

Peak Experience Technique For Intentional Co-Creation

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Plan

1. Do Something Awesome

Social Play

Social play action?

What do you want to feel?

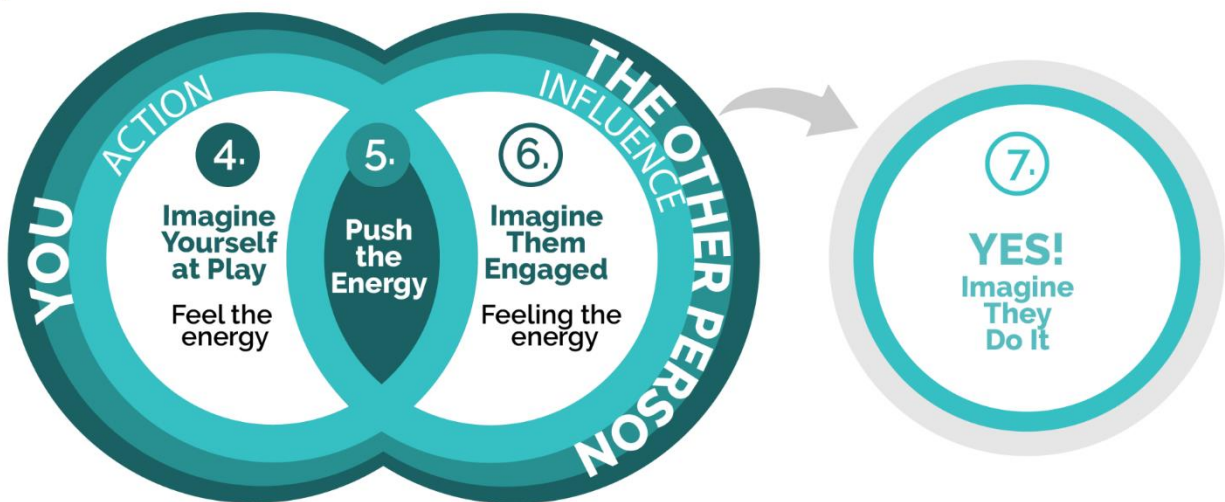
2. Describe Their Feeling

What do you want them to feel?

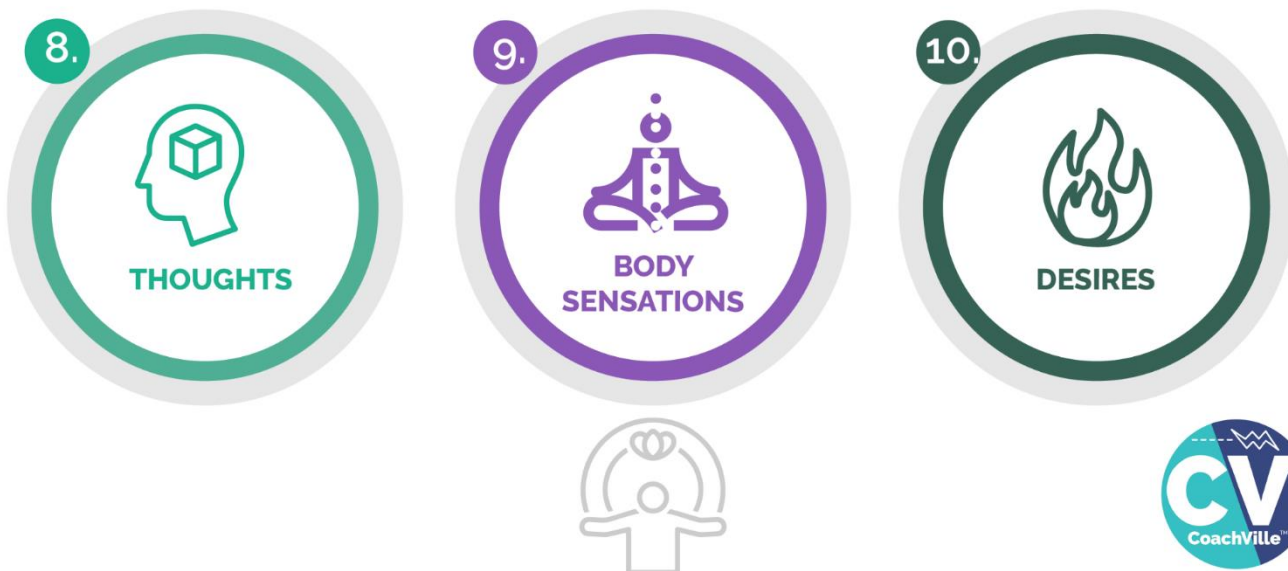
3. Desired Action

What do you want them to do?

Play



Grow



Plan

1. Do Something Awesome

Social play action?

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What do you want to feel?

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2. Describe Their Feeling

What do you want them to feel?

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3. Desired Action

What do you want them to do?

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Practice

4. Imagine Yourself at Play

Thoughts:

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Body sensations:

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5. 6. Imagine Them Engaged

Thoughts:

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Body sensations:

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7. YES! Imagine They Do It

Push the Energy

Grow

8. THOUGHTS

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9. BODY SENSATIONS

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10. DESIRES

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