

Personal Super Powers Mission 1: Your Backstory (Power Up)

THRIVE! As a Professional Coach Playbook



“Every epic quest has a backstory.” - Coach Dave

Quick Summary:

BIG Idea: Your Epic Quest to thrive in the world is fueled and sometimes thwarted by your backstory. Exploring your past with clear eyes, compassion and judgment-free awareness will open pathways to FREEDOM. The chart that you will create during this exercise will provide clues to where your Super Powers may have been diminished. At the same time, it will reveal sources of fuel for your purpose in the world! In this Power Up exercise you will identify the key events of your life and the important people in your world (aka your Social Group). Then emphasizing **Judgment-Free Awareness** you will identify life experiences that were troubling or traumatic for you or someone close to you at that time. This chart will become a living reference throughout the program; meaning you will gain clarity about events and fill in gaps as you play the game. Your history of passions and learnings will illuminate who you have become in your life game so far.

How to do it

There is a chart on the next page with four columns. You can use pen and paper or use your computer, whichever is best for you. For now just do version 1 with what you can easily remember; then add things as they come to you.

Key Events

Note any key event you can remember. Examples: Family events, physical moves, births, deaths, school grades and jobs, BIG relationships, anything to trigger your memory for what was happening in that time of your life.

Social Group

Your social group is the people that you spent the most time with AND key influencers. Think of family and neighbors in your early years. Then add friends, classmates, teachers, teammates and

coaches for adolescent and teen years. Then add colleagues and bosses from your 20's to present.

Trouble and Trauma

This is any trouble or trauma that happened to you or anyone in your social group: accidents, sickness, abuse, deaths, break ups, moves, disappointments, rejections, conflicts, stresses, problems; eg. If your dad lost his job and it created stress within the family etc.

Passions and Learning

Remember what you loved doing. What was your attention on? What did you learn or study in school or anywhere else?

Next Step

After you create a “Version 1” chart find your next step on the last page of this playbook!

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Time	Key Events	Social Group	Trouble & Trauma	Passions & Learning
0-3				
4-6				
7-9				
10-13				
14-17				

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18-21				
21-25				
26-30				
31-40				
41-50				
51-60				



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61-70				
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Next Step: Update your game card

After you complete a “Version 1” of your Backstory Chart up to your current age, share your insights on the game card.

Do you have any gut feelings about the relationship between your life so far and what you aim to do now as a coach?


Do you see anything in your story that would expand your ability to own your value? ... or diminish your value?

Do you see any patterns? Inspirations? Any possible obstacles to your Inner Freedom?

What Super Powers do you see revealed in your chart?

You will then find the next step in the Game Action area of the game card to reach out to people from various times your life, talk with them and then enhance your chart.

Update your game card.

	<p>Click through to your game card. Look for the Power Up section – (Find the Red Button with the Rocket!) Find the Personal Super Powers badge.</p> <div data-bbox="451 971 739 1256"></div> <p>You will see the game card description...</p> <p><i>My Backstory: I just completed version 1 of my Back Story chart. Here are my insights so far... Here are the Super Powers my story reveals...</i></p> <p>Click on the SHARE button in the right column. A text entry window will appear.</p> <p>Complete this statement on your game card by sharing the Results, Actions, Challenges and Evaluation.</p> <div data-bbox="1318 1182 1369 1237"> Share</div>
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Be sure to look in the Game Action area of the game card for the next step in the game!