

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?

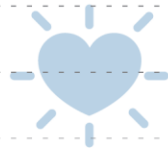
The BIG Dream: _____

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

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About playing for your dream?

.....

.....



About yourself and your Superpowers?

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

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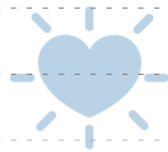
The BIG Dream:

Explore the Fear / Growth Zone

CELEBRATIONS



INSIGHTS



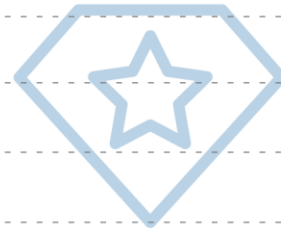
ACTIONS AND RESULTS



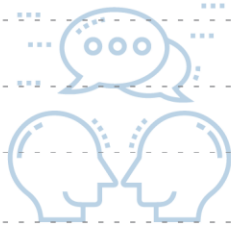
CHALLENGES



SUPERPOWER DISCOVERIES



SESSION FOCUS: ROLE PLAY



AH-HA MOMENTS



Growth Zone

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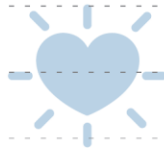
The BIG Dream:

Explore the Fear / Growth Zone

CELEBRATIONS



INSIGHTS



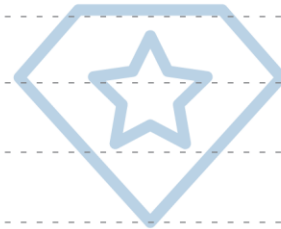
ACTIONS AND RESULTS



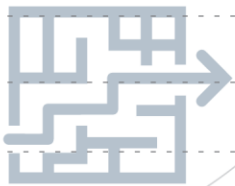
CHALLENGES



SUPERPOWER DISCOVERIES



Session Focus:
Pivotal Moment



IT'S NOT SAFE FOR ME TO



DREAM'S DESIRE



Growth Zone

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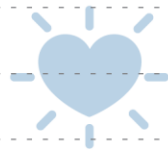
The BIG Dream:

Explore the Fear / Growth Zone

CELEBRATIONS



INSIGHTS



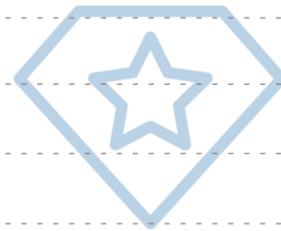
ACTIONS AND RESULTS



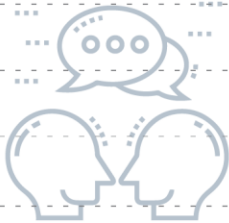
CHALLENGES



SUPERPOWER DISCOVERIES



Session Focus:
Role Play an "Ask"



IT'S NOT SAFE FOR ME TO



DREAM'S DESIRE



Growth Zone

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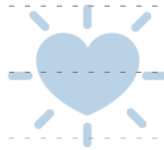
The BIG Dream: _____

Explore the Fear / Growth Zone

CELEBRATIONS



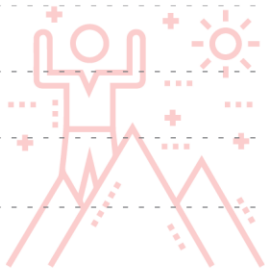
INSIGHTS



ACTIONS AND RESULTS



CHALLENGES



SUPERPOWER DISCOVERIES



Session Focus: Capture Growth

Evaluate

E

Challenges

C

Actions

A

Results

R



Growth Zone

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