

# The GOGI Tools and Worksheets

The Great GOGI leader memorizes the GOGI tools and encourages all students to do the same. The Tools are broken into four sections:

## 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

## Understanding the GOGI Tools

Each tool has KEYWORDS, a STATEMENT OF PURPOSE AND OWNERSHIP, an OBJECTIVE, a TOOL INTRO, and tips on HOW TO USE the tool. These sections will help you to understand the basics of the GOGI Tools.

## THE GOGI Calendar (on pages 6 and 7)

Around the globe, no matter where you are, when you study according to the GOGI Calendar, you will never be alone in your GOGI studies. It is MORE IMPORTANT to be on the Calendar than to start GOGI studies with a particular tool.



# MY GOGI TOOL **BOSS OF MY BRAIN**

## **THE WEEKS TO STUDY BOSS OF MY BRAIN ARE:**

1st Week of January  
1st Week of April  
1st Week of July  
1st Week of October

## **Keywords BOSS OF MY BRAIN**

THE THREE PARTS: There are three parts that matter: SMART PART, EMOTIONAL PART, and the OLD HABIT PART. Which one is the boss right now?

## **Statement of Purpose and Ownership BOSS OF MY BRAIN**

I am BOSS OF MY BRAIN and I have complete control over each thought I create. Because I am BOSS OF MY BRAIN, I can change my thoughts at any time. No one has control over my thoughts, because only I am the BOSS OF MY BRAIN.

## **OBJECTIVE – BOSS OF MY BRAIN**

Your goal with this week's tool is to learn that you have a choice in how your brain thinks. You can SMART think, EMOTIONAL think, or you can OLD HABIT think. You are the boss of how you think and you will learn how to be the boss with this week's tool called BOSS OF MY BRAIN.

## **TOOL INTRO – BOSS OF MY BRAIN**

Did you know that GOGI believes there are only three parts of your brain you need to understand? At GOGI we focus on these three parts of your brain:

- The SMART part
- The EMOTIONAL part
- The OLD HABIT part

## **How to use BOSS OF MY BRAIN**

If you want to use the GOGI TOOL called BOSS OF MY BRAIN, all you need to do is ask yourself, "What part of my brain is in charge right now?" It's that simple.

- The **SMART PART** of your brain is where you learn new things. This is the part of the brain that will help you be strong and make positive decisions.
- The **EMOTIONAL PART** is filled with opinions, drama, anger, or hurt. When you let this part of your brain be the boss, you are not going to make positive decisions.
- The **OLD HABIT PART** of your brain is where all those old habits you no longer need are stored. The less you rely on old habits, the more room you will have for the **SMART PART** to help you create new positive habits.

## Weekly Course Worksheet BOSS OF MY BRAIN

GOGI meetings will focus on this tool during the weeks listed below. Please circle the week your group studies this tool. (If there is a 5th week, review all tools.)

1st week of January

1st week of April

1st week of July

1st week of October

Write the BOSS OF MY BRAIN KEYWORDS: \_\_\_\_\_

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According to the GOGI Calendar, the tool of the week is: \_\_\_\_\_

What did you like most about this week's meeting? \_\_\_\_\_

\_\_\_\_\_

How are your GOGI meetings helpful to you in your efforts to make more positive decisions? \_\_\_\_\_

\_\_\_\_\_

Do you think this particular tool will be easy for you to remember and use in your daily life? \_\_\_\_\_

\_\_\_\_\_

Can you name all of the GOGI tools from memory? Write them here: \_\_\_\_\_

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Do you know the GOGI pledge by memory? \_\_\_\_\_

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# MY GOGI TOOL **BELLY BREATHING**

## **The weeks to study BELLY BREATHING are:**

2nd Week of January  
2nd Week of April  
2nd Week of July  
2nd Week of October

## **Keywords BELLY BREATHING**

One hand on my chest, one hand on my belly. Which one is moving right now? MY BRAIN WORKS BETTER WHEN MY BELLY MOVES.

## **Statement of Purpose and Ownership Belly Breathing**

With BELLY BREATHING I can instantly relax my body and I can make positive decisions. When I am BELLY BREATHING I take control of my thoughts and feelings.

## **OBJECTIVE – BELLY BREATHING**

Your goal in learning this week's tool is to breathe with your chest remaining still and your belly moving in and out. This is your most powerful way to breathe and you can achieve this with this week's tool called BELLY BREATHING.

## **TOOL INTRO – BELLY BREATHING**

Did you know that when you breathe with your belly it actually makes you smarter? It is true. This is because when you breathe into your belly you are also getting oxygen into your brain, and that makes the brain work better. GOGI believes there are two types of breathing. Breathing with your chest, or BELLY BREATHING.

## **How to use – BELLY BREATHING**

You can use the BELLY BREATHING tool at any time. Here are three ways to use the tool:

- You can actually put one hand on your chest and one hand on your stomach and see which one is moving.
- Or, just put one hand on your stomach to make sure it is moving.
- And, if you are breathing with your chest, you can direct the air all the way into your stomach area and begin BELLY BREATHING.

## Weekly Course Worksheet BELLY BREATHING

GOGI meetings will focus on this tool during the weeks listed below. Please circle the week your group studies this tool. (If there is a 5th week, review all tools.)

2nd week of January

2nd week of April

2nd week of July

2nd week of October

Write the BELLY BREATHING KEYWORDS: \_\_\_\_\_

\_\_\_\_\_

According to the GOGI Calendar, the tool of the week is: \_\_\_\_\_

What did you like most about this week's meeting? \_\_\_\_\_

\_\_\_\_\_

How are your GOGI meetings helpful to you in your efforts to make more positive decisions? \_\_\_\_\_

\_\_\_\_\_

Do you think this particular tool will be easy for you to remember and use in your daily life? \_\_\_\_\_

\_\_\_\_\_

Can you name all of the GOGI tools from memory? Write them here. \_\_\_\_\_

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\_\_\_\_\_

Do you know the GOGI pledge by memory? \_\_\_\_\_

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# MY GOGI TOOL **FIVE SECOND LIGHTSWITCH**

## **The weeks to study FIVE SECOND LIGHTSWITCH are:**

3rd Week of January  
3rd Week of April  
3rd Week of July  
3rd Week of October

## **Keywords FIVE SECOND LIGHTSWITCH**

OLD THOUGHT = NEW ACTION

I have an OLD THOUGHT and I have a NEW ACTION

## **Statement of Purpose and Ownership FIVE SECOND LIGHTSWITCH**

I can flip my FIVE SECOND LIGHTSWITCH and instantly change any negative thought to a positive action. There is no negative thought more powerful than my positive action when I flip my FIVE SECOND LIGHTSWITCH.

## **OBJECTIVE – FIVE SECOND LIGHTSWITCH**

Your goal this week is to build the new habit of choosing a new positive action every time you have an old negative thought. You can do this by using your FIVE SECOND LIGHTSWITCH, which is this week's tool.

## **TOOL INTRO – FIVE SECOND LIGHTSWITCH**

Here is an example. When you are told, “just don't think about smoking a cigarette,” it seems that all you can think about is the cigarette. When beginning to train your mind to create other thoughts, it is nearly impossible to think that you could simply stop thinking about something that consumed a lot of thinking for a long time.

That is why FIVE SECOND LIGHTSWITCH works; it realizes that your mind has been trained to head down a particular road, almost like autopilot. The GOGI tool FIVE SECOND LIGHTSWITCH permits you to observe that thought, and then replace that thought with a new, more positive, and productive action.

At GOGI we call this flipping the FIVE SECOND LIGHTSWITCH. This tool provides you with the power to reroute your brain activity so you are able to be stronger in your positive choices.

## **How to use FIVE SECOND LIGHTSWITCH**

You can use the FIVE SECOND LIGHTSWITCH tool when your thoughts seem to be the boss of you. When an urge seems really really strong, the FIVE SECOND LIGHTSWITCH is a powerful tool to use.

The key to FIVE SECOND LIGHTSWITCH is to have your replacement action ready. If you have your replacement action ready, you are likely to have great success with FIVE SECOND LIGHTSWITCH.

## Weekly Course Worksheet FIVE SECOND LIGHTSWITCH

GOGI meetings will focus on this tool during the weeks listed below. Please circle the week your group studies this tool. (If there is a 5th week, review all tools.)

3rd week of January

3rd week of April

3rd week of July

3rd week of October

Write the FIVE SECOND LIGHTSWITCH KEYWORDS: \_\_\_\_\_

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According to the GOGI Calendar, the tool of the week is: \_\_\_\_\_

What did you like most about this week's meeting? \_\_\_\_\_

\_\_\_\_\_

How are your GOGI meetings helpful to you in your efforts to make more positive decisions? \_\_\_\_\_

\_\_\_\_\_

Do you think this particular tool will be easy for you to remember and use in your daily life? \_\_\_\_\_

\_\_\_\_\_

Can you name all of the GOGI tools from memory? Write them here. \_\_\_\_\_

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\_\_\_\_\_

Do you know the GOGI pledge by memory? \_\_\_\_\_

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# MY GOGI TOOL **POSITIVE THOUGHTS**

**The weeks to study POSITIVE THOUGHTS are:**

4th Week of January  
4th Week of April  
4th Week of July  
4th Week of October

## **Keywords POSITIVE THOUGHTS**

THE THREE P'S

- Is it POWERFUL?
- Is it PRODUCTIVE?
- Is it POSITIVE?

## **Statement of Purpose and Ownership POSITIVE THOUGHTS**

My POSITIVE THOUGHTS set the direction of my life from this moment forward. I focus on POSITIVE THOUGHTS, even when it is difficult or challenging. No matter what is happening, I can create POSITIVE THOUGHTS.

## **OBJECTIVE – POSITIVE THOUGHTS**

Your goal with this week's tool is to practice being the boss of your thinking and to choose thoughts that are POWERFUL, PRODUCTIVE, and POSITIVE. You will practice this with the tool POSITIVE THOUGHTS.

## **TOOL INTRO – POSITIVE THOUGHTS**

You are the boss of your brain and you can create any thought you want to create. When you force your brain to create POSITIVE THOUGHTS you are actually using the tool POSITIVE THOUGHTS.

Your brain will follow your orders and if you use the tool POSITIVE THOUGHTS over and over again, eventually your brain will begin to create POSITIVE THOUGHTS on its own.

## **How to use POSITIVE THOUGHTS**

You can use POSITIVE THOUGHTS by considering your thoughts and asking yourself, "Is this thought POWERFUL? Is it PRODUCTIVE? Is it POSITIVE?"

When you ask yourself these three questions, you will become more in control of your thoughts.

THE THREE P'S

- Is it POWERFUL?
- Is it PRODUCTIVE?
- Is it POSITIVE?

If the answer is no, then pick a more POSITIVE THOUGHT.

## Weekly Course Worksheet **POSITIVE THOUGHTS**

GOGI meetings will focus on this tool during the weeks listed below. Please circle the week your group studies this tool. (If there is a 5th week, review all tools.)

4th week of January

4th week of April

4th week of July

4th week of October

Write the POSITIVE THOUGHTS KEYWORDS: \_\_\_\_\_

\_\_\_\_\_

According to the GOGI Calendar, the tool of the week is: \_\_\_\_\_

What did you like most about this week's meeting? \_\_\_\_\_

\_\_\_\_\_

How are your GOGI meetings helpful to you in your efforts to make more positive decisions? \_\_\_\_\_

\_\_\_\_\_

Do you think this particular tool will be easy for you to remember and use in your daily life? \_\_\_\_\_

\_\_\_\_\_

Can you name all of the GOGI tools from memory? Write them here. \_\_\_\_\_

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Do you know the GOGI pledge by memory? \_\_\_\_\_

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# MY GOGI TOOL **POSITIVE WORDS**

## **The weeks to study POSITIVE WORDS are:**

1st Week of February  
1st Week of May  
1st Week of August  
1st Week of November

## **Keywords POSITIVE WORDS**

THE THREE P'S

- Is it POWERFUL?
- Is it PRODUCTIVE?
- Is it POSITIVE?

## **Statement of Purpose and Ownership POSITIVE WORDS**

My POSITIVE WORDS tell the world what I am thinking and who I am today. I use POSITIVE WORDS to break free from my past and move forward into a positive future.

## **OBJECTIVE – POSITIVE WORDS**

Your goal this week is to practice being the boss of the words you choose. You will choose words that are POWERFUL, PRODUCTIVE, and POSITIVE when you learn the tool POSITIVE WORDS.

## **TOOL INTRO – POSITIVE WORDS**

Did you know that the words you choose tell the world quite a lot about you? Your words tell others what you are thinking, how you think, and if you are generally a positive or negative person.

POSITIVE WORDS have a powerful way of attracting POSITIVE ACTIONS, therefore getting in the habit of choosing more POSITIVE WORDS puts you in charge of how the world sees you and how you see yourself, which increases your POSITIVE ACTIONS automatically.

Negative words usually have the word “not” included in them. Words like “cannot,” and “will not” or “could not” and “is not” are negative words. There are a bunch of other “not” words and they are negative words. Rather than picking a word with a “not” you can pick words that are POWERFUL, PRODUCTIVE, and POSITIVE.

## **How to use POSITIVE WORDS**

You can use POSITIVE WORDS by asking yourself the THREE P's. Are your words POWERFUL? Are they PRODUCTIVE? Are they POSITIVE? You can test to see if others are using POSITIVE WORDS by asking yourself if their words are POWERFUL, PRODUCTIVE, and POSITIVE.

Before you choose your words, test them out with the THREE P's. Are your words POWERFUL? PRODUCTIVE? POSITIVE?

## Weekly Course Worksheet **POSITIVE WORDS**

GOGI meetings will focus on this tool during the weeks listed below. Please circle the week your group studies this tool. (If there is a 5th week, review all tools.)

1st week of February

1st week of May

1st week of August

1st week of November

Write the POSITIVE WORDS KEYWORDS: \_\_\_\_\_

\_\_\_\_\_

According to the GOGI Calendar, the tool of the week is: \_\_\_\_\_

What did you like most about this week's meeting? \_\_\_\_\_

\_\_\_\_\_

How are your GOGI meetings helpful to you in your efforts to make more positive decisions? \_\_\_\_\_

\_\_\_\_\_

Do you think this particular tool will be easy for you to remember and use in your daily life? \_\_\_\_\_

\_\_\_\_\_

Can you name all of the GOGI tools from memory? Write them here. \_\_\_\_\_

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\_\_\_\_\_

Do you know the GOGI pledge by memory? \_\_\_\_\_

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\_\_\_\_\_



# MY GOGI TOOL **POSITIVE ACTIONS**

## **The weeks to study POSITIVE ACTIONS are:**

2nd Week of February  
2nd Week of May  
2nd Week of August  
2nd Week of November

## **Keywords POSITIVE ACTIONS**

THE THREE P'S

- Is it POWERFUL?
- Is it PRODUCTIVE?
- Is it POSITIVE?

## **Statement of Purpose and Ownership POSITIVE ACTIONS**

I know I have the power to transform my world through my POSITIVE ACTIONS. I choose my POSITIVE ACTIONS so I can move beyond my past and create my positive future.

## **OBJECTIVE – POSITIVE ACTIONS**

Your goal this week is to be the boss of all your actions.

You will choose actions that are POWERFUL, PRODUCTIVE, and POSITIVE when you learn the tool POSITIVE ACTIONS.

## **TOOL INTRO – POSITIVE ACTIONS**

Did you know that just doing one small POSITIVE ACTION may have a big positive result in your day? Yes, that is correct, even one small POSITIVE ACTION each day can help you a great deal in your ability to be the boss of your life.

POSITIVE ACTIONS are the small things you do, not necessarily the big things. The smaller POSITIVE ACTIONS are actually more powerful, because you can do more of them each day.

Did you know that if you have 2-3 POSITIVE ACTIONS picked out ahead of time, it is easier to overcome urges to make a poor decision?

## **How to use POSITIVE ACTIONS**

When you pick out two or three POSITIVE ACTIONS you will have them ready for your thought process. Having POSITIVE ACTIONS ready is important, because you may need to use them when the urge to make a poor choice seems to be pulling at you. Get your POSITIVE ACTIONS ready. Have them waiting.

Some examples of POSITIVE ACTIONS are: having a glass of water, walking around the block, exercising, picking up a good book, calling a sponsor or church friend, or cleaning up your living space.

## Weekly Course Worksheet POSITIVE ACTIONS

GOGI meetings will focus on this tool during the weeks listed below. Please circle the week your group studies this tool. (If there is a 5th week, review all tools.)

2nd week of February

2nd week of May

2nd week of August

2nd week of November

Write the POSITIVE ACTIONS KEYWORDS: \_\_\_\_\_

\_\_\_\_\_

According to the GOGI Calendar, the tool of the week is: \_\_\_\_\_

What did you like most about this week's meeting? \_\_\_\_\_

\_\_\_\_\_

How are your GOGI meetings helpful to you in your efforts to make more positive decisions? \_\_\_\_\_

\_\_\_\_\_

Do you think this particular tool will be easy for you to remember and use in your daily life? \_\_\_\_\_

\_\_\_\_\_

Can you name all of the GOGI tools from memory? Write them here. \_\_\_\_\_

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\_\_\_\_\_

Do you know the GOGI pledge by memory? \_\_\_\_\_

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# MY GOGI TOOL **CLAIM RESPONSIBILITY**

## **The weeks to study CLAIM RESPONSIBILITY are:**

3rd Week of February  
3rd Week of May  
3rd Week of August  
3rd Week of November

## **Keywords CLAIM RESPONSIBILITY**

Am I proud of this choice?  
I AM RESPONSIBLE FOR ALL MY ACTIONS AND ALL MY REACTIONS TODAY.

## **Statement of Purpose and Ownership CLAIM RESPONSIBILITY**

From this moment forward, I CLAIM RESPONSIBILITY for all my actions and all my reactions. All my actions and my reactions today are my responsibility and I CLAIM RESPONSIBILITY.

## **OBJECTIVE – CLAIM RESPONSIBILITY**

This week you get to learn that the tool CLAIM RESPONSIBILITY puts you in charge of your reactions and actions today. CLAIM RESPONSIBILITY permits you to be the boss of how you handle problems and circumstances today.

## **TOOL INTRO – CLAIM RESPONSIBILITY**

CLAIM RESPONSIBILITY allows you to focus on today. You do not need to focus on yesterday and you do not need to focus on tomorrow. With CLAIM RESPONSIBILITY you focus on today.

CLAIM RESPONSIBILITY lets you be the boss of your actions and of your reactions today. How you act today and how you react today is your decision. You are the boss.

## **How to use CLAIM RESPONSIBILITY**

CLAIM RESPONSIBILITY is your power tool to help you control your actions and your reactions today. As a tool, CLAIM RESPONSIBILITY is not about the past, it is about your actions and reactions today.

You use CLAIM RESPONSIBILITY during the day when something happens or someone does something that would usually upset or concern you. With CLAIM RESPONSIBILITY you are being the boss of how you handle these situations.

Simply state: “Today I CLAIM RESPONSIBILITY for my actions and today I CLAIM RESPONSIBILITY for my reactions.”

## Weekly Course Worksheet CLAIM RESPONSIBILITY

GOGI meetings will focus on this tool during the weeks listed below. Please circle the week your group studies this tool. (If there is a 5th week, review all tools.)

3rd week of February

3rd week of May

3rd week of August

3rd week of November

Write the CLAIM RESPONSIBILITY KEYWORDS: \_\_\_\_\_

\_\_\_\_\_

According to the GOGI Calendar, the tool of the week is: \_\_\_\_\_

What did you like most about this week's meeting? \_\_\_\_\_

\_\_\_\_\_

How are your GOGI meetings helpful to you in your efforts to make more positive decisions? \_\_\_\_\_

\_\_\_\_\_

Do you think this particular tool will be easy for you to remember and use in your daily life? \_\_\_\_\_

\_\_\_\_\_

Can you name all of the GOGI tools from memory? Write them here. \_\_\_\_\_

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Do you know the GOGI pledge by memory? \_\_\_\_\_

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# MY GOGI TOOL **LET GO**

## **The weeks to study LET GO are:**

4th Week of February  
4th Week of May  
4th Week of August  
4th Week of November

## **Keywords LET GO**

HAND/SQUASH/TOSS

When bothered, I put the feeling in my hand, squash it, and toss it away from me.

## **Statement of Purpose and Ownership LET GO**

The best way to focus on living in the present and moving forward is if I LET GO of anything which has held me back. When I LET GO, I move forward and I am setting myself free.

## **OBJECTIVE – LET GO**

Your goal this week is to practice the power of putting problems in your HAND, then SQUASHING them and TOSSING them away. This tool, called LET GO, will permit you to HAND/SQUASH/TOSS anything that might stand in your way of change.

## **TOOL INTRO – LET GO**

GOGI knows there are things in your past that might seem too big to ever move beyond. Sometimes it seems as if the bad stuff has controlled and defined your life. That is sometimes a normal way to feel.

You can use the GOGI TOOL called LET GO for the big things, but also for the daily little things. You can begin to use this tool to get past the daily irritations that happen to everyone.

## **How to use LET GO**

You use LET GO for the daily irritations, those things that seem to creep up on you and try to trip you up.

Someone bumps into you? Give it the LET GO - HAND/SQUASH/TOSS and LET GO. Didn't get that job? Give it the LET GO. Didn't like how someone spoke to you? Give it the LET GO.

The more you use LET GO for the little daily things, the more powerfully it can help you with those old things that might still be bothering you.

**Weekly Course Worksheet LET GO**

GOGI meetings will focus on this tool during the weeks listed below. Please circle the week your group studies this tool. (If there is a 5th week, review all tools.)

4th week of February

4th week of May

4th week of August

4th week of November

Write the LET GO KEYWORDS: \_\_\_\_\_

According to the GOGI Calendar, the tool of the week is: \_\_\_\_\_

What did you like most about this week's meeting? \_\_\_\_\_

How are your GOGI meetings helpful to you in your efforts to make more positive decisions? \_\_\_\_\_

Do you think this particular tool will be easy for you to remember and use in your daily life? \_\_\_\_\_

Can you name all of the GOGI tools from memory? Write them here. \_\_\_\_\_

Do you know the GOGI pledge by memory? \_\_\_\_\_



# MY GOGI TOOL **FOR-GIVE**

## **The weeks to study FOR-GIVE are:**

1st Week of March  
1st Week of June  
1st Week of September  
1st Week of December

## **Keywords FOR-GIVE**

FOR ME TO GIVE, I NEED DISTANCE FROM HARM.  
For me to give, I unhook from the past, and find my internal freedom.

## **Statement of Purpose and Ownership FOR-GIVE**

FOR me to GIVE back to others I make sure I am safe from harm. FOR me to GIVE, I make sure I am safe.

## **OBJECTIVE – FOR-GIVE**

This week you get to practice being the boss of how much past harm and past hurt you carry with you. You get to focus on being safe from more harm so that you can GIVE back to others and make your world a better place. FOR you to GIVE, you will learn to keep yourself safe.

## **TOOL INTRO – FOR-GIVE**

For you to be really happy, you will eventually discover that you need to give your time and energy to others to help them. This is how lasting happiness is created. But FOR you to GIVE, you need to get yourself safe from harm. FOR you to be a GIVING individual, you must be getting distance from addiction or abuse. You must be SAFE ENOUGH TO GIVE.

FOR-GIVE as a GOGI TOOL requires that you get yourself in a safe enough position so you can begin to give back to others.

## **How to use FOR-GIVE**

As a tool, FOR-GIVE is about being safe enough for you to give back. This means if the harm is really close, you need to get to safety. If your addiction is the harm, you need to get to the safety offered by programs, churches, sober societies, and other support systems.

You need to be a sufficient distance from the harm-causing person or circumstance. It is nearly impossible to forgive when the danger is right there in front of you. In fact, it is not wise to place an alcoholic in a bar, an addict next to a needle, or a thief next to unguarded jewels. FOR-GIVE is about protection. Make sure you and everyone around you is safe enough FOR you to GIVE back and FOR you to be the GIVING person you were meant to be.

## Weekly Course Worksheet FOR-GIVE

GOGI meetings will focus on this tool during the weeks listed below. Please circle the week your group studies this tool. (If there is a 5th week, review all tools.)

1st week of March

1st week of June

1st week of September

1st week of December

Write the FOR-GIVE KEYWORDS: \_\_\_\_\_

\_\_\_\_\_

According to the GOGI Calendar, the tool of the week is: \_\_\_\_\_

What did you like most about this week's meeting? \_\_\_\_\_

\_\_\_\_\_

How are your GOGI meetings helpful to you in your efforts to make more positive decisions? \_\_\_\_\_

\_\_\_\_\_

Do you think this particular tool will be easy for you to remember and use in your daily life? \_\_\_\_\_

\_\_\_\_\_

Can you name all of the GOGI tools from memory? Write them here. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Do you know the GOGI pledge by memory? \_\_\_\_\_

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\_\_\_\_\_



# MY GOGI TOOL **WHAT IF?**

## **The weeks to study WHAT IF? are:**

2nd Week of March  
2nd Week of June  
2nd Week of September  
2nd Week of December

## **Keywords WHAT IF?**

WHAT IF I AM NOT MY PAST? No to the past = yes to the future.

## **Statement of Purpose and Ownership WHAT IF?**

WHAT IF permits me to see possibilities I might not otherwise realize. Today, I ask myself, WHAT IF I am not my past? WHAT IF I reached my goal? WHAT IF I actually improved my life today, tomorrow, and the next day?

## **OBJECTIVE – WHAT IF?**

Your goal this week is to be the boss of your future. You do this by asking the WHAT IF question, because when you look at the possible outcome for the future you will make better decisions in the present. WHAT IF is the tool you can use to build your positive future.

## **TOOL INTRO – WHAT IF?**

The tool WHAT IF is really cool because it gives you a glimpse into what might be possible. You can use WHAT IF for the negative to avoid negative outcomes. You can also use WHAT IF for the positive, to see new positive possibilities. WHAT IF is your ability to look into the future and see the likely outcome of any action you take. With this ability, you can set goals for yourself and clearly see the benefit of working toward a positive outcome. WHAT IF you are not your past? This critical question frees you to become a benefit to society because of your past! WHAT IF you are needed as the solution?

## **How to use WHAT IF?**

You can use the GOGI Tool WHAT IF for everything you do during the day. WHAT IF you wake up early? WHAT IF you don't? WHAT IF you go to that meeting? WHAT IF you don't? WHAT IF places you in charge, because you are choosing every minute of the day what you want to endorse in your life. You are checking out the possible outcomes with the WHAT IF tool and you are clearly stating the direction of your life from now onward. WHAT IF can permit you a glimpse into the future. You can say "WHAT IF I don't go to a meeting and I start thinking about drinking?" And you can also say, "WHAT IF I do go to a meeting and I am able to sit with other people who are on a positive path?" WHAT IF gives you a snapshot of what is likely to happen with your decision.

## Weekly Course Worksheet WHAT IF?

GOGI meetings will focus on this tool during the weeks listed below. Please circle the week your group studies this tool. (If there is a 5th week, review all tools.)

2nd week of March

2nd week of June

2nd week of September

2nd week of December

Write the WHAT IF? KEYWORDS: \_\_\_\_\_

\_\_\_\_\_

According to the GOGI Calendar, the tool of the week is: \_\_\_\_\_

What did you like most about this week's meeting? \_\_\_\_\_

\_\_\_\_\_

How are your GOGI meetings helpful to you in your efforts to make more positive decisions? \_\_\_\_\_

\_\_\_\_\_

Do you think this particular tool will be easy for you to remember and use in your daily life? \_\_\_\_\_

\_\_\_\_\_

Can you name all of the GOGI tools from memory? Write them here. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Do you know the GOGI pledge by memory? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# MY GOGI TOOL REALITY CHECK

## **The weeks to study REALITY CHECK are:**

3rd Week of March  
3rd Week of June  
3rd Week of September  
3rd Week of December

## **Keywords REALITY CHECK**

TEN AND TWO RULE - Ten steps forward and two steps back is still eight steps ahead.

## **Statement of Purpose and Ownership REALITY CHECK**

I know I am going to make mistakes along the way, but REALITY CHECK lets me quickly correct my mistakes. Today, I agree to get right back on track with REALITY CHECK when I do something that is not perfect.

## **OBJECTIVE – REALITY CHECK**

Your goal this week is to realize that you are human and you will make mistakes, but that does not mean you are not successful. This week's tool, REALITY CHECK, permits you to be the boss and recover from bad decisions quickly.

## **TOOL INTRO – REALITY CHECK**

The fact is you are human. You are not perfect. You will make bad decisions. GOGI realizes and accepts that humans make poor decisions. However, GOGI realizes that humans do not need to remain in bad decision-making mode.

If you take ten steps forward and two steps backward, you are still eight steps ahead. With GOGI, REALITY CHECK states that we focus on the GOOD and the PROGRESS rather than the poor decisions.

For as long as you are human, you may make bad decisions, but your ability to get back on track quickly is your REALITY CHECK.

## **How to use REALITY CHECK**

You can use REALITY CHECK with others and with yourself. Instead of focusing on the bad decisions, you focus on the improvements.

Focus on the positive. This will make it easier to overcome the disappointment that naturally comes when we make bad decisions.

Just say to yourself, "Ten steps forward and two steps back is still eight steps ahead." This will remind you that you are moving forward and give you your REALITY CHECK.

**Weekly Course Worksheet REALITY CHECK**

GOGI meetings will focus on this tool during the weeks listed below. Please circle the week your group studies this tool. (If there is a 5th week, review all tools.)

3rd week of March

3rd week of June

3rd week of September

3rd week of December

Write the REALITY CHECK KEYWORDS: \_\_\_\_\_

\_\_\_\_\_

According to the GOGI Calendar, the tool of the week is: \_\_\_\_\_

What did you like most about this week's meeting? \_\_\_\_\_

\_\_\_\_\_

How are your GOGI meetings helpful to you in your efforts to make more positive decisions? \_\_\_\_\_

\_\_\_\_\_

Do you think this particular tool will be easy for you to remember and use in your daily life? \_\_\_\_\_

\_\_\_\_\_

Can you name all of the GOGI tools from memory? Write them here. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Do you know the GOGI pledge by memory? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# MY GOGI TOOL **ULTIMATE FREEDOM**

## **The weeks to study ULTIMATE FREEDOM are:**

4th Week of March  
4th Week of June  
4th Week of September  
4th Week of December

## **Keywords ULTIMATE FREEDOM**

BEING FREE IS UP TO ME. Living a life of service gives me ULTIMATE FREEDOM.

## **Statement of Purpose and Ownership ULTIMATE FREEDOM**

I create ULTIMATE FREEDOM for myself when I live THE GOGI WAY. Through my service, I have ULTIMATE FREEDOM.

## **OBJECTIVE – ULTIMATE FREEDOM**

Your goal this week is to practice creating freedom in your life by doing good things, even when no one is looking. ULTIMATE FREEDOM is this week's tool. You can be the boss of your level of freedom when you practice ULTIMATE FREEDOM each day.

## **TOOL INTRO – ULTIMATE FREEDOM**

ULTIMATE FREEDOM is a feeling inside you that no one and no situation can take away. ULTIMATE FREEDOM is also something you are in charge of creating for yourself. And, ULTIMATE FREEDOM is available for everyone, not just a few people who have something you do not.

ULTIMATE FREEDOM is the freedom that comes when you decide to live your life in service of others. When you choose to live your life for something more than your own desires and needs, you begin to feel the little sparks of ULTIMATE FREEDOM.

## **How to use ULTIMATE FREEDOM**

You can use the tool ULTIMATE FREEDOM at any time. All you need to do is focus your attention on being of service and helping to make a situation better.

You use ULTIMATE FREEDOM by moving into a POSITIVE ACTION that helps someone else. When you practice this way of living long enough, you may find yourself beginning to live in ULTIMATE FREEDOM every day, and your life will be truly, forever, ultimately happy.

**Weekly Course Worksheet ULTIMATE FREEDOM**

GOGI meetings will focus on this tool during the weeks listed below. Please circle the week your group studies this tool. (If there is a 5th week, review all tools.)

4th week of March

4th week of June

4th week of September

4th week of December

Write the ULTIMATE FREEDOM KEYWORDS: \_\_\_\_\_

\_\_\_\_\_

According to the GOGI Calendar, the tool of the week is: \_\_\_\_\_

What did you like most about this week's meeting? \_\_\_\_\_

\_\_\_\_\_

How are your GOGI meetings helpful to you in your efforts to make more positive decisions? \_\_\_\_\_

\_\_\_\_\_

Do you think this particular tool will be easy for you to remember and use in your daily life? \_\_\_\_\_

\_\_\_\_\_

Can you name all of the GOGI tools from memory? Write them here. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Do you know the GOGI pledge by memory? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_