

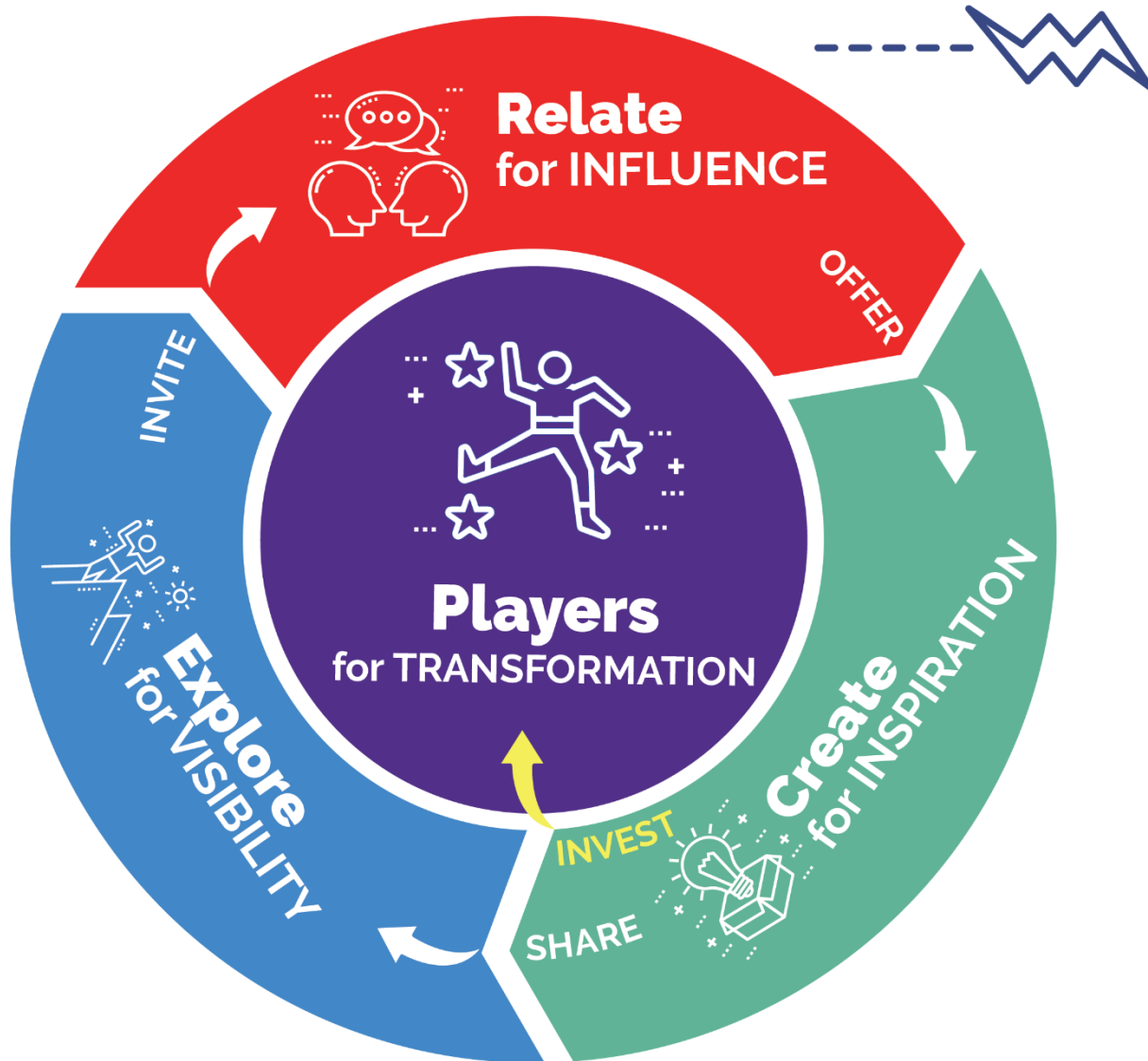
BIG Freedom

Playsheet Pack

(Version 1)

By Coach Dave Buck, MCC

Social Play for Business



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Energize Your Dreams Session #2 Notes

Date: _____

1. WARM-UP and Dream sharing:



2. CELEBRATE



3. GROW (from Play)



4. (Practice) PLAN: *Co-create Awareness of Social Play and Intentional Co-creation*

5. PRACTICE

Relate

for **INFLUENCE**



Create

for **INSPIRATION**



Explore

for **VISIBILITY**



Co-create Awareness of Social Play

Intentional Co-creation Technique

Do:

Feel:

Feel:

Do:

Thoughts:

Body:

Thoughts:

Body:



Desires:

6. GROW (from Practice)

What did you learn about playing for your dream?

What did you learn about yourself and your superpowers?



7. PLAY PLAN: What are the actions / perspectives you will focus on?

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 **INSPIRATION** > *Risk Disappointment*



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



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



Celebrations:

Growth:



Free People, FREE PEOPLE

Thanks for being AWESOME!

Coach Dave