

# T-Zone Mission 1: Practice (Power Up)

## THRIVE! As a Professional Coach Playbook



**“It is WAY easier for someone to hire you as a coach when you are OOZING transformation”**  
- Coach Dave

### Quick Summary:

When a player hires a Coach, they expect to be guided by someone who is living a life that they admire. This does not mean that you have to be perfect. FAR from it. It means that you have to be playing BIG and feeling fully alive.

You can't leave this to chance! You must actively cultivate and create your life in the Transformation Zone!

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

OK. So what is the Transformation Zone?

It's a way of living where you actively co-create great life experiences:

- 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 **POWER UP** for this Playsheet

Share the active practices that will keep you in the Transformation Zone! Share any kind of photo that captures the essence of your “Transformation Zone”.



**Click through to your game card.**

Look for the **Power Up** section (Find the Red Button with the Rocket!)

Find the **Transformation Zone** badge. **You will see the game card description...**



**Transformation Zone:** Here is my plan to live in the Transformation Zone...

Click on the SHARE button in the right column.



Finish this statement on your game card by sharing a few thoughts; then click the **SAVE** button.