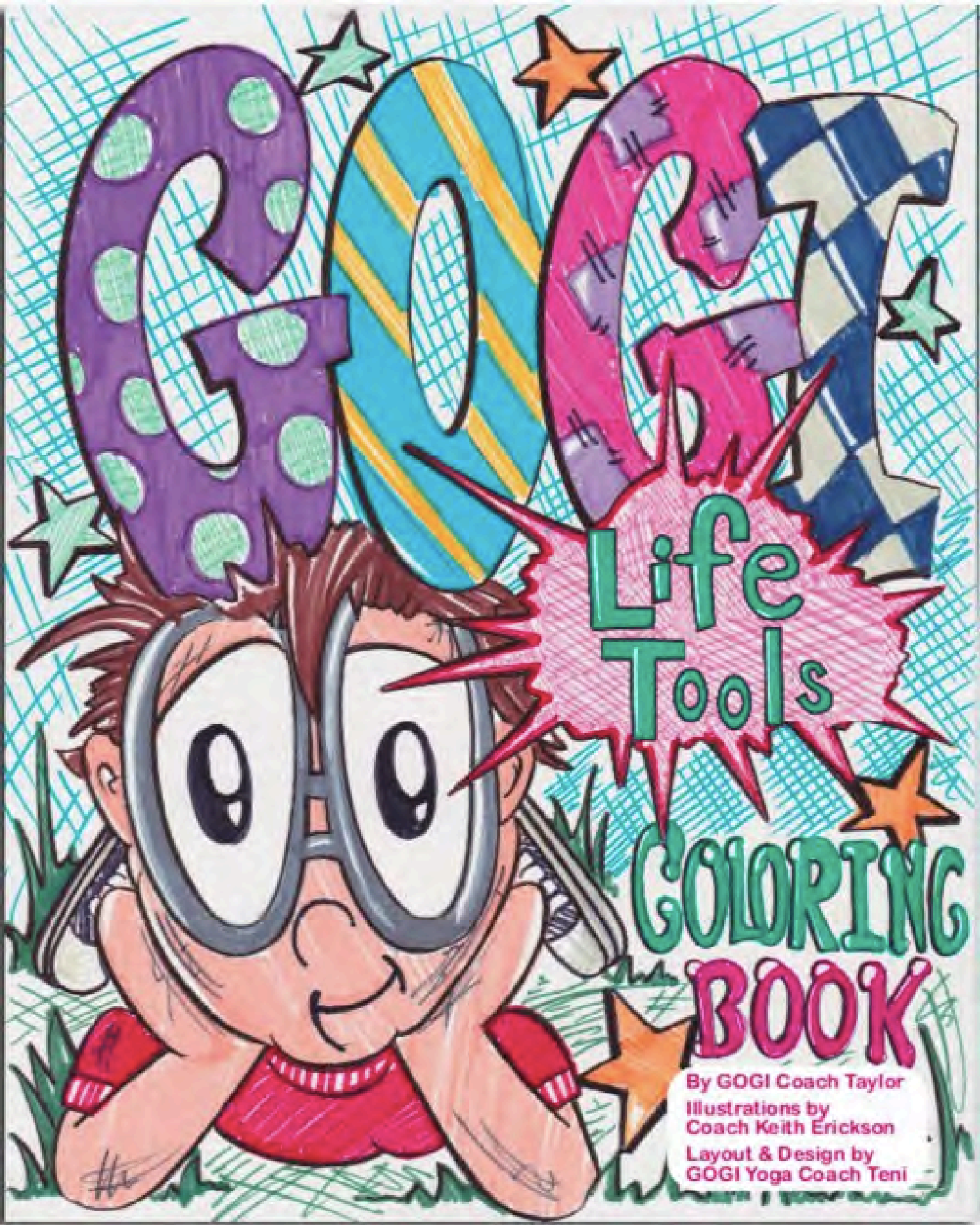




Life
Tools

COLORING
BOOK

By GOGI Coach Taylor
Illustrations by
Coach Keith Erickson
Layout & Design by
GOGI Yoga Coach Teni

GOGI Life Tools Coloring Book

This book belongs to:

This is another GOGI Book

By Coach Taylor

Illustrations by Coach Keith Erickson

Design & Layout by G-Rep Teni

Nothing is more fun than adding a little color to your life; that is why Coach Keith Erickson created this GOGI Life Tools Coloring Book. Now, you can add color to your GOGI Life Tool study! It is proven that drawing, coloring, doodling, and similar activities are helpful in reducing stress, anxiety and even depression. In this coloring book, the GOGI Life Tools are reinforced through an opportunity to create each page your own expression of creativity. For over 25 years, GOGI has offered social awareness skill-building to enhance human wellness and create a positive life experience.

GOGI Life Tools Coloring Book is another GOGI book.

POSITIVE WORDS

FIVE SECOND LIGHTSWITCH

FOR-GIVE

REALITY CHECK

POSITIVE THOUGHTS

My GOGI Life Tools

BOSS OF MY BRAIN

WHAT IF

LET GO

BELLY BREATHING

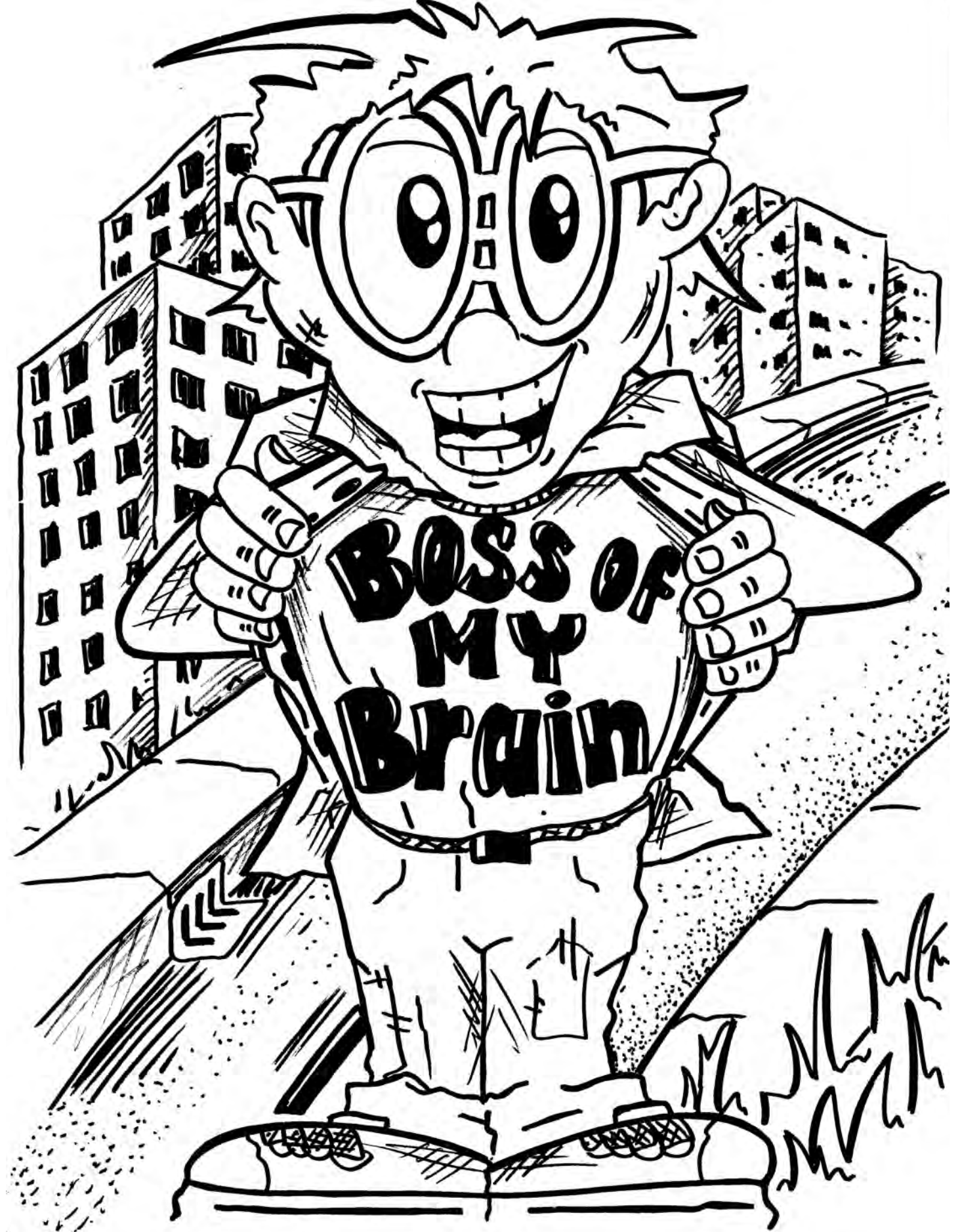
ULTIMATE FREEDOM

CLAIM RESPONSIBILITY

POSITIVE ACTIONS

My GOGI Life Tool
BOSS OF MY
BRAIN

I am the
BOSS
OF MY
BRAIN.



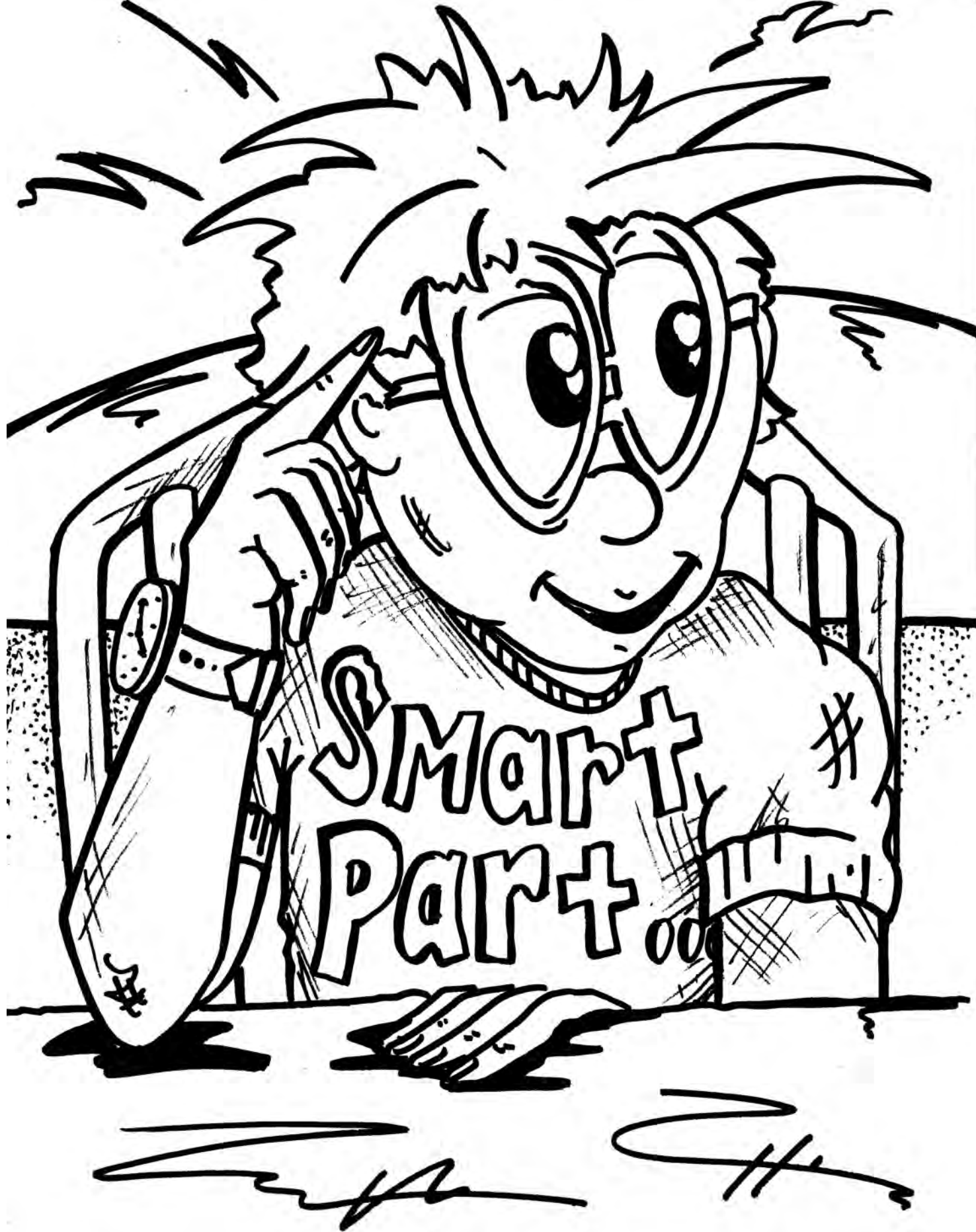
Smart Part

Emotional Part

Old Habit Part

Which Part Is In

Charge Right Now?



Only I
am the
BOSS
OF MY
BRAIN!

BOSS OF

B

O

MY

Brain

a

n



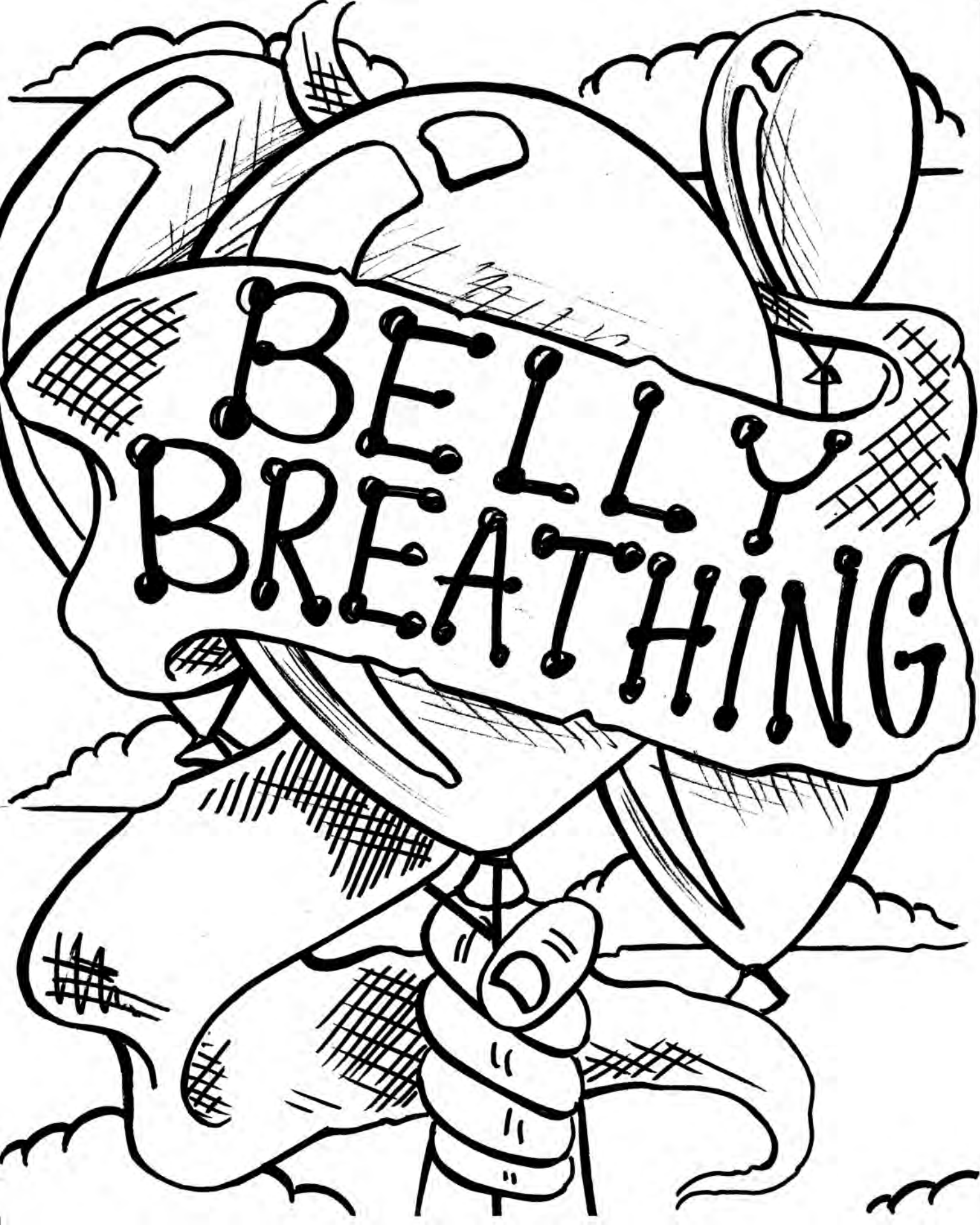
My name is:

And, this page is full of my thoughts about
BOSS OF MY BRAIN.

(artwork, free flowing thoughts, sketches, poem, music
melodies, coloring, games, etc.)

My GOGI Life Tool
BELLY
BREATHING

I can use my Tool
BELLY
BREATHING
anytime.



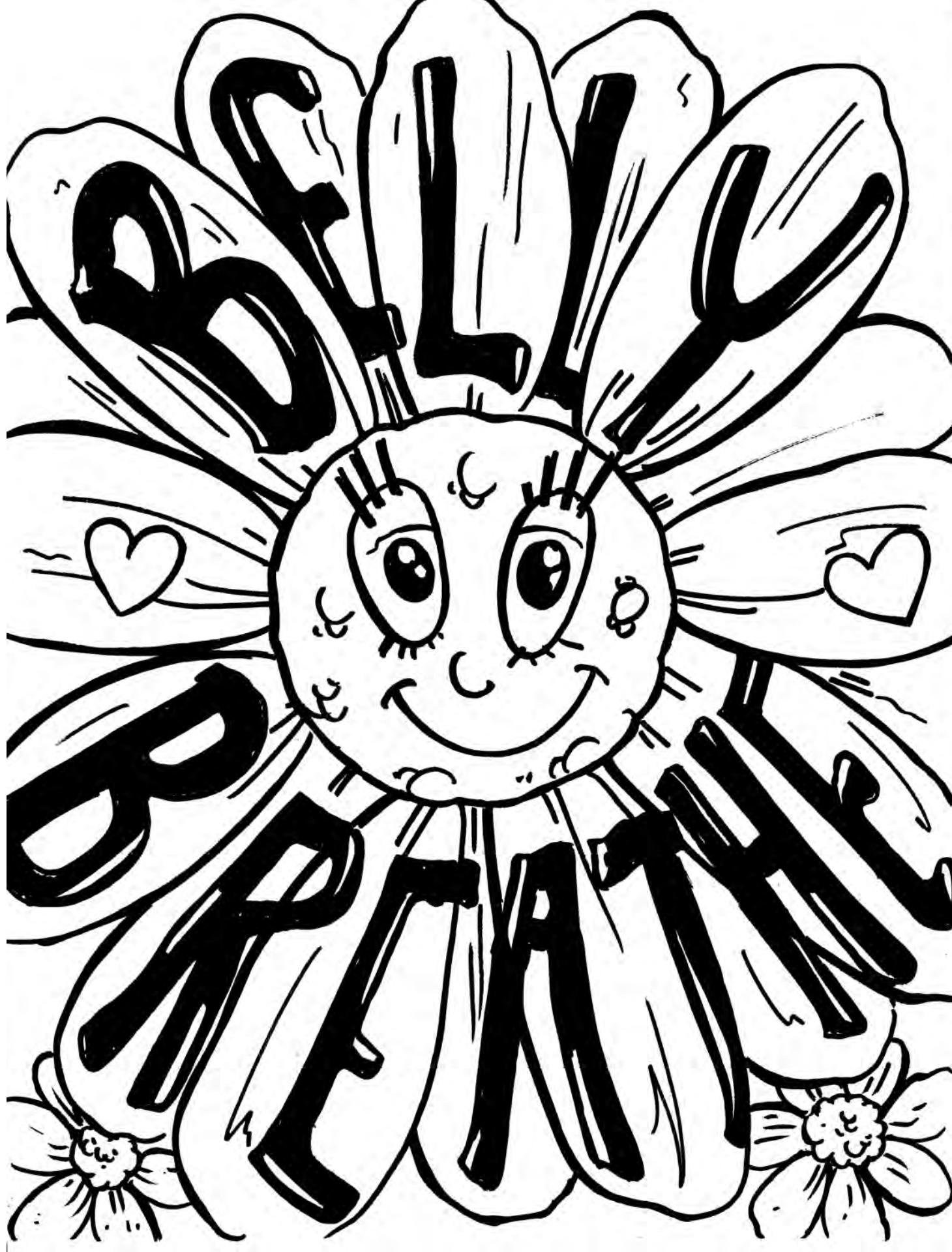
One Hand On
My Belly.

One Hand On
My Chest.

Which One Is
Moving?



My brain
works
best when
my belly
moves
with each
breath.



My name is:

And, this page is full of my thoughts about
BELLY BREATHING.

(artwork, free flowing thoughts, sketches, poem, music
melodies, coloring, games, etc.)

My GOGI Life Tool
FIVE SECOND
LIGHTSWITCH

I can use my Tool

FIVE
SECOND
LIGHTSWITCH
to switch my thoughts.



I have an
Old Thought
and a
New Action.



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



My name is:

And, this page is full of my thoughts about
FIVE SECOND LIGHTSWITCH.

(artwork, free flowing thoughts, sketches, poem, music
melodies, coloring, games, etc.)

My GOGI Life Tool
POSITIVE
THOUGHTS

I THINK
POSITIVE
THOUGHTS!



The 3 P's

Is it Powerful?

Is it Productive?

Is it Positive?



With Every

Thought,

I Ask

The 3 P's.



My name is:

And, this page is full of my thoughts about
POSITIVE THOUGHTS.

(artwork, free flowing thoughts, sketches, poem, music
melodies, coloring, games, etc.)

My GOGI Life Tool
POSITIVE
WORDS

I use
POSITIVE
WORDS



AMAZING! SMART!

GREAT! I CAN!

POSITIVE
WORDS

With Every
Word,
I Ask The
3 P's.

POSITIVE!

GOOGI



Is it Powerful?

Is it Productive?

Is it Positive?



CAN YOU
FIND ALL
THE WORDS
THAT ARE
POSITIVE

(CIRCLE THEM)

DOOR

AWESOME

SCHOOL

PRETTY

DOG

SMART

FRIENDSHIP

TREE

DAD

BRAVE

TALENTED

CAT

MOM

BOOK

CAN

FUN

My name is:

This page is full of my thoughts about POSITIVE WORDS.

(artwork, free flowing thoughts, sketches, poem, music
melodies, coloring, games, etc.)

My GOGI Life Tool
POSITIVE
ACTIONS

I CHOOSE
POSITIVE
ACTIONS!



With Every
Action,
I Ask The
3 P's.



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



POSITIVE
ACTIONS

My name is:

This page is full of my thoughts about POSITIVE ACTIONS.

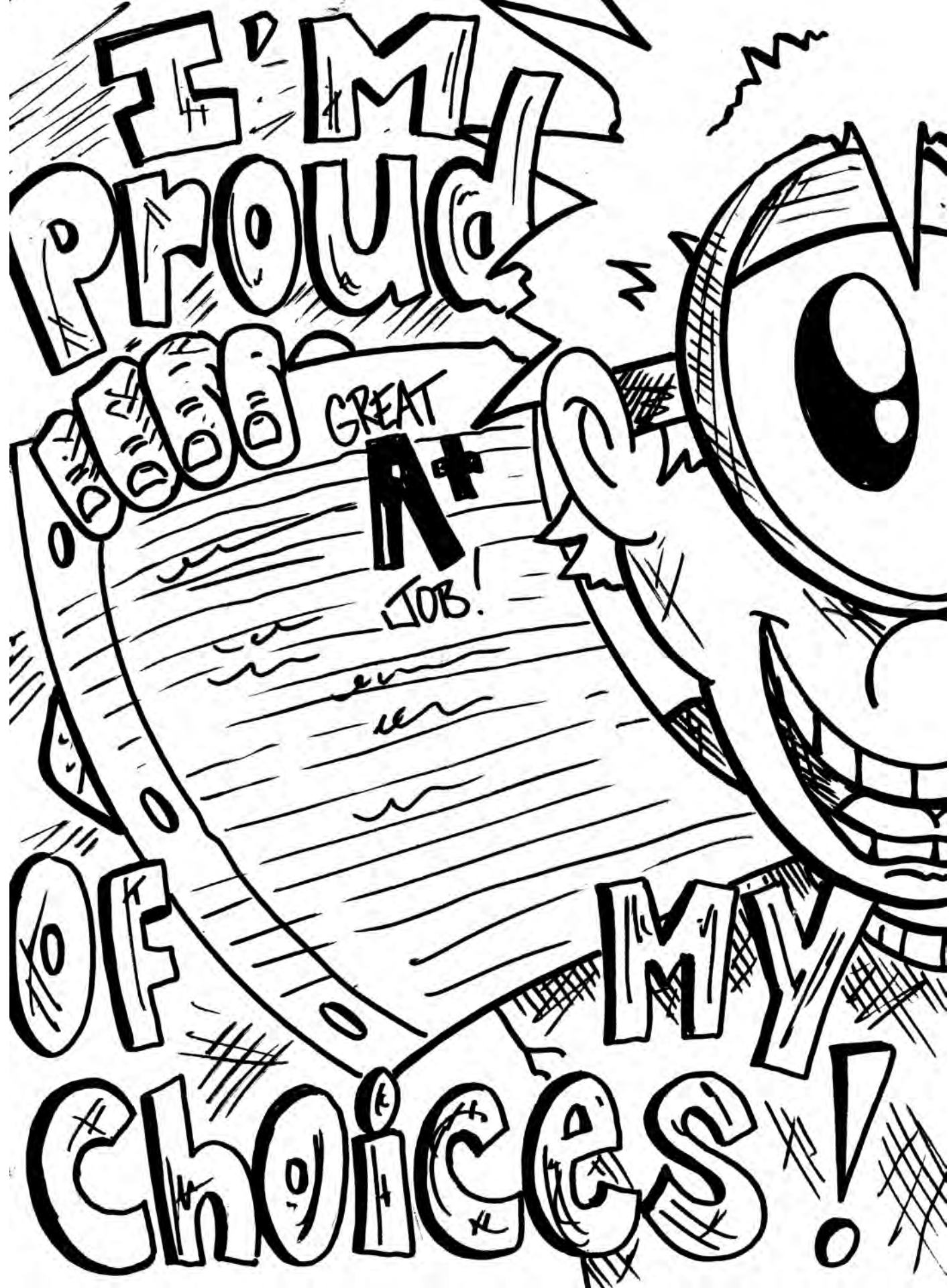
(artwork, free flowing thoughts, sketches, poem, music
melodies, coloring, games, etc.)

My GOGI Life Tool
CLAIM
RESPONSIBILITY

I can
CLAIM
RESPONSIBILITY
for my actions
and reactions today.



Am I
Proud
of this
Choice?



My actions
and reactions
today are
mine to decide.



My name is:

And, this page is full of my thoughts about
CLAIM RESPONSIBILITY.

(artwork, free flowing thoughts, sketches, poem, music
melodies, coloring, games, etc.)

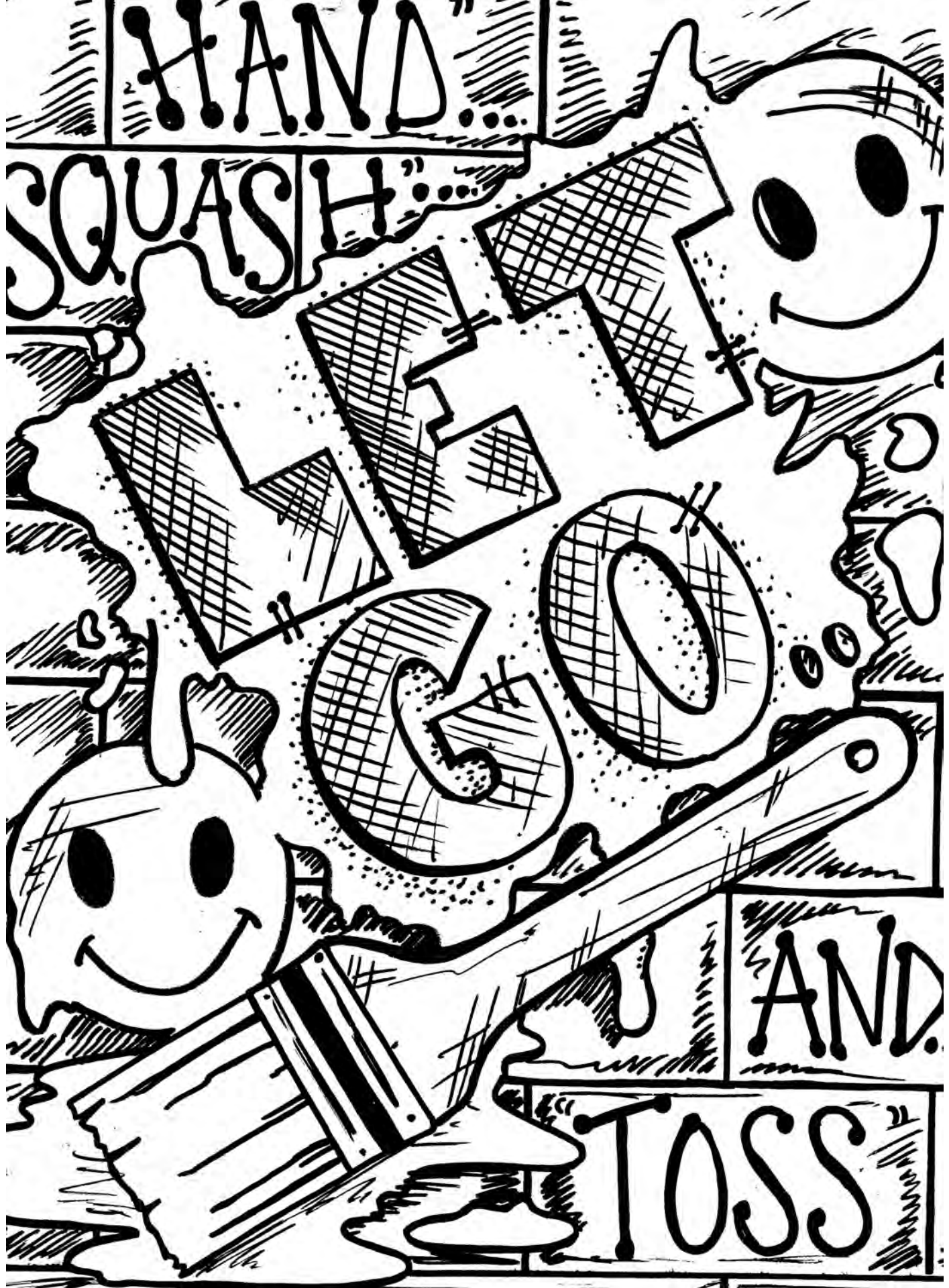
My GOGI Life Tool
LET GO

I can

LET

GO

of negativity.



Hand Squash Toss



My name is:

And, this page is full of my thoughts about LET GO.

(artwork, free flowing thoughts, sketches, poem, music
melodies, coloring, games, etc.)

My GOGI Life Tool
FOR-GIVE

I use my Tool

FOR-GIVE

to get safe from harm.



For Me to
Give Back
to Others,
I Need
Distance
From Harm.



I make sure
I am safe,
then I give
back to
others.

TODAY I FEEL
THE BEST



My name is:

And, this page is full of my thoughts about FOR-GIVE.

(artwork, free flowing thoughts, sketches, poem, music
melodies, coloring, games, etc.)

My GOGI Life Tool
WHAT IF

I ask myself,

“WHAT
IF?”

to see all of
the possibilities.



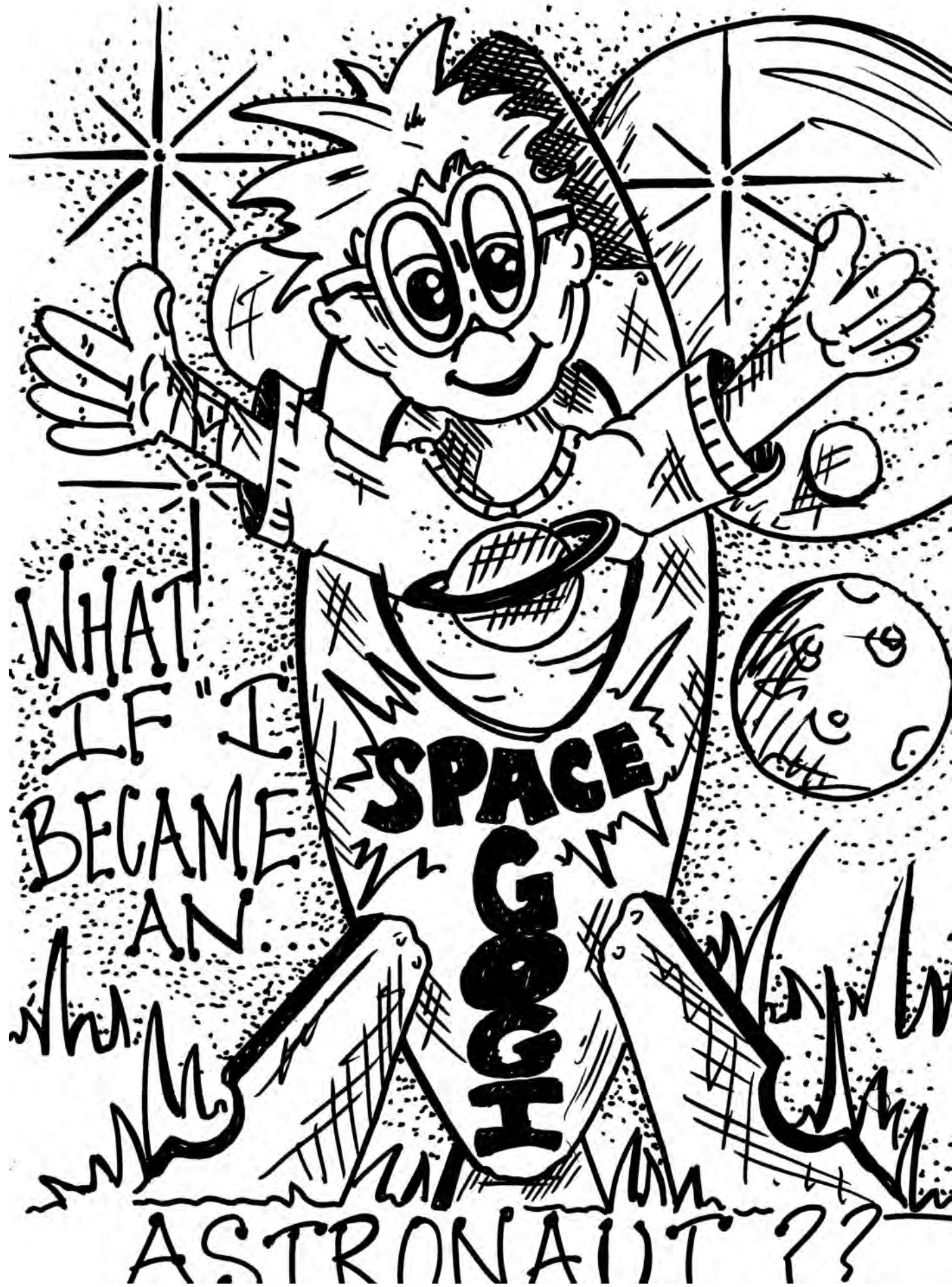
WHAT

 **POSITIVE**

 **CHORES**

 **HOMework**

WHAT IF I
AM NOT
MY PAST?



WHAT
IF "I"
BECAME
AN.

SPACE
GO
G

ASTRONAUT??

No to the
past

=

Yes to the
future



My name is:

And, this page is full of my thoughts about WHAT IF.

(artwork, free flowing thoughts, sketches, poem, music
melodies, coloring, games, etc.)

My GOGI Life Tool REALITY CHECK

When I make
mistakes, I use my
GOGI Tool

REALITY
CHECK.



10 Steps Forward
&
2 Steps Back,
Is Still
8 Steps Ahead.



My name is:

This page is full of my thoughts about REALITY CHECK.

(artwork, free flowing thoughts, sketches, poem, music
melodies, coloring, games, etc.)

My GOGI Life Tool
ULTIMATE
FREEDOM

I am living

ULTIMATE
FREEDOM

when I help others.

"BE
KIND..."



Being
Free
Is Up
To Me.



Living a life
of service
sets me
internally
free.

REACHED

THE



My name is:

And, this page is full of my thoughts about
ULTIMATE FREEDOM.

(artwork, free flowing thoughts, sketches, poem, music
melodies, coloring, games, etc.)

GO

BOSS OF MY BRAIN
BELLY BREATHING
FIVE SECOND LIGHTSWITCH
POSITIVE THOUGHTS

POSITIVE WORDS
POSITIVE ACTIONS
CLAIM RESPONSIBILITY
LET GO
FORGIVE

WHAT IF
REALITY CHECK
ULTIMATE FREEDOM

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