET GO

Do this packet on the weeks marked below

February

Week 1 POSITIVE WORDS

Week 2 POSITIVE ACTIONS

Week 3 CLAIM RESPONSIBILITY

Week 4 **LET GO**

May

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Week 2 POSITIVE ACTIONS

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Week 4 **LET GO**

August

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May be of maximum service (repeat)
To those we love (repeat)
And infinite others (repeat)*

11) Tidy Up Time (read aloud)

Thank you for participating in this week’s GOGI Meeting. Our next meeting will be held (day/time/place) and the Tool to be discussed according to the GOGI Calendar will be the Tool (refer to calendar). If holding a meeting in one room, please let us leave this room clean and tidy for the next group.

Me at Ages 14-17

At ages 14-17, many youth experience sadness or insecurities. Oftentimes, the need to fit in with a group is on the mind of kids at this age. On this page, share your memories and experiences from this time of your life.

Where did you live when you were in high school? With whom did you live? What were your attitudes towards your living situation?

Do you recall positive things during these years? What were your fondest memories?

At 14-17 years old, individuals are developing the ability to move beyond harms and hurts. What do you remember about ages 14-17 related to hurts or harms you experienced? Explore what was going on in your life at this time, for all its positive and negatives.

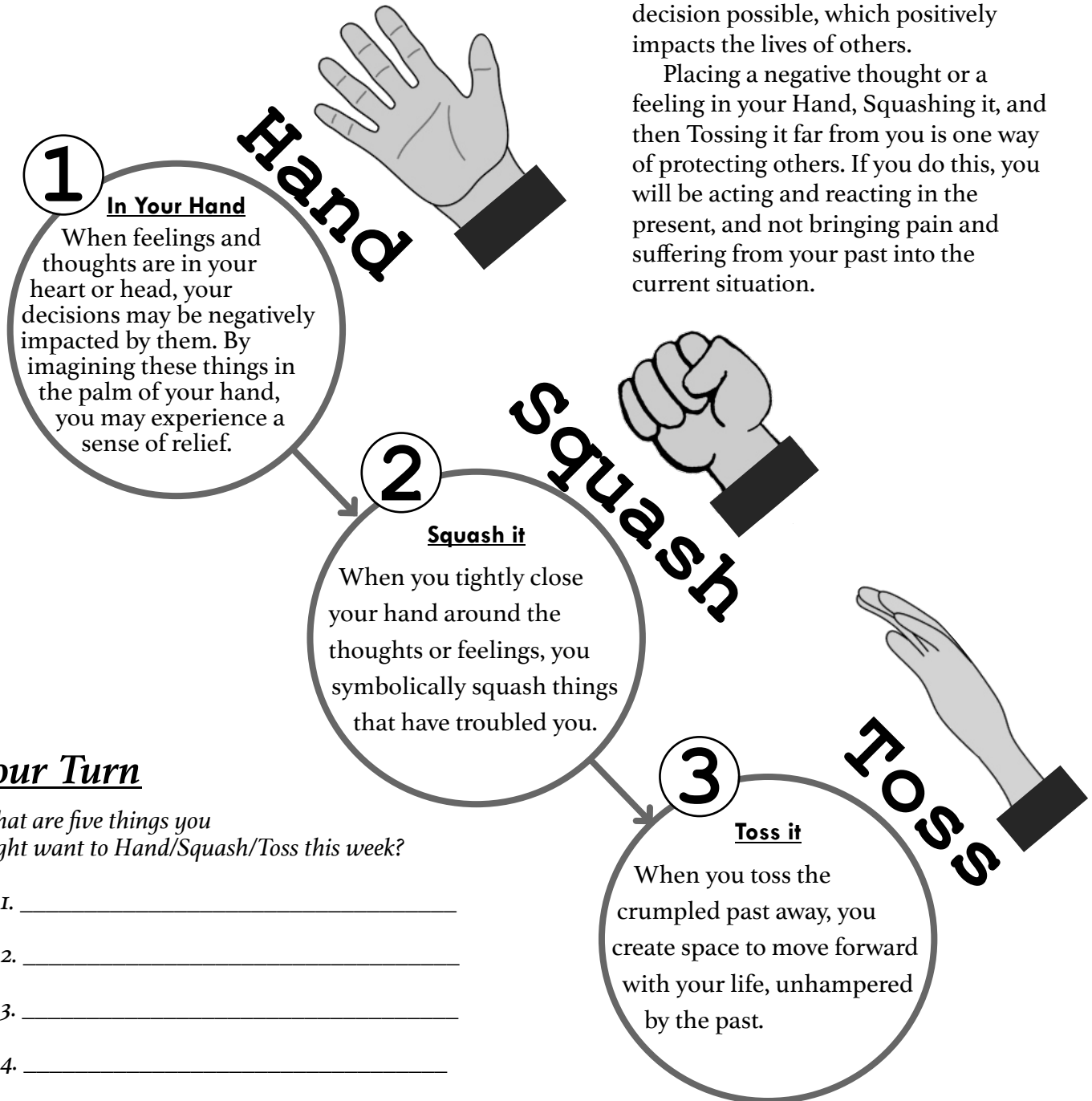
LET GO Basics

Calendar Study Dates for this GOGI Life Tool: 4th week of February, May, August, and November

You may find you are able to make the best decisions when you are not suffering from harmful events or harmful people. When you are able to consider each new day as holding unlimited potential for good, regardless of the past, you naturally move beyond the pain and suffering you may have endured or inflicted in the past. The GOGI Life Tool LET GO gives you an easy method for getting to a place where you can create something positive, regardless of your past. LET GO permits the most positive

decision possible, which positively impacts the lives of others.

Placing a negative thought or a feeling in your Hand, Squashing it, and then Tossing it far from you is one way of protecting others. If you do this, you will be acting and reacting in the present, and not bringing pain and suffering from your past into the current situation.



Your Turn

What are five things you might want to Hand/Squash/Toss this week?

1. _____
2. _____
3. _____
4. _____
5. _____

All About LET GO

Remember: When you use LET GO you act and react in the present. There is no need to relive the pain and suffering from your past!

LET GO Objective

The LET GO GOGI Life Tool helps you move forward in creating your optimal life. When using LET GO, you are empowered to disconnect from past harms and hurts. This ability helps you define today on today's terms, beyond events of the past. The GOGI Life Tool LET GO helps lighten your load and helps you create room for positive possibilities.

Your Turn

The Tool LET GO has an objective of releasing you from unhelpful thoughts and emotions. Explain how you might benefit from this simple Tool.

LET GO Statement of Ownership

Using my Tool LET GO, I focus on the present and move beyond my past. LET GO allows me to instantly disconnect from anything standing in the way of my ability to create my optimal life.

Your Turn

A Statement of Ownership permits you to claim ownership of something. Write what "owning" the GOGI Life Tool LET GO may mean in your life.

LET GO Keywords

Hand/Squash/Toss. When bothered, I put negative thoughts and feelings in my Hand, Squash it, and Toss it away from me.

Your Turn

With your Keywords for LET GO, you have added support to remain on the path that works best for you. Explain how you might remember these Keywords for LET GO. When might they come in most handy?

The GOGI Life Tool - LET GO

LET GO is part of the Set of Tools called Tools of Moving Forward and was created for people who have a tendency to carry heavy loads of the past into the present and future. It is a great Tool for those who are easily angered or irritated. By putting negative thoughts about people, places, and things in your hand and giving them the Hand/Squash/Toss, you will find there is more room in your head and in your heart for more positive life choices. To actually be a better person, you must move forward beyond the heavy darkness intruding your decisions today. Regret is essential, but wallowing in regret so long that it sometimes makes for other poor decisions. Give it the Hand/Squash/Toss and commit to using LET GO so you can move forward and make more positive decisions.

Your Turn

What is the name of the Tool described on this page?

Which Set of Tools does this Tool belong to? Circle one.

Tools of the Body Tools of Choice Tools of Moving Forward Tools of Creation

What are the Keywords for this Tool?

Now, consult your GOGI Life Tool Calendar and write the weeks of the year that a majority of Students of GOGI study this Tool. Look at your calendar and write those weeks and months below.

LET GO is studied on the following weeks:

The _____ week of _____

The _____ week of _____

The _____ week of _____

The _____ week of _____

Based on what you have read about this Tool, give one example of how you might be able to use **LET GO** in your daily life right now. Write how you would use this Tool.

What are your thoughts on the negative or positive impact you have on others, and how might **LET GO** help you increase your positive impact?

My Thoughts About LET GO

What are your first thoughts about GOGI Life Tool called **LET GO**? What do you think of the name?

After reading about this GOGI Life Tool, can you think of a specific instance in your youth when using this Tool would have come in handy? What happened? How would you have utilized **LET GO** in this situation?

Looking back on it now, if you were talking to the younger version of yourself, how might you explain the Tool **LET GO**? How would you explain it as a Tool?

Have you used the GOGI Life Tool, **LET GO**, before, even if you did not know it was a GOGI Life Tool? If so, when and what happened? How did you use this Tool?

Test Your Understanding LET GO

The GOGI Life Tool **LET GO** has you practice three actions.

Hand / _____ / Toss.

To use **LET GO** you place your negative _____ in your
_____. You _____ the feeling or thought in the
palm of your hand and outside of your body and mind.

Then, you _____ it and symbolically destroy its power.

Finally, you _____ it in the air, in the trash, or anywhere away from
you.

LET GO can be used on the little irritations of daily life, so eventually you can
use **LET GO** on the _____ things.

You can say, "I _____ of anything and everything that holds
me back."

LET GO is your freedom from being _____ by things around
you.

Name three times when you have been proud that you **LET GO** of something.

What did you **LET GO** of?

GOGI Life Tool Review

The name of this Tool is:

LET GO

The **Keywords** for this Tool are:

Hand / Squash / Toss

The **calendar dates** of study for this Tool are:

4th week of February, May, August, & November

My favorite thing about the GOGI Life Tool LET GO is:

I can utilize LET GO when:

In this packet, I learned:

Packet Completion & Acknowledgement

I promise that the work in this packet is all my own and I am proud of my work.

Signature

GOGI Packet Ten FOR-GIVE

Do this packet on the weeks marked below

March

Week 1 **FOR-GIVE**

Week 2 WHAT IF

Week 3 REALITY CHECK

Week 4 ULTIMATE FREEDOM

June

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

December

Week 1 **FOR-GIVE**

Week 2 WHAT IF

Week 3 REALITY CHECK

Week 4 ULTIMATE FREEDOM

My first name is: _____

My last name is: _____

My ID # is: _____

The date I completed this packet is: ___ / ___ / ___

GOGI Life Tool Calendar

The GOGI week starts on the first Monday of each month. When there is a 5th 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

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

Hold your GOGI Meetings according to the GOGI Life Tool Calendar and Meeting Format.

Administrative Duties and Details

If there are announcements, administrative details, voting, or distribution of materials, these tasks are to be conducted before your meeting begins.

1) Group Circles (read aloud)

“GOGI Meetings and all GOGI studies are defined by our GOGI Life Tool Calendar and our groups. If we have not already done so, at this time we break from the larger group meeting into our groups of 5-12 participants.”

2) Start Your Meeting (read aloud)

“The GOGI Life Tools are studied worldwide according to the GOGI Life Tool Calendar. We unite with others according to this schedule, so no one will feel they are alone in their effort to make positive decisions. We believe in everyone’s ability to benefit from this positive community of individuals united in the GOGI Life Tool Calendar. Therefore, we call this GOGI (The Tool You Are Studying) Meeting to order, and we join in the Tool being studied by Students of GOGI everywhere.”

3) Review of The GOGI Life Tools (read aloud)

BOSS OF MY BRAIN
 BELLY BREATHING
 FIVE SECOND LIGHTSWITCH
 POSITIVE THOUGHTS
 POSITIVE WORDS
 POSITIVE ACTIONS
 CLAIM RESPONSIBILITY
 LET GO
 FOR-GIVE
 WHAT IF
 REALITY CHECK
 ULTIMATE FREEDOM

4) The GOGI Purpose (volunteer to read aloud)

“The objective of GOGI Meetings is to reinforce the use of the GOGI Life Tools and support positive community experiences. We accomplish our objective through the study of the GOGI Life Tools shared in Peer Mentor Circles according to the GOGI Life Tool Calendar.”

GOGI Life Tool Packet Program

5) Group Check-In

Each member may be given the opportunity to “check-in,” stating one positive thing that happened during the week.

6) Tool Reading (Volunteer/s to Share)

A volunteer may choose from the Tool information shared in with group members. Not all the information needs to be read aloud. Additional Tool information from any of the GOGI books, courses, newsletters or open source materials can be used to help clarify Tool use options.

Tool Objective ~ Tool Statement of Ownership ~ Tool Keywords ~ Tool Basics

Ask a Tool Specific Thought Provoking Question

Think about the last time you used (the Tool of the Week). Did you know you were using this Tool?

What might have been different in your life had you been taught to use the Tool of the week in your childhood?

How would you explain this Tool to a close friend? What would you say were the benefits?

7) Applying the Tool (group member discussion)

Members of the group are invited to share personal experiences related to this week’s Tool. Challenges in applying the Tool are also discussed. Open dialogue includes all group members in equal sharing of talk time.

8) Optional Tool Activity

Understanding that activities often reinforce group members’ engagement and understanding of the GOGI Life Tools, now is a great time to engage in an activity which can be created by the group, gleaned from the GOGI materials, or utilized in prior GOGI Groups.

9) Weekly Statement of Intention

Each member of the group is encouraged to complete this sentence:

“It is my intention this week to _____.”

10) The GOGI Pledge of Service (read aloud)

All Students of GOGI unite with our GOGI Pledge of Service. This pledge defines our purpose and is repeated at the end of every GOGI Meeting. Remaining in your Peer Mentor Circles, each group will rotate leading the pledge for the larger group. As we close this GOGI Meeting, we unite as a community with our pledge to be of service. Please repeat after me:

*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)*

11) Tidy Up Time (read aloud)

Thank you for participating in this week’s GOGI Meeting. Our next meeting will be held (day/time/place) and the Tool to be discussed according to the GOGI Calendar will be the Tool (refer to calendar). If holding a meeting in one room, please let us leave this room clean and tidy for the next group.

Me at Ages 14-17

At ages 14-17, many individuals learn to drive a car, get a job, or in some way begin to build the skills necessary for adulthood. It is also a time when independence is desired or forced upon the individual. Adulthood is nearing.

What was life like throughout ages 14-17? Did you find peace at home, or was it more peaceful at school or with friends? What did you need safety from? What skills were you learning?

Were you able to see value in offering help to anyone when you were in high school? Did you volunteer to help others?

Explore your high school age experiences, and share aspects you feel may have impacted you for better or worse.

FOR-GIVE Basics

Calendar Study Dates for this GOGI Life Tool: 1st week of March, June, September, December

Safe From Harm

You may want to help someone who is suffering, or you may believe that your suffering may help someone avoid their own. It is human nature to want to help, especially when you experience that life can be something more than pain and harm. A key to realizing your life of purpose is your ability to maintain a safe distance from any and all future harm. When you are committed to remaining safe from harm, you can help others find that safety as well.

FOR-GIVE helps with forgiveness

FOR-GIVE as a GOGI Life Tool is not the same as the act of forgiveness. Forgiveness is important, but before true forgiveness is possible, you need safety from future harm. There is little point in forgiving someone for stealing your money if they consistently reach into your pockets to steal more. In this case, it is not wise to forgive them. Forgiveness requires safety from future harm, or it leaves you vulnerable to additional harm.

FOR-GIVE is about your safety

Once you are safe from harm, the process of true and lasting forgiveness can unfold. Until you are safe, it may not be wise to try to forgive.

Your Turn

When you read that the GOGI Life Tool FOR-GIVE is not about "forgiveness," what do you think?

To learn that FOR-GIVE is about safety may cause you to think. What are your thoughts?

All About FOR-GIVE

Remember: FOR-GIVE is your safety Tool! When you are safe from harm, you can contribute positively to your life and the lives of others.

FOR-GIVE Objective

FOR-GIVE is the GOGI Life Tool of safety. For you to give back to your family, friends, or society, you must be safe from harm. With this Tool, you make certain you are safe from harm so you can begin to be of service to others. FOR-GIVE is used to get you a safe distance from the harm you caused or the harm you experienced, whether in your control or completely out of your control.

Your Turn

The Tool FOR-GIVE has an objective of providing you distance from harm. Explain how you may benefit from distancing yourself from things that might cause you harm.

FOR-GIVE Statement of Ownership

The FOR-GIVE Tool reminds me to maintain distance from harm so I may contribute positively to the lives of others. For me to create a life of purpose and meaning, I create a safe distance from harm.

Your Turn

When you claim ownership of a GOGI Life Tool, it may make it more readily available for your use. Write what “owning” the Tool FOR-GIVE may mean in your life.

FOR-GIVE Keywords

For Me To Give, I Need Distance From Harm.

I keep distance from anything that would cause harm to anyone, including myself.

Your Turn

With your Keywords for FOR-GIVE, you have added support to remain on the path that works best for you. When might these Keywords come in most handy?

The GOGI Life Tool - FOR-GIVE

FOR-GIVE is part of the Set of Tools called Tools of Moving Forward. In truth, this is the GOGI “Safety” Tool. This Tool gives you permission to get a safe distance from harmful people, places, and things. When you are a safe distance from harm, you will naturally find yourself giving back to others. When you are under attack or in danger, you will most likely become selfish, uncaring, fearful, and impulsive. As a “Safety” Tool, FOR-GIVE has you ask what you need to do to get a safe distance from harm. In asking that question, you put yourself in a position to be a benefit to yourself and your family, friends, and community. When you are safe from harm, you will undoubtedly begin to give back to others. FOR you to GIVE, you must be Safe From Harm. Get safe, then give back with your Tool FOR-GIVE.

Your Turn

What is the name of the Tool described on this page?

Which Set of Tools does this Tool belong to? Circle one.

Tools of the Body

Tools of Choice

Tools of Moving Forward

Tools of Creation

What are the Keywords for this Tool?

Now, consult your GOGI Life Tool Calendar and write the weeks of the year that a majority of Students of GOGI study this Tool. Look at your calendar and write those weeks and months below.

FOR-GIVE is studied on the following weeks:

The _____ week of _____

The _____ week of _____

The _____ week of _____

The _____ week of _____

Based on what you have read about this Tool, give one example of how you might be able to use **FOR-GIVE** in your daily life right now. Write how you would use this Tool.

What are your thoughts on the negative or positive impact you have on others. How might **FOR-GIVE** help you increase your positive impact?

My Thoughts About FOR-GIVE

What are your first thoughts about the GOGI Life Tool called **FOR-GIVE**? What do you think of the name?

After reading about **FOR-GIVE**, can you think of a specific instance in your youth when using **FOR-GIVE** would have come in handy? What happened? How could you have utilized **FOR-GIVE** in this situation?

Looking back on it now, if you were talking to the younger version of yourself, what would you say about the GOGI Life Tool named **FOR-GIVE**? How would you explain it?

Have you used **FOR-GIVE** before? If so, when and what happened? How did you use **FOR-GIVE** as a Tool of safety?

Test Your Understanding FOR-GIVE

FOR-GIVE is your _____ Tool.

To use **FOR-GIVE** you ask yourself, "Is it safe for me to _____? Am I still at risk of being harmed in this way again?"

Ultimately, **FOR-GIVE** is your Tool for you to _____ back to others.

You ask yourself, "Am I sufficient distance from _____?"

Once safe from harm, you can _____ from the past and you can choose to do something _____ for someone else.

Name one specific time when you got safety from harm? How did you get safety and how did it make you feel?

GOGI Life Tool Review

The name of this Tool is:

FOR-GIVE

The **Keywords** for this Tool are:

For Me To Give, I Need Distance From Harm

The **calendar dates** of study for this Tool are:

1st week of March, June, September, & December

My favorite thing about the GOGI Life Tool FOR-GIVE is:

I can utilize FOR-GIVE when:

In this packet, I learned:

Packet Completion & Acknowledgement

I promise that the work in this packet is all my own and I am proud of my work.

Signature

GOGI Packet Eleven WHAT IF

Do this packet on the weeks marked below

March

Week 1 FOR-GIVE

Week 2 **WHAT IF**

Week 3 REALITY CHECK

Week 4 ULTIMATE FREEDOM

June

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

December

Week 1 FOR-GIVE

Week 2 **WHAT IF**

Week 3 REALITY CHECK

Week 4 ULTIMATE FREEDOM

My first name is: _____

My last name is: _____

My ID # is: _____

The date I completed this packet is: ___ / ___ / ___

GOGI Life Tool Calendar

The GOGI week starts on the first Monday of each month. When there is a 5th 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

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

Hold your GOGI Meetings according to the GOGI Life Tool Calendar and Meeting Format.

Administrative Duties and Details

If there are announcements, administrative details, voting, or distribution of materials, these tasks are to be conducted before your meeting begins.

1) Group Circles (read aloud)

“GOGI Meetings and all GOGI studies are defined by our GOGI Life Tool Calendar and our groups. If we have not already done so, at this time we break from the larger group meeting into our groups of 5-12 participants.”

2) Start Your Meeting (read aloud)

“The GOGI Life Tools are studied worldwide according to the GOGI Life Tool Calendar. We unite with others according to this schedule, so no one will feel they are alone in their effort to make positive decisions. We believe in everyone’s ability to benefit from this positive community of individuals united in the GOGI Life Tool Calendar. Therefore, we call this GOGI (The Tool You Are Studying) Meeting to order, and we join in the Tool being studied by Students of GOGI everywhere.”

3) Review of The GOGI Life Tools (read aloud)

BOSS OF MY BRAIN
BELLY BREATHING
FIVE SECOND LIGHTSWITCH
POSITIVE THOUGHTS
POSITIVE WORDS
POSITIVE ACTIONS
CLAIM RESPONSIBILITY
LET GO
FOR-GIVE
WHAT IF
REALITY CHECK
ULTIMATE FREEDOM

4) The GOGI Purpose (volunteer to read aloud)

“The objective of GOGI Meetings is to reinforce the use of the GOGI Life Tools and support positive community experiences. We accomplish our objective through the study of the GOGI Life Tools shared in Peer Mentor Circles according to the GOGI Life Tool Calendar.”

GOGI Life Tool Packet Program

5) Group Check-In

Each member may be given the opportunity to “check-in,” stating one positive thing that happened during the week.

6) Tool Reading (Volunteer/s to Share)

A volunteer may choose from the Tool information shared in with group members. Not all the information needs to be read aloud. Additional Tool information from any of the GOGI books, courses, newsletters or open source materials can be used to help clarify Tool use options.

Tool Objective ~ Tool Statement of Ownership ~ Tool Keywords ~ Tool Basics

Ask a Tool Specific Thought Provoking Question

Think about the last time you used (the Tool of the Week). Did you know you were using this Tool?

What might have been different in your life had you been taught to use the Tool of the week in your childhood?

How would you explain this Tool to a close friend? What would you say were the benefits?

7) Applying the Tool (group member discussion)

Members of the group are invited to share personal experiences related to this week’s Tool. Challenges in applying the Tool are also discussed. Open dialogue includes all group members in equal sharing of talk time.

8) Optional Tool Activity

Understanding that activities often reinforce group members’ engagement and understanding of the GOGI Life Tools, now is a great time to engage in an activity which can be created by the group, gleaned from the GOGI materials, or utilized in prior GOGI Groups.

9) Weekly Statement of Intention

Each member of the group is encouraged to complete this sentence:

“It is my intention this week to _____.”

10) The GOGI Pledge of Service (read aloud)

All Students of GOGI unite with our GOGI Pledge of Service. This pledge defines our purpose and is repeated at the end of every GOGI Meeting. Remaining in your Peer Mentor Circles, each group will rotate leading the pledge for the larger group. As we close this GOGI Meeting, we unite as a community with our pledge to be of service. Please repeat after me:

*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)*

11) Tidy Up Time (read aloud)

Thank you for participating in this week’s GOGI Meeting. Our next meeting will be held (day/time/place) and the Tool to be discussed according to the GOGI Calendar will be the Tool (refer to calendar). If holding a meeting in one room, please let us leave this room clean and tidy for the next group.

Me at Ages 18+

The developmental stages of our lives do not end when we reach adulthood. There is not an age when we stop learning and growing. With a willingness to explore the world and all its options, your adulthood can be filled with levels of satisfaction and meaning that your childhood might have lacked.

What does the statement above mean to you? Do you believe that your adulthood can be filled with new learning and new experiences? Explain your answer.

Thinking back on your life, as you turned 18 and began your journey as an "adult," did you realize your strengths, or did you struggle to discover who you were and how you fit into the world?

Were your perceptions of life similar to your perceptions now? What has changed? And, as you think back to when you turned 18, what do you remember most? What were the highlights of young adulthood and what were the low points?

WHAT IF Basics

Calendar Study Dates for this GOGI Life Tool: 2nd week of March, June, September, December

You can use the GOGI Life Tool WHAT IF to consider positive or negative outcomes. You may also use WHAT IF to help you define yourself beyond mistakes of the past. The GOGI Life Tool WHAT IF lifts the lid off the limits you place on yourself and permits you to see options available for creating your life. In reality, you are only defined by your past to the extent that you repeat similar behavior. WHAT IF also helps you align with a new identity, permitting you to define yourself by today's decisions, not yesterday's choices. Asking yourself, "What If I Am Not My Past?" is a solid use of the WHAT IF Tool.

WHAT IF for the Negative

When you use WHAT IF to consider a likely negative outcome, you are given the power of conscious choice. You can decide if the negative outcome is your best or only option. Or, you can choose POSITIVE ACTIONS.

Your Turn

WHAT IF can be used to avoid danger. What are three negative WHAT IF questions that can be used to avoid poor decisions?

Negative choice = Negative Outcome

1 _____ 1 _____

2 _____ 2 _____

3 _____ 3 _____

WHAT IF for the Positive

When you use WHAT IF to consider a possible positive outcome, you open the channels of hope which may prove to be the beginning of lasting change. WHAT IF helps bring positive possibilities into your awareness. This awareness may be the first step toward positive change.

Your Turn

What are three significant WHAT IF questions you have about your future?

1. What if I _____

2. What if I _____

3. What if I _____

WHAT IF for the Past

By asking yourself, "What If I Am Not My Past?" you are given the option to define yourself beyond the limits of your past.

Your Turn

What are three words you would like to have used to describe the type of person you are? Today,

1. I am _____

2. I am _____

3. I am _____

All About WHAT IF

Remember: Using WHAT IF empowers you to make positive future decisions, and not be held back by the limiting choices of your past!

WHAT IF Objective

WHAT IF is the GOGI Life Tool you can use to instantly access the big picture and a wider perspective for every situation. With WHAT IF, you are instantly removed from automatic thinking and old habit reactions and propelled into the power to create the optimal outcome. Using WHAT IF empowers you to make positive future decisions and not be held back by the limiting choices of your past.

Your Turn

The Tool WHAT IF has an objective to help you realize a wide range of options. In your opinion, is the objective of this GOGI Life Tool supportive of your own life goals? Explain how you might benefit from this Tool.

WHAT IF Statement of Ownership

WHAT IF permits me to see possibilities and options I might otherwise overlook. Today, I use WHAT IF because I am not defined by my past. Using WHAT IF, I am defined by each decision I make today.

Your Turn

When you claim ownership of a GOGI Life Tool, it may make this Tool more readily available for your use. Write what “owning” WHAT IF may mean in your life.

WHAT IF Keywords

What If I Am Not My Past?
No to the past = yes to the future.

Your Turn

With your Keywords for WHAT IF, you have added support to remain on the path that works best for you. Explain how you might remember the Keywords for WHAT IF. When might they come in most handy?

The GOGI Life Tool - WHAT IF

WHAT IF is part of the Set of Tools called Tools of Creation. This Tool lets you create new outcomes for yourself by taking you out of the victim seat and putting you in charge of your decisions. You can give everything the WHAT IF all day and everyday so you can see where your choices are leading you. WHAT IF you made that phone call? WHAT IF you didn't? WHAT IF you sign up for that class? WHAT IF you don't? WHAT IF you reach out to someone in need? When you WHAT IF your choices, you will find that most of your choices today are the same as your choices yesterday. How are you expecting a different outcome with the same choices? With WHAT IF, you can see the possible outcomes of your thoughts, words, and actions and create something different from the past.

Your Turn

What is the name of the Tool described on this page?

Which Set of Tools does this Tool belong to? *Circle one.*

Tools of the Body Tools of Choice Tools of Moving Forward Tools of Creation

What are the Keywords for this Tool?

Now, consult your GOGI Life Tool Calendar and write the weeks of the year that a majority of Students of GOGI study this Tool. Look at your calendar and write those weeks and months below.

WHAT IF is studied on the following weeks:

The _____ week of _____

The _____ week of _____

The _____ week of _____

The _____ week of _____

Based on what you have read about this Tool, give one example of how you might be able to use **WHAT IF** in your daily life right now. Write how you would use this Tool.

What are your thoughts on the negative or positive impact you have on others, and how might **WHAT IF** help you increase your positive impact?

My Thoughts About WHAT IF

What are your first thoughts about the GOGI Life Tool **WHAT IF**? What do you think of the name?

After reading about **WHAT IF**, can you think of a specific instance in your youth when using **WHAT IF** would have come in handy? What happened? How would you have utilized **WHAT IF** in this situation?

Looking back on it now, if you were talking to the younger version of yourself, how would you describe **WHAT IF**? What might be understood?

Have you used **WHAT IF** before? If so, when and what happened? How did you use **WHAT IF**?

Test Your Understanding

WHAT IF

The GOGI Life Tool **WHAT IF** allows you to say _____ to the past and _____ to the future.

You can ask yourself, “**WHAT IF I Am** _____ **My**
_____ **?”**

You can use the Tool _____ for the positive and negative possible outcomes.

With **WHAT IF**, you can question “What is the _____ that can happen?” And, “What is the _____ that can happen?”

Remember, every _____ you make leads your life in a direction. With **WHAT IF**, you can see that direction and choose if that is where you want your life to go.

If I am not my past, then I: _____

If I am not defined by my past decisions, then I: _____

If I use my GOGI Life Tools, then I: _____

My Past Is Not My Future

My name is _____ and I can continue to learn from all I have experienced, good and bad. Below are some of the things I did that would have done differently had I known there were practical options for me at the time. On this page, I list prior choices and beliefs at the time I made each choice. Then, I document my current understanding regarding these decisions.

Action I Chose in the Past

My Belief at the Time

- | | |
|----------|-------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |
| 5. _____ | _____ |
| 6. _____ | _____ |

What I Now Realize About Each Action Listed Above

I have additional knowledge and life experience now, and I realize I made choices from a limited awareness and understanding. Below, I list what I now realize about each action above.

- Regarding 1.
I now realize _____
- Regarding 2.
I now realize _____
- Regarding 3.
I now realize _____
- Regarding 4.
I now realize _____
- Regarding 5.
I now realize _____
- Regarding 6.
I now realize _____

The "Me" Today

Let me state that I am not defined solely by my past choices. My decisions today are a louder statement of who I am and who I have become. Here are 3 ways I show up as a positive solution to my family, friends, and community.

- 1) I now _____
- 2) I now _____
- 3) I now _____

GOGI Life Tool Review

The name of this Tool is:

WHAT IF

The **Keywords** for this Tool are:

What If I Am Not My Past
No to the past = Yes to the future

The **calendar dates** of study for this Tool are:

2nd week of March, June, September, & December

My favorite thing about the GOGI Life Tool WHAT IF is:

I can utilize WHAT IF when:

In this packet, I learned:

Packet Completion & Acknowledgement

I promise that the work in this packet is all my own and I am proud of my work.

Signature

GOGI Packet Twelve REALITY CHECK

Do this packet on the weeks marked below

March

Week 1 FOR-GIVE

Week 2 WHAT IF

Week 3 **REALITY CHECK**

Week 4 ULTIMATE FREEDOM

June

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

December

Week 1 FOR-GIVE

Week 2 WHAT IF

Week 3 **REALITY CHECK**

Week 4 ULTIMATE FREEDOM

My first name is: _____

My last name is: _____

My ID # is: _____

The date I completed this packet is: ___ / ___ / ___

GOGI Life Tool Calendar

The GOGI week starts on the first Monday of each month. When there is a 5th 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

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

Hold your GOGI Meetings according to the GOGI Life Tool Calendar and Meeting Format.

Administrative Duties and Details

If there are announcements, administrative details, voting, or distribution of materials, these tasks are to be conducted before your meeting begins.

1) Group Circles (read aloud)

“GOGI Meetings and all GOGI studies are defined by our GOGI Life Tool Calendar and our groups. If we have not already done so, at this time we break from the larger group meeting into our groups of 5-12 participants.”

2) Start Your Meeting (read aloud)

“The GOGI Life Tools are studied worldwide according to the GOGI Life Tool Calendar. We unite with others according to this schedule, so no one will feel they are alone in their effort to make positive decisions. We believe in everyone’s ability to benefit from this positive community of individuals united in the GOGI Life Tool Calendar. Therefore, we call this GOGI (The Tool You Are Studying) Meeting to order, and we join in the Tool being studied by Students of GOGI everywhere.”

3) Review of The GOGI Life Tools (read aloud)

BOSS OF MY BRAIN
BELLY BREATHING
FIVE SECOND LIGHTSWITCH
POSITIVE THOUGHTS
POSITIVE WORDS
POSITIVE ACTIONS
CLAIM RESPONSIBILITY
LET GO
FOR-GIVE
WHAT IF
REALITY CHECK
ULTIMATE FREEDOM

4) The GOGI Purpose (volunteer to read aloud)

“The objective of GOGI Meetings is to reinforce the use of the GOGI Life Tools and support positive community experiences. We accomplish our objective through the study of the GOGI Life Tools shared in Peer Mentor Circles according to the GOGI Life Tool Calendar.”

GOGI Life Tool Packet Program

5) Group Check-In

Each member may be given the opportunity to “check-in,” stating one positive thing that happened during the week.

6) Tool Reading (Volunteer/s to Share)

A volunteer may choose from the Tool information shared in with group members. Not all the information needs to be read aloud. Additional Tool information from any of the GOGI books, courses, newsletters or open source materials can be used to help clarify Tool use options.

Tool Objective ~ Tool Statement of Ownership ~ Tool Keywords ~ Tool Basics

Ask a Tool Specific Thought Provoking Question

Think about the last time you used (the Tool of the Week). Did you know you were using this Tool?

What might have been different in your life had you been taught to use the Tool of the week in your childhood?

How would you explain this Tool to a close friend? What would you say were the benefits?

7) Applying the Tool (group member discussion)

Members of the group are invited to share personal experiences related to this week’s Tool. Challenges in applying the Tool are also discussed. Open dialogue includes all group members in equal sharing of talk time.

8) Optional Tool Activity

Understanding that activities often reinforce group members’ engagement and understanding of the GOGI Life Tools, now is a great time to engage in an activity which can be created by the group, gleaned from the GOGI materials, or utilized in prior GOGI Groups.

9) Weekly Statement of Intention

Each member of the group is encouraged to complete this sentence:

“It is my intention this week to _____.”

10) The GOGI Pledge of Service (read aloud)

All Students of GOGI unite with our GOGI Pledge of Service. This pledge defines our purpose and is repeated at the end of every GOGI Meeting. Remaining in your Peer Mentor Circles, each group will rotate leading the pledge for the larger group. As we close this GOGI Meeting, we unite as a community with our pledge to be of service. Please repeat after me:

*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)*

11) Tidy Up Time (read aloud)

Thank you for participating in this week’s GOGI Meeting. Our next meeting will be held (day/time/place) and the Tool to be discussed according to the GOGI Calendar will be the Tool (refer to calendar). If holding a meeting in one room, please let us leave this room clean and tidy for the next group.

Me at Ages 18+

Please take this opportunity to reflect on your own personal growth and development throughout your adulthood.

In your adulthood you will have many opportunities to learn and grow even into your senior years. Oftentimes, learning and growing happens when we make mistakes. GOGI encourages you to view mistakes as opportunities for learning and not as failures. Below, please recall three instances where you felt you may have made a mistake but it turned out to be a good learning opportunity.

1. I remember a time when: _____

The positive outcome is: _____

2. I remember a time when: _____

The positive outcome is: _____

3. I remember a time when: _____

The positive outcome is: _____

Recall a time in your recent past when you failed to meet your own expectations. What were your expectations and why do you think you failed to meet them? Most importantly, how did you overcome the emotions related to this "failure?"

Explain how the GOGI Life Tool REALITY CHECK may be of service to you today and in your future.

REALITY CHECK Basics

Calendar Study Dates for this GOGI Life Tool: 3rd week of March, June, September, December

A Challenge

As humans, we inherently want to create lives that bring us joy. The challenge is when we see temporary joy played out in the lives of others. Oftentimes, what we see is not joy, but the ineffective struggle to find joy in ways that are not lasting. By the time we realize this, habits are formed too deeply to be easily reconstructed. In our youth, we do not have the wisdom we gather along life's journey. At some point we usually want to change, but we fumble, fall, and make mistakes that often disable our progress and damage our self-esteem. This is where REALITY CHECK comes in handy.

Your Turn

Do you get disappointed with yourself when you make mistakes, or are you inclined to get up and start again? Explain.

Your Turn

What does "Ten Steps Forward and Two Steps Back" mean to you?

In your opinion, why is it that making life changes is often perceived and experienced as difficult? Explain your thoughts.

REALITY CHECK for Change

REALITY CHECK helps you overcome the reality that old habits and limiting beliefs are often a challenge to change. This is because REALITY CHECK offers the Ten and Two Rule: Ten Steps Forward and Two Steps Back, is still Eight Steps Ahead. Truly understanding this, you are able to regain your footing for the journey ahead.

All About REALITY CHECK

Remember: REALITY CHECK means your mistakes do not limit your possibilities!

REALITY CHECK Objective

REALITY CHECK is your GOGI Life Tool to help you acknowledge that you are a human likely to make mistakes and that your mistakes do not dictate or limit your possibilities. REALITY CHECK helps you move beyond mistakes and steadily toward creating your life with greater commitment, knowledge, experience, and resources. REALITY CHECK lets you understand that Ten Steps Forward and Two Steps Back is Still Eight Steps Ahead.

Your Turn

The Tool REALITY CHECK has an objective to help you realize your progress. Explain how you might benefit from using this Tool.

REALITY CHECK Statement of Ownership

My Tool REALITY CHECK helps me create minute-by-minute successes with how I now understand mistakes. REALITY CHECK means Ten Steps Forward and Two Steps Back is actually Eight Steps Ahead of where I once was. With REALITY CHECK, my progress is mine to celebrate and build upon.

Your Turn

When you claim ownership of a GOGI Life Tool, it may make this Tool more readily available for your use. Write what “owning” REALITY CHECK may mean in your life.

REALITY CHECK Keywords

The Ten and Two Rule: Ten Steps Forward and Two Steps Back is Still Eight Steps Ahead.

Your Turn

With your Keywords for REALITY CHECK, you have added support to remain on the path that works best for you. Explain how you might remember the Keywords for REALITY CHECK. When might they come in most handy?

The GOGI Life Tool - REALITY CHECK

REALITY CHECK is a part of the Set of Tools called the Tools of Creation. This Tool is your permission to be a flawed human, but does not give you permission to remain in a flawed state. Your Ten Steps Forward and Two Steps Back is still Eight Steps Ahead. Your two steps back do not mean you are a failure. What those steps mean is that you acknowledge you messed up and get right back on track by making your very next decision the most positive decision possible. With REALITY CHECK, you understand that you are not perfect, but you keep moving forward towards perfection with your very next thought, word, and action. Your mistakes do not define you, what defines you is how you get back on track once mistakes are made.

Your Turn

What is the name of the Tool described on this page?

Which Set of Tools does this Tool belong to? Circle one.

Tools of the Body

Tools of Choice

Tools of Moving Forward

Tools of Creation

What are the Keywords for this Tool?

Now, consult your GOGI Life Tool Calendar and write the weeks of the year that a majority of Students of GOGI study this Tool. Look at your calendar and write those weeks and months below.

REALITY CHECK is studied on the following weeks:

The _____ week of _____

The _____ week of _____

The _____ week of _____

The _____ week of _____

Based on what you have read about this Tool, give one example of how you might be able to use this Tool in your daily life right now. Write how you would use **REALITY CHECK**.

What are your thoughts on the negative or positive impact you have on others, and how might **REALITY CHECK** help you increase your positive impact?

My Thoughts About REALITY CHECK

What were your first thoughts about the GOGI Life Tool called **REALITY CHECK**? What do you think of the name?

After reading about **REALITY CHECK**, can you think of a specific instance in your youth when using **REALITY CHECK** would have come in handy? What happened? How would you have utilized **REALITY CHECK** in this situation?

Looking back on it now, if you were talking to the younger version of yourself, how might you explain this Tool? How would you explain it?

Have you used the GOGI Life Tool **REALITY CHECK** before? If so, when and what happened? How did you use **REALITY CHECK**?

Test Your Understanding

REALITY CHECK

The GOGI Life Tool **REALITY CHECK** uses the **10** and _____

Rule. This rule states that **Ten Steps Forward and Two Step**

Back is Still _____ Steps _____.

REALITY CHECK is your Tool for when you _____

and want to get back on a positive track quickly.

REALITY CHECK works like this: You _____ when you

mess up. Then, you _____ yourself that messing up does not get

rid of the good you have done. You are still **Eight Steps Ahead.**

One mistake does not erase all the _____.

After you slip up, you can choose to use your Tool _____

_____ and add to your list of good things you have done.

REALITY CHECK means you acknowledge the fact you are a

A) perfect B) flawed (Circle one) human being, but you can get back on track

and learn from missteps.

GOGI Life Tool Review

The name of this Tool is:
REALITY CHECK

The **Keywords** for this Tool are:

The 10 and 2 Rule: Ten Steps Forward and Two Steps Back
Is Still Eight Steps Ahead

The **calendar dates** of study for this Tool are:

3rd week of March, June, September, & December

My favorite thing about the GOGI Life Tool REALITY CHECK is:

I can utilize REALITY CHECK when:

In this packet, I learned:

Packet Completion & Acknowledgement

I promise that the work in this packet is all my own and I am proud of my work.

Signature

GOGI Packet Thirteen ULTIMATE FREEDOM

Do this packet on the weeks marked below

March

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

June

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**

December

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

My first name is: _____

My last name is: _____

My ID # is: _____

The date I completed this packet is: ___ / ___ / ___

GOGI Life Tool Calendar

The GOGI week starts on the first Monday of each month. When there is a 5th 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

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

Hold your GOGI Meetings according to the GOGI Life Tool Calendar and Meeting Format.

Administrative Duties and Details

If there are announcements, administrative details, voting, or distribution of materials, these tasks are to be conducted before your meeting begins.

1) Group Circles (read aloud)

“GOGI Meetings and all GOGI studies are defined by our GOGI Life Tool Calendar and our groups. If we have not already done so, at this time we break from the larger group meeting into our groups of 5-12 participants.”

2) Start Your Meeting (read aloud)

“The GOGI Life Tools are studied worldwide according to the GOGI Life Tool Calendar. We unite with others according to this schedule, so no one will feel they are alone in their effort to make positive decisions. We believe in everyone’s ability to benefit from this positive community of individuals united in the GOGI Life Tool Calendar. Therefore, we call this GOGI (The Tool You Are Studying) Meeting to order, and we join in the Tool being studied by Students of GOGI everywhere.”

3) Review of The GOGI Life Tools (read aloud)

BOSS OF MY BRAIN
 BELLY BREATHING
 FIVE SECOND LIGHTSWITCH
 POSITIVE THOUGHTS
 POSITIVE WORDS
 POSITIVE ACTIONS
 CLAIM RESPONSIBILITY
 LET GO
 FOR-GIVE
 WHAT IF
 REALITY CHECK
 ULTIMATE FREEDOM

4) The GOGI Purpose (volunteer to read aloud)

“The objective of GOGI Meetings is to reinforce the use of the GOGI Life Tools and support positive community experiences. We accomplish our objective through the study of the GOGI Life Tools shared in Peer Mentor Circles according to the GOGI Life Tool Calendar.”

GOGI Life Tool Packet Program

5) Group Check-In

Each member may be given the opportunity to “check-in,” stating one positive thing that happened during the week.

6) Tool Reading (Volunteer/s to Share)

A volunteer may choose from the Tool information shared in with group members. Not all the information needs to be read aloud. Additional Tool information from any of the GOGI books, courses, newsletters or open source materials can be used to help clarify Tool use options.

Tool Objective ~ Tool Statement of Ownership ~ Tool Keywords ~ Tool Basics

Ask a Tool Specific Thought Provoking Question

Think about the last time you used (the Tool of the Week). Did you know you were using this Tool?

What might have been different in your life had you been taught to use the Tool of the week in your childhood?

How would you explain this Tool to a close friend? What would you say were the benefits?

7) Applying the Tool (group member discussion)

Members of the group are invited to share personal experiences related to this week’s Tool. Challenges in applying the Tool are also discussed. Open dialogue includes all group members in equal sharing of talk time.

8) Optional Tool Activity

Understanding that activities often reinforce group members’ engagement and understanding of the GOGI Life Tools, now is a great time to engage in an activity which can be created by the group, gleaned from the GOGI materials, or utilized in prior GOGI Groups.

9) Weekly Statement of Intention

Each member of the group is encouraged to complete this sentence:

“It is my intention this week to _____.”

10) The GOGI Pledge of Service (read aloud)

All Students of GOGI unite with our GOGI Pledge of Service. This pledge defines our purpose and is repeated at the end of every GOGI Meeting. Remaining in your Peer Mentor Circles, each group will rotate leading the pledge for the larger group. As we close this GOGI Meeting, we unite as a community with our pledge to be of service. Please repeat after me:

*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)*

11) Tidy Up Time (read aloud)

Thank you for participating in this week’s GOGI Meeting. Our next meeting will be held (day/time/place) and the Tool to be discussed according to the GOGI Calendar will be the Tool (refer to calendar). If holding a meeting in one room, please let us leave this room clean and tidy for the next group.

Me at Ages 18+

As an adult, you have the opportunity to chart your course and create your own future. While there may be times when you don't believe this is possible, with your GOGI Life Tools this is an easy task. In the space below, reflect on the following:

Recall a few specific instances where you were generous with your time in order to help someone who was suffering. Who did you help and why? How did you feel?

Recall a time in the past when you were able to ease someone's burden by helping them learn something or complete a task. Who did you help and why?

Knowing that you have already helped individuals in the past, think about times in your present circumstance when you may be of service to others in your own unique way. Please describe how you would be of service and what your intended outcome might be.

For a little fun, fill this page with color and make it your own creation.

Write about or draw what a happy day looks like for you.



Write about or draw what giving your best to the world looks like.



All About **ULTIMATE FREEDOM**

Remember: **ULTIMATE FREEDOM** comes when you are being of service throughout each day!

ULTIMATE FREEDOM Objective

ULTIMATE FREEDOM is a good GOGI Life Tool to use when you want the feeling of internal freedom. When using the Tool **ULTIMATE FREEDOM**, you may find ways to see each day as an opportunity to make the world a little better of a place because of your choices. Making the choice to be of service and creating positive experiences throughout each day is the core of **ULTIMATE FREEDOM** as a GOGI Life Tool.

Your Turn

The Tool **ULTIMATE FREEDOM** helps people focus their efforts on service, which offers a wide range of benefits to everyone. Explain how you might benefit from this Tool.

ULTIMATE FREEDOM Statement of Ownership

When I choose to see each day as offering countless opportunities for me to contribute positively, this is when I am using my GOGI Life Tool **ULTIMATE FREEDOM**. With **ULTIMATE FREEDOM**, I enjoy the bigger picture of my life, my contributions, and my value, and I can align with a greater good for all those around me.

Your Turn

Write what “owning” **ULTIMATE FREEDOM** may mean in your life.

ULTIMATE FREEDOM Keywords

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

Your Turn

With the Keywords for **ULTIMATE FREEDOM**, you have added support to remain on the path that works best for you. Explain how you might remember the Keywords for **ULTIMATE FREEDOM**.

My Thoughts About **ULTIMATE FREEDOM**

What are your first thoughts about **ULTIMATE FREEDOM**? What do you think of the name?

After reading about **ULTIMATE FREEDOM**, can you think of a specific instance in your youth when using this GOGI Life Tool would have come in handy? What happened? How would you have utilized **ULTIMATE FREEDOM** in this situation?

Looking back on it now, if you were talking to the younger version of yourself, what would you say about **ULTIMATE FREEDOM**? How would you explain it?

Have you used **ULTIMATE FREEDOM** before? If so, when and what happened? How did you use **ULTIMATE FREEDOM**?

Test Your Understanding

ULTIMATE FREEDOM

The Keywords for **ULTIMATE FREEDOM** are “Being
_____ Is Up To _____.”

Being of _____ sets me internally _____.

ULTIMATE FREEDOM has you begin each day in
_____ to your world.

To practice **ULTIMATE FREEDOM**, do one act of service for which you
will receive no _____.

Even if things are terrible you can smile each and every time you think of your
ability to use your Tool _____ **FREEDOM.**

Here is how I would feel if I truly reached my **ULTIMATE FREEDOM.**
Here is what my life would feel like.

GOGI Life Tool Review

The name of this Tool is:
ULTIMATE FREEDOM

The **Keywords** for this Tool are:
Being Free Is Up To Me!
Living a life of service sets me internally free.

The **calendar dates** of study for this Tool are:
4th week of March, June, September, & December

My favorite thing about the GOGI Life Tool ULTIMATE FREEDOM is:

I can utilize ULTIMATE FREEDOM when:

In this packet, I learned:

Packet Completion & Acknowledgement

I promise that the work in this packet is all my own and I am proud of my work.

Signature



More About GOGI

GOGI Life Tool Calendar

According to the GOGI Life Tool Calendar, each GOGI Life Tool has a designated week for its study once every three months. The first week of each month begins on the first Monday of each month. If the first 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, one or all Tools can be reviewed, or you may have a Guest Speaker Meeting.

Calendar Activity



Draw a star next to the month of your favorite holiday.

Draw a heart next to the week of this holiday.

Underline the GOGI Life Tool studied the week of your favorite holiday.

January

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

February

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

March

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

April

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

May

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

June

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

July

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

August

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

September

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

October

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

November

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

December

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

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
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Week 4- ULTIMATE FREEDOM

October

Week 1- BOSS OF MY BRAIN
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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

Official GOGI Meeting Format

The following meeting format is an example of how GOGI Meetings are held. GOGI Meetings are engaging and interactive ways to unite groups and reinforce use of the GOGI Life Tools. Please request a free PDF of the entire Manual at: www.gettingoutbygoingin.org

Hold your GOGI Meetings according to the GOGI Life Tool Calendar study dates.

Administrative Duties and Details

If there are announcements, administrative details, voting, or distribution of materials, these tasks are to be conducted before your meeting begins.

1) Group Circles (read aloud)

“GOGI Meetings and all GOGI studies are defined by our GOGI Life Tool Calendar and our groups. If we have not already done so, at this time we break from the larger group meeting into our groups of 5-12 participants.”

2) Start Your Meeting (read aloud)

“The GOGI Life Tools are studied worldwide according to the GOGI Life Tool Calendar. We unite with others according to this schedule, so no one will feel they are alone in their effort to make positive decisions. We believe in everyone’s ability to benefit from this positive community of individuals united in the GOGI Life Tool Calendar Therefore, we call this GOGI (The Tool You Are Studying) Meeting to order, and we join in the Tool being studied by Students of GOGI everywhere.”

3) Review of The GOGI Life Tools (read aloud)

BOSS OF MY BRAIN
BELLY BREATHING
FIVE SECOND LIGHTSWITCH
POSITIVE THOUGHTS
POSITIVE WORDS
POSITIVE ACTIONS
CLAIM RESPONSIBILITY
LET GO
FOR-GIVE
WHAT IF
REALITY CHECK
ULTIMATE FREEDOM

4) The GOGI Purpose (volunteer to read aloud)

“The objective of GOGI Meetings is to reinforce the use of the GOGI Life Tools and support positive community experiences. We accomplish our objective through the study of the GOGI Life Tools shared in Peer Mentor Circles according to the GOGI Life Tool Calendar.”

5) Group Check-In

Each member may be given the opportunity to “check-in,” stating one positive thing that happened during the week.

6) Tool Reading (Volunteer/s to Share)

A volunteer may choose from the Tool information shared in with group members. Not all the information needs to be read aloud. Additional Tool information from any of the GOGI books, courses, newsletters or open source materials can be used to help clarify Tool use options.

Tool Objective ~ Tool Statement of Ownership ~ Tool Keywords ~ Tool Basics

Ask a Tool Specific Thought Provoking Question

Think about the last time you used (the Tool of the Week). Did you know you were using this Tool?

Do you believe there is value in teaching children (the Tool of the week)? Explain.

What might have been different in your life had you been taught to use the Tool of the week in your childhood?

How would you explain this Tool to a close friend? What would you say were the benefits?

7) Applying the Tool (group member discussion)

Members of the group are invited to share personal experiences related to this week's Tool. Challenges in applying the Tool are also discussed. Open dialogue includes all group members in equal sharing of talk time.

8) Optional Tool Activity

Understanding that activities often reinforce group members' engagement and understanding of the GOGI Life Tools, now is a great time to engage in an activity which can be created by the group, gleaned from the GOGI materials, or utilized in prior GOGI Groups.

9) Weekly Statement of Intention

Each member of the group is encouraged to complete this sentence:

"It is my intention this week to _____."

10) The GOGI Pledge of Service (read aloud)

"All Students of GOGI unite with our GOGI Pledge of Service. This pledge defines our purpose and is repeated at the end of every GOGI Meeting. Remaining in your Peer Mentor Circles, each group will rotate leading the pledge for the larger group. As we close this GOGI Meeting, we unite as a community with our pledge to be of service. Please repeat after me:

*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)"*

11) Tidy Up Time (read aloud)

"We thank you for participating in this week's GOGI Meeting. Our next meeting will be held (day/time/place) and the Tool to be discussed according to the GOGI Calendar will be the Tool (refer to calendar). If holding a meeting in one room, please let us leave this room clean and tidy for the next group."

The World of GOGI ~ Part 1

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 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.

The World of GOGI ~ Part 2

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 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.

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
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The GOGI Life Tools

Tools of the Body

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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

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LET GO:

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

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GOGI Pledge of Service

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 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)*

Attention all prison, jail, or re-entry STAFF...



Free GOGI Programming for ALL prisons and jails

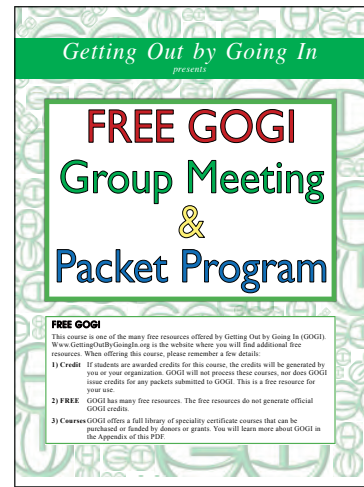
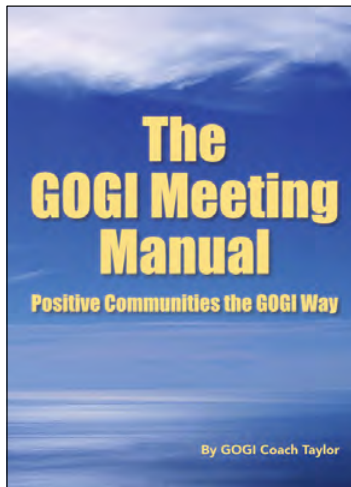
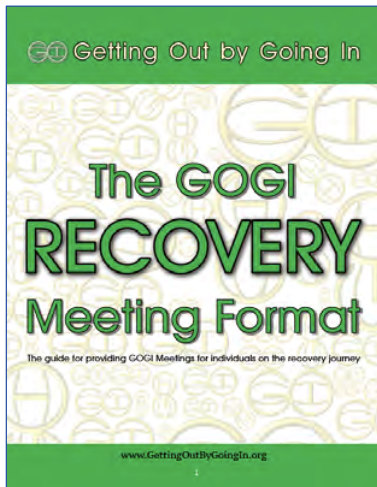
(GOGI student, please give this flyer to any **staff member**, **program director**, or **educator** working inside any prison or jail.)

Getting Out by Going In (GOGI) offers a variety of rehabilitative programs and leadership training options, including GOGI's FREE programs which are the subject of this handout. Open-source materials are made available in PDF form to Department of Corrections, as well as any setting of incarceration, detention, rehabilitation, educational organization, non-profit or other organization working with vulnerable populations. GOGI's open-source materials represent more than 90 percent of all GOGI programming, while 10 percent of our programming is specialized, topic-specific courses requiring funding. All the below GOGI courses and GOGI programs are FREE FREE FREE to staff working with the incarcerated!

These free courses are emailed in PDF and are available in Spanish!

Free! GOGI! Free!

These courses are emailed to staff in PDF format.



This offer is for institutional programming only. For more information, contact info@gettingoutbygoingin.org (Jan 2025)

Getting Out by Going In (GOGI) ~ PO Box 88969 ~ LA, CA 90009 ~ www.GettingOutByGoingIn.org

What is GOGI?

Getting Out by Going In (GOGI) is a non-profit organization focused on empowering individuals with simple decision-making Tools to help them make lasting change. GOGI offers lasting change... simplified.

How do I GOGI?

The GOGI Life Tools are simple and easy to learn. Each Tool is independent of the others. You can use one Tool or all of the Tools. GOGI offers simple skills rather than steps to a finish line. Tool study is coordinated with the GOGI Life Tool Calendar so no one will ever feel alone when they GOGI.

How Can Organizations Offer GOGI?

Free GOGI Meetings are available to any organization. Bulk pricing of courses makes group study an attractive option for a more formal GOGI program. GOGI offers independent study for those who are unable to attend groups. Courses are available in Spanish and English.

Ways to GOGI

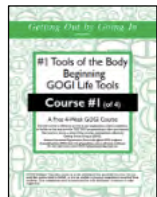
Group GOGI



GOGI offers a variety of meeting formats for use in rehabilitation, recovery, and therapeutic communities. Free downloads of the meeting formats are available.

Self-Study GOGI

Individuals who complete self-study and submit their softbound workbook to GOGI will receive an official GOGI certificate. Anyone can engage in self-study through the purchase of our courses.



Free GOGI

GOGI offers a free Community Meeting Manual, free facilitator support, a free My Life Story Course, free virtual meetings, free handouts, and free educational videos on YouTube.

GOGI Courses For Self-Study



GOGI offers many courses, and we regularly add more to our study library. GOGI courses are created **by** and **for** the incarcerated.

GOGI Courses For Group Study

Many organizations utilize internal budgets for bulk purchases of GOGI self-study and small group courses. Ask for a full course catalog.

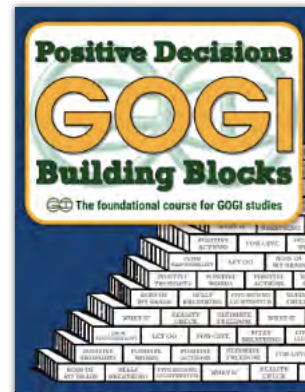
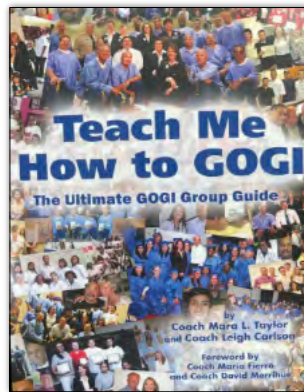
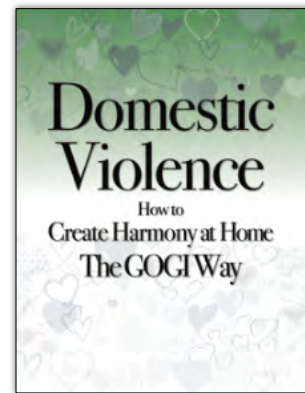
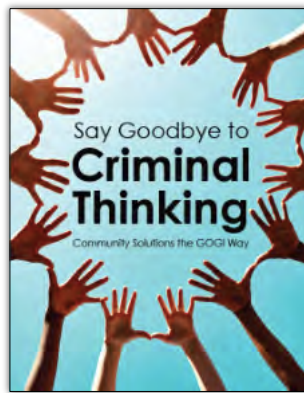
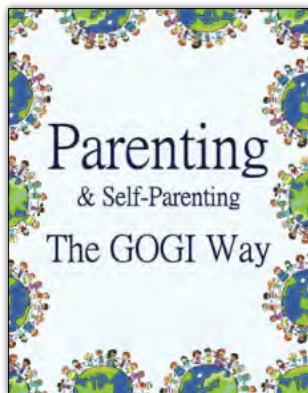
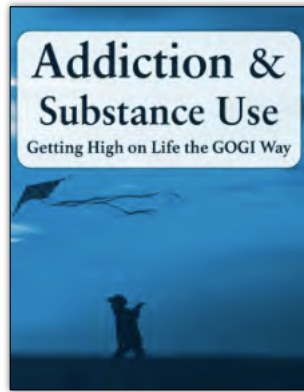
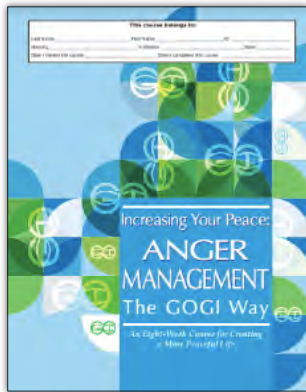


Correspondence GOGI Courses



Earn a certificate!

Getting Out by Going In offers many ways to study the GOGI Life Tools. Below are 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