

Transformation Coaching Session #2 Notes

Date: _____

1. WARM-UP and Dream sharing:



2. CELEBRATE

3. GROW

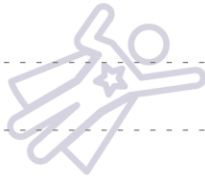
4. (Practice) PLAN: *Dream Activation*

5. PRACTICE

Drive to be free:

Self-determination & self-trust

B



C

Love to befriend:

Co-create & care



Start here

Brief description:

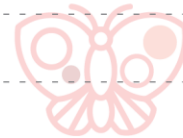
A



D

Urge to become:

Self-expression & spirit of play



Your Dream

Self-love & self-worth

Ripple Effect:

Focus:

G

Need to belong:

Self-value & social safety instinct

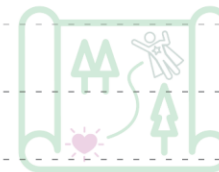
F



E

Ability to believe:

Self-confidence & self-preservation



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 transformation for this week? What social actions?

FROM:

TO: