



# DISCOVER YOUR DREAMS



## 5-Day Challenge Playbook

*by Dave Buck, MCC*

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

## Welcome!

Welcome to the Discover Your Dreams 5-Day Challenge!

Where you will play explore your Human Nature Superpowers like a treasure map that will lead us to your Dreams... SUPER FUN!.

In this playbook you will find the playsheets for your 5-Day Adventure.

**For each session there is a sheet for notes that follows the flow of the program.**

On each playsheet write a few key items of self reflections, conversations and your play plan... and then keep your notes from your experiences as you play in the world.

The 5 BE Superpowers of Human Nature

- 1) Drive to BE FREE – Self-Trust & Self-Determination
- 2) Love to BEfriend – Co-Creation & Care (give and receive)
- 3) Urge to BEcome – Self-Expression & Spirit of Play
- 4) Need to BELong – Social-Value & Social Safety Instinct
- 5) Ability to BELieve – Self-Preservation & Self-Confidence

Exploring these will lead to...

!!!) Your Next Dream – A Collection of Clues

This practice will help you get into the flow of noticing the clues on the treasure map... Then you can CHOOSE your next dream to adventure away from the status quo and into the world.

## Printing Instructions...

Pages 3 – 9 ... Print 1 Copy

Enjoy your adventure.

The world is ready for you and your dream.

Together, we are the champions of dreams!

Coach Dave



*Dave R. Buck*

Coach Dave Buck and the CoachVille Team!

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

# Superpowers of Human Nature

## Drive to BE free

Self-determination  
Self-trust



CHOOSE YOUR ADVENTURE!

## Love to BEfriend

Care (give & receive)  
Co-create



CHOOSE YOUR COMPANIONS!

## To Dream

CHOOSE YOUR DESIRE!  
Self-worth  
Self-love



CHOOSE YOUR PRACTICE!



## Urge to BEcome

Self-expression  
Spirit of play

CHOOSE YOUR ENVIRONMENTS!



## Need to BELong

Social-value  
Social safety instinct

CHOOSE YOUR BELIEFS!



## Ability to BELieve

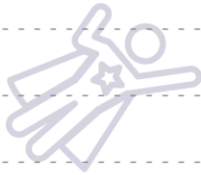
Self-preservation  
Self-confidence



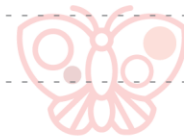
## COLLECTION OF CLUES

Drive to be free:

Love to befriend:



Urge to become:



Need to belong:

Ability to believe:



### Growth Zone

What did you learn...

About playing for your dream?



About yourself?

## Self-reflection:

Self-determination & self-trust:

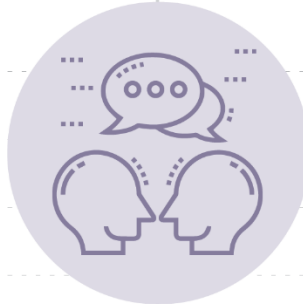
Choose your adventure:



## Conversation:

Life felt like an adventure:

Out in the world activities you would love:



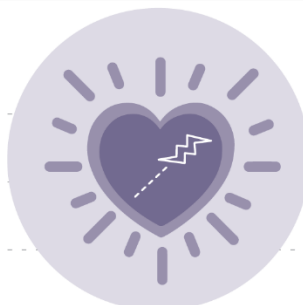
## Play in the world:

What I did:

What happened:



## Dream clues:



## Self-reflection:

Co-creation & care:

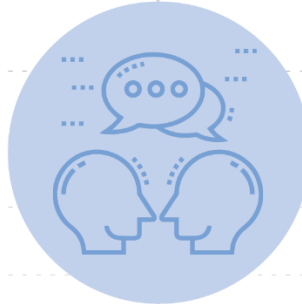
Choose your companions:



## Conversation:

Describe a companion:

Something you co-created or experienced:



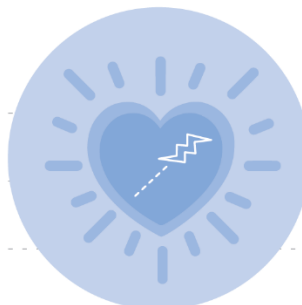
## Play in the world:

What I did:

What happened:



## Dream clues:



## Discover Your Dreams

## Urge To Become

### Self-reflection:

Self-expression & spirit of play:

Choose your playful practice:



### Conversation:

Best parts of your day:

Something you would love to do better:



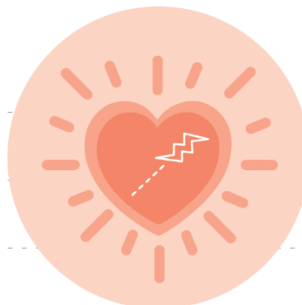
### Play in the world:

What I did:

What happened:



### Dream clues:



## Discover Your Dreams

## Need To Belong

### Self-reflection:

Self-worth & self-value:

Choose your environments:



### Conversation:

Describe where you feel totally accepted:

Describe an environmental upgrade:



### Play in the world:

What I did:

What happened:



### Dream clues:



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# Discover Your Dreams

# Ability To Believe

## Self-reflection:

Self-preservation & self-confidence:

Choose your beliefs:



## Conversation:

What you believe about yourself:

Describe an upgraded belief to embrace:



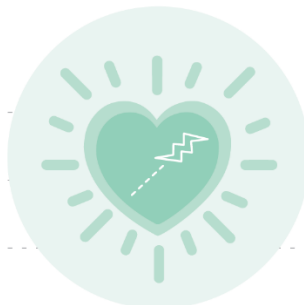
## Play in the world:

What I did:

What happened:



## Dream clues:



That  
was  
fun!

Thanks for being awesome!  
Coach Dave