

# **Energize Your Coaching Business**

Play Sheet Pack

By Coach Dave Buck, MCC

# **This is the Energize Your Coaching Business“Play Sheet Pack”**

In this playsheet pack you will find the Play sheets for the Transformation Coaching Techniques that we will use during the 5-Day Program.

Please print pages 3-7.

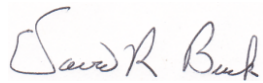
Note: Pages 3 and 6 are the same... this is intentional.

AWESOME!



Enjoy our adventure together.

Coach Dave Buck and the CoachVille Team!



1a. Do something awesome

1b. What are **you** feeling?

2. Describe **their** feeling

3. **Desired action**

4.



*Imagination Zone...*

5.

6.

7.

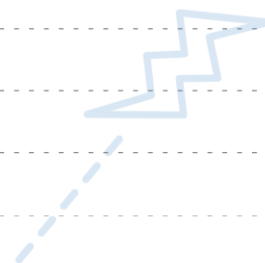
8. **THOUGHTS**



9. **BODY SENSATIONS**



10. **DESIRES**



**T** **PLAY PLAN:** What is the transformation you want to play for?

**FROM:**

**TO:**

**1.** Describe the Pivotal Moment**7.** Pre-play the Pivotal Moment**2.** Describe Reactions  
with Judgment-free Awareness**6.** Your DREAM wants you to...**3.** Describe the Physical Sensations  
(shape-color-temperature)**5.** Superpower potential**4.** It's not safe for me to...

Memory pops

**T** PLAY PLAN: What is the transformation you want to play for?

FROM:

TO:

1. Define the Situation

2. Define the Role

3. Advanced Prep

4.

*Practice Zone...*

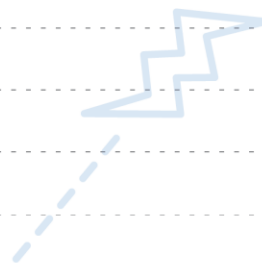
5.

6a. OBSERVATIONS

6b. CO-CREATIONS



7. DEBRIEF



T PLAY PLAN: What is the transformation you want to play for?

FROM:

TO:

1a. Do something awesome

1b. What are **you** feeling?

2. Describe **their** feeling

3. **Desired action**

4.



*Imagination Zone...*

5.

6.

7.

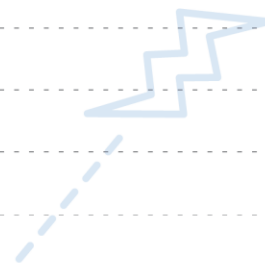
8. **THOUGHTS**



9. **BODY SENSATIONS**



10. **DESIRES**



**T** **PLAY PLAN:** What is the transformation you want to play for?

**FROM:**

**TO:**

**Create your Conversation MAGNET**

What are you doing? What are you feeling?

What are they feeling? What is the result?



Thoughts:

Body:

Desires:

**Explore for Visibility**

What are you doing? What are you feeling?

What are they feeling? What is the result?



Thoughts:

Body:

Desires:

**Relate for Influence**

What are you doing? What are you feeling?

What are they feeling? What is the result?



Thoughts:

Body:

Desires:

**Co-create your Gateway Experience**

What are you doing? What are you feeling?

What are they feeling? What is the result?



Thoughts:

Body:

Desires:

**PLAY PLAN: What is the transformation you want to play for?****FROM:****TO:**

# Free People, FREE PEOPLE

Thanks for being a Champion of Dreams!

Coach Dave