

Energize Your Dreams

Playsheet Pack

By Coach Dave Buck, MCC

This is the “Energize Your Dreams” Playsheet Pack

In this playsheet pack you will find the “adventure notes” sheets for your 12 Session Energize Your Dreams Adventure with your coach. And a few awesome full page diagrams of the essential coaching techniques that your coach will use with you.

For each coaching session there is a sheet for notes that follows the flow of the conversation in words and icons, they are like a mind map of the session.

Writing a few keyword notes will help you capture the growth, awareness and plans that emerge in the session. You can write notes either during the session or immediately after; whichever helps you stay fully present.

The key is to find a sweet spot with your notes. Not none; Not too much.

1) Page 3: Exploratory Session Notes

Print 1 copy

2) Page 4: Play Plan Playsheet

Print 11 copies of page 3

There is a weekly Play Plan playsheet for you to write a few key items of your play plan... and then keep your notes from your experiences as you play in the world in the time between sessions.

3) Pages 5 – 18: Adventure Logs, Coaching Session Notes.

Print 1 copy of pages 5 - 18

The Adventure Log is a great way to capture your progress through the program.

Coaching Notes sheets match the flow of the coaching session. There is a unique sheet for each of the 12 coaching sessions.

4) Recommended: Print 1 copy of pages 19-24

These are valuable reference pages you will want to review often.

5) Bonus: Pages 25-29 are full size images of models that you will see in your playbook.



Enjoy your adventure. Enjoy your coach!

Coach Dave Buck and the CoachVille Team!

A handwritten signature in blue ink that reads "Dave R. Buck".

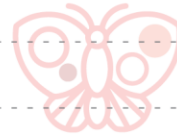
SESSION FOCUS: EXPLORATORY SESSION

Peak experiences:

Self-expression:

3.

4.



3-month focus:

Contribution:

2.

5.



Growth-oriented challenges:

Play better:

7.

6.



Your **BIG Dream**:



Your **Focus this week**:



Your **Superpowers**:

ACTIONS with the Spirit of Play

Relate for **INFLUENCE** > *Risk Rejection*



Create for **INSPIRATION** > *Risk Disappointment*



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



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



Challenges / Superpowers / Results:



Celebrations:



Growth:



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: / /

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: / /

Energize Your Dreams Session #1 Notes

Date: _____

1. WARM-UP and Dream sharing: 

2. CELEBRATE

3. GROW

4. (Practice) PLAN: *Share the Dream*

5. PRACTICE

Drive to be free:
Self-determination & self-trust

B

Love to befriend:
Co-create & care

C



Start here
Brief description:

A

Urge to become:
Self-expression & spirit of play

D

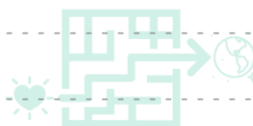


Need to belong:
Self-worth & self-value

F

Ability to believe:
Self-confidence & self-preservation

E



6. GROW (from Practice)
What did you learn about playing for your dream?



What did you learn about yourself and your superpowers?

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

Energize Your Dreams Session #2 Notes

Date: _____

1. WARM-UP and Dream sharing:



2. CELEBRATE



3. GROW (from Play)



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

5. PRACTICE

Relate

for **INFLUENCE**



Create

for **INSPIRATION**



Explore

for **VISIBILITY**



Co-create Awareness of Social Play

Intentional Co-creation Technique

Do:

Feel:

Feel:

Do:

Thoughts:

Body:

Thoughts:

Body:



Desires:

6. GROW (from Practice)

What did you learn about playing for your dream?

What did you learn about yourself and your superpowers?



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

Energize Your Dreams Session #3 Notes

Date: _____

1. WARM-UP and Dream sharing:



2. CELEBRATE



3. GROW (from Play)



3. PLAY BETTER

Relate

CHALLENGES

for INFLUENCE



Create

for INSPIRATION



Explore

for VISIBILITY



4. (Practice) PLAN: *Choose a conversation to Role Play:*

5. PRACTICE (Role Play)

AH-HA MOMENTS



Desires:

6. GROW (from Practice)

What did you learn about playing for your dream?

What did you learn about yourself and your superpowers?



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

Energize Your Dreams Session #4 Notes

Date: _____

1. WARM-UP and Dream sharing:



2. CELEBRATE



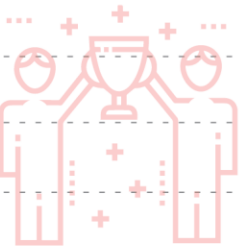
3. GROW (from Play)



3. EXPLORE CHALLENGES

CHALLENGES

SUPERPOWER DISCOVERIES



4. CHOOSE A PIVOTAL MOMENT

5. PRACTICE



5. THOUGHTS

BODY SENSATIONS

IT'S NOT SAFE FOR ME TO

HEART'S DESIRE



Desires:

6. GROW (from Practice)

What did you learn about playing for your dream?

What did you learn about yourself and your superpowers?



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

Energize Your Dreams Session #5 Notes

Date: _____

1. WARM-UP and Dream sharing:



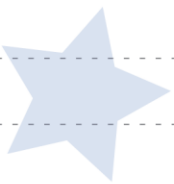
2. CELEBRATE



3. GROW (from Play)



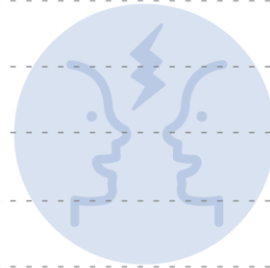
4. CHOOSE THE FOCUS



Practice Technique

- ☐ Intentional Co-creation
- ☐ Role Play
- ☐ Pivotal Moment
- ☐ Co-create Awareness

5. PRACTICE



5.



Desires:

6. GROW (from Practice)



What did you learn about playing for your dream?



What did you learn about yourself and your superpowers?



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

Energize Your Dreams Session #6 Notes

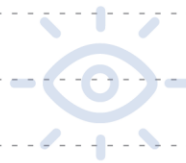
Date: _____

1. WARM-UP and Dream sharing: 

2. CELEBRATE



3. GROW (from Play)



4. (Practice) PLAN: *Dream Refresh and Co-Create Awareness*

5. PRACTICE (Dream Refresh)

Results

So far:



Next:

Mastery

So far:



Next:

Becomings

So far:



Next:

Experiences

So far:



Next:

5. Desire or Situation



New Insights?

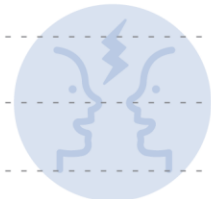
Why Important Now?

Growth Opportunity?

What New Action?

Next Action?

Co-Create Magic



Desires:

6. GROW (from Practice)



What did you learn about playing for your dream?



What did you learn about yourself and your superpowers?



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

Energize Your Dreams Session #7 Notes

Date: _____

1. WARM-UP and Dream sharing:



2. CELEBRATE



3. GROW (from Play)



4. PRACTICE PLAN
(Play for "Yes")

Define the Role

5. PRACTICE
(Role Play the "Ask")



THOUGHTS

BODY SENSATIONS

IT'S NOT SAFE
FOR ME TO

HEART'S DESIRE



Desires:

6. GROW (from Practice)

What did you learn about
playing for your dream?

What did you learn about
yourself and your superpowers?



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

Energize Your Dreams Session #8 Notes

Date: _____

1. WARM-UP and Dream sharing:



2. CELEBRATE



3. GROW (from Play)



4. INTENTIONAL CO-CREATION SERIES:

5. PRACTICE (Intentional Co-Creation)

▲ *Speak the vision*

● *Embody the vision*

Relate - Create - Explore



for **INFLUENCE** - **INSPIRATION** - **VISIBILITY**



Action 1

for **RESULT 1**

▲ Do:	Feel:		Feel:	Do:
Thoughts:		Body:	Thoughts:	

Action 2

for **RESULT 2**

▲ Do:	Feel:		Feel:	Do:
Thoughts:		Body:	Thoughts:	

Action 3

for **RESULT 3**

▲ Do:	Feel:		Feel:	Do:
Thoughts:		Body:	Thoughts:	

Desires:

6. GROW (from Practice)



What did you learn about playing for your dream?

What did you learn about yourself and your superpowers?



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

Energize Your Dreams Session #9 Notes

Date: _____

1. WARM-UP and Dream sharing: 

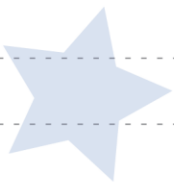
2. CELEBRATE



3. GROW (from Play)



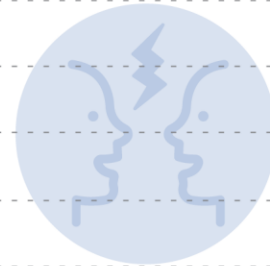
4. CHOOSE THE FOCUS



Practice Technique

- ☐ Intentional Co-creation
- ☐ Role Play
- ☐ Pivotal Moment
- ☐ Co-create Awareness
- ☐ Co-creation Series

5. PRACTICE



5.



Desires:

6. GROW (from Practice)



What did you learn about playing for your dream?



What did you learn about yourself and your superpowers?



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

Energize Your Dreams Session #10 Notes

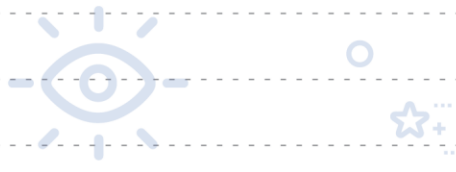
Date: _____

1. WARM-UP and Dream sharing: 

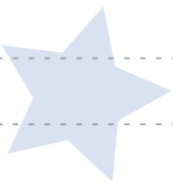
2. CELEBRATE



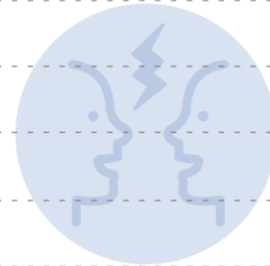
3. GROW (from Play)



4. CHOOSE THE FOCUS



5. PRACTICE



Practice Technique

- ☐ Intentional Co-creation
- ☐ Role Play
- ☐ Pivotal Moment
- ☐ Co-create Awareness
- ☐ Co-creation Series

5.



Desires:

6. GROW (from Practice)



What did you learn about playing for your dream?



What did you learn about yourself and your superpowers?



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

1. WARM-UP and Dream sharing: 

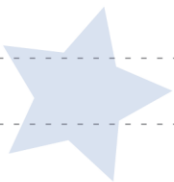
2. CELEBRATE



3. GROW (from Play)



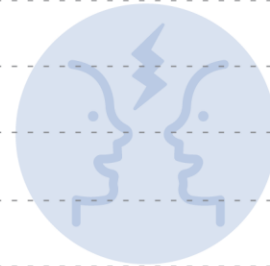
4. CHOOSE THE FOCUS



Practice Technique

- ☐ Intentional Co-creation
- ☐ Role Play
- ☐ Pivotal Moment
- ☐ Co-create Awareness
- ☐ Co-creation Series

5. PRACTICE



5.



Desires:

6. GROW (from Practice)



What did you learn about playing for your dream?



What did you learn about yourself and your superpowers?



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

Energize Your Dreams Session #12 Notes

Date: _____

1. WARM-UP and Dream sharing: 

2. CELEBRATE



3. GROW (from Play)



4. (Practice) PLAN: *Celebration and Growth*

5. PRACTICE (Dream Refresh)

Results



Mastery



Becomings



Experiences



Desires:

6. GROW (from Practice)



What did you learn about playing for your dream?

.....

.....

.....

.....



What did you learn about yourself and your superpowers?

.....

.....

.....

.....

7. PLAY PLAN: What is your next Dream?

.....

.....

.....

.....

.....

5 Superpowers of Human Nature

Drive to BE free

Choose your adventure!

Self-determination

Self-trust



Love to BEfriend

Choose your companions!

Care (give & receive)

Co-create



BE FREE

BE FREE

BE FRIEND

BE FRIEND

BECOME

BECOME

BELIEVE

BELIEVE

BELONG

BELONG



Need to BELong

Choose your environments!

Self-worth

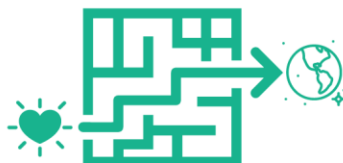
Self-value

Urge to BEcome

Choose your playful practice!

Self-expression

Spirit of play



Ability to BELieve

Choose your beliefs and desires!

Self-preservation

Self-confidence



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Plan-Play-Grow Coaching Session

"Coaching Magic"

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Get started

1. Warm-up

- Coherence
- Imagination
- Dream Sharing



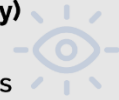
2. Celebrate

- Peak Experiences
- Results
- New Actions
- Challenges



3. Grow (from Play)

- Sparked Desires
- Pivotal Moments
- Evaluate Feedback
- Superpowers in Action



5. PRACTICE

Practice together

4. (Practice) Plan

- What is our focus?
Situation or Desire
- Which technique?



6. Grow (from Practice) *What did you learn...*

- About Your Dream
- About Play
- About Yourself
Beliefs, Desires, Superpowers



Practice Technique

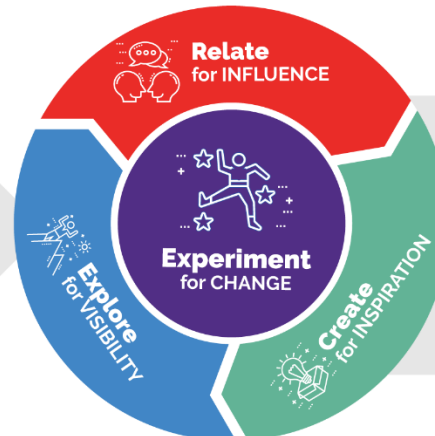
- | | |
|--|--|
| <input type="checkbox"/> Intentional Co-creation | <input type="checkbox"/> Pivotal Moment |
| <input type="checkbox"/> Role Play | <input type="checkbox"/> Co-create Awareness |

Go play out in the world!
Everything is part of your Dream in the Play Life station!

Plan together

7. Play Plan

- What results are you playing for?
- What approach?
- Spirit of play?



Embrace

- What is
- Feedback
- Challenges

Notice

- Pivotal moments
- Peak experiences
- Growth opportunities

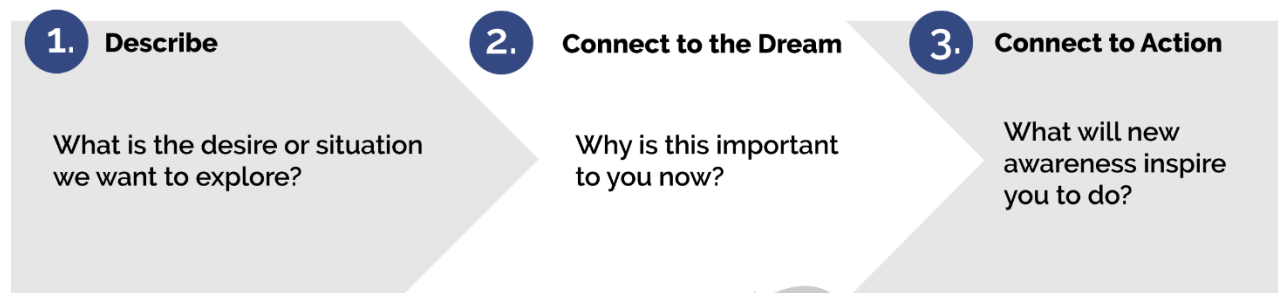


Co-Create Awareness Technique "Abera ca dabera"

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Plan



Play



Grow



Intentional Co-Creation Technique for a Peak Experience

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Plan

1. Do Something Awesome

Social Play

- Relate for Influence
- Create for Inspiration
- Explore for Visibility
- Experiment for Change

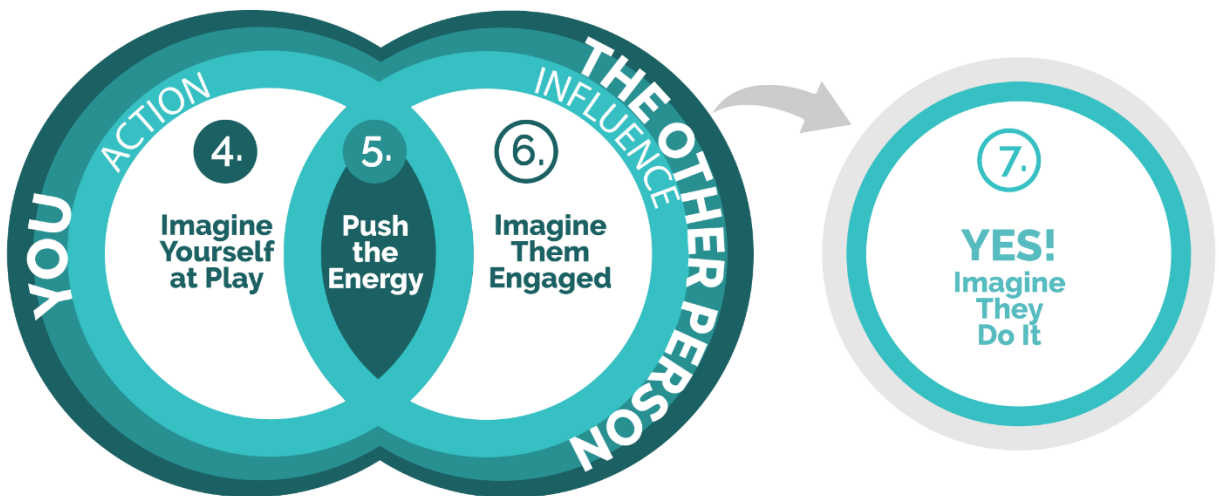
2. Describe Their Feeling

What do you want them to feel?

3. Desired Action

What do you want them to do?

Play



Grow

8.



THOUGHTS

9.



BODY
SENSATIONS

10.



DESIRES



Plan

1. Define The Situation

Influence

- Ask for
- Offer / Invite
- Request
- Share Truth

Intention

- Result
- Feeling
- Timing
- Specific
- Recurring

2. Define The Role

- Specific or Composite
- Character Sketch
- Attitude Toward The Situation

3. Advanced Prep (optional)

- Approach
- BIG Moment
- *Superpower**

Play

Relate for INFLUENCE



The Coach Is Observing

- A: Clarity of Intent
- B: Energy Alignment
- C: Words Flowing
- ★ Superpower



PRACTICE

4.

Play Together

5. Time Out

Reverse Roles (optional)

DEMONSTRATE

6. Level Up

- Share Observations
- Tweak Role
- New Approach
- *Energy Block?*

Grow

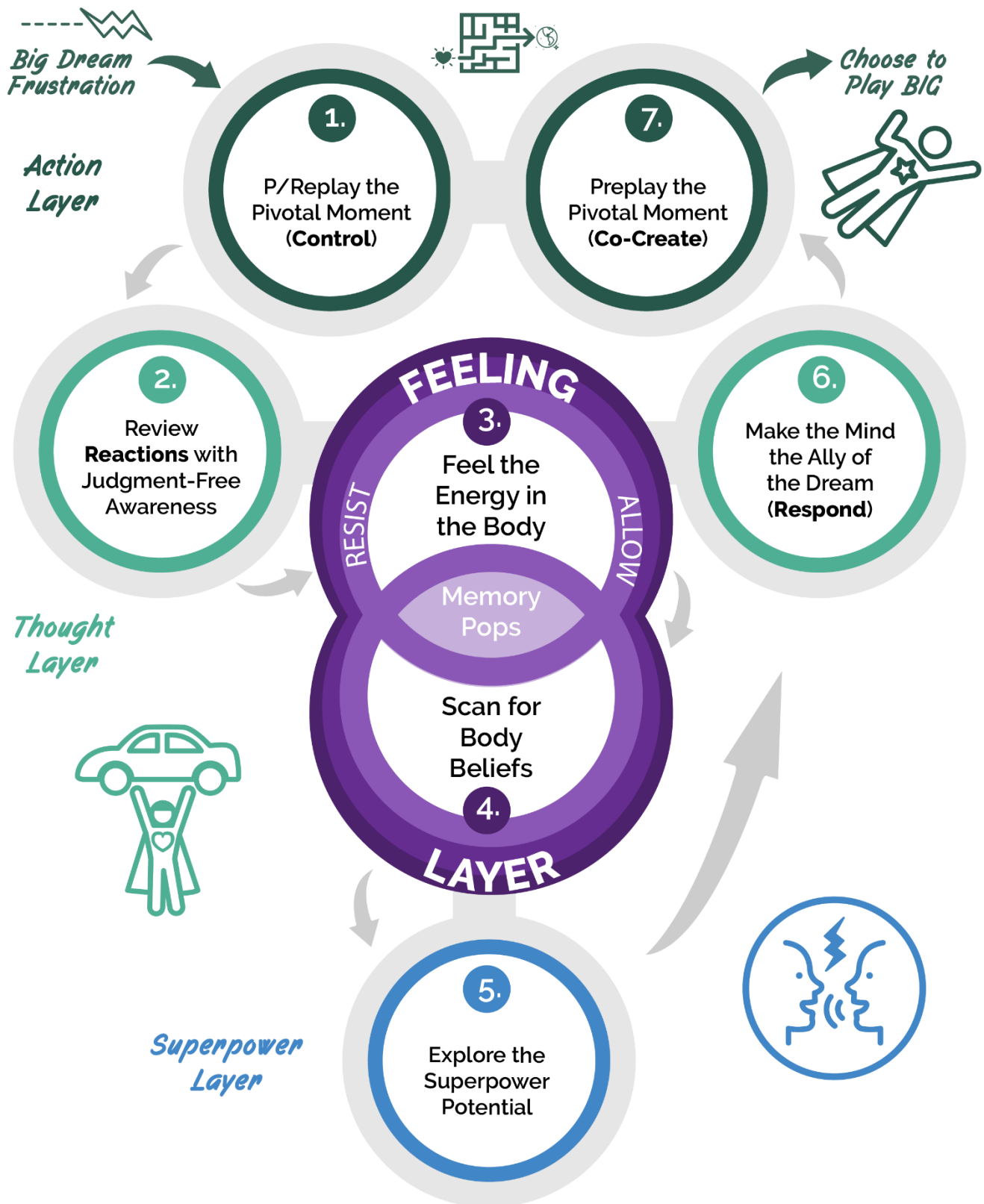
7. Debrief

- Clarity
- Confidence
- Energy



Pivotal Moment Technique





Plan CO-CREATION

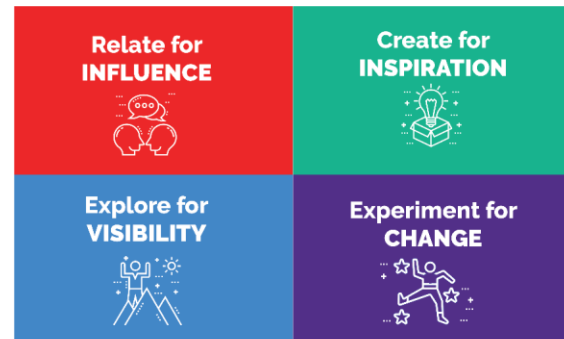
PLAY! / Practice OBSERVATION

Grow CO-CREATION

Celebrate!

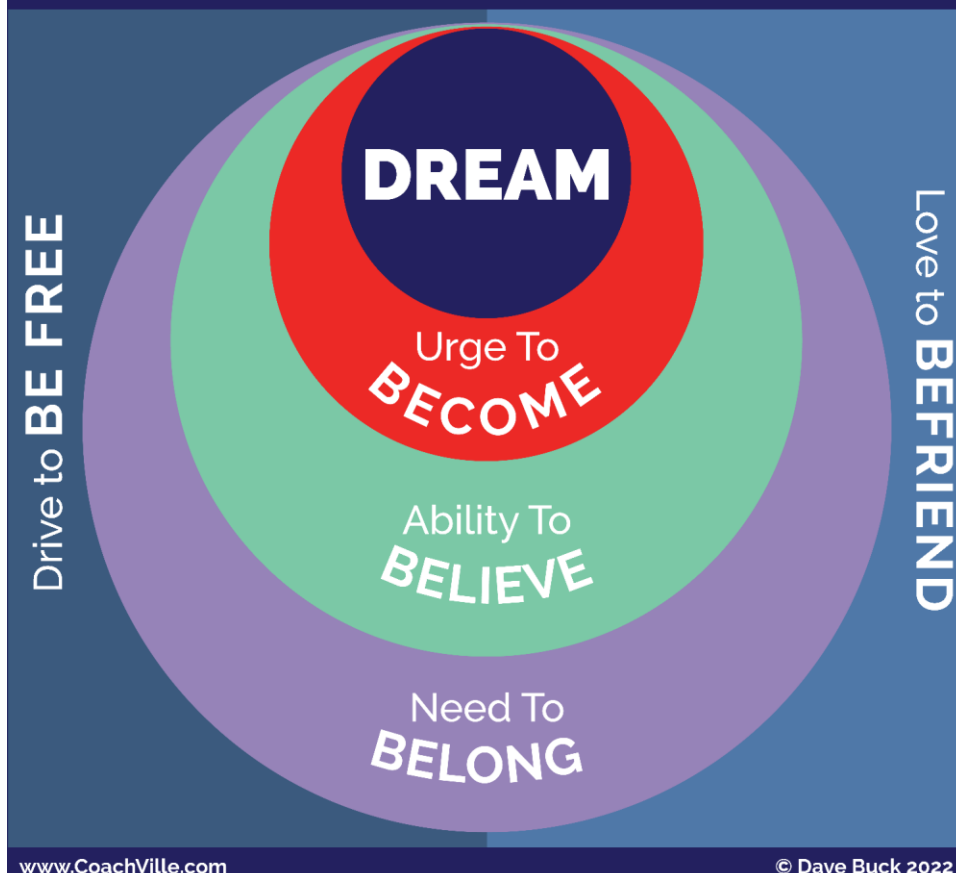


Celebrate!



Explore the Performance-Possibility Gap

5 Superpowers of Human Nature



Four Pivotal Moments of Social Play



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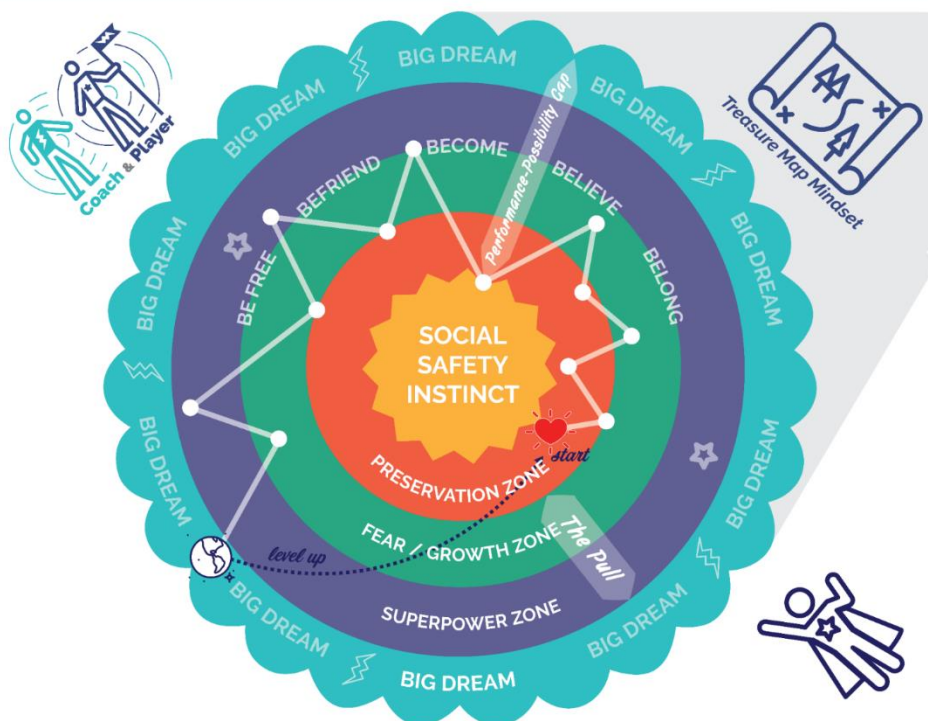
Four Pivotal Moments of Social Play with 7 Social Fears



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The Human Journey with a Coach

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



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

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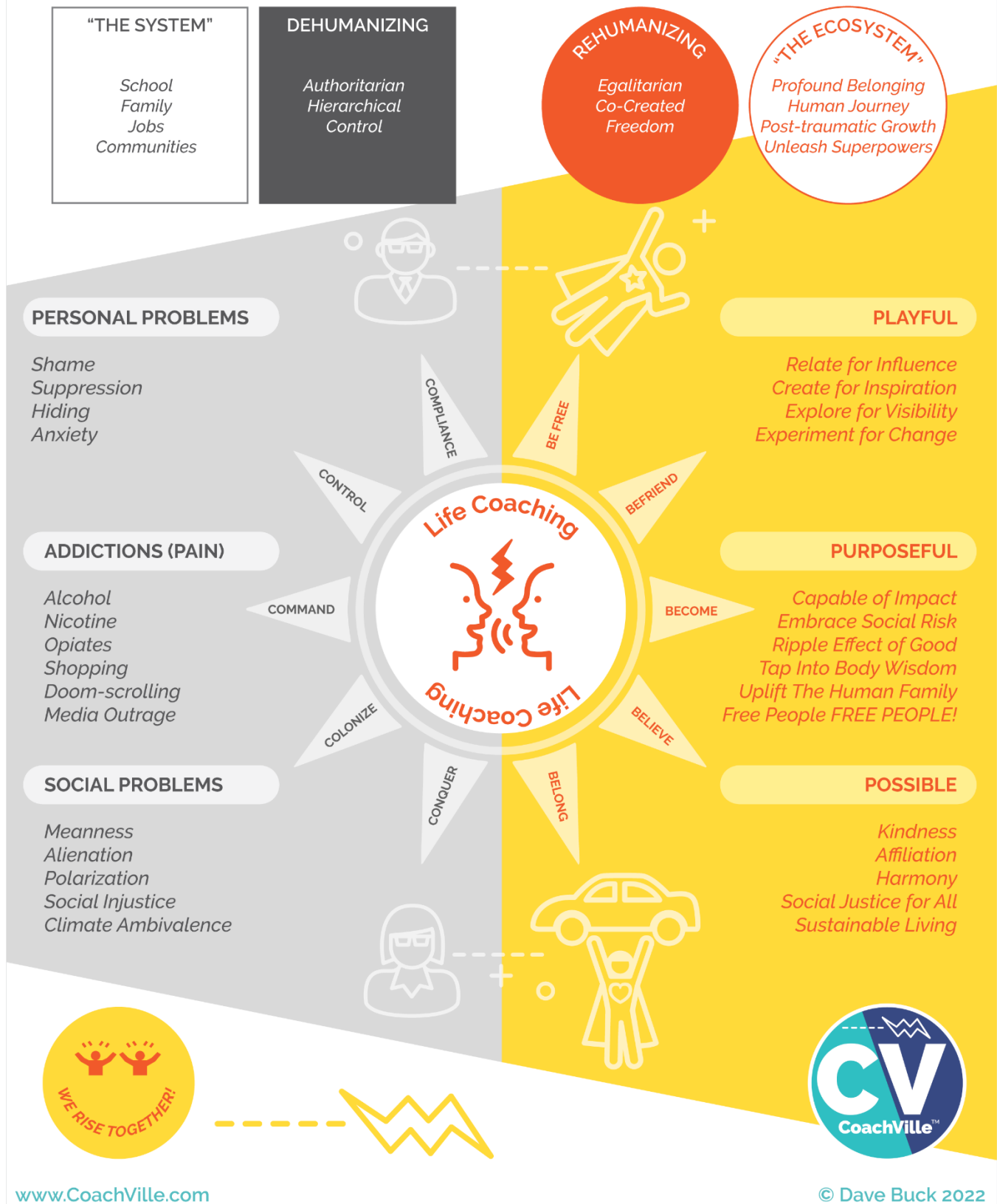


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The Story of Little "you" and Super YOU!



CoachVille Rehumanizing Model



Free People, FREE PEOPLE

Thanks for being AWESOME!

Coach Dave