

# **Human Connection Transformation Coaching**

(HCTC)

## **Peak Experience Playsheet**

Version 2026

### **Part 2**

### **Unleash Human Nature**

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*Plan*

1. Describe the Experience



2. Describe the Skill

3. Describe Their Feeling

What do you want to feel?

What do you want them to do?

*Practice*

4. Imagine yourself at play while feeling \_\_\_\_\_



5.

6. Imagine them engaged

Imagine they do it - YES!

Notice your thoughts when you imagine

Notice your thoughts when you imagine the other person

Notice your body sensations when you imagine

Notice your body sensations when you imagine the other person

Push the Energy

*Grow*7. What **THOUGHTS** are you curious about?8. What **BODY SENSATIONS** are you curious about?9. What **DESIRES** did you notice?