



# ENERGIZE YOUR DREAMS



*Playbook for Players*  
*by Dave Buck, MCC*



**CoachVille Center for Coaching Mastery**  
*We are the champions of dreams!*

© 2022 CoachVille LLC | All Rights Reserved

# Energize Your Dreams

## Playbook for Players

### Part 1: Sessions 1-4

By Coach Dave Buck, MCC

# Welcome!

Hello there! Coach Dave here with you.

On behalf of the CoachVille Community, I welcome you to the Energize Your Dreams program with your CoachVille Coach.

I am the co-creator – with our amazing team of coaches – of the Energize Your Dreams program that your coach is using to guide you in pursuit of your dreams. While your coach is your Guide on the adventure, I will be your “Bonus Companion” with this playbook and a series of audios that I recorded to help you make the most of every session with your coach.



## Our BIG Dream at CoachVille...

Everyone, everywhere with the courage to play BIG for their dreams, has a GREAT Coach!

YOU are making our dream come true!! Thank YOU!

Your coach is...

- The champion of your dreams
- The promoter of your playfulness
- The activator of your Human Nature Superpowers

The true heart of coaching is practicing together to play better. So, just as a basketball coach will help you play basketball better or a violin coach will help you play violin better, a Life Coach will help you play life better. You might be wondering: how do we practice life? We will get to that I promise. Oh, and it's AWESOME!

Your **Dream** is the call to adventure... out in the world... to create new experiences that enhance your life and the lives of others.

Your **Playfulness** will empower you to relate for influence, create for inspiration, explore for visibility and experiment for change... the 4 things your Dream needs you to do.

Your **Human Nature Superpowers** are abilities, that when refined and practiced can make a big impact on other people and situations. As you energize your Dream you will discover, unleash and develop your Superpowers of Human Nature!

**Are you READY TO Play BIG for your own Dreams AND create a ripple effect of good that deeply touches others? And amplify the goodness of your Human Nature?** I know the answer is YES! The good news is that it happens naturally when you play with a coach.

Enjoy the adventure...

Coach Dave Buck and the CoachVille Community...

***We are the Champions of Dreams!***

# Table of Contents

WELCOME!..... 3

TABLE OF CONTENTS..... 4

A BRIEF INTRODUCTION TO HAVING A LIFE COACH..... 5

HOW TO USE THE PLAYBOOK, WEEKLY AUDIO & PLAYSHEETS ..... 17

SESSION #01 – SHARE YOUR DREAM..... 20

SESSION #02 – SOCIAL PLAY..... 35

SESSION #03 – PLAY BETTER (WITH PRACTICE) ..... 45

SESSION #04 - PIVOTAL MOMENTS..... 52

## **A brief introduction to having a Life Coach**

## *An exploratory session with a coach*

The first step in a coaching relationship is what we call an “Exploratory Conversation”. The main purposes are to:



- A) Get you excited about having a Life Coach
- B) Make sure that you and the coach are a good fit for each other.

Listening to this audio will help you prepare for the session.

Reading this playbook introduction will also help you prepare to get the most out of it AND to make a good choice for yourself.

### **Prep for the Exploratory Session.**

<https://soundcloud.com/coachville/eyd-00-exploratory>

Even if you already had the exploratory conversation and said: “Yes”, I still recommend that you listen to the prep audio. A few of the ideas will energize your experience with your coach.

You may be reading this playbook before or after your exploratory session with your coach. Either way is OK!

If it is before, then consider these first 10 pages or so as motivation to say: “YES”!

If it is after, then these pages are here to get you prepped and ready to play.

## *The BIG PURPOSE of this Playbook*

In each chapter I will share with you a few ideas about playing for your Dream. And I will give you a preview of any coaching techniques your coach will practice with you for the first time.

## **Why this is awesome...!**

You probably have never had a CoachVille Coach before, and probably never any kind of Life Coach. The more you know about what to expect in the session, the more you can be a co-creator rather than a passenger. This is super important because Life Coaching is a co-created experience, it is NOT a service.

## *The Practical... The Problems ... The Purposeful... The Playful*

As your bonus companion on your adventure with your Life Coach, my role is to prepare you for each leg of the journey so that you can really LOVE it and thrive.

In this introduction I have a few provocative ideas to share with you... that will shift how you see yourself, the world around you and your opportunity to thrive in a joyful way. AWWW Yeah.

So the first thing I want to do is share with you a few of the “real world” benefits of playing with a Life Coach in the form of practical benefits, problems solved and bigger purpose and aspirations.

## The Practical

- If your Dream or purpose feels fuzzy or lost, it will come into focus and gain energy.
- Positive actions that used to seem hard, will start to feel easy.
- You will have more fulfilling experiences with people you enjoy; in ALL aspects of your life!
- You will gain awareness of where your doubts and fears are coming from... and you will feel more and more FREE!
- You will greatly expand your “body awareness” and “emotional awareness” which will increase your intuition, inner knowing and self-trust. << ***THIS IS A BIG ONE!***
- You will feel more ALIVE... and feel like your life is more vibrant than it used to be!

## The Problems

Coaching is NOT an intervention for problems! It is about playing better for your dream.

However,... as you play better with your Life Coach, many of life’s common problems will lessen or disappear completely.

- You will experience LESS anxiety.
- You will experience LESS self-doubt.
- You will experience LESS procrastination on important actions.
- You will experience LESS negative self-talk.
- You will experience LESS limiting beliefs.
- The idea of self-sabotage will gradually disappear.

You have to admit... this will be awesome!

## The Purposeful... and Aspirational

- You will gain influence. You will begin to see yourself as powerful and capable of having a profound positive impact in the lives of others and in the world!
- You will gain creativity. You will gain clarity on the YOUnique qualities that you have within you that you can use to co-create the results and experiences you desire.
- You will make changes. You will feel more confident in taking risks that can bring about positive rewards for your dream.
- You will gain visibility. You will feel more courage in being seen and owning your value.
- You will develop the ability to tap into your body wisdom to make bold choices.

- You will develop the ability to tap into your AWESOME Human Nature for needed insights and possibilities... and then ACT on them.

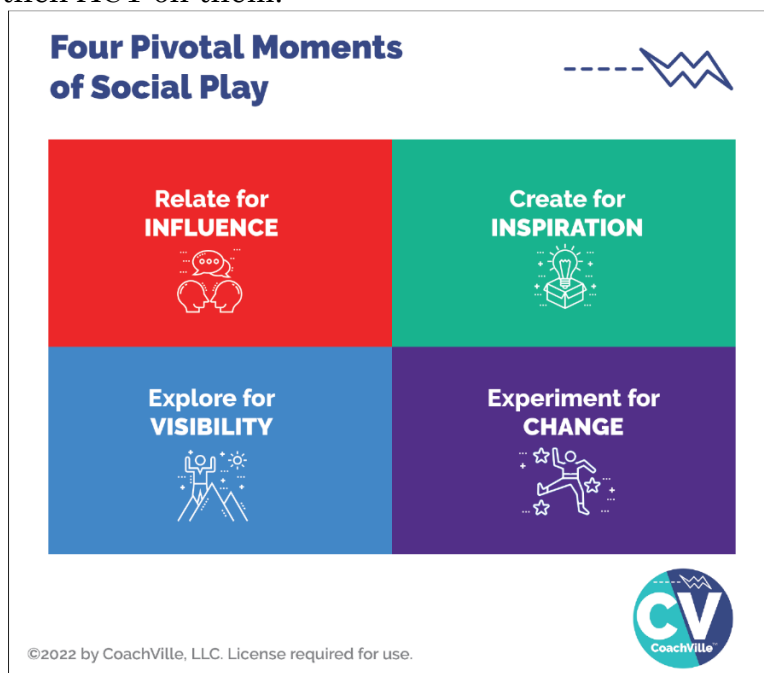
AWWWWW Yeah!

## The Playful

A BIG difference between playing with a coach and working in isolation is well... a focus on play... specifically Social Play, and practice.

We have a little model to help you shift your mindset from worker to player: Relate, Create, Explore, Experiment. (it has a ring to it!)

Your coach will encourage you to add activities in these four areas into your plan each week; this will guide you toward the experiences you desire, the impact you desire and personal transformation **AT THE SAME TIME!**



Here is an important insight to consider: **Anything that you cannot control but you can influence is an opportunity to play and play better with a coach!**

**So, I want you to wonder... to dream... of what you would do if you were able to increase your positive connection in the social world around you.**

These are the four types of activities **Pivotal Moments of Social Play**.

- 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 as was the norm in the Industrial Age of Control.

And here is another BIG point: As you unleash your Superpowers of Human Nature, you naturally get better and better at Social Play.

### Relate for Influence (AKA Play for “Yes”)

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”.

### Create for Inspiration (AKA to share with others)



Creating is when you make a thing or you design an experience that you aim to share with others to inspire them; for examples: writing, recording, designing, planning. The sharing part is all about participation and contribution. This is very much in line with the idea that “Life is Performance Art”; which is a concept we talk about a lot in coaching.

### **Explore for Visibility (AKA to See and Be Seen)**

Exploring is when you go into a new territory; you 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. You explore to see and experience new people and new places; and also to BE SEEN by new people.

### **Experiment for Change (AKA to Try New Ways)**

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. Often when we experiment, we have an idea or a hope of what will happen but we don’t actually know. A key to success 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 energized about playing for your Dream!

### **The BIG Picture...**

Playing life with a Life Coach means you will practice pivotal moments of social play that lead to influence, inspiration, visibility and change!

You will experience this fully over the next 12 weeks and you just might be inspired to take a “coach and play” approach to many of your future pursuits in life!

Now you might be thinking: “Yes, the social play actions and results are exactly what I want! The Power of Playfulness sounds amazing.

“But when I think about it:

- Asking for what I want or need is pretty hard for me.
- Sharing what I create can be a real struggle.
- I know I need to “get out there” and be more visible, but it’s not easy.
- Trying new things often feels too risky so I stick with what I always do.”

EXACTLY.

Somehow we have all become fearful of our playfulness and social play actions in the Industrial Culture.

This is a BIG reason why Life Coaching was invented!!

## *Possibilities for your BIG Dream*

In our documents at CoachVille, we use the symbol of the lightning bolt to represent your Dream. We also typically capitalize the D to represent that your Dream takes on a life of its own; almost like a character in your adventure.

The first thing your coach is going to talk with you about is your Dreams; because living your Dreams is what playing life is all about. An important point here is that playing life with a Life Coach is MUCH different than going it alone. So, I am encouraging you to think bigger than you might normally allow yourself to think.

### **Why Dream... rather than objectives or goals?**

- Your Dream includes your imagination.
- Your Dream includes your vision.
- Your Dream includes your heart's desires.
- Your Dream includes how you want to contribute to life.
- Your Dream includes who you want to become.
- Your Dream includes the experiences you want to co-create.
- Your Dream includes the spirit of play.
- Your Dream includes a sense of wonder and mystery.



Often, we don't think too much about our dreams, we just focus on what we can control by ourselves. This is how we were trained to think in the Industrial Culture. (We will get to this in a moment) This approach tends to keep us pretty small; which is OK sometimes. But truly life can be MORE.

Another important idea about Dreams is this: there is no

### **There is no Road Map to our dreams BUT... there IS a Treasure Map!**

There is no Road Map to your dream; no step-by-step instructions like everything in the Industrial Culture.

During this coaching experience you will rekindle the treasure map reading skills that are part of your Human Nature and prepare to live fully with the wonders and mystery of life.

You may be very clear on your Dream and already in pursuit. Or you may be a little fuzzy about the details but just know you are ready for more. Wherever you find yourself now is the perfect place to start your adventure. The purpose of this little section is to spark your imagination for what your BIG Dream can be.

### **Our mantra is: The world is a playground. Let's Play Together.**

Here is a "starter" list of the endeavors that people dream of playing better. This will spark your imagination for the many possibilities you have with your Life Coach!

## **Aspects of Life you can play better with a Life Coach**

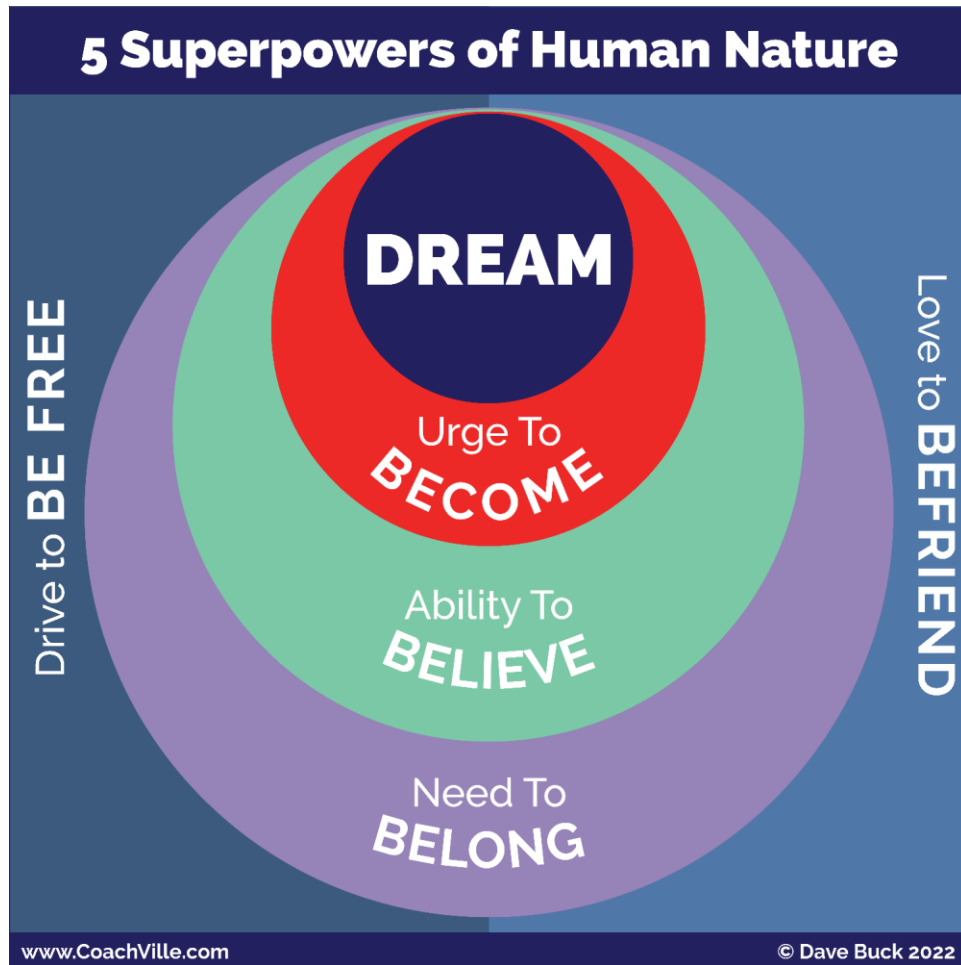
- small business ownership,
- career development & transition into something joyful & meaningful
- business growth through team play,
- leading a worthy cause
- growing a vibrant community or tribe
- spiritual quest through community participation,
- financial freedom through value creation,
- corporate management and/or leadership of a great team
- artistic expression and performance
- health and wellness through engagement
- personal growth through self-expression and participation (this includes co-creating relationships and partnerships)

## **How you will grow as you play for your dreams...**

- You will express your superpowers, energy and creativity
- You will enjoy the company of people on your growing Dream Team
- You will grow your skills and capabilities
- You will experience personal transformation; to be free, befriend, become, believe and belong
- You will grow in status within your community
- You will change your world - or THE world - in a positive way

You will LOVE playing for a Dream that is engaging, supportive, challenging, purposeful and fulfilling... even if right now in your life you only have 20 minutes per day to play for your Dream, it will light up the rest of your life. And hopefully soon more and more of your day can be living your Dream time. AWWWW Yeah!

Let's talk for a moment about the Superpowers of Human Nature.



### *Activate Your Human Nature Superpowers*

Your coach is on the adventure with you to Energize Your Dreams AND to activate your Human Nature Superpowers! Awesome. AND if you are like most people, you don't have great clarity about what these Superpowers are. No worries. Your coach and I will guide you together.

Here is a quick overview to spark your curiosity.

They all start with BE to make them easy to remember:

#### **The Drive to BE Free.**

- Choose your adventure
- Self-trust = I trust my inner knowing
- Self-determination = I can choose to do it without permission

#### **The Love to BEfriend**

- Choose your companions



- Co-create = Two or more people creating together
- Care (give and receive) = We attend to each other's well-being

## The Urge to BEcome

- Choose your playful practice
- Self-expression = I can do it in my unique way
- Spirit of play = Curious, Creative, Resourceful, Resilient

## The Ability to BELieve:

- Choose your beliefs and desires
- Self-Love = I honor my unique being
- Self-Confidence = I believe that I can do it
- Self-Preservation = I believe that I should stay safe

## The Need to BELong

- Choose your environments
- Self-Value = your contributions to others are appreciated
- Self-Worth = I belong here

## Reality check

Most people that I have coached have had some awareness of a few things that they were good at. And some had an idea about their “strengths” or something similar from doing a self-assessment test. These inklings and readouts are really valuable.

But most had no idea about their Human Nature **Superpowers** or how vital they are to living a fruitful and fulfilling life. Nor how most stress, anxiety, frustration, apathy etc. are caused by NOT having access to them.

And one more quick clue here. We will talk a lot about our BIG Dream at CoachVille to guide the Human Family out of the Industrial Culture into Coaching Cultures. The Industrial Culture WORKS HARD to suppress – even squash – your Human Nature, or manipulate it in unhealthy ways. Coaching cultures PLAY HARD to unleash and expand our Human Nature Superpowers in pursuit of a vibrant, sustainable and egalitarian world.

I assert that most of the “Problems” – anxiety, self-doubt, etc. - I referred to a few sections back are caused by the Industrial Culture and the way it suppresses our Human Nature.

Your coach is going to ask you about your Superpowers in EVERY session. It is up to YOU to keep playing with these ideas. Experiment! Explore. There is a version of SUPER YOU that you were born to be. Your Dream is calling for that version of you right now.

The more you discover and activate your Human Nature Superpowers the more alive you will feel... and the greater ease you will experience in co-creating your dream experiences.

AND it might feel pretty scary sometimes... because of the fears we absorbed from the Industrial Culture. We will get to that later.

**MOST IMPORTANT:** Have fun, use your imagination, and KNOW that these powers are in you; envision yourself possessing them and using them.

## *Introduction to the Energize Your Dreams Coaching Program*

Your coach is using a series of techniques and skills from CoachVille called: Coaching Superpowers.

A superpower is a skill or natural ability that can be practiced and refined and then used to make a positive impact on people or situations. For the coach, the program has a double meaning:

- 1) Coaching you to activate your Human Nature Superpowers
- 2) Coaching you using the Coaching Superpowers

It's fun.

As I mentioned before, when you are prepared with an overview of the coaching session, you can be a more powerful co-creator with your coach.

Here is a quick outline of the 12 Sessions:

### **Part 1 – Experience Life Coaching Techniques**

- #1) Share your Dream – Activate Your Dream
- #2) Social Play – Intentional Co-Creation Technique
- #3) Play Better - Role Play Technique

**Energize Your Dreams Adventure Log (Part I)**

Your BIG Dream

1. Dream Sharing Date: / /

2. Social Play Date: / /

3. Play Better Date: / /

4. Pivotal Moments Date: / /

5. Practice... Practice Date: / /

6. Dream Refresh Date: / /

//CoachVille.com © CoachVille LLC 2022

- #4) Pivotal Moments – Pivotal Moment Technique
- #5) Practice Practice – Plan-Play-Grow Technique
- #6) Dream Refresh
- #7) Play for “Yes” – Transformational Play
- #8) Co-Creation Series
- #9) Ability to Believe
- #10) Need to Belong
- #11) Growth Mindset
- #12) Celebration

The purpose of the coaching program is twofold:

1) For you to experience the essential techniques of Life Coaching as a player so that you will know how to benefit from having a Life Coach as a companion on your adventure.

2) For you to... well... energize your dream and activate your Human Nature superpowers! To realize that you have more power than you think you do to play for your dreams and impact the world around you.

## HAVE FUN!

### *Prepare for your Exploratory Session*

Well, you don't really need to “prepare” in the traditional sense.

But there are a few topics your potential coach will bring up, so if you want to give them a moment of thought before the session you can.

If your coach has sent you the Playsheet Pack then you can print a page that looks like the one on the right. If not, no worries.

Your coach is going to ask you if you have a thought about what your Dream might be and if you have something that you are focused on for the next 3 months.

**Energize Your Dreams Adventure Log (Part II)**

Your BIG Dream

7. Play for "YES" Date: / /

8. Co-Creation Series Date: / /

9. Ability to Believe Date: / /

10. Need to Belong Date: / /

11. Growth Mindset Date: / /

12. Celebration! Date: / /

//CoachVille.com © CoachVille LLC 2022

**Energize Your Dreams Exploratory Session** Date: / /

SESSION FOCUS: EXPLORATORY SESSION

Peak experiences: 3. Self-expression: 4.

3-month focus: 2. Contribution: 5.

Growth-oriented challenges: 7. Play better: 6.

Your Dream

Are there any peak experiences you would love to have over the next 3 months?

How would you love to expand your self-expression and contribution?

Are there some activities that you would love to “play better” or any growth oriented challenges you would love to step into?

This can be a really fun conversation!!!

Enjoy your exploratory session with your – potential – coach.

It could be just the start of something BIG!



## **How to use the playbook, weekly audio & playsheets**

And the coaching agreement

## Team Play for Transformation

Your coach and I are co-creating team play for transformation for YOU and your dream!!

This playbook and the playsheets and the audio are designed to help you become a powerful co-creator with your coach. Because all of the key ideas are explained here, you and your coach can dive right into co-creating and practicing together; rather than your coach using precious time explaining these concepts.

**IMPORTANT:** [Here is a separate PDF with just the playsheets that you can use to print.](#)

### How to prep for each session

- 1) Read the chapter in this playbook corresponding to the session
- 2) Listen to the Player Prep Audio (there is a link at the top of each chapter)
- 3) Print the Coaching Notes sheet for the session (or print the whole pack now).

### Listen to the Player Prep Audio.

Listen to the “player prep” audio a time or two prior to your coaching session. This will help to create an “immersion experience” for your Dream. We have all had thousands of “repetitions” about working on tasks in isolation... so it will take quite a few reps before you can fluidly PLAY Together for your dream. But together... we will do it.

### Coaching Session Notes

An example of the Coaching Notes for Session 2 is on the right above. I am using Session 2 as the example because it is the one that is most similar to the others.

Use these sheets to write a few key word notes during each coaching session. The sheets are set up with words and symbols to follow the flow of the session; like creating a mind map. Writing a few notes will help you remember different parts of the experience and then capture your growth from the session.

Remember, a coaching session is not school! There won't be a test. You don't need copious notes. Write a few key words for each segment; again, like a mind map.

### After Each Session

Energize Your Dreams Session #2 Notes				Date:
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	
				
				
<b>Growth Zone</b> What did you learn... About playing for your dream?		About yourself and your Superpowers?		
<b>Play Plan:</b> What are the actions / perspectives you will focus on?				

- 1) Write the date and a few high level key word notes to capture the essence of the session for you on the Energize Your Dreams Adventure Log. (you saw this on Page 19. It is in the playsheet pack). Use these two pages to create a visual display of your progress through the program.
- 2) Print the Play Plan Playsheet to write out your play plan. Keep the sheet in view in between coaching sessions so you remember to play!
- 3) Write a few notes about your experiences of playing the items on your play plan; like keeping a journal.

## Play Plan for the week

**A mini version of the sheet is on the right.**











It has the words and symbols from the 4 Pivotal Moments of Social Play. It is the same for each session. Print 11 copies.

A) Fill it out as soon after the session as possible. Remember the idea is to weave in at least a few “play for your dream” activities into your week;

B) Keep it near you as you play for your dream in between coaching sessions to remind yourself to play.

C) Use it like a journal to make a few notes about your experiences of playing with each item. Note your thoughts, feelings, experiences and even resistance; if you find yourself looking at the item every day and thinking: “oh, I will do that tomorrow”.

This will help you prepare for your next coaching session.

Energize Your Dreams Play Plan # _____		Date: _____
Your BIG Dream: _____		Your Focus this week: _____
Your Superpowers: _____		
<b>ACTIONS with the Spirit of Play</b> <b>Relate for INFLUENCE &gt; Risk Rejection</b> 		<b>Challenges / Superpowers / Results:</b> 
<b>Create for INSPIRATION &gt; Risk Disappointment</b> 		
<b>Explore for VISIBILITY &gt; Risk Trouble</b> 		
<b>Experiment for CHANGE &gt; Risk Mistakes</b> 		
<b>Celebrations:</b> 		<b>Growth:</b> 

## The Coaching Agreement

Your coach and I are part of an international community of coaches called the International Coaching Federation.

As a member of this community, we abide a set of Coaching Ethics.

Your coach will send you an agreement to sign after the Exploratory Conversation and prior to Coaching Session #1.

## **Session #01 – Share Your Dream**

## Session #01 Prep

[Listen to this audio to prepare for Session 1.](#)

### *What Life Coaching is...*

To start our adventure together, I want to share with you a few thoughts about how Life Coaching can activate your superpowers and energize your Dreams.

Here is our definition of coaching:

# Coaching Is...

1. A profound personal relationship
2. Where the coach guides the self-determined player
3. In pursuit of playing better for their **Dreams**
4. To become the next version of themselves
5. Through proactive co-creation
6. And guided practice

Some folks have gotten the idea that coaches talk with you to help you solve your own problems. Others think that coaches tell you what tasks to do and hold you accountable.

Life Coaching is not about problems or tasks because life is not about problems and tasks. Life is for playing for our dreams and Coaching is about playing together to play better; also known as practice.

Let's go a little deeper into each of the elements.

### **1. A profound personal relationship**

Coaching is a personal relationship. Your coach will care about you as a person and you will care about your coach. It is very different than the ideas we got about Industrial Age Professional that was robotic and impersonal. Caring is an essential element of the coaching experience.

Coaching is profound because it goes beneath the surface of life's circumstances into feelings, emotions, beliefs, desires, possibilities, fears, visions, ideas... the important stuff.

## 2. Wherein the coach guides the self-determined player

Coaching is NOT hierarchical... which is an important detail we will explore in a moment.

Guiding another person on an adventure is a real artform. It is not the same as directing or controlling; but it is more than a passive companion.

Think about the guide on a hero's journey like Star Wars Obi Wan Kenobi to Luke Skywalker. They are on the adventure together, they are both actively involved. Obi Wan is sharing observations with Luke BUT... Luke makes his own choices about what to do.

Another way to think of this is the Olympic Coach. They are in the Training Center with the athlete every day sharing the dream together. Olympic athletes deeply thank their coach when they win a medal; they could not have done it alone.

## 3. In pursuit of playing better for their Dreams

Playing better is the essence and the purpose of what ALL coaching is about.

Playfulness is an awesome Human Superpower. Helping you restore and maximize your playfulness is a big part of Life Coaching. I will get into that much deeper in a few moments because the idea of play may be scrambling your mind right now.

To ease into the exploration here are a few ideas to help you understand what I mean by PLAY and playfulness:

- Curious and Creative
- Resourceful and Resilient
- Explore and Experiment
- Fun! (usually, but not always)

### The 3 Frameworks of Play

There are 3 areas of life where we see play all the time. One way to get into playing for your dream is to identify with one or more of these and re-imagine your dream with this framework.

1) **Performance Art:** You have talents, a "voice" or perspective and something to say or share. You practice A LOT to refine both your skills and your message. You use your talents to co-create experiences with your audience.

2) **Game / Athletics:** The urge to compete drives you to hone your skills to perform at a high level. You enjoy the thrill of victory and embrace the difficulty of defeat. You enjoy

the camaraderie of your teammates and the competitors. The definition of compete from the ancient Greek language is quite inspiring.

To Compete: *to seek the best in oneself in the company of others likewise engaged.*

3) **Epic Quest:** You have been “called” to adventure. There is something you **MUST** do even though it means leaving behind the comfortable of your well-known surroundings and place in the world. You face great challenges in pursuit of your mission. If you are successful, you reap some great reward which you can bring back to your tribe for all to enjoy.

## **Your Dreams**

This is another topic we will talk about A LOT in this playbook and with your coach. Your Dream is your vision for who you want to become and what you want to experience in the world.

In the Session 1 we will get into the details of The Dream.

## **4. To Become the next version of themselves**

Coaching is always riding on parallel tracks.

One track is focused on the outer experience of what you are co-creating and accomplishing in the world around you.

The other track is focused on your inner experience of growing and becoming; especially becoming the version of YOU who can live the dream you are imagining. Becoming is about feeling more capable, more confident and more free to fully express yourself.

You have Superpowers within you that you are not even aware of right now. Your coach will help you see them and practice using them.

You have Beliefs within you that may or not be aligned with your dream. Your coach will help you reveal them and uplevel them if you want to.

## **5. Through proactive co-creation**

Talking together is a big part of how coaching happens.

A key in Life Coaching and Life Playing is to co-create a safe space for deep and provocative conversations.

This brings me to one of my favorite things to share with new Life Players!

### **The ancient power of co-creation!**

**In the ancient** Aramaic Language, there was a power phrase: **Abera Ca Dabera** – It means: “I create as I speak”. You have probably heard of it being used in the context of magic but it is also VERY practical! When two people are talking together in deep conversation with purpose, permission, and presence – as happens in a Life Coaching relationship – it can take on a life all its own. With your words you can speak your dream

into existence and create the new version of YOU needed to fulfill your dream. This is the “magic” of co-creating that makes coaching such a powerful force in the world!

You and your coach will co-create many “things” together: ideas, plans, approaches, awareness, insights and more.

With focus and determination, you can experience this transformational power with your Life Coach!

## 6. and guided practice

If you really want to hone in on the true essence of coaching, guided practice is the THING.

A key in Life Coaching and Life Playing is to co-create a safe space for practice.

Practicing together is how we grow both in capability and awareness.

You and your coach will practice together by co-creating situations, conversations, pivotal moments and peak experiences. You will practice skills, using your Superpowers and expressing yourself. Through practice you can experience the new version of you before you bring it out to the world.

A BIG part of practicing together is **observation** and the experience of being SEEN.

We are ALL yearning to be seen by someone who knows what they are looking at!

Your coach is going to observe you as you adventure together and share with you what they see in a judgment-free way.

We all have blind spots in our thoughts and actions because we can't see ourselves very clearly...a trusted outside observer can really accelerate our growth.

At the same time, you will be observing your coach and absorbing their wisdom.

This is the way life is meant to be played; we are meant to co-create life with others; we are meant to be SEEN and valued by others.

## *Life Coaching starts with your Dream*

All coaching begins when you have a BIG dream and choose a coach to guide you on the adventure. As the “player” you must have a vision to experience something beyond what you are doing today; you must have a desire to become the next version of YOU! Again, to amplify our metaphor: this is like putting a game into the “play station of life”.

You may be very clear about your BIG Dream. However, if you are like most people, your dream starts out a bit “fuzzy”; mostly because our dreams were squashed by the Industrial Age Culture, and it will take a while to revive it. If that is you, please don't let that stop you. Start with whatever clarity you have and know that your Dream can come into clarity over the next several weeks





with your coach. AND it is absolutely OK to change your Dream halfway through the adventure.

Here are a few thoughts to help you hone in on your dream right now.

Focus on something that you CAN do right now. It is great if you also have a “someday” dream, but your coach can only guide you toward a dream you can pursue now.

If you have a “someday” dream that is not possible now, choose a “steppingstone” dream that will develop you in a way that moves you toward your “someday”.

Choose something that will pull you out into the world of other people, even if that is virtually rather than face-to-face. Remember the model for Social Play I shared with you in the Introduction. Something that you can do by working in isolation is not a BIG enough dream for playing with a coach.

Choose something that will ask you to GROW; something that will “ask” you to become the next version of YOU.

Also... ALWAYS remember that BIG means big for you; be careful about comparing yourself to other people. If your dream feels big for you... then it's a BIG DREAM!

Oh! One more thing; Remember I said that we will often refer to your Dream as if it has a life of its own. I will – and your coach will – say things like: what is your Dream asking you to do?

I hope you enjoy this quirky perspective.

## *The Human Journey with a Coach*

It used to be called the Hero's Journey. But we believe that EVERY human can choose to live a hero's life by playing for a BIG Dream to contribute to others by expressing their unique superpowers! So we call it the Human Journey.



The idea is that when you start the adventure you are in the Self-Preservation Zone and your Dream calls you out into the world. Two points I want to share with you here:

1) **It's NOT a straight path:** In the model you can see that the path from the Preservation Zone to the BIG Dream is not a straight path. You can expect a lot of moving ahead and then pulling back. Your adventure will have many side trails and speed bumps.

Remember I share with you that there is no road map to your Dream but there is a Treasure Map with clues, puzzles, and mysteries etc.? This is what we are talking about here.

2) You will also notice the arrow that shows that once you become comfortable and capable in your BIG Dream, a new Dream will come to your heart and a new adventure will begin! With a Life Coach, you don't stay in one place very long!

OK! Let's take a walk through this model. It's super fun and explains A LOT about the coaching experience!

There is a "stay safe" version of your life that is available to you now. In this life you preserve who you are and where you are. You avoid any social risks. This is how most people live. But this is NOT how you live when you have a Life Coach!

## BIG DREAM

The outer ring is your BIG Dream! The adventure is to get your heart's desire out into the world. It is your heart calling to you! (*Yoo Hooo... I'm out here*) This is where the experiences and results that you imagine happen with regularity. You are in the flow of life contributing your unique value to the world in a way that is fulfilling for you. The BIG Dream is the equivalent of the "call to adventure" in the Hero's Journey stories. To pursue your BIG Dream you will need to leave the safety of the Preservation Zone and pass through the FEAR/GROWTH zone and discover and develop your Human Nature Superpowers that will be needed to fulfill the dream.

## The Social Safety Instinct and the Preservation Zone

Next notice the Social Safety Instinct at the center. This force is like a magnet that pulls us toward **the Preservation Zone**. Here we aim to maintain the sense of belonging and status that we have in our current environment. We also seek to maintain the beliefs that are required by this environment. And finally, we limit our becoming through play to what can fit within the existing structure, which is usually not much!

The Social Safety Instinct – and the requisite need to maintain belonging – is by far the most powerful force in Human Nature.

The Need to Belong Human Nature Superpower is amazing. When you learn how to use it for good it can align with your Dream for growth. However, it can also be used by someone else to manipulate you and keep you stuck. Like most power, it can be used for good or evil. Part of playing with a coach is developing the wisdom to use it for good.

Many personal growth programs refer to something called the “comfort zone”. It is a similar idea, but I feel that the Preservation Zone is a better name for what is actually happening. First, many people are stuck preserving something that is not at all comfortable; yet they fight to preserve it just the same. Preservation Zone also takes away the stigma of comfort zone that implies a person is weak or lazy. Self-preservation is a super strong survival instinct and is both essential and a respectable force to be reckoned with.

### **The Pull!**

Notice The Pull! This is what we experience anytime we endeavor to pursue a big dream. The BIG Dream pulls us out and the Social Safety Instinct pulls us in. In the Hero’s Journey stories this is called “refusal of the call”. While in these stories this is a one-time event at the beginning of the story. In my experience of coaching people in pursuit of a Dream this is an EVERYDAY EXPERIENCE! Hah! It is often a “many times every day” experience.

### **The Performance-Possibility Gap:**

Notice the Performance Possibility Gap (in the upper right). This is the gap between the sum total of who you are and what you can do now AND who you must become to fulfill your dream. You have a vision of yourself playing life at a higher level of impact and inspiration. This is a good thing!

This is the essential coaching element. When a person has a BIG Dream, it includes a vision of themselves having new experiences and doing new activities or doing them in a bigger and better way than they can do them now. Anyone who goes after a BIG Dream knows that there is a gap that they will need to cross. Crossing this g

ap from the current ability and situation to the vision is what coaching is all about.

### **The FEAR/GROWTH Zone:**

The Growth/Fear Zone is the unknown. This is where you will face challenges that you cannot overcome as the current version of you. You will need to become the next version of you, uplevel your beliefs and establish a new environment of belonging. This is where you face social risks in pursuit of social rewards. In the Fear/Growth Zone you see the 3 B’s of Human Nature: Become, Believe, Belong; We will explore them in the next section.

Fear is a fundamental Human experience. Its purpose is to keep us safe. Fear is a feeling in the body that reminds us that in the past while doing something similar something “bad” happened. The fear comes up as a bad feeling to steer us away from the situation or action. Whenever you pursue a course of action that is beyond what you are doing now, you will experience fear on a regular basis.

The BIG insight is to realize that all your fears were absorbed from your environments. And many of your fears are social fears about expressing your playfulness and unique power. So, if you explore the fears, they can lead you back to your playful powers.

This is why we call this the FEAR/GROWTH zone. An essential experience of playing for a dream is growing into the next version of you and the next level of your ability and power.

A BIG key to coaching is this: since most of our fears were absorbed in social situations it is essential that we explore our fears in the company of a trusted guide. It is almost impossible overcome social fears by facing them alone. This is why almost all Hero's journey stories include a guide... and why all modern-day hero's need a Life Coach!

## The Superpower Zone

The Superpower Zone is where you discover the Human Nature Superpowers within you that have been hidden in the shadows that you will NEED to live your dream. You have Superpowers for influence, expression, visibility and change that you have not yet tapped into. OR you may be using them, but now you are being called to raise your level of mastery.

By walking with a coach through the zone of fear/growth you will obtain many clues about your unique powers that have become hidden over time. Any time you contemplate a new action your body will buzz if the action resembles a troubling experience from earlier in life. Exploring these pivotal moments with a coach using the Pivotal Moment Technique will often reveal the expression of power that is connected to the troublesome event. BAM! You now have awareness of a lost unique power!! AWESOME!

A quick word about Superpowers.

We actually have two sets of Superpowers within us.

- 1) The Human Nature Superpowers that we all have access to; that is what this program is focused on.
- 2) The UNIQUE powers that are part of our personality that we call SUPER YOU; we focus on these in our other coaching programs at CoachVille

We have found that we all need to boost our Human Nature before we can uplift our UNIQUE power. So that is what we are doing here.

If some of your SUPER YOU comes into the picture, then that will be awesome too.

With this awareness you can reclaim your power and use it to fulfill your BIG Dream

## *Get Your Human Nature Back!*

Let's go a little deeper into the 5 Superpowers of Human Nature because you are going to explore this in Session 1 with your coach.

There are five Superpowers of Human Nature that you need to unleash in order to play BIG for



your Dream: BE Free – Befriend – Become – Belong – Believe.

### **1) The Drive to BE FREE**

*Choose your adventure; Self-trust and Self-determination.*

Humans are born free. We expect to live freely. When something or someone restricts our freedom, we really don't like it! But we can adapt to it under duress.

### **2) The Love to Befriend**

*Choose your companions; Co-creating and Caring.*

We humans are also born to befriend. We are social creatures. We love and depend on the companionship of others. It brings meaning and purpose in our lives. We talk about Befriend to describe our close relationships and “Belong” to refer to our place in larger groups. But there is overlap between the two for sure.

One of the most interesting dynamics of our human experience is the dynamic balance between these two Superpowers. We want to do our own thing, but we also want to be with others. Finding this balance requires lots of practice and the accumulation of wisdom.

### **3) The Urge to Become.**

*Choose your playful practice; Self-expression and Spirit of Play*

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.

### **4) The Ability to Believe.**

*Choose your beliefs and desires; Self-Love, Self-confidence and Self-Preservation*

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 interactions with the world around us.**

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. A big benefit of having a Life Coach is that by observing you they can bring your non-conscious beliefs into awareness so you can explore them.

### **5) The Need to Belong.**

*Choose your environments; Self-worth and Self-Value*



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.

**The fear of NOT belonging will cause us to suppress the other 4 Superpowers. To limit our freedom, to limit who we befriend, to limit who we become and to limit what we believe.**

To create change we need to unleash all five superpowers!

- We need self-trust and self-determination to move in a new direction
- We need companions to share the adventure with us
- We need to play to BECOME the next version of ourselves.
- We need to BELIEVE in our own dream. This is what this program is focused on. Then we need to explore our beliefs and choose the ones that we need to uplevel to live our new dream. BIG point here: you can choose to uplevel your beliefs; they are not fixed a certain way.  
This is an essential element of Life Coaching!
- We need to find or create a new environment of profound BELONGing where we are supported and challenged to become the next version of ourselves, where we feel safe to be our Superpower selves!

This is where you REALLY need a great Life Coach! We are not meant to activate our Human Nature Superpowers alone.

## Life Coaching Starts Here

When you sign on with a Life Coach there is a purpose behind it.

You want to:

- Accomplish something
- Experience something
- Get better at something
- Change something

You probably don't think: "Oh, I need help unleashing my Human Superpowers!"

LOL.

True. However, to get that "something" you want, that is exactly what we need to do.

And not only will it energize the path to the "something", it will also open doors to amazing new possibilities!



In this little diagram called: “Life Coaching Starts Here” you will recognize the structure and colors, but the words have changed.

### **Drive to be FREE - Self Determination**

Your coach will encourage you but you need the gumption to say “YES” and get started.

### **Love to Befriend - Co-Creation**

Your coach will be your co-creative partner every step of the way. Mostly you will co-create practice experiences and awareness that will accelerate your growth.

### **Urge to Become - Promote Playfulness**

This is essential because coaching and playing go hand in glove since the purpose of coaching is playing better. With your playfulness you can go out into the world for peak experiences. A peak experience is when you feel that you are being AWESOME!

### **Ability to Believe - A Dream to Believe In**

Life coaching is about living our dreams! So, your coach will want to focus in on what your dream is. Don't worry if it is not clear. You can start with even the smallest inkling and grow it into a BIG Dream.

This program is designed to energize your Dream AND your ability to believe in your own dreams.

### **Need to Belong - Profound**

To thrive you need a place of profound belonging for YOU, your Superpowers of Human Nature and your Dream.

Your coach will start by creating a “safe space” – a judgment free space – for you to express your dreams and practice being the next version of YOU!

As your confidence grows from your time with your coach you will begin to bring your expression of Human Nature and your Dreams out into the world so they can find where they BELONG!

## ***Co-Create Awareness Coaching Technique***

Let's explore how to talk together with your coach.

Your coach is going to ask you a lot of questions... A LOT! The key to getting the most out of this experience is to shed the Industrial Culture Mindset that there are correct answers to questions. In connecting powerfully with another person, questions are meant to spark conversation that leads to co-created understanding; about situations and each other.

When you and your coach talk about things, there is a technique that will help you get the most growth from each experience. We call it the Co-Create Awareness Technique; it is a core technique of Life Coaching.

We also call this the “Abera Ca Dabera” technique. It is an experience that both coach and player co-create together, enjoy together and benefit from together.

Let’s look at the model and start in the white layer in the middle.

## Abera Ca Dabera

This phrase from the Aramaic language translates to: **“I create as I speak”**. It takes practice AND it is magical. When you speak this way, you can create your dreams and create the next version of YOU!

Another way of thinking about this is speaking from your heart; or speaking from inner knowing.

The power of this technique is that often you don’t know how you feel about something until you are saying it. You don’t think of it in advance. It comes out and then you know it.

### Safe Space

The coach and the player co-create a safe space where they can both express themselves freely and listen to each other with judgment-free awareness. It is the safe space that gives the “I create as I speak” its profound power. In a safe space you can say things that you have never said before.

Now let’s go to the outer layer and three Coaching Superpowers that play together in a cycle.

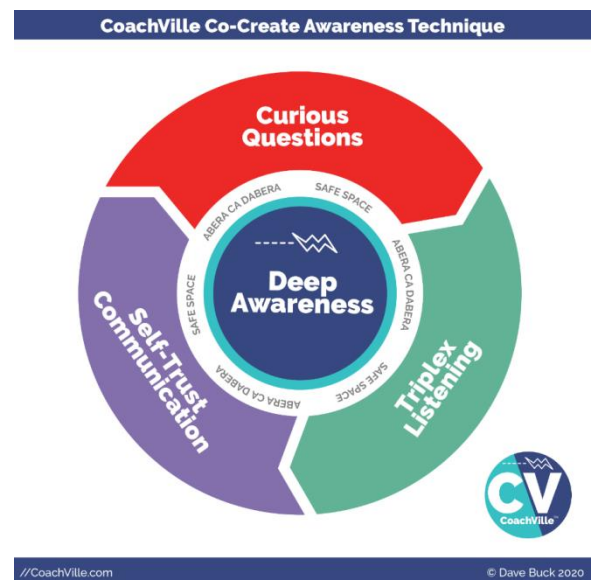
### Curious Questions

The coach asks a provocative question, then provides a space of deep listening for you, the player. Sometimes you will ask the coach a curious question as well. Navigating via curiosity is a coaching and playing superpower.

### Triplex Listening

Triplex listing is deep listening. This is where you hear the words the other person is saying; you hear and feel the energy behind the words; AND you hear what the other person is NOT saying.

In this space of listening the speaker can say things they have never said before.





In this space of listening the speaker is fully heard and “SEEN”; something we are all yearning for.

## Self-Trust Communication

In this space both the coach and player will have insights and inklings that they can freely share. Sometimes these thoughts are challenging to the status quo; this is a good thing. Often it feels like wisdom from within is bubbling up or knowledge from “the Supermind” is coming through (or downloading). Often these thoughts don’t make “logical sense” at first, but as they are explored new connections come to light; the “lightbulb” moment!

## Deep Awareness

When two people are listening and sharing in this space new awareness is co-created.

Thomas Leonard, the founder of professional Life Coaching often said: “Awareness is unifying”. In other words, things come together, new visions, new clarity of purpose.

In these conversations, you expand awareness of...

***Your Self*** and your value and your capabilities

***Your Dream*** and how to live it; what are the peak experiences?

***Your situation*** and the possibilities you want to explore and experience

***The world*** and your place in it and your potential to contribute to it

With new awareness, new possibilities emerge.

The more you can see, the more power you have, the better you will play.

One last note: while the focus of the Co-create Awareness Technique is on you, the player, often the coach will gain awareness into their own dreams, self, situations, and world during the experience. BONUS!!

## Prepare for Session #01 – Share Your DREAM

At the start of Session 1 your Coach will do a quick walk through of the coaching agreement. This is an important to ensure that both you are your coach are in agreement on a few key points regarding coaching ethics. You only need to do this for the first session.

On the right is a mini version is the BIG Dream

Energize Your Dreams Session #1 Notes		Date:
<b>SESSION FOCUS:</b> SHARE THE DREAM		
Drive to be free:		Love to befriend:
		
Start here Brief description:		Urge to become:
		
Need to belong:		Ability to believe:
		
<b>Growth Zone</b> What did you learn... About playing for your dream?		About yourself and your Superpowers?
<b>Play Plan:</b> What are the actions / perspectives you will focus on?		

## Coaching Notes Sheet for Session 1.

It puts your Dream in the center and then offers 6 different explorations related to living this dream that your coach will explore with you in the coaching session.

Investing a few moments to contemplate each section prior to the coaching session can be a great way to get your imagination warmed up!

AND always be prepared to speak from the heart while co-creating with your coach. It is not a test and there are no correct answers!!

Here is a quick overview and then a few details:

- Start here: Describe your Dream as you currently envision it; even if it is just an inkling.

Next we will talk about your experiences with the Human Nature Superpowers to look for “clues on the treasure map” to your Dreams.

- Drive to Be Free
- Love to Befriend
- Urge to Become
- Ability to Believe
- Need to Belong
- Your Dream with a little more clarity  
What is the impact you aim to have?  
What is the focus for the next 3 months?

### GROWTH ZONE

- What did you learn about yourself?
- What did you learn about your Dream?

### PLAY PLAN

- Share a few actions to get started on your Dream this week.

## **Session #02 – Social Play**

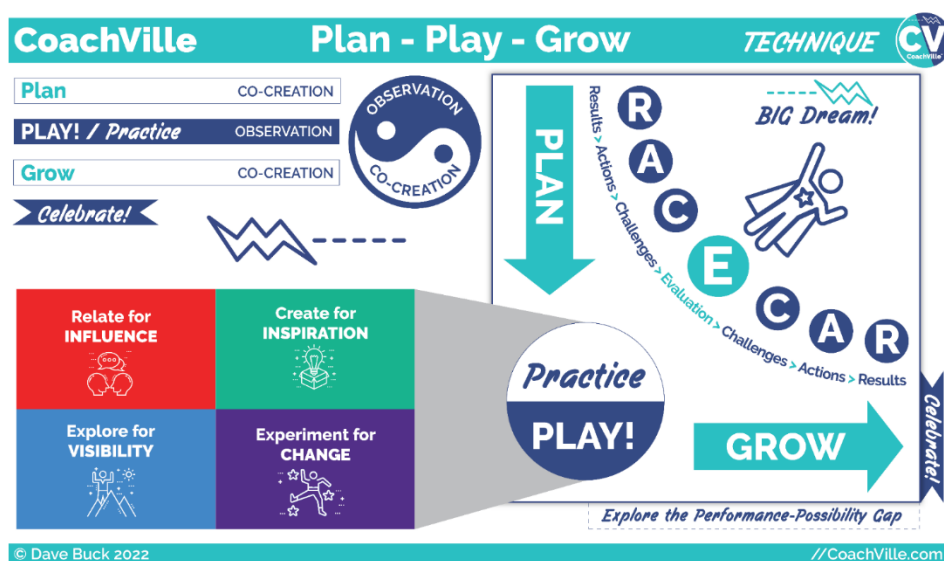
## Session #02 Prep

<Audio Link Coming Soom>

### *The Plan-Play-Grow Technique*

To help you get ready for Session #2, I want to share with you how to get into the rhythm of playing with a Life Coach. There is a coaching technique to create this rhythm called: Plan-Play-Grow. If you have ever had an athletic coach or a performance art coach, then you will recognize this technique.

On a personal note, I first learned about this technique by observing my mom who was a piano and voice coach. Her music studio was right beneath my bedroom in the house, so I heard coaching happening every day after school. Even though I wasn't tuned into the details I did notice one very dramatic thing: over time all of her students played a lot better! This is exactly how it happens... and it yields great results almost every time.



Let's explore this model together.

We start in the upper left where you see Plan – Play / Practice – Grow – Celebrate. You also see the yin/yang symbol with the core of the coaching experience which is observation and co-creation.

Next, look at the right side of the diagram. You see the Plan – Play / Practice – Grow – Celebrate again but this time you also see what we call the RACECAR acronym: Results – Actions – Challenges – Evaluate – Challenge – Actions - Results. We will get into that in a few moments.

Also, in the lower left you see a call out from the Practice / Play circle into the 4 primary activities of playing for our dreams; AKA Social Play. You saw this in the Playbook Introduction. (It's all coming together!)

Whew! We have a few things to talk about here.

Let's first get clear on the coaching rhythm because it will really help you get the most out of your sessions with your coach.

**In the coaching session:**

- You and your coach will celebrate the notable experiences since your last session; especially moments of play where something good happened.
- You and your coach will co-create a coaching PLAN for the session by first EVALUATING what happened when you played. You will also explore your insights. And you will share specifics about key playful actions and the results in the world.
- You and your coach will PRACTICE together to co-create new awareness, new possibilities, new capabilities, and new confidence. We will explore a variety of practice techniques in this program. In Session #2 you will have a detailed planning session by playing with ideas: Social Play Actions and Results. Then you will practice a Social Action together using the Intentional Co-creation Technique!
- You and your coach will capture your GROWth from the session. (The Growth Zone in the Coaching Notes Play Sheet) The intention of a good coaching session is that you grow during the session... and then continue to grow as you play in the world. Make a few notes on your coaching notes sheet as you talk together.
- You and your coach will co-create your play PLAN for the upcoming time frame. Focusing on the 4 types of actions to play BIG for your dream.
- You will write out the most important items on your Play Plan Playsheet.

**Then...YOU go out in the world to play:**

- You PLAY for your Dream by engaging in social actions to co-create RESULTS and experiences.
- You notice your GROWth opportunities as you play.
- Make a few notes on your playsheet about what happens as you play (or avoid playing).

**In the next coaching session:**

- You and your coach will CELEBRATE your RESULTS (and your experiences and challenges)
- You and your coach will co-create a coaching PLAN for the session by first EVALUATING what happened when you played.
- You and your coach will PRACTICE together.
- You and your coach will capture your GROWth from the session.
- You and your coach will co-create your play PLAN for the upcoming time frame.

**YOU go out in the world to play:**

The rhythm repeats from here.

When you get into this rhythm with your coach, you will be amazed at how quickly you feel your progress and good things start to happen. It really is fun.

## ***Understand RACECAR***

One of the most important shifts that your coach and I want to help you make is from Industrial Control to Connected Play.

Understanding the acronym RACECAR from the Plan-Play-Grow technique can help you make this shift.

In session #2 with your coach we will focus on RESULTS and ACTIONS. But it's good to understand the basics now.

### **R is for Results in the world**

Probably the most challenging part of the shift is the focus from completing tasks to co-creating results in the world.



In the Industrial Culture we were told to only focus on what we can control. So, we should only focus on completing our tasks and doing them right; mostly in isolation so that we don't bother anyone. Since we can't control what happens with other people, we should not put our attention there.

In the Connected Age of Play it's ALL about co-creating with others; we use our powers and energy to be a positive influence in the world; to make a positive impact.

We put our attention on the results that happen because that is the purpose of playing for our Dream. In play you must look beyond yourself... out into the world or people around you that you aim to influence or inspire or be seen by or make changes with.

In play... there is NOTHING you can control. When we play for results, sometimes they happen and sometimes they don't. That is what makes it play. Practicing with a Coach to play better means getting the results we desire more often than we do right now.

Remember the results from our 4 pivotal moments of social play: influence, inspiration, visibility and change.

### **STOP getting people under control**

Another quirky angle on Results from the Industrial Culture of Control is that we SHOULD be able to control everyone and everything by following the manipulation instructions properly.

There are a lot of manipulation techniques in the Industrial Culture because the whole focus is on getting everyone and every situation under control. This is very difficult of course because we humans HATE being controlled!

So, what happens most of the time is that our attempts to control are futile and frustrating. This is one of the reasons why there is so much chronic anxiety and depression in the Industrial Culture: people are in positions or roles where they are expected to control other people and they are judged based on their ability to control others. This is SUPER stressful.

Letting go of the delusion of control is one of the most freeing benefits of shifting into the Connected Age of Playing for Influence as a co-creator.

## **A is for Actions with your Human Nature Superpowers**



We all do a lot in each day. The key here is to find moments when you can take the social play actions: relate, create, explore, and experiment.

Since we are all used to going through our days completing tasks, it requires some intentional effort to get into play mode.

A) There are some actions that you are doing already that you can now approach playfully.

B) You can intentionally add playful actions into your day.

Playful actions are when you aim to be a positive influence on someone or co-create with them AND you pay attention to the result that happens (or doesn't happen).

### **Recurring**

Your coach is going to ask you about recurring actions. The distinction here is between one-time actions and recurring actions. A recurring action is something that you do on a regular basis; for example, sharing with someone about your Dream. It will be a little different every time based on who you are talking with, but it is similar each time AND it is something you can get better at doing through practice.

The key here is that it is the recurring actions and situations that you will want to practice with your coach most of the time.

### **Human Nature Superpowers**

The next step is to proactively use your superpowers when you play.

A Superpower is an ability that you can refine and practice to have a big impact on people and/or situations. Since you are playing for impact, you aim to use your superpowers to increase your impact.

### **The performance-possibility Gap**

The idea of the Performance-Possibility Gap is integral to coaching. You have a current level of facility with playful actions and your superpowers. And you and your coach share a vision that you can expand that facility.

You can co-create the results you desire more often.

You can PLAY better. (the focus of Session #3)

The key to getting into play mode is to drop the Industrial Culture Control mindset that you have to do things perfectly every time. This “perfection trap” is antithetical to play. It literally makes it impossible to play and that was the intention; to get you to stop playing and become a compliant/ obedient worker doing what you are told to do by the boss. Sad but true... we have been doing this to each other for a long time now.

But not anymore!!!

You can break free of the perfection trap and enjoy playing again.

The next step is to embrace challenges.

## **C is for Challenges with the Spirit of Play.**



When I was describing results, I wrote that sometimes they happen and sometimes they don't. This is the nature of play.

Well, everything that contributes to the desired result NOT happening is a challenge.

There are several different types of challenges.

- 1) A challenge where you need to develop more skill and experience in what you are doing.
- 2) A challenge where you experience some doubt or fear related to what you are doing.
- 3) A challenge where there is something in the world – probably some force of the status quo – that doesn't want you to achieve your desired result.

The key to being playful is to embrace challenges with the spirit of play.

There are some challenges that you are already aware of. And there will be plenty of challenges that you don't even know about yet but will arrive as you play more and more. When you put your Dream into the “Play Life Station”, there are levels to it.

Every challenge presents you with a growth opportunity. Growing and playing better is fun! Players embrace challenges. Great players LOOK for challenges by aiming for the next level.

When you are really passionate about the result you are playing for, the experience of a challenge can elicit your Superpowers. Somehow the challenge causes you to reach deeper into yourself and your real power comes through. This is why playing for dreams can lead to surprising discoveries within yourself.

A benefit of playing with a coach is that you can talk through what is happening when you play and identify the challenges you are facing. And then co-create a practice plan to play with your superpowers.



## **There is nothing wrong.**

Embracing challenges is another element of play that requires a shift from the Industrial Control mindset. When the focus is on following the instructions and keeping everything under control, a challenge usually meant that you were doing something wrong. IT meant that you were not perfect... oh the horrors!

Embracing challenges as fun growth opportunities – rather than something is wrong – will significantly reduce your stress and expand your joy.

## **E is for Evaluation with judgment-free awareness**



I know that the experience of being evaluated can bring up a lot of bad memories. Starting with the dehumanizing and traumatizing testing we all suffered as children. Followed by the dreaded performance review many of us suffered in jobs. The purpose of the whole thing was to show you what you were doing it wrong and get you under control. UGH!

I am inviting you here to look at evaluation with a fresh perspective. YOU are not being evaluated. YOU – with your coach - are evaluating the results WITH judgment-free awareness. You are doing this to assess the impact you are having and look for ways to play better.

In this setting, evaluation is a co-created experience aimed at helping you become MORE.

This is another situation where it will take a little practice to shift out of feeling that there is something wrong and shift into seeing ways to grow.

You and your coach will do it together.

## **C-A-R is looking at it from the other direction**

- You experience and embrace a challenge
- You take your playful actions
- In pursuit of your desired Results.

The idea of the RACECAR acronym is to look for results, actions, challenges and evaluation for growth opportunities in a fun and playful way.

## ***The Performance-Possibility Gap***

Remember this from the Human Journey Model.

High performance or playing well is when you often create the desired results and experiences from a playful action.

Possibility is your vision for how well you can imagine yourself playing. It is your vision of having experiences where you play well and co-create the results you desire.

The Gap is the space between how you play now and your vision of possibility; playing better for each action... getting the desired results more often.

Another way of seeing this expanding your influence; and having fun growing.

This is a big mental shift from Industrial Control thinking where you are either doing it right or you are doing it wrong.

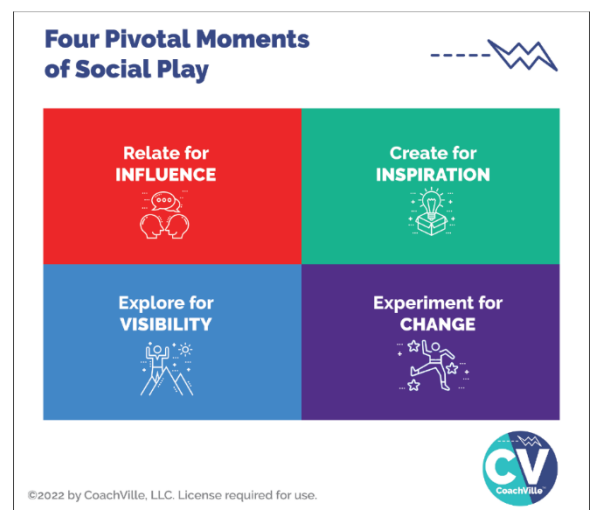
Allow yourself to evaluate how you play now and how and see the gap for how you can envision yourself playing. Growth lives in the gap. Coaching lives in the Gap! Becoming awesome at what you do... lives in the gap.

## ***Social Play... and Social Fears***

Remember this from the Introduction? “Yes, these social play actions and results are exactly what I want! But when I think about it:

- Asking for what I want, or need is pretty hard for me.
- Sharing what I create can be a real struggle.
- I know I need to “get out there” and be more visible, but it’s not easy.
- Trying new things often feels too risky so I stick with what I always do.”

For now I am going to ask you to trust me and your coach! Doubts and fears are clues on the treasure map of your Dreams and we welcome them and explore them.



We encourage you to pursue these social play actions with an open mind and a clean slate. IF you experience some fear – similar to your past attempts – we have a powerful way to coach you through it. But we need to you to get into the experience with a fresh perspective.

Your coach is going to focus on Relate for Influence, Create for Inspiration and Explore for Visibility in this session. We are going to explore Experiments for Change starting in a few weeks because when you first start playing, basically EVERYTHING is an experiment!

## ***Intentional Co-Creation Technique***

Your imagination is wildly powerful and for most people severely underutilized.

The Intentional Co-creation technique is a visualization and awareness technique where you will practice a social action using your imagination. And also imagine the positive impact that you desire your action to have on another person. We are using your imagination to preplay a peak experience which makes in much easier and more likely for that experience to happen out in the world.

Most elite athletes and performance artists use a similar technique to reach amazing levels of impact. We can do it to with the social actions of life!

This technique requires some practice. But once you get into it, you are going to LOVE it.

## Prepare for Session #02 – Play for your Dream

In this session you and your coach are going to get into the details of Social Play with you.

Remember that we all learned the way of the task list in the Industrial Age. So it is an easy trap to fall into to think you can task list your way to your dreams. You can't! But learning how to play plan is going to take some practice.



Side note: I am not saying that there won't be any tasks to complete as part of your dream! Of course there will be. BUT... completing tasks is not what makes your dreams come true... how you play in the world of people determines that; and this is where the growth opportunities are. So that is why we focus on this in Life Coaching.

**Here is a quick summary of the core concepts...**

**Actions:** This is doing something! Usually in these 3 Pivotal moments of Social Play.

**Results:** A result is when something happens in the world as a result of your actions; In the world means: other people. There are probably several results that you want to co-create and experience like for example: another person says “Yes” to do something or another person enjoys something you create and share.

**Intentional Co-Creation Technique:** Your coaching is going to guide you through this powerful technique

Energize Your Dreams Session #2 Notes		Date:
The BIG Dream:		
Explore the Fear / Growth Zone		
CELEBRATIONS 	INSIGHTS 	ACTIONS AND RESULTS 
SESSION FOCUS: SOCIAL PLAY		
Relate 	for INFLUENCE	
Create 	for INSPIRATION	
Explore 	for VISIBILITY	
INTENTIONAL CO-CREATION TECHNIQUE		
Action	for RESULT	
<div> <div>  <b>Growth Zone</b>            What did you learn...            About playing for your dream?         </div> <div>            About yourself and your Superpowers?         </div> </div>		
<b>Play Plan:</b> What are the actions / perspectives you will focus on?		

**Growth:** This is becoming the next version of you... and the next version and the next version. It is developing new abilities or stepping into new beliefs. Every BIG Dream we pursue in life sparks growth within us... this is why we all have BIG dreams throughout our lives.



**Play Plan:** You and your coach will hone in on a few key social play actions for the week ahead.

**Spirit of Play:** This is an approach you can take when you do something. When your coach asks you about this the key is to release the Industrial Culture need to be perfect or never make a mistake and allow your imagination to flow. Remember the key words: creative, curious, resourceful, resilient, explore, experiment, imaginative and innovative



## **Session #03 – Play Better (with practice)**

## Session #03 Prep

[Listen to this audio to prepare for Session 3](#)

### *The Power of ACTIVE conversation*

This may be one of the most important distinctions in the field of coaching.

It is something that makes a CoachVille Coach very different than other types of Life Coaches. I am going to give you the basic idea here. Then you will discover it in great detail throughout your experience with your coach.



**Let's say there are five kinds of talking and 4 that apply to Life Coaching Sessions:**

- 1) **Passive conversation** – this is talking about “whatever” to experience belonging; also known as “chatting”; this is a lot of Human conversation. It is very important for relating but not strong enough for Life Coaching.
- 2) **Reporting conversation** – this talking about events that happened for the purpose of sharing information and co-creating belonging. This is probably the most common form of Human conversation. It is very important for Human connection and cooperation; but not quite strong enough for great Life Coaching.
- 3) **Reflective conversation** – this is talking about events from different perspectives with the specific purpose to gain awareness. This is the essence of the Co-create Awareness Technique. It co-creates cooperation, belonging AND growth. This is a staple of Life Coaching Conversations.
- 4) **ProActive co-creation** - this is talking about how to do something; how to do something better or how to approach it in a new way; a plan or a sequence or a strategy; brainstorming. It builds deeper belonging and starts a shared experience because now you are in it together. This is essential to a great Life Coaching Conversation.
- 5) **ACTIVE conversation (AKA Guided Practice)** – This is when you actively do something or practice something in the conversation. Examples include doing a Role Play or a shared visualization; this creates a powerful shared experience and promotes profound belonging, enhanced confidence, and rapid growth. When we play together, we grow together. This is how coaching works.

A lot of Life Coaching is mostly type #2 and #3 with a little spritz of #4. This is pretty subdued Life Coaching. When you have a lot of reporting and reflective conversation and then jump into a quick pro-active co-creation (planning) at the end, it will generally be quite tepid; planning to do more of the same.

With a CoachVille Coach you will experience ACTIVE conversation and guided practice! You will experience a hearty mix of types #3, #4 AND #5 in most coaching sessions. This will be growth oriented and often transformational. When you have a healthy dose of

ACTIVE conversation, the ProActive co-creation part will be full of imagination, energy, and bold moves.

## **ACTIVE conversation changes everything; figuratively AND literally.**

You are going to love it. **But it might freak you out at first.** (Actually, it's more likely than a might. LOL)

Let's play!

### *A few thoughts about Pivotal Moments*

In life there are a lot of moments! As a player, you cannot practice EVERY moment with your coach. So, you and your coach need to cultivate an understanding about what the pivotal moments are in your Dream and then practice those.

A pivotal moment is one that has a big impact on whether or not you create the results and experiences that you desire.

There are many possible scenarios for a pivotal moment in life. Here are three basics:

- A) It could be “pivotal” because the possible rewards are great
- B) It could be “pivotal” because it could be emotionally challenging in some way
- C) It could be “pivotal” because it happens over and over again without desired results

The way your coach guides you is by practicing pivotal moments with you!

Let's focus briefly about how we do this in Life Coaching.

Yes, Life Coaching involves a lot of talking. BUT it is super important that you know the difference between “talking” and Practicing in Conversation! A coaching relationship is so much more than talking. Think about a voice coach or a basketball coach. Yes, they talk with their players a lot BUT, they also practice with them by singing or jumping on the basketball court to demonstrate something.

### **A Few Thoughts About Practice**

- Play and practice go together. Practice is the pursuit of playing better.
- Play is something that you cannot control but you can influence. Practice is about gaining more influence in a recurring activity or situation; or the ability to co-create the desired result more often.
- Adults often absorbed an Industrial Culture belief that they SHOULD know how to do everything already and as a result resist practice.
- Adults often feel vulnerable when they don't know how to do something. So, they just try to avoid it or fake it rather than seeking a way to practice.

- Practice is the pathway to mastery; there are so many activities that are fun and useful to master.
- With practice essential actions become "natural"
- To practice, you have to allow yourself to "NOT KNOW" how to do it; or allow yourself to not be perfect.
- Practice is a way of getting feedback. Because of Industrial Culture environments where feedback meant that you screwed up, most adults have learned to avoid feedback. To become awesome at Social Play in the Connected Culture you must become fluid with feedback experiences. Keep growing.
- For people who have the desire to play better, feedback is the “Breakfast of Champions!”

## Embrace challenges!

In this session your coach is going to do a slightly deeper dive with you on the challenges that you are experiencing and noticing.

This can be challenging... because in the Industrial Age having a challenge meant you weren't doing it right; whatever IT was.



When you are a player, playing with activities that you can't control but you CAN influence, every challenge points the way to a new growth opportunity.

This leads us to the fun challenge of relating for influence which we practice with the Role Play Technique.

## *Practice Relating for Influence with Role Play*

The more you study the Dreams of life, like personal growth, business, leadership or romance, the more you realize that communication / relating is the primary activity. Playing for a dream is mostly about talking to other people and playing for influence!

Relating for influence is a form of social play and it involves social risk; specifically the risk of rejection. Social play is connected to our sense of belonging and our status with a person or within a group. If we get a “Yes” our status goes up. If we get a “No” our status goes down. It may sound childish in a way, but to your inner being, social status is a very BIG DEAL.

Relating for influence has MANY underlying factors like being present, really listening and sharing authentically.

Your coach will use the Role Play technique with you to help you become a skilled relator through practice. Practice leads to agility and confidence. As your coach plays roles that want to practice influencing, you will become a more playful and resourceful player in life.

In most dreams there are MANY distinct conversations that you can identify and practice.



The key to a good role play is to hone in on:

A) a very specific conversational skill

OR

B) A very specific conversation situation

### Examples of distinct conversation (Skills):

- Ask someone for something
- Ask someone for something that you need
- Ask someone to do something with you
- Ask someone to do something for you
- Make a request for support
- Make someone an offer to do something for/with them
- Ask someone to change their behavior in a positive way
- Speak your truth to someone
- Introduce yourself to someone in a way that sparks deeper conversation
- Invite someone to hire you for something and discuss the money!

### Examples of specific conversation situations:

- I need to ask my boss for the opportunity to lead the new project.
- I want to call Bill from the Chamber of Commerce and suggest that I give a talk at our next meeting
- I want to reach out to Sally and let her know that I want to be a part of the community leadership team.

There are so many possibilities!!!

## The Role Play Technique

In this session your coach will use Steps 1,2,4,5,6 and 7. Notice the flow: Plan – Play – Grow.

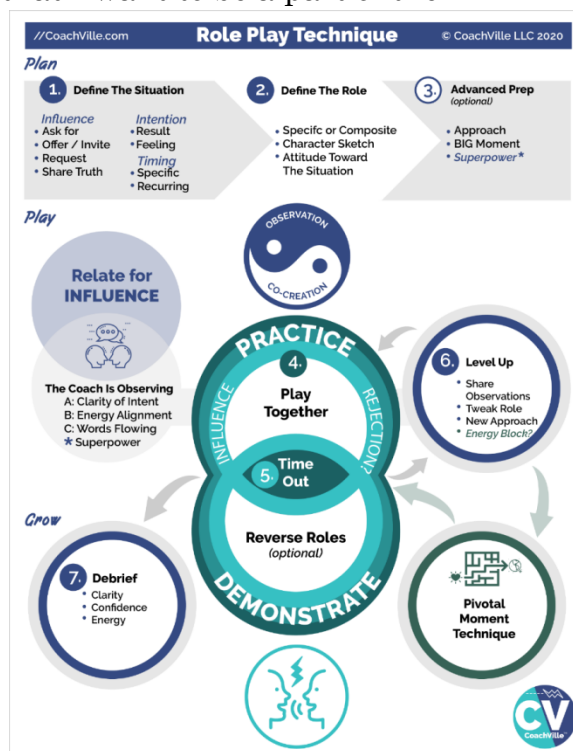
We will skip Step #3 this time.

### 1) Define the situation

What is the conversation you want to practice?  
What is your intended result or feeling?

### 2) Define the Role

Your coach will ask you to give a character sketch of the person. If it is a specific person you can share those details. If it is a recurring conversation then create a composite sketch of common characteristics of a typical person.



#### 4) Play Together

Your coach will jump into the role and play the situation out with you while also observing:

- Your clarity of intent
- Your energy
- Your flow of words

#### 5) Time Out

Your coach will call time out - Or YOU can call time out – to step out of the situation.

#### 6) Level up

You and your coach can explore:

- How YOU feel in the situation.
- How they can improve the role to make it more valuable for you.
- How you might approach the situation in a different way.
- How you can practice expressing one of your Superpowers.

#### 4) Play Again

You and your coach may practice the conversation a few different times.

#### 7) Debrief

You and your coach will reflect on the practice to look for growth and growth opportunities.

### What are your Superpowers for Influence?

My main objective in asking you this question right now is for you to:

- A. Realize that you do have superpowers of influence.
- B. Start looking for them within yourself through your experiences
- C. Start to imagine becoming a capable influencer through practice with your Coach!



We all have Superpowers for influence, and we used them freely when we were small. But often this didn't go so well. So over time the playful influencer within us went underground. Meanwhile, whatever form of influence was effective within your family of origin is the one you developed and the one you probably use now. The need to belong is a powerful force that causes us to adapt in a lot of different ways; many of which don't serve us well when we aim to play BIG for our dreams. I will get into this in great detail in Chapter 7 of this playbook.

### *Prepare for Session #03 – Practice*

**Your BIG Dream:** Every time you speak your dream out loud with your coach it gains energy.

## Explore the Fear / Growth Zone

Celebrations ~ Insights ~ Actions and Results

As you share about your experiences you will gain clarity and awareness!

## Challenges and Superpower Discoveries

We explored this at the beginning of the chapter. The key is to be playful in how you talk about them. Embrace the power of co-creative conversation to expand your possibilities!

## Role Play and Ah-ha moments

Come prepared with an idea for a conversation to role play; OR a few to choose from.

Immerse yourself in playful practice. You will be amazed at what you discover.

**Growth Zone** : always remember that the purpose of a coaching session is to play and grow while you are in the session.

Pivotal Moments... keep looking; Challenges... keep looking!

One thing that I have noticed about people who aim to play BIG... they go beyond embracing them and they LOOK for them. The next thing is just a quick reminder to LOOK for your pivotal moments: moments when you avoid or delay an action or notice that you are avoiding a social risk. These are the type of challenges you want to share with your coach. It will open up growth opportunities that you can explore together.

We will play with the Pivotal Moment Coaching Technique in Session #4.

## Play Plan

Make a few notes about actions you want to play with this week!

Energize Your Dreams Session #3 Notes		Date: _____
The BIG Dream:		
CELEBRATIONS 	Explore the Fear / Growth Zone INSIGHTS 	ACTIONS AND RESULTS 
SESSION FOCUS: PLAY BETTER		
Relate 	CHALLENGES	for INFLUENCE
Create 		for INSPIRATION
Explore 		for VISIBILITY
SESSION FOCUS: ROLE PLAY TECHNIQUE		AH-HA MOMENTS
 <b>Growth Zone</b> 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?		

## **Session #04 - Pivotal Moments**

## Session #04 Prep

[Listen to this audio to prepare for Session 4.](#)

### *Social Play... and Social Fears*

Remember this from the Introduction? “Yes, these social play actions and results are exactly what I want! But when I think about it:

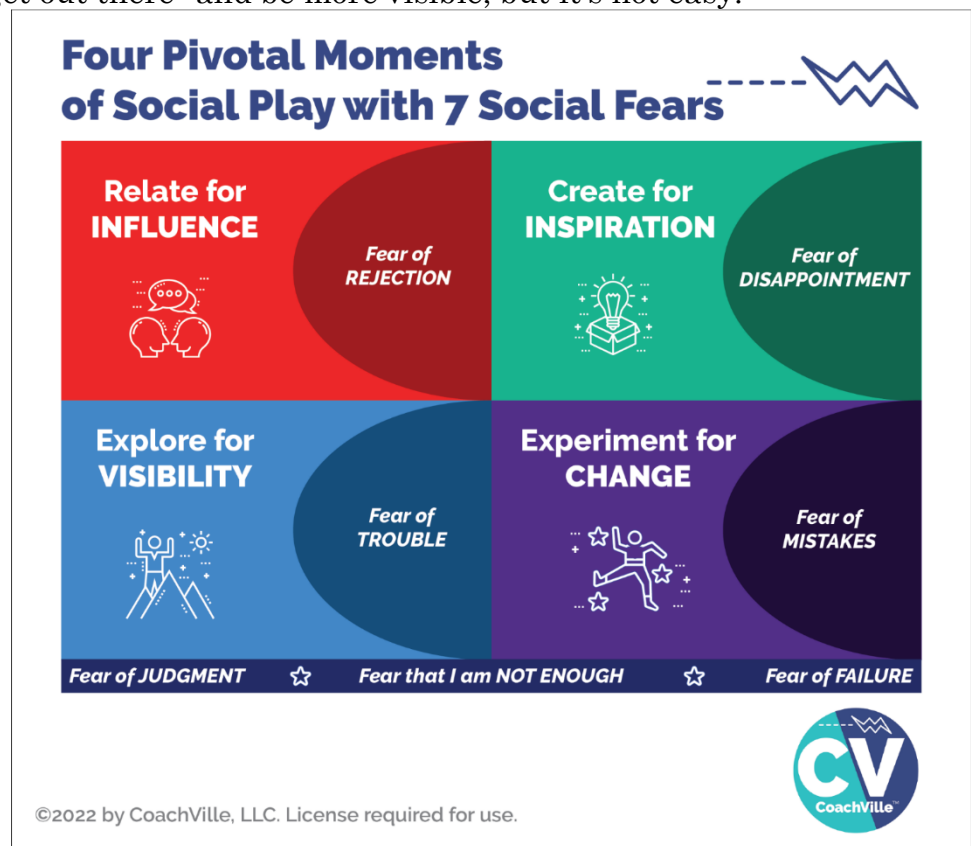
- Asking for what I want, or need is pretty hard for me.
- Sharing what I create can be a real struggle.
- I know I need to “get out there” and be more visible, but it’s not easy.
- Trying new things often feels too risky so I stick with what I always do.”

Let’s go deeper into the fears of social playfulness.

ALWAYS REMEMBER!

Fear is a resource of your Self-Preservation Superpower! So we need to honor our fears with great reverence.

And since all Social Fears are Beliefs... and we can choose our beliefs, we have the ability to upgrade them if we choose to.



These feelings are in you because your playfulness was shamed in the Industrial Control Culture. (I use the past tense even though playfulness is still shamed because I am speaking optimistically about the future we are co-creating together.)

Playing for your Dream is about to get REAL! **These four social play activities will bring up seven really intense Social FEARS!**

While all of us with a Dream to contribute our unique value and voice to others... we are all also navigating through these seven intense fears; mostly on a non-conscious level and mostly with a variety of not-so-effective methods! (Hah! That is an understatement).

- Fear of Rejection
- Fear of Trouble
- Fear of Disappointment
- Fear of Mistakes
- Fear of Judgment
- Fear of Failure
- Fear that I am NOT ENOUGH (The “BIG Kahuna” Fear)

### *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 Inspiration = Fear of Disappointment*

Playing BIG for your dream will include creating and sharing experiences (or content) in a variety of forms that you hope will be an inspiration to others. 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 for inspiration.

Create for Inspiration is the essence of the idea that life can be played like performance art!

### *Explore for Visibility = Fear of Trouble*

Exploring for visibility is often described as: “I need to get out there”. And for many people this is a BIG struggle; this is because the Fear of Trouble is VERY REAL.

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*

As coaches and entrepreneurs we are change-makers! But at the same time we are often crippled by the fear of mistakes.

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.

## *Fear of Judgment ~ Fear of Failure ~ Fear that I am not enough*

These fears are basically accumulations of the four fears of playfulness. They are deep artifacts of the Industrial Age of Control and they impact our thoughts and feelings in a profound way.

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.

If you aim to play for your Dream at a high level you need to embrace and explore these fears with profound curiosity. This is what I mean by explore your fears like a treasure map. The treasure is your playfulness and unique superpowers - for Influence, Visibility, Expression and Change - that are deep within you waiting to be activated.

**BIG POINT regarding the power of coaching: it is almost impossible to explore social fear by playing alone. But together we can do it!**

More about that in Chapter 4.

Your Life Coach is a very capable guide of the Human Journey... out in the social world... through these intense fears... in pursuit of your BIG Dreams... along the way you activate your playfulness and superpowers. YES!

This is why you are here with us.

### **The BIG question you might be wondering...**

How / where did I get all of these fears?

How did I become so fearful of activities that seem so natural and essential?

**This is the question of the century! (quite literally)**

In Chapter 7 I will share with you how this happened to all of us in the Industrial Control Culture. Meanwhile by playing for your BIG Dream with your Life Coach you are already on the path to Freedom!!

The FEARS of Social Play lead us to the Pivotal Moments of Choice

### ***The Pivotal Moment!***

The Pivotal Moment is one of THE most important concepts in playing and coaching life.

Understanding this will help you make the most of your relationship with your Life coach. It will accelerate your personal growth and the realization of your BIG Dream.

A pivotal moment is a moment that has the potential to make big impact on the experiences of your dream.

Pivotal moments are coach-able moments.

Here are a few typical examples:

- 1) A BIG choice that you are making.
- 2) A BIG opportunity that you have in front of you.
- 3) A recurring action that – if you got better at it – would accelerate your progress.
- 4) Any moment when you have an urge to do something for your dream AND at the same time a resistance to doing it.



### **The BIG Choice**

There are some big choices that can change the trajectory of your life. Should you go for the new job? Should you leave your job and start a business? Should you stay in the partnership or move on / let it go?

You may have heard the classic song by “the Clash: “Should I stay, or should I go?”

The lyrics are: “Should I stay or should I go now. If I go, there will be trouble and if I stay it will be double.” Classic.

Your coach can help you play with the scenarios to expand your inner awareness about each choice. Then you can choose with confidence and clarity.

### **The BIG Opportunity**

Sometimes you are aware of these moments and you are in an inner debate about if /when to make the move. Example: calling an influential friend to ask them to support / promote you. Your coach can help you practice this moment to uplevel your approach, skill level and energy alignment.

Sometimes these moments just happen. And the question is will you seize the moment or not? Like the time I found myself sitting on a plane next to one of the BIGGEST icons in the history of Coaching: Timothy Galway. Note: I sat there in a daze and didn’t say anything to him for 5 hours! I still remember that flight as clear as day 15 years later. DANG!!!!

After the experience you can replay the moment with your coach to reclaim your power and be more prepared for the next spontaneous opportunity.

### **The Recurring Action**

This is an action that is vital for playing for your dream. For example, if you have a business, you talk to potential clients often and how well you play in these conversations has a big impact on your business dream. If you are playing in a career, you have opportunities to introduce yourself or speak up with influencers in your organization on a regular basis. What do you do in these moments?



Your coach can practice these moments with you with the Role Play Technique AND with the Pivotal Moment Technique we are going to practice this week.

Playing these moments with clear intention, positive energy and familiar words can really impact your results. And if you get positive results more often, they accumulate into your dream becoming reality!

### **The Pull between Play BIG and Stay Safe**

This is the main type of pivotal moment that I want to bring to your attention.



This is when you have your Urge to Become is moving you into action for your dream but at the same time your Ability to Believe Self-Preservation Superpower is bringing up some FEAR. It can be a planned action you have on your play sheet, OR it can be a spontaneous opportunity that pops into your life. (on the “Play Life Station” Ha!!)

### **Your Dream wants you to do it.**

Remember in Chapter 1 I told you that your Dream will take on a life of its own and it will ask you to do things? Have you noticed this happening? But then, something else happens within your body and inner being that brings up an uncomfortable feeling. This usually leads to thoughts about why it is NOT a good idea to do this now; maybe tomorrow?

This is known as inner resistance. Often the time between the urge to act and the inner resistance is so FAST that you don’t even notice that your Dream was calling you.

When you start playing for your dream these kinds of moments will happen A LOT... every day.

The spontaneous urge to act is very similar to the spontaneous BIG opportunities that I mentioned before; will you go for it? Or will you hold back?

These are the moments that make playing for your dream so dynamic and fun. But when you are resisting an action, it doesn’t always feel fun. (Hah! Understatement)

In Session #4 your coach is going to do a really powerful and profound coaching technique with you called: The Pivotal Moment of Choice (Pivotal Moment for short). To set this up I am going to share with you a few provocative and empowering ideas.

### ***The Quick Guide to Noticing Pivotal Moments***

There are three SUPER common experiences that can reveal a Pivotal Moment

- 1) You have the urge or plan to do something but then you resist doing it.
- 2) After resisting for a period of time, you eventually power through the resistance and force yourself to do it. This is honorable... AND... it is worth exploring as a pivotal moment so that you can do it without expending so much energy the next time.

3) You are taking an action but you are not getting the results that you expect or desire. Remember we don't have control, but we do have influence. You can practice these moments to reveal ways to expand your influence and improve your results.

There are many possible scenarios for a pivotal moment of choice:

- Talking to someone at a network event ~ should I share my dream? Or just say that I work at the bank.
- Thinking of sharing something on FB Live ~ should I just Go Live and share my idea? Or wait until it is perfectly planned some day in the future.
- Thinking of making a follow up call to someone you met ~ should I pick up the phone and invite them for coffee? Or wait until I have everything together perfectly.
- I have this time on my calendar to write a blog post/article/chapter ~ should I sit down and write something right now? Or should I wait until I feel inspired; Or wait until my office is perfectly organized?

These are phrased to sound a little but funny. But in truth we need to honor that these moments are more provocative than they appear on the surface because fear and social risk are involved.

## *The AMAZING power of your imagination*

The Pivotal Moment Technique is the Life Coach version of the way performers and athletes watch video of their performances with their coach and then use guided visualization techniques to envision new possibilities. You and your coach are going to use your imagination in a very powerful and practical way.

### **Instant Replay**

Using your imagination, you can recall and focus on a recent moment that didn't go the way you desired; and while doing this you will experience very similar thoughts and physical sensations as when it actually happened. This is very much like when athletes and performing artists watch video with their coach to look for ways to play better.

### **Powerful Pre-play**

This is another tool used by elite performers and athletics and performance arts. Another option is to pre-play a moment that is coming up in the near future. Using your imagination, you can bring the future experience into your mind... AMAZING. And even more amazing, you will experience thoughts and feelings as if it was happening now. Then your coach will guide you through an exploration of the moment to find ways to play better.

### **Co-created Experience NOT Self-Help**

A key point I always like to share about the Pivotal Moment Technique is that it is NOT a self-help technique; you can't do it by yourself. It is a guided technique, a co-created experience. This often disappoints folks because we have been so indoctrinated into the

belief that everything should be done alone; or its better when you can do it yourself. You probably know by now that I do not share in that belief!! LOL.

## ***Pivotal Moments Technique and Model***

Let's do a quick walk through the model so that you can have a familiarity with this profound way to practice life – remember, coaching is all about practicing together.

**Lead in:** Clarify the pivotal moment of choice that you will practice together including the actions and the intended results.

### **Step #1: P/Replay the Pivotal Moment (Control)**

Activate your imagination to Replay or preplay the Pivotal Moment. Describe the scene or the situation for your coach in the present tense. Often in these situations there is something you are attempting to control.

### **Step #2: Review Reactions with Judgment-free Awareness**

You are in the moment now. Use judgment-free awareness to notice the thoughts in your mind in the moment. Often these are your reactions to what is happening or not happening.

### **Step #3: Feel the energy in the body.**

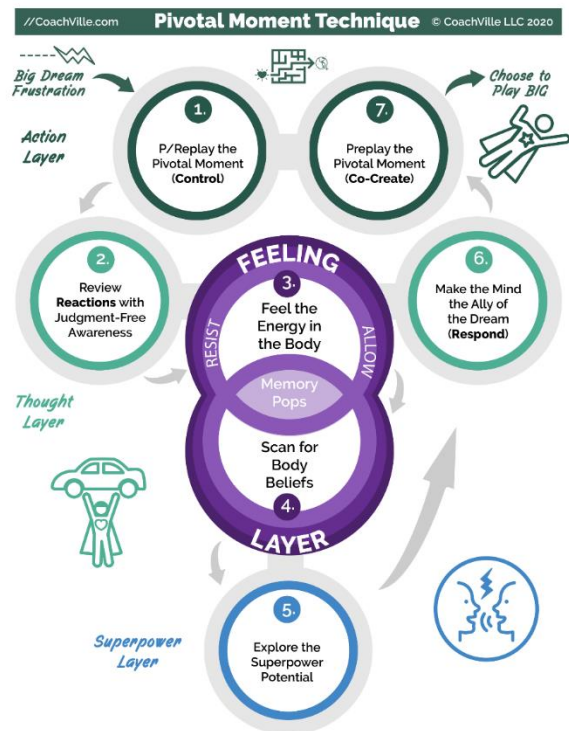
Feeling the energy in your body brings you more fully into the present moment. Body awareness in the presence of another person (your coach) with whom you feel safe is the pathway to transformation. Whenever we are in a pivotal moment our body will react to the situation with physical sensations; sometimes they are intense, sometimes they are subtle. If you are new to the practice of body awareness be patient and allow it to arise!

**Memory Pops:** Often while feeling energy in the body images or memories will pop into your mind. These “pops” will provide useful clues about where “The Pull” is coming from.

### **Step #4: Scan for Body Beliefs.**

Your body is attempting to alarm you about the potential for social risk. It's intention is to keep you safe. In this step you will give voice to the self-preservation belief.

### **Step #5: Explore the Superpower Potential.**



Often what we fear the most is expressing our unique superpowers and playfulness because this put us in social risk in the past. When we explore our self-preservation beliefs we can gain insights into our lost powers and playfulness.

### **Step #6: Make the Mind the Ally of the Dream.**

You are active in your imagination. Your body is feeling the safe space of belonging with your coach. You have given voice to the self-preservation belief. Now your mind – still in the vibrant alive present - will open up to new possibilities. In this state you will be able to feel, KNOW and speak what your dream is asking you to do.

### **Step #7: Preplay the Pivotal Moment (Co-Create).**

With your body feeling safe and your mind open you can then preplay the desired action and the desired result using your imagination. You can feel and see it happening in the present moment. You are fully aware that you have a choice.

### **Out in the world you are FREE!**

You can choose to play BIG for your dream. You have felt it, seen it and lived it in your imagination in the presence of your coach. Your coach has seen it with you. OR you can choose to stay safe for self-preservation. No judgment either way; just a choice. This is freedom.

**\*\*!!!\*\***

Often after doing this practice with your coach, an activity that seemed really hard will feel more natural and in the flow. Over time, with practice, you will gain confidence in your ability to play big in social risk situations. You will love it!

## ***Prepare for Session #04 – Pivotal Moments***

First... the important items we explore every week...Take a look at your Play Plan Playsheet from the week and select a few things to share.

**Your BIG Dream:** Every time you speak your dream out loud with your coach it gains energy.

### **Explore the Fear / Growth Zone**

### **Challenges and Superpower Discoveries**

### **The Pivotal Moment**

If you have clarity on the moment you want to explore, just tell your coach what it is. OR you and your coach can choose a moment based on the insights and challenges from the week before.

When you get into the Pivotal Moment technique your coach will ask you to close your eyes. It is much easier to access your imagination this way. When you open your eyes, fill in the key words on the sheet for thoughts, body sensations and “It’s not safe for me to”. This is also known as the “Body Belief”.

## Superpower Potential

Sometimes when exploring a moment of resistance it will reveal a superpower or playfulness. You will get a picture of what you were expressing – or trying to express – when some trouble happened. Whatever you were doing will probably reveal one of your natural superpowers. If it doesn’t pop up when you are exploring the moment with your coach, it might pop up later.








## Heart’s Desire

This is where you put your heart’s desire into a power phrase to guide your imagination.

**Growth Zone** : always remember that the purpose of a coaching session is to play and grow while you are in the session.

## Play Plan

Make a few notes about actions you want to play with this week! Then write out your play plan for the week. Pivotal Moments... keep looking for them.

Energize Your Dreams Session #4 Notes			Date:
The BIG Dream:			
CELEBRATIONS 	Explore the Fear / Growth Zone INSIGHTS 	ACTIONS AND RESULTS 	
SESSION FOCUS: PIVOTAL MOMENT CHALLENGES 		SUPERPOWER DISCOVERIES 	PIVOTAL MOMENT 
THOUGHTS 	BODY SENSATIONS 	IT'S NOT SAFE FOR ME TO 	HEART'S DESIRE 
<b>Growth Zone</b> What did you learn... About playing for your dream? _____ _____ _____		 About yourself and your Superpowers? _____ _____ _____	
<b>Play Plan:</b> What are the actions / perspectives you will focus on? _____ _____ _____			

