



# Playsheet Pack!

## Welcome!

Welcome to the Activate Your Dreams 5-Day Challenge Experience!

Where you will co-create a play plan for your BIG Dream out in the world; and learn how to thrive in the Connected Age of Play.

In this playbook you will find the playsheets for each of the 5 Sessions of our adventure.

These sheets follow the flow of our sessions so you can use them to take notes.

## Printing Instructions...

Pages 2 – 7 ... Print 1 Copy

Pages 8 – 11... Print Optional

Enjoy your adventure!

The world is ready for you and your dream.

We are the champions of dreams!

Coach Dave



Coach Dave Buck and the CoachVille Team!

[www.coachville.com](http://www.coachville.com)

**SESSION FOCUS:**  
**SHARE THE DREAM**

*Describe your dream  
from your imagination:*

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*How will it change  
lives for the better?*

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*Activate the  
spirit of play:*

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

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## Growth Zone

**What did you learn...**

About playing for your dream?

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About yourself?

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# Activate Your Dreams - 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

**Who is your dream asking you to become?** (skills, qualities, superpowers)



Date: / /

A large rectangular area with horizontal dashed lines for writing, intended for the user to describe their dream and the qualities/skills they wish to develop.

# Activate Your Dreams - Playful Conscious Mind Playsheet



**Your BIG Dream:**

Date: / /

Peak Experiences:

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Push the Energy:



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**Relate for Influence**

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**Create to Share**

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**Explore for Visibility**

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**Experiment for Change**

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**You can become  
the next version of you**



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# Activate Your Dreams - Non-Conscious Mind Playsheet



**Your BIG Dream:**

Date: / /

**Intentional Co-Creation:**

You

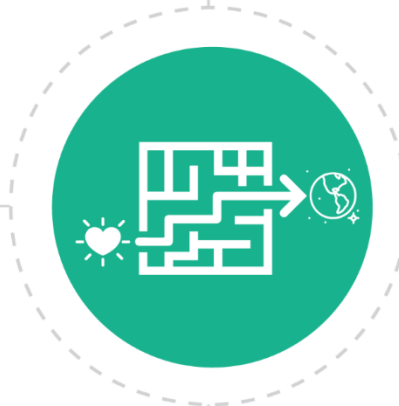
Them

**What came up?**



**Body Awareness**

**Fears**



**Desires**

**Beliefs**



**Your fears are a treasure map**



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# Activate Your Dreams - Environments Playsheet



**What does your dream need?**

Date:    /    /

<p><b>People</b></p> <div style="text-align: center; margin: 20px;">  </div> <div style="text-align: center; margin: 20px;">  </div>	<p><b>Places</b></p>
	
<p><b>Ideas</b></p> <p>Name some tolerations:</p>	<p><b>Things</b></p> <p>What is missing?</p>

# Activate Your Dreams - Connection to Supermind Playsheet



**What is your BIG dream revealing to you?**

Date: / /

## Big Questions



## Attracting Thoughts



## Gratitude

Celebrations:



## Experiences

Possibilities:



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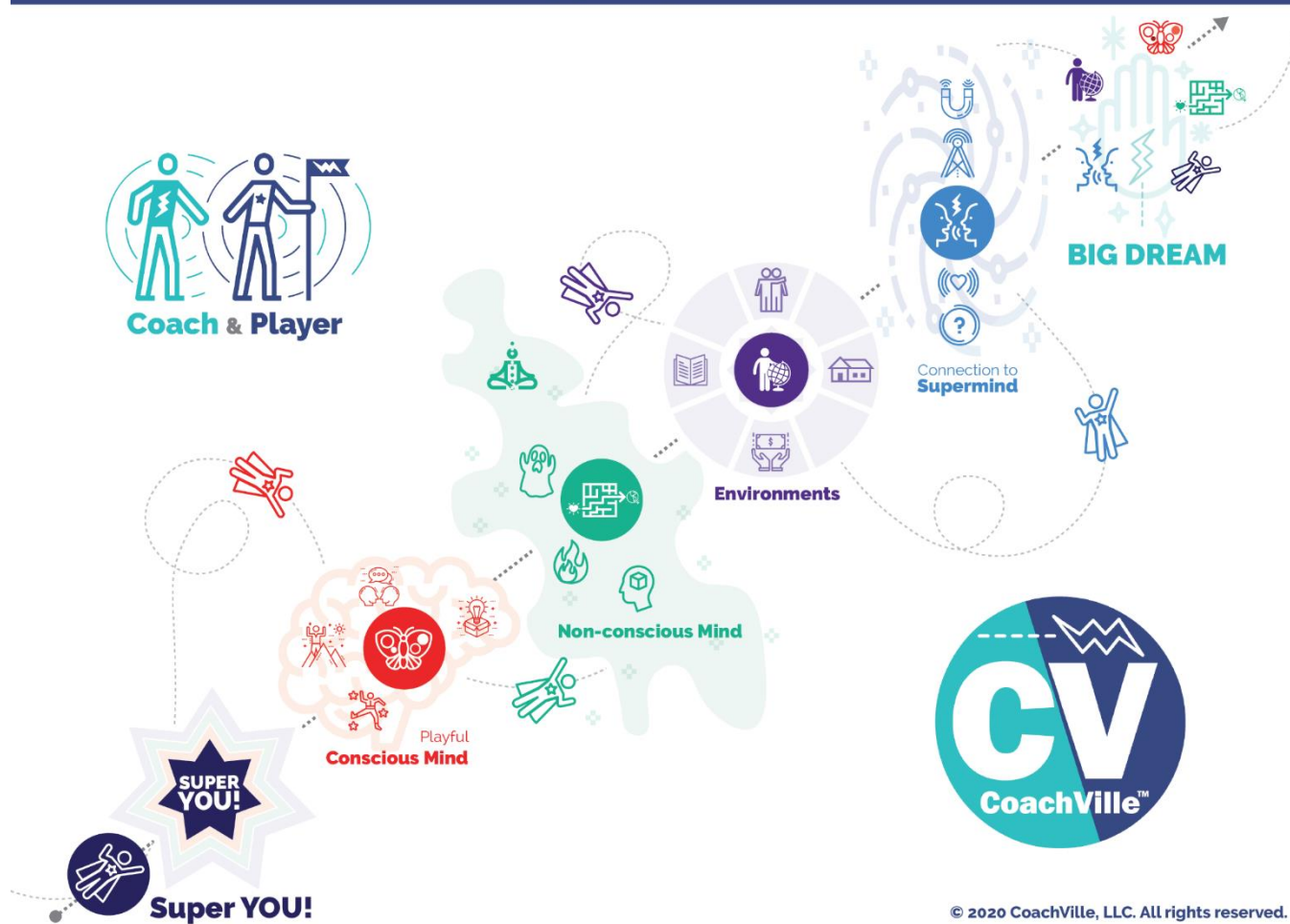


**Your Supermind connection  
is always with you**



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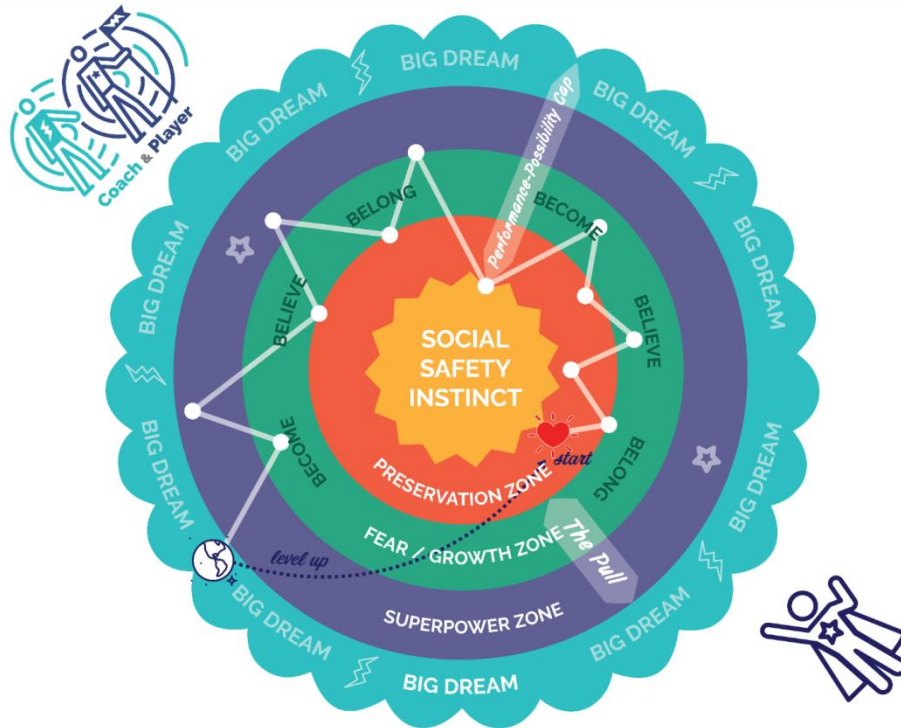
# The Energy Alignment Game





# The Human Journey with a Coach

The Social Safety Instinct pulls the player in. The BIG DREAM pulls the player out.



The Coach guides the Player on adventure from the Preservation Zone, through the Fear / Growth Zone, and into the Superpower Zone. Notice it is NOT a straight line!

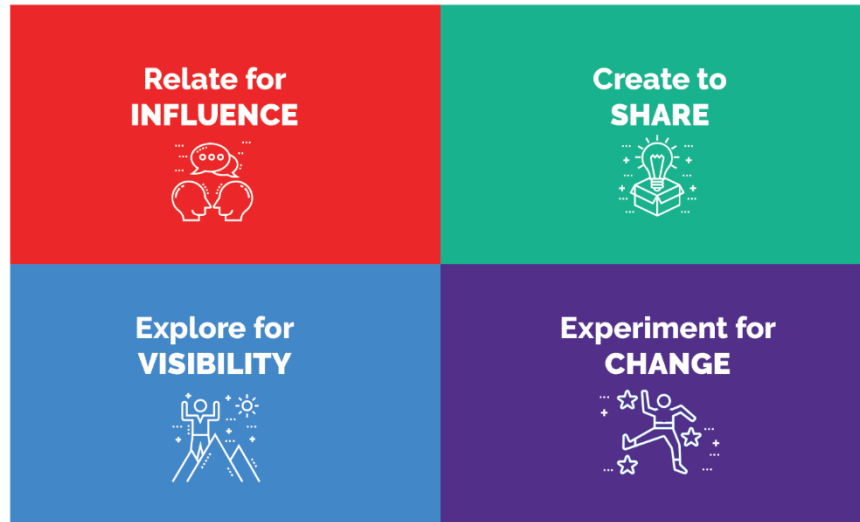
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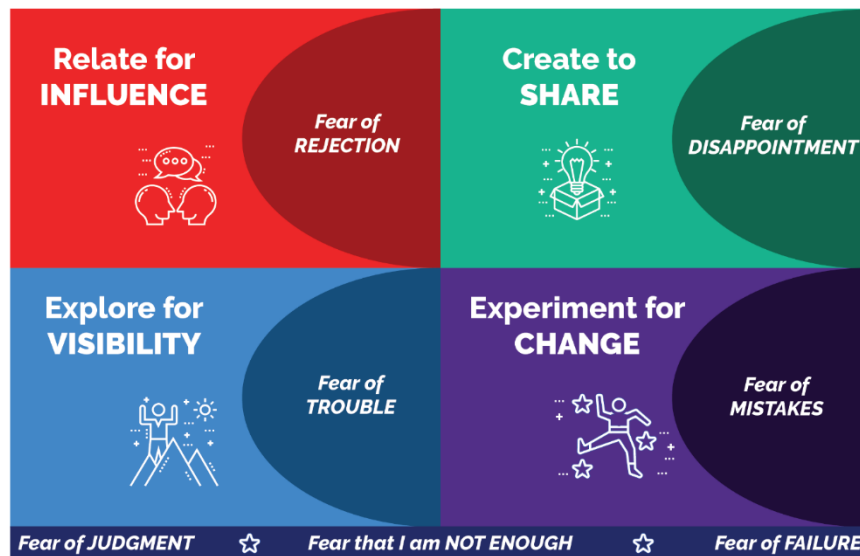
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## Four Pivotal Moments of Social Play



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## Four Pivotal Moments of Social Play with 7 Social Fears



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That  
was  
fun!

Thanks for being awesome!  
Coach Dave