

Play Plan

Playshop

2020



With Coach Dave Buck, MBA, MCC

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

Play BIG for your Dream in 2020

Hi there! Coach Dave here with you.

Excited to share the Play Plan Playshop
Experience with YOU!

In this Playshop you will clarify your dream
for the year ahead – and here is the important
part – **in the company of a few friends.**

At CoachVille we co-create. When you share
your dream with fellow humans who want the
best for you, you significantly improve your
possibilities for fulfillment.



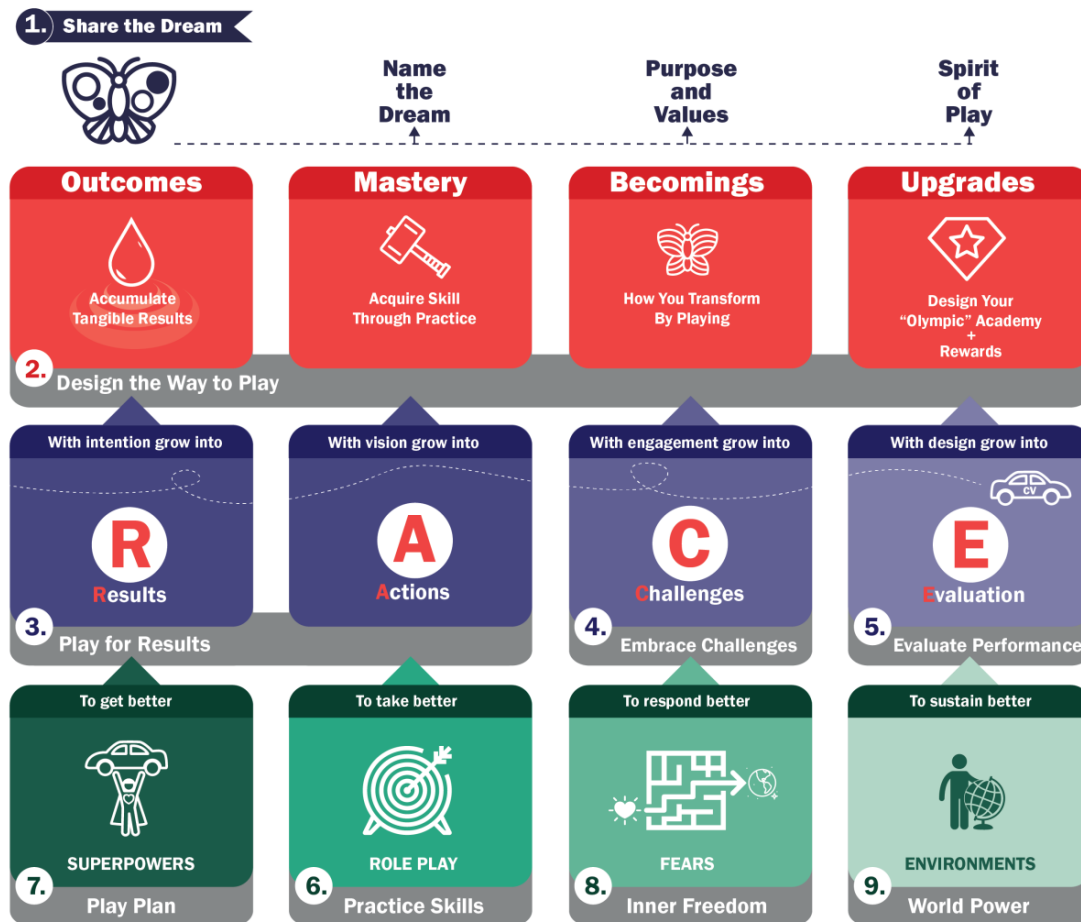
This playshop is based on 2 models from our Coach Training Program
The Center for Coaching Mastery: The Play Life Method and the
Energy Alignment Game. Included in this playbook are pictures of the
models followed by playsheets to use during the playshop.

Playshop Outline

- 1) Create a safe space to share our dreams and fears
- 2) Celebrate and complete the previous year
- 3) Clarify your BIG Dream for the year ahead
- 4) Craft your ACTIVE plan to Play Life; recognize common fears
- 5) Craft your “Energy Alignment Game”; recognize energy restriction

I am with Yoko. We are here to play BIG for our dreams... TOGETHER!
#PlayLife

Coach Dave and the CoachVille Team!



The Play Life Method

The Play Life Method is used to transform any endeavor in life into a playful activity. When something can be played, it can be coached.

- 1) We will use it to explore your previous year as a playful growing experience and claim all the value we can from it using judgment-free awareness!
- 2) Then we will use these same concepts to clarify the BIG Dream you are playing for this year.

Four Pivotal Moments of Play with Social Fear



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How we Play Life Actively (and the common fears of playfulness)

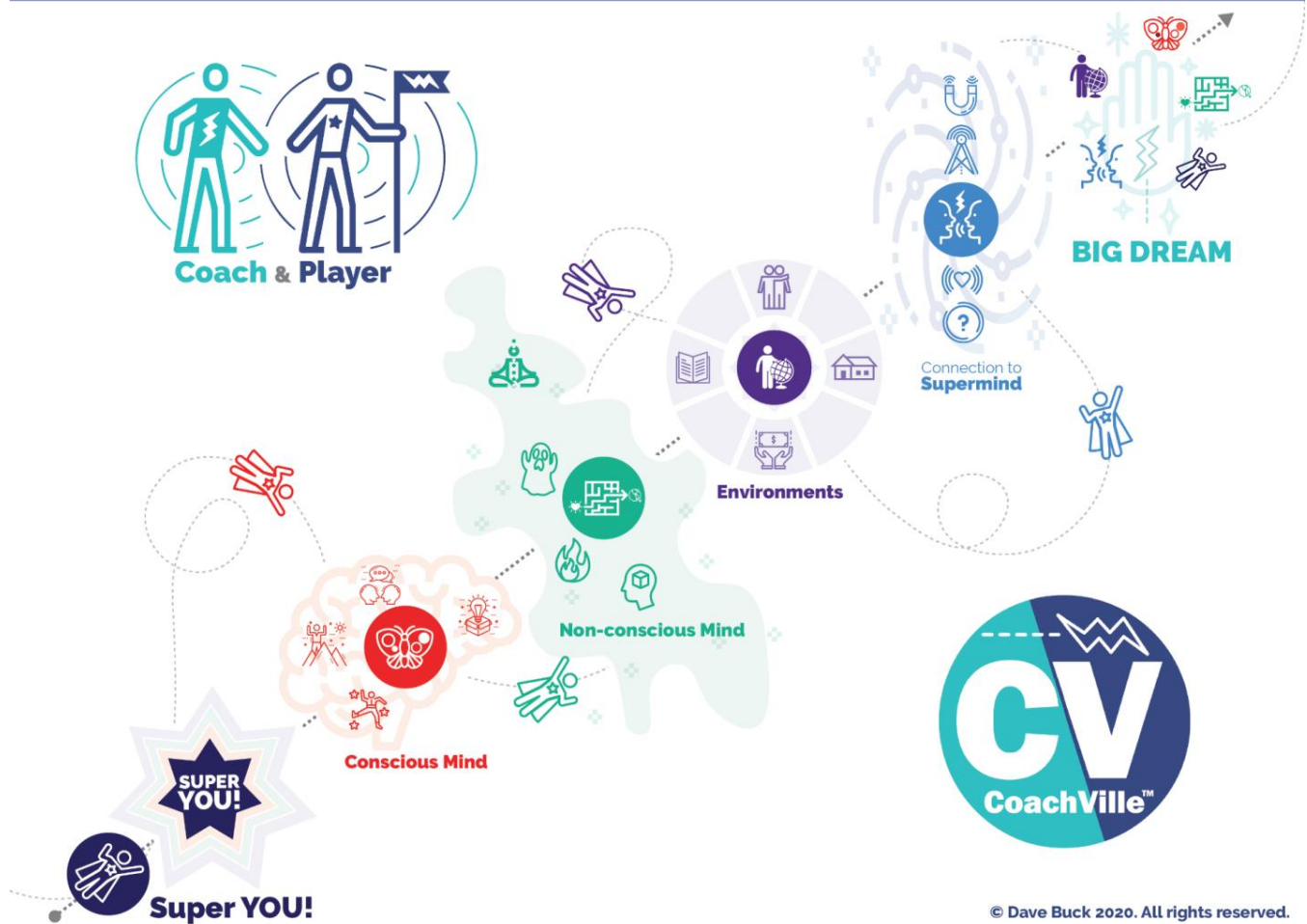
Relate means talking to other people! This is pretty much what we do all the time in life. It becomes playful where there is an opportunity for positive influence like when you are asking someone to do something with you and they might say “yes”, but they might say “no”.

Creating is when you make a thing or you design an experience that you aim to share with others; for examples: writing, recording, designing, planning. The sharing part is all about participation and contribution.

Experimenting is any time you do something that you have not done before OR you do something that you have done in a new way.

Exploring is when you go into a new territory; or step into the unknown (hopefully with a sense of wonder)

The Energy Alignment Game



How we play life energetically.

When you set your heart on a BIG dream, YOU must endeavor to raise each of the elements into alignment with the new dream. This is part of the adventure and requires effort and imagination. It is wise to have a coach / guide who knows the territory!

Super YOU:

There is a next-level version of YOU that you must express fully and become in order to fulfill this big dream.

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. Acting with the spirit of play is essential to your dream!

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; from fear is your enemy to fear is your friend... it is like a treasure map to your Superpowers.

Environment:

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

Connection to the Super Mind:















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

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. Survival is vital. AND there is much more to a life worth living. Always remember: your survival instinct / self-preservation mode is NOT a problem.

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!

1. Share the Dream  Player Name: 	Name the Dream Date: 	Purpose & Values 	Spirit of Play
Outcomes Date: 	Mastery 	Becomings 	Upgrades 
2. Design the Way to Play			
Results Date: 	Actions 	Challenges Date: 	Evaluate Date: 
3. Play for Results		4. Embrace Challenges	5. Evaluate Performance
Superpowers Date: 	Role Play Date: 	Fears Date: 	Environments Date: 
7. Play Plan	6. Practice Skills	8. Inner Freedom	9. World Power
Play Big Date: 	Play Big Date: 	Highlights Date: 	Next Dream 
10. Big Move #1	11. Big Move #2	12. Celebrate and Co-Create	

Use this play sheet to find the value of your past year of life experiences.

BIG Dream Playsheet

Share the Dream

Player Name:

Date: / /



Name the Dream

Purpose & Values

Spirit of Play

Outcomes



Mastery



Becomings



Upgrades



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Use this play sheet to clarify your BIG Dream for the year ahead.

Additional Notes:

On the following pages we will explore how to play with energy.

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: / /





Use this playsheet to imagine the next version of SUPER YOU

Conscious Mind Playsheet



Your BIG Dream:

Date: / /

Relate for Influence



Create and Share



Explore to See and be Seen

Experiment to Try New Ways

Idea Pops:



Follow-up Actions:





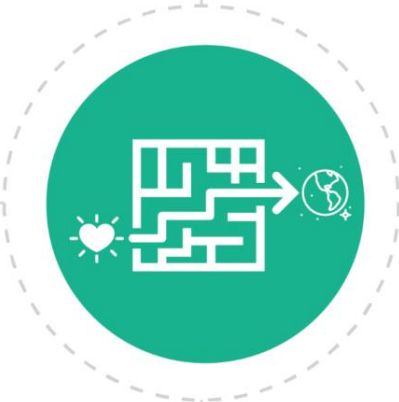


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Use this playsheet to imagine ways to play for your dream!

Non-Conscious Mind Playsheet

 Your BIG Dream:		Date: / /	
Body Awareness		Fears	
			
			
			
Desires		Beliefs	
Idea Pops:		Follow-up Actions:	
			



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Use this playsheet to imagine ways to uplevel your non-conscious mind.

Environments Playsheet



Your BIG Dream:

Date: / /

People



Places



Ideas



Things



Idea Pops:



Follow-up Actions:



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Use this playsheet to imagine ways to uplevel your environments.

Connection to Supermind Playsheet



Your BIG Dream:

Date: / /

Big Questions



Attracting Thoughts



Gratitude

Experiences

Idea Pops:



Follow-up Actions:



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Use this playsheet to uplevel your connection to the Supermind.

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!

