

## T-Zone Mission 1: Practice (Game Action)

# THRIVE! As a Professional Coach Playbook



**“Living in the Transformation Zone is a daily creation. The ‘Play Safe’ team never stops”**  
- Coach Dave

### Quick Summary:

A player hires a coach for a combination of 3 core reasons. The relative value of each is different for each player:

- 1) The Coach’s record of helping similar players win
- 2) The Coach’s expertise in the purpose you share
- 3) The way the Coach OOOZES transformation

## 1) LIVE in the Zone... The Transformation Zone

The curious thing about the Transformation Zone is that you have to KEEP stepping into it. You can’t rely on last week’s transformation to keep you OOOZING; well maybe last week’s, but not the week before! To be a catalyst for transformation in others, YOU have to keep moving; keep growing; keep looking for ways to challenge yourself and take care of yourself. Remember the types of experiences we talked about in the **Power Up**:

- A frequent experience of coming alive and loving life
- A frequent experience of playing on the edge of your comfort zone; facing challenges, feeling the fear... expanding your Inner Freedom and staying in the game in the face of resistance.
- A frequent and active experience of SELF-CARE
- A frequent experience of expanding your mastery of the game of life and growing in confidence
- A frequent experience of vulnerability and practicing your ability to see the perfection in the challenging situations that you experience.

### The **GAME ACTION** for this Playsheet

Share when you do something to step into your Transformation Zone. Whenever possible, share a photo; or if it was an Inner Experience try to find an image that captures the essence of the experience.

	<p><b>Click through to your game card.</b> Look for the <b>Game Action</b> section (Find the Blue Button with the Star Reacher!) Find the <b>Transformation Zone</b> badge. <b>You will see the game card description...</b></p> <div data-bbox="438 1659 633 1858"></div> <p><b>Transformation Zone:</b> I just took an action to LIVE in the T-Zone. AWESOME. Here is what I did...</p> <div data-bbox="1209 1732 1274 1795"></div> <p>Click on the SHARE button in the right column. Finish this statement on your game card by sharing a few thoughts; then click the <b>SAVE</b> button.</p>
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NOTE: There is no “BIG WIN” for the Transformation Zone game element because it is about YOU, not results in the world.