

2021

BIG Dream

Playshop



BIG DREAM

“A dream we dream alone is just a dream.
A dream we dream together is reality”
-Yoko Ono

Play BIG for your Dream in 2021

Hi there! Coach Dave here with you.

Excited to share the 2021 BIG Dream
Playshop Experience with YOU!

In this playshop you will clarify and SPEAK
your Dream for the year ahead – and here is
the important part – in the company of a few
friends.

This playshop will prepare you to pursue your
Dream AND it will give you great insight into
the Dreams of your players! BONUS!!!

This playshop is based on 3 new models from
The Center for Coaching Mastery:

- 1) Coaching for Transformation: Become –
Belong – Believe.
- 2) The 4 Pivotal Moments of Social Play and
- 3) The Energy Alignment Game.

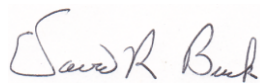
Included in this playbook are pictures of the models followed by playsheets to use during
the playshop.

Playshop Outline

- 1) Create a safe space for our Dreams and Playfulness
- 2) Clarify your BIG Dream for the next year
- 3) Craft your play plan for the “Energy Alignment Game”

The world is a playground. We are here to play... TOGETHER!

We are the Champions of Dreams!



Coach Dave and the CoachVille Team!



Become – Believe – Belong

First, a little background...

In the human experience there are three forces of change that you need to understand in order to play BIG for your Dream:

Become – Belong – Believe.

1) **The Urge to Become.** All humans have an inner urge to become the next version of themselves; to grow and expand. We become by playing. If we stop playing we stop becoming and stay the way we are.

2) **The Need to Belong.** This is the strongest of all human needs. It operates mostly on a non-conscious level and drives almost everything in the human experience. We Humans always seek belonging and status within the environment we are in.

3) **The Ability to Believe.** Humans are believers. The ability to believe is the catalyst of all human civilization.

All of our beliefs – about how life works, who we are and what is possible for us – come from navigating between our urge to become and our need to belong. In other words, we get our beliefs from our environments.

Some of our beliefs are conscious and we think and talk of them often. Most of our beliefs settle into a non-conscious level within us and have a non-stop profound impact of what we do and don't do on a moment-to-moment basis.

Coaching for Change

To create change we need to tap into all three forces!

We need to PLAY to become the next version of ourselves.

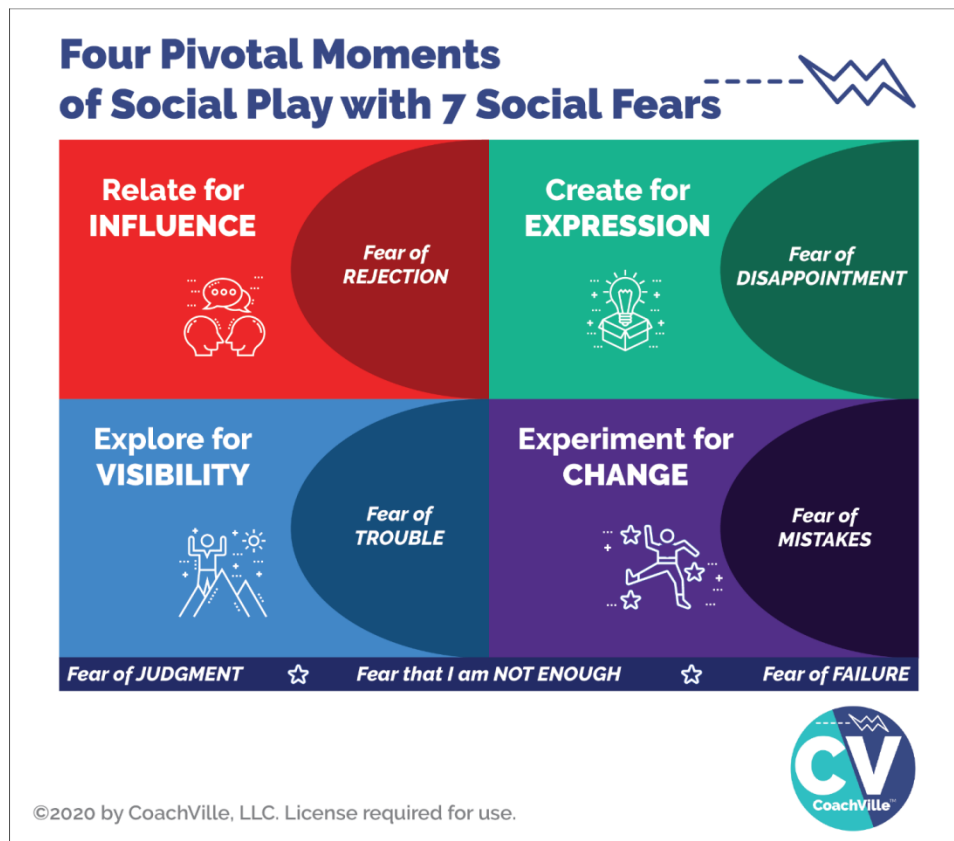
We need to find or create a new environment where the power of profound belonging pulls us toward becoming who we must become to fulfill our dream.

We need to explore our beliefs – by bringing them up to the surface of awareness - and choose the ones that we need to uplevel in order to live our new dream.



How to Play BIG in Life

To play BIG in Life, or in the world, you engage in Social Play.



A BIG difference between playing with a coach and working in isolation is well... a focus on play... specifically Social Play. These are the four things EVERYONE playing big in the world wants more of; and wants to do better or bigger in their own unique way to make a positive impact. By adding activities in these four areas into your plan each week you move toward your BIG Dream AND personal transformation. **BONUS!!**

Entrepreneurs, leaders of teams and organizations, people with a cause, people with an idea... anyone who aims to move beyond the status quo of life wants these four things: Influence, Visibility, Expression and Change. That means **YOU!**

These are the four essential activities of the Connected Age of Purpose. **We call them pivotal moments of social play.**

- Relate, Create, Explore and Experiment
- **A pivotal moment is a coach-able moment that you can improve through practice.**
- Social play means that it involves co-creating the experience with one or more other people rather than completing a task in isolation. Working in isolation was the norm in the Industrial Age of Work so it will require some effort to restore your natural powers of playful co-creation!

The world is a playground. Life is for play! And your coach is here to help you play better. A key distinction about play that is always helpful is recognizing the shift from control to influence.

Any time you are doing something where you have 99% control of the outcome that is more like work. Play is when you are doing something and you DON'T have control of the outcome but you can influence the outcome with your energy, creativity, strategy and skill. When you do something playfully, YOU – and your unique abilities - matter. In work anyone can accomplish the same outcome by following the instructions and doing it the right way.

Relate for Influence

Relate means talking to other people! This is pretty much what we do all the time in life. It becomes playful where there is an opportunity for positive influence like when you are asking someone to do something with you or for you and they might say “yes”, but they might say “no”.

Create for Expression

Creating is when you make a thing or you design an experience, using your ideas and voice, that you aim to share with others; for examples: writing, recording, designing, planning. Then you share what you create which is all about participation and contribution. This is very much in line with the “Life is Performance Art” idea.

Explore for Visibility

Exploring is when you go into a new territory; we are stepping into the unknown (hopefully with a sense of wonder) It can be a physical place, a social media platform or even a new idea. We explore to see and experience new people and new places; and also to BE SEEN by new people.

Experiment for Change

Experimenting is any time you do something that you have not done before OR you do something in a new way. Often when we experiment we have an idea or a hope of what will happen but we don't actually know. Experimenting also includes solving puzzles and problems... BUT not with the idea of finding the “right” answer... with the intention to find YOUR next answer. This is a big departure from Industrial Age school and most jobs where there was only one correct answer to every problem.

A key to successful play is to start with an intention, be open to new possibilities AND keep track of what happens; and most important is to not look at any outcome as a failure but as learning.

Hopefully you are getting more energized about playing for your Dream!

NEXT... The Fear Part

BUT, all of us who grew up in the Industrial Age have to realize that we have absorbed A LOT of fears of our own playfulness. So next let's look a little deeper into the common fears that are associated with Social Play.

You probably recognize all of these fears.

If you aim to play for your Dream at a high level you need to embrace and explore these fears. Our fears are a treasure map to our Superpowers!

Within the nature of play is the presence of risk and reward. This is especially true for Social Play. With all of these activities there is a social reward that you desire for your Dream, BUT in order to experience the reward you must face some risk. The risk is where the fear comes in. Your Fear is trying to keep you safe and preserve your social status which is important and honorable.

The power of coaching is that you can practice the activity to lessen the risks and expand your ability to influence the desired outcome and experience the reward!

Here is a really BIG point about social reward and social fear: **it is almost impossible to transcend social fear by playing alone.** But together we can do it! This is why Life Coaching is so powerful.

Relate for Influence => Fear of Rejection

To play for impact in the world – even with just a few people - you need to cultivate a high level of ease with approaching people and talking with them. And then you need to invite them to a next step. This is where the fear of rejection comes in. BIG TIME.

Create for Expression => Fear of Disappointment

Playing BIG for your dream will include creating and sharing experiences or content in a variety of forms; it's actually an amazing time in Human History in this regard. Also every time you have an opportunity to speak in front of people you are creating and sharing an experience. The fear that we might disappoint someone or BE disappointed by someone's reaction to what we create can be a BIG block to creating and sharing.

Explore for Visibility => Fear of Trouble

In order to contribute your gifts to others you need to find people (customers, colleagues or partners) to participate in what you are creating. You need to “get out in the world” either physically or virtually.

The world of people is an amazing but potentially “dangerous” place; at least at an emotional level. The potential for trouble in the unknown is why most people stay where they are and spend their time with the same people. However, it is almost impossible to pursue your dream this way.

Experiment for Change => Fear of Mistakes

Do you resonate with this one? I sure do. This is a big remnant of the Industrial Age mindset that everything you need to do: a) there is a right way to do it b) you should be able to do it the right way every time and never make mistakes.

Of course this is nonsense! But the residue of this mindset from school and jobs keeps us locked into a perfection trap. This makes it sooo hard to experiment and find our unique way to do everything our Dream needs us to do.

BONUS FEARS! LOL

Fear of Judgment

This is a core Industrial Age fear: that if we do something in a public way we will be judged harshly. We can all recognize the intense and ever present judgment from the Industrial Age culture: if you step up to do something BIG there will always be someone aiming to cut you down. Your coach is going to attempt to neutralize this fear with judgment-free awareness.

Fear of Failure

This is a second core Industrial Age fear: that if we attempt to do something that we cannot control, we might fail; AND failure is the worst possible thing that can happen. It's not hard to understand where this fear came from: the Industrial School System. Together we are going to explore the paradoxical idea that the potential for failure is actually what makes you feel alive!

Fear that I am Not Enough

The BIG Kahuna FEAR of almost everyone with a dream to play BIG in the world: **That I am not enough**. We have all lived through painful experiences where we tried to help someone we cared about but were unable to make the difference. These experiences add up and make us feel that we are not enough.

The good news is that you have more power and more wisdom than when your power failed you in the past. And you have friends who are Life Coaches... AWWWW YEAH! Look out world... here you come!

BIG OPPORTUNITY

Here is a BIG idea: these social FEARS – and the beliefs that form around them - are not inherent to us, we absorb them from the culture through our life experiences. By exploring these fears with profound curiosity we can uplevel our beliefs and discover our natural playfulness AND the unique superpowers - for Influence, Visibility, Expression and Change - that are deep within us waiting to be activated.

You can cultivate the capacity to PLAY and transcend these Industrial Age fears.

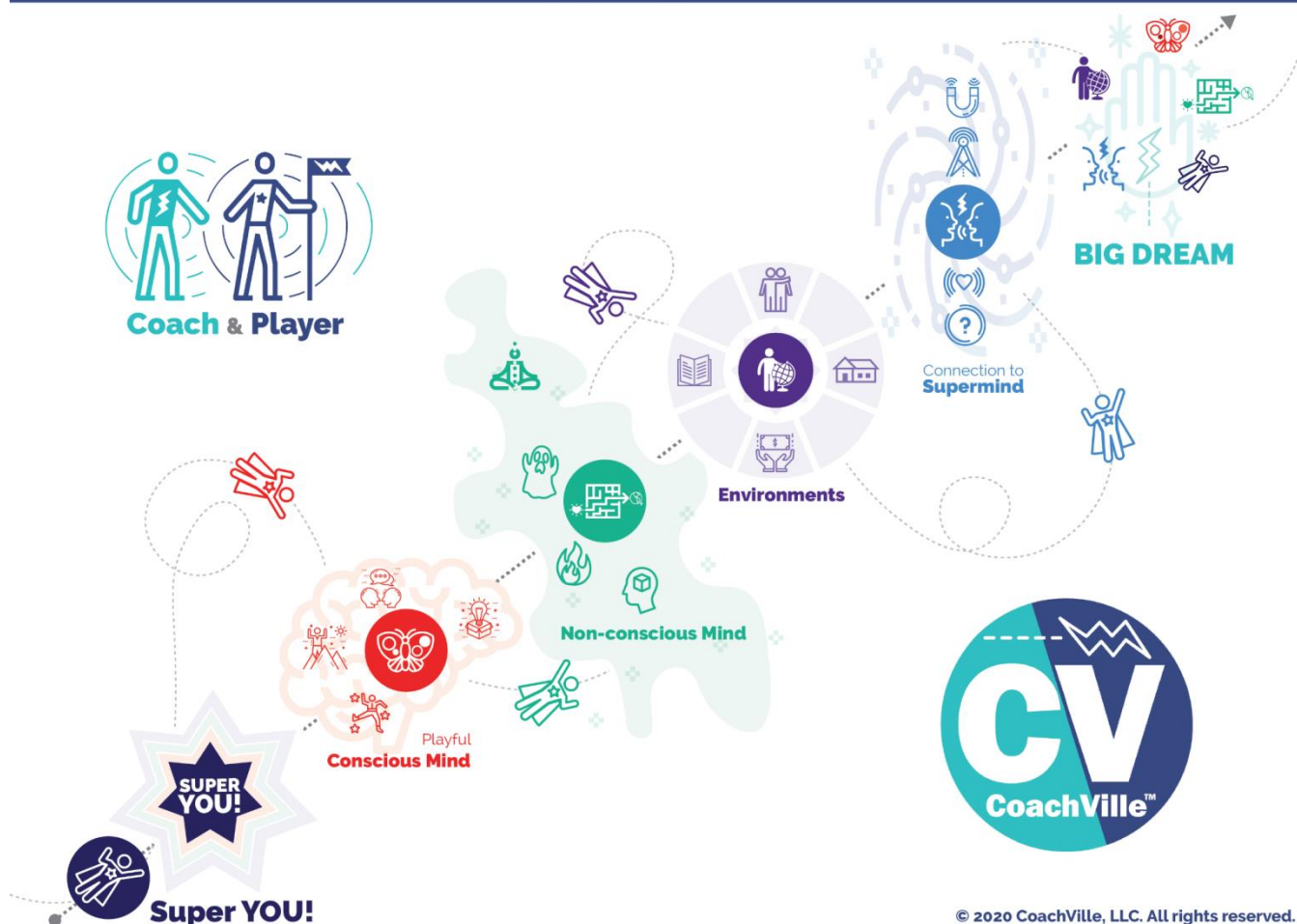
You can restore your natural human playfulness. When you do, you will thrive and you will have more fun living.

The Energy Alignment Game

You know how... the most technically capable artist or athlete often doesn't create the most compelling performance? What is that about?... **It's Energy!!**

There is SOOO much more to life than meets the eye! (and ear etc.)

The Energy Alignment Game



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Welcome to the Energy Alignment Game!

This is the way you go from struggling to being in the flow. And it's really FUN!

In this playshop we will explore together how to align your energy with your Dream. **This is playing "in the zone"**. It's GOOD!

Each time in your life that you uplevel your dream and the impact you aim to have in the world, you also need to re-align your energy. Most people don't do this and this is why life becomes more and more of a struggle over time; when it should be getting easier.

This definitely goes in the realm of play; as in something that you cannot control but you can influence with skill, strategy, imagination and playful effort.

One little note: There are MANY MANY ways to play with Energy so this is not intended to be a definitive guide.

The “Game” is to align all aspects of YOU with your BIG Dream to create a state of flow.

BIG Dream

This is your vision of how you want to express your energy to impact the world. It includes your picture of the experiences you want to have. It is your BIG Dream that calls you to adventure out into the world.

Super YOU:

There is a next-level version of you that YOU must express fully and become in order to fulfill this big dream. You are NOT a fixed entity! Through play you can always become more. A Superpower is a natural ability that you practice until it is capable of having a big impact on other people and situations.

Playful Conscious Mind:

There is a playful version of your focused thoughts and deliberate actions that you need to use in an intentional way to uplevel your skills to align with the new dream. You have been doing this for a few weeks with the 4 activities of Social Play. There is SO much more to your playfulness than you are currently aware of.

Non-Conscious Mind:

Whoa. This is a big one. You will need to uplevel your body awareness, desires and beliefs to align with your dream. You will need to believe in a whole new set of possibilities. And you will need to uplevel your relationship with fear: fear is your friend and a treasure map to your Superpowers. We will explore this in a future session. As you put more attention and energy into your dream, your heart's desires will become more clear... and it will become easier to listen to your heart!

Environment:

Your non-conscious mind - which is super focused on belonging - is in constant connection with your environment. You will need to uplevel many aspects of the world around you so that the powers of belonging and becoming align with your dream.

The first level of the game is to co-create the world around you so that it is safe for your dream, your superpowers and your playfulness.

Connection to the Super Mind:

There is a timeless web of human consciousness that we are all connected to. You can tap into this connection to play for a BIG DREAM.

The good news is that you are already doing it! Every time you share your dream with your coach you are connecting to the Supermind. Every time you explore the challenges you are facing with open curiosity you are connecting to the Supermind. Anytime you have a flash of insight after a session with your coach, that is the Supermind in action! Keep the channel open and enjoy it.

The pursuit of flow:

Remember, the self-preservation part of you does not want you taking the risks required to pursue your dream. It is 100% focused on keeping you right where you are; you are alive and have some level of belonging so this is good enough. Your self-preservation instinct does not care about purpose or fulfillment or joy; only survival.

Meanwhile your dream is calling you out into the world to discover a bigger contribution and more fulfilling joyful life. As you endeavor to align every part of your energy to the BIG Dream, it begins to FEEL – feel is the key word – more natural. This is called getting into the flow. It is not routine, it is engaging, yet safe enough that the self-preservation instinct stops pulling so hard. This is when pursuing your BIG Dream feels less and less stressful and more and more fun!

That is what we are playing for!

SESSION FOCUS:
SHARE THE DREAM

*Superpowers you want
to activate:*

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

*Your Hero's Journey
challenges:*



*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?

Super YOU! Playsheet

64 Superpowers for Change

Creative Self-Expression
Receive Higher Guidance
Implement the New
Pursue Answers
Trust Inner Timing
Maintain Emotional Balance
Support Shared Interests
Trusted Agent for Creatives
Attentive Focus
Empowered Self Love
Espouse Ideas
Romantic Perception
Listen with Acceptance
Excellence with Prosperity
Adaptable Magnetism
Choose then Enthuse
Debate Opinions
Improve Integrity
Approach with Sensitivity
Assured Presence
Take Charge Naturally

Gracious with Emotions
Express Complex Ideas Simply
Inventive Thinking
Innocent Trust
Accumulate Material Rewards
Nourish Well-Being
Play with Tenacity
Commit then Persevere
Intense Desire
Natural Influence
Endure by Adapting
Mindful Narrator
Great Power
Seek Experiences
Resolve Crisis
Develop Harmonic Friendships
Inspired Fighter
Dynamic Activist
Accomplish Great Feats
Imagine Fulfilling Experiences
Respond and Complete Things
Breakthrough Perceptions

Build Teams and See Patterns
Tribal Leader
Love of Your Body
Figure Out How
Depth of Natural Ability
Wise Rebel for New Principles
Elevate Tribal Values
Act with Shocking Initiative
Gain Perspectives through Stillness
Initiate Experience
Ambition to Advance
Access to Spirit
Tell Meaningful Stories
Gentle Intuitive Clarity
Joyous Vitality
Penetrate Barriers to Intimacy
Resourceful Facing Limitations
Inspired by Wonder
Logically Organize Details
Inspired by Doubt
Inspired by Possibilities

Describe the qualities and capabilities of the next version of YOU:



Date: / /



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Playful Conscious Mind Playsheet



Your BIG Dream:

Date: / /

Relate for Influence



Create for Expression



Explore for Visibility



Experiment for Change

Idea Pops:



Follow-up Actions:



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Non-Conscious Mind Playsheet



Your BIG Dream:

Date: / /

Body Awareness

Fears



Desires

Beliefs

Idea Pops:

Follow-up Actions:



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Environments Playsheet



Your BIG Dream:

Date: / /

People



Places



Ideas



Things



Idea Pops:



Follow-up Actions:



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Connection to Supermind Playsheet



Your BIG Dream:

Date: / /

Big Questions



Attracting Thoughts



Gratitude

Experiences

Idea Pops:



Follow-up Actions:



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Conclusion!

Now go out into the world and play BIG for your dream.

Guide others to play BIG for their dreams.

Create a ripple effect of good in the world!

Thank YOU!

