



# ACTIVATE YOUR SUPERPOWERS



## Playsheets



**CoachVille Center for Coaching Mastery**  
*We are the champions of dreams!*

# This is the “Activate Your Superpowers” Playsheet Pack

In this playbook you will find the playsheets for your 6 Session Activate Your Superpowers Adventure with your coach.

**For each coaching session there is a sheet for notes that follows the flow of the conversation in words and icons; almost like a mind map of the session.**

Writing a few keyword notes will help you capture the growth, awareness and plans that emerge in the session. You can write notes either during the session or immediately after; whichever helps you stay fully present.

The key is to find a sweetspot with your notes. Not none; Not too much.

## Printing Instructions:

### 1) Page 3: Play Plan Playsheet

**Print 6 copies of page 3**

There is a weekly Play Plan playsheet for you to write a few key items of your play plan... and then keep your notes from your experiences as you play in the world in the time between sessions.

### 2) Pages 4 – 9: Coaching Session Notes

**Print 1 copy of pages 4 - 9**

These are the sheets that match the flow of the coaching session. There is a unique sheet for each of the 6 coaching sessions.

Enjoy your adventure. Enjoy your coach!

The world is ready for you and your dream.

Coach Dave



Coach Dave Buck and the CoachVille Team!

Your **BIG Dream**:



Your **Focus this week**:



Your **Superpowers**:

## ACTIONS with the Spirit of Play

## Challenges / Superpowers / Results:

Relate for **INFLUENCE** > *Risk Rejection*



Create for **EXPRESSION** > *Risk Disappointment*



Explore for **VISIBILITY** > *Risk Trouble*



Experiment for **CHANGE** > *Risk Mistakes*



Celebrations:

Growth:



# Activate Your Superpowers Session #1 Notes

Date: \_\_\_\_\_

## SESSION FOCUS: SHARE THE DREAM

*Superpowers you want  
to activate:*

*How will it change  
your life for the better?*

*Your Hero's Journey  
challenges:*

**Your BIG Dream**

*Activate the  
spirit of play:*

*What does playing at  
an Elite level look like?*

*Activities to play  
for your dream:*



## Growth Zone

**What did you learn...**

About playing for your dream?

About yourself and your Superpowers?

**Play Plan:** What are the actions / perspectives you will focus on?

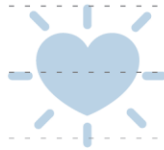
The BIG Dream: \_\_\_\_\_

## Explore the Fear / Growth Zone

CELEBRATIONS



INSIGHTS



ACTIONS AND RESULTS



### SESSION FOCUS: PLAN, PLAY, GROW

Results



Actions



Challenges



Impact



Superpowers



Spirit of Play



Growth



**Growth Zone**

What did you learn...

About playing for your dream?

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About yourself and your Superpowers?

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**Play Plan:** What are the actions / perspectives you will focus on?

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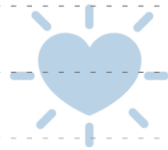
## The BIG Dream:

### Explore the Fear / Growth Zone

#### CELEBRATIONS



#### INSIGHTS



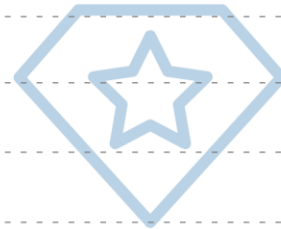
#### ACTIONS AND RESULTS



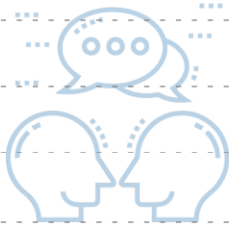
#### CHALLENGES



#### SUPERPOWER DISCOVERIES



#### SESSION FOCUS: ROLE PLAY



#### AH-HA MOMENTS



#### Growth Zone

What did you learn...

About playing for your dream?



About yourself and your Superpowers?

**Play Plan:** What are the actions / perspectives you will focus on?

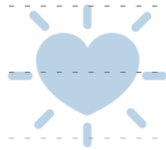
## The BIG Dream:

### Explore the Fear / Growth Zone

CELEBRATIONS



INSIGHTS



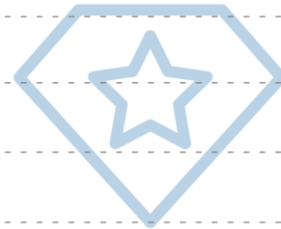
ACTIONS AND RESULTS



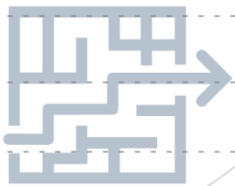
CHALLENGES



SUPERPOWER DISCOVERIES



Session Focus:  
Pivotal Moment



IT'S NOT SAFE FOR ME TO



DREAM'S DESIRE



**Growth Zone**

What did you learn...

About playing for your dream?



About yourself and your Superpowers?



**Play Plan:** What are the actions / perspectives you will focus on?

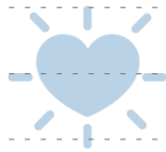
## The BIG Dream:

### Explore the Fear / Growth Zone

#### CELEBRATIONS



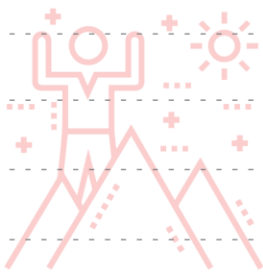
#### INSIGHTS



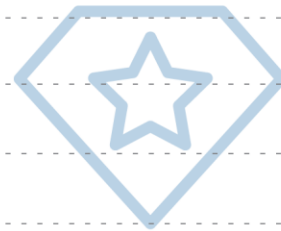
#### ACTIONS AND RESULTS



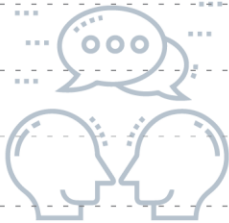
#### CHALLENGES



#### SUPERPOWER DISCOVERIES



Session Focus:  
Role Play an "Ask"



#### IT'S NOT SAFE FOR ME TO



#### DREAM'S DESIRE



#### Growth Zone

What did you learn...

About playing for your dream?



About yourself and your Superpowers?



**Play Plan:** What are the actions / perspectives you will focus on?



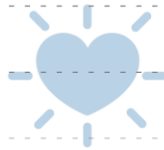
The BIG Dream: \_\_\_\_\_

## Explore the Fear / Growth Zone

CELEBRATIONS



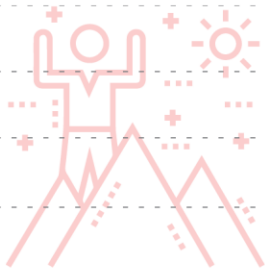
INSIGHTS



ACTIONS AND RESULTS



CHALLENGES



SUPERPOWER DISCOVERIES



Session Focus: Capture Growth

Evaluate

E

Challenges

C

Actions

A

Results

R



**Growth Zone**

What did you learn...

About playing for your dream?

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About yourself and your Superpowers?

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**Play Plan:** What are the actions / perspectives you will focus on?

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