GOGI – My Life Story Insight Course (Valid until Dec 2027)

Getting Out by Going In (GOGI) offers many types of courses. Free courses, like this one, and our specialty courses for purchase help you earn official GOGI certificates and an official GOGI transcript. YES! You can complete the MY LIFE INSIGHT STORY course and earn an official GOGI certificate. You will be formally recognized for your completion. This is a volunteer-supported course offered to you, free of charge. Your words will not be sold or shared with anyone. This is your course and your life.

Here is a tip from Coach Keaton regarding HIS My Life Story Course – *"I remember when I completed my 15-page life story assignment in 2017. To be honest, it was intimidating. I don't like writing, and the assignment brought up things in my life that I am not happy about. This assignment challenges an individual's level of commitment and it's the very first assignment I issue to people that I am mentoring towards GOGI Coach certification. I am sharing some of the stuff that I incorporated into my life story. It may help if you are struggling to get through any of the ages you are asked to reflect on. *Remember - there are no right or wrong answers to the questions. You do not need to write details of anything you are uncomfortable writing about. Details are not important. Your ability to consider your past from where you are now is the goal of this course. At GOGI, we believe this course helps build increased insight. Insight increases your ability to create a future designed by you." Coach Keaton*

This is how this course works:

Pages 1-2 (Ages Your Birth to 5)/**Pages 3-4** (Your Ages 5-11)/**Pages 5-6** (Ages 11-13)
Pages 7-9 (Ages 13-18) **Pages 10-13** (Ages 18-25)/**Pages 14-15** (Ages 25 to now)
On your final page, explore in your own words who you are NOW, and your goals for your future.

Here are the requirements ~ REQUIREMENT 1 – Format. Your project must be handwritten on 8.5 by 11 inches paper (school-size). Write on both sides. White paper is best. You must complete 15 full pages using 8 pieces of paper. Remember, write neatly. If we can't read your writing, you may not get credit. Spanish or other languages is fine. Please start your work about 1 inch from the top of each page, and leave 1 inch at the bottom. Leave about ½ inch on the sides.

~REQUIREMENT 2 – Identification. At the top of EVERY PAGE put your LAST NAME, FIRST NAME, and your ID. PLEASE…. On the top of the FIRST PAGE please make sure you put ALL your contact info including housing, facility, address, city, state, zip, etc.

~REQUIREMENT 3 – Submission. This course MUST BE MAILED TO GOGI. Do not turn it in at an institution or to anyone else. You must MAIL THE COURSE TO GOGI.

~REQUIREMENT 4 – Content. Simply write significant memories, details, and events you believe were significant or impactful. Write your memories and the thoughts or feelings you had about these events. Please know you do not need to write details. Like Coach Keaton said, this is for you. This is a course for you to gain insight into the journey of your life. You do not need to share details that make you uncomfortable, but you should not avoid events or choices that have impacted you greatly. You will gain more insight the more clearly you look at all you experienced through the years. If GOGI is already a part of your life and you use your GOGI Life Tools, please share that journey! We love a great GOGI story!

~ Remember - Send your My Life Story course to:

GOGI MY LIFE STORY, PO Box 88969, Los Angeles, CA 90009.

You may consider one big envelope or two regular sized envelopes mailed the same day is fine, just mark each envelope "1 of 2" and "2 of 2". You should receive your official GOGI certificate within 4 – 6 weeks of submission. (Make sure your institution will accept our envelope. If not, provide us with an address to where you are confident the mail will be permitted.)

PS. From all the volunteers at GOGI…. We are proud of you!