



ENERGIZE *YOUR* DREAM



Powered by **CoachVille™**

Playbook for Players



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

© 2020 CoachVille LLC | All Rights Reserved

Welcome!

Hello there! Coach Dave here with you.

On behalf of the CoachVille Community, I welcome you to the Energize Your Dream Program with your CoachVille Coach.



I am the co-creator – with our amazing team of coaches – of the Energize Your Dream program that your coach is using to guide you in pursuit of your dream. While your coach is your Guide on the adventure, I will be your “Bonus Companion” with this playbook and a series of audio that I recorded to help you make the most of every session with your coach.

Our BIG Dream at CoachVille...

Everyone, everywhere with the courage to play BIG for their dreams, has a GREAT Coach!

YOU are making our dream come true!! Thank YOU!

Your coach is...

- **The champion of your dreams**
- **The promoter of your playfulness**
- **The activator of your superpowers**

The true heart of coaching is playing together to play better. So, just as a basketball coach will help you play basketball better or a violin coach will help you play violin better, a Life Coach will help you play life better.

Your **Dream** is the call to adventure... out in the world... to create new experiences that enhance your life and the lives of others.

Your **Playfulness** will empower you to relate for influence, create for expression, explore for visibility and experiment for change... the 4 things your dream needs you to do.

Your **Superpowers** are unique abilities that when refined and practiced are capable of making a big impact on other people and situations. As you pursue your dream you will both discover and develop your Superpowers!

Are you READY TO Play BIG for your own dream AND create a ripple effect of good that deeply touches others? And amplify the goodness of your Human Nature? The good news is that it happens naturally when you play with a coach. Enjoy the experience...

Coach Dave Buck and the CoachVille Community... ***We are the Champions of Dreams!***

*PS. Note to you: If you have done the Activate Your Superpowers Program with your Coach, this playbook is almost exactly the same. **The audios have additional segments at the end.** Enjoy the review ;-)*

Table of Contents

WELCOME!..... 2

TABLE OF CONTENTS..... 3

A BRIEF INTRODUCTION TO HAVING A LIFE COACH..... 4

The Practical... The Problems ... The Purposeful 4

What Life Coaching is..... 5

The 4 ways to Play Life. The 4 things we desire! 9

We were born to play but then we were trained to work. 9

Get Your Human Nature Back! 13

We Free Each Other... The Global Life Coaching Movement 17

Introduction to the Activate Your Superpowers Program..... 18

How to use the playbook, weekly audio & playsheets 23

SESSION #01) YOUR BIG DREAM..... 25

SESSION #02: PLAN – PLAY - GROW..... 35

SESSION #03: PRACTICE WITH ROLE PLAY..... 47

SESSION #04: PRACTICE WITH PIVOTAL MOMENTS 60

SESSION #05 PLAYING FOR YES 70

SESSION #6 CO-CREATE AWARENESS 85

THANK YOU! AND WHAT’S NEXT 96

A brief introduction to having a Life Coach

[Listen to this audio to prepare for the Exploratory Session.](#)



The Practical... The Problems ... The Purposeful

As your bonus companion on your adventure with your Life Coach, my role is to prepare you for each leg of the journey so that you can really LOVE it and thrive.

In this introduction I have a few provocative ideas to share with you... that will shift how you see yourself, the world around you and your opportunity to thrive in a joyful way. AWWW Yeah.

So the first thing I want to do is share with you a few of the “real world” benefits of playing with a Life Coach in the form of practical benefits, problems solved and bigger purpose and aspirations.

The Practical

- If your dream or purpose feels fuzzy or lost, it will come into focus and gain energy.
- Positive actions that used to seem hard, will start to feel easy.
- Your life will start to feel like a fun, growth-oriented adventure... MOST DAYS
- You will have more fulfilling experiences with people you enjoy; in ALL aspects of your life!
- You will gain awareness of where your doubts and fears are coming from... and you will feel more and more FREE!
- You will greatly expand your “body awareness” and “emotional awareness” which will increase your intuition, inner knowing and self-trust. << ***THIS IS A BIG ONE!***
- You will feel more ALIVE... and feel like your life is more vibrant than it used to be!

The Problems

Coaching is NOT an intervention for problems! It is about playing better for your dream.

However... as you play better with your Life Coach, many of life’s common problems will lessen or disappear completely.

- You will experience LESS anxiety.
- You will experience LESS self-doubt.
- You will experience LESS procrastination on important actions.
- You will experience LESS negative self-talk;
- You will experience LESS limiting beliefs;
- The idea of self-sabotage will gradually disappear.

You have to admit... this will be awesome!

The Purposeful... and Aspirational

- You will gain influence. You will begin to see yourself as powerful and capable of having a profound positive impact in the lives of others and in the world!

- You will gain creativity. You will gain clarity on the YOUnique qualities that you have within you that you can use to co-create the results and experiences you desire.
- You will make changes. You will feel more confident in taking risks that can bring about positive rewards for your dream.
- You will gain visibility. You will feel more courage in being seen and owning your value.
- You will develop the ability to tap into your body wisdom to make bold choices.
- You will develop the ability to tap into the Supermind for needed insights and possibilities... and then ACT on them.
- You will feel like your energy is flowing and aligned with your dream and greater purpose.

AWWWW Yeah!

What Life Coaching is...

To start our adventure together, I want to share with you a few thoughts about how Life Coaching can activate your superpowers as you play BIG for your Dream.

Here is our definition of coaching:

Coaching Is...

1. A profound personal relationship
2. Wherein the coach guides the player
3. In pursuit of playing better for their dreams
4. Through perceptive observations
5. And co-creative conversations

Some folks have gotten the idea that coaches talk with you to help you solve your own problems. Others think that coaches tell you what tasks to do and hold you accountable.

Life Coaching is not about problems or tasks because life is not about problems and tasks. Life is for playing for our dreams and Coaching is about playing together to play better; also known as practice.

Let's go a little deeper into each of the elements.

1. A profound personal relationship

Coaching is a personal relationship. Your coach will care about you as a person and you will care about your coach. It is very different than the ideas we got about Industrial Age Professional that was robotic and impersonal.

Coaching is profound because it goes beneath the surface of life's circumstances into feelings, emotions, beliefs, desires, possibilities, fears, visions, ideas... the important stuff.

2. Wherein the coach guides the player

Coaching is NOT hierarchical... which is an important detail we will explore in a moment.

Guiding another person on an adventure is a real artform. It is not the same as directing or controlling; but it is more than a passive companion.

Think about the guide on a hero's journey like Star Wars Obi Wan Kenobi to Luke Skywalker. They are on the adventure together, they are both actively involved. Obi Wan is sharing observations with Luke BUT... Luke makes his own choices about what to do.

Another way to think of this is the Olympic Coach. They are in the Training Center with the athlete every day sharing the dream together. Olympic athletes deeply thank their coach when they win a medal; they could not have done it alone.

3. In pursuit of playing better for their dreams

Playing better is the essence and the purpose of what ALL coaching is about.

Playfulness is an awesome Human Superpower. Helping you restore and maximize your playfulness is a big part of Life Coaching. I will get into that much deeper in a few moments because the idea of play may be scrambling your mind right now.

To ease into the exploration here are a few ideas to help you understand what I mean by PLAY and playfulness:

- Curious and Creative
- Resourceful and Resilient
- Explore and Experiment
- Fun! (usually, but not always)

The 3 Frameworks of Play

There are 3 areas of life where we see play all the time. One way to get into playing for your dream is to identify with one or more of these and re-imagine your dream with this framework.

1) **Performance Art:** You have talents, a “voice” or perspective and something to say or share. You practice A LOT to refine both your skills and your message. You use your talents to co-create experiences with your audience.

2) **Game / Athletics:** The urge to compete drives you to hone your skills to perform at a high level. You enjoy the thrill of victory and embrace the difficulty of defeat. You enjoy the camaraderie of your team mates and the competitors. The definition of compete from the ancient Greek language is actually quite inspiring.

To Compete: to seek the best in oneself in the company of others likewise engaged.

3) **Epic Quest:** You have been “called” to adventure. There is something you MUST do even though it means leaving behind the comfortable of your well known surroundings and place in the world. You face great challenges in pursuit of your mission. If you are successful, you reap some great reward which you can bring back to your tribe for all to enjoy.

Your Dreams

This is another topic we will talk about A LOT in this playbook and with your coach. Your Dream is your vision for who you want to become and what you want to experience in the world.

In the next section we will get into the details of The Dream.

4. Through perceptive observations

We are ALL yearning to be seen by someone who knows what they are looking at!

Your coach is going to observe you as you adventure together and share with you what they see in a judgment-free way!

We all have blind spots in our thoughts and actions because we can't see ourselves very clearly...a trusted outside observer can really accelerate our growth.

This is the way life is meant to be played; we are meant to co-create life with others.

5. And co-creative conversations

Talking together is a big part of how coaching happens. Talking together is a LOT different than giving instructions!

The key in Life Coaching and Life Playing is to co-create a safe space for deep and provocative conversations.

This brings me to one of my favorite things to share with new Life Players!

The ancient power of co-creation!

In the ancient Aramaic Language there was a power phrase: **Abera Ca Dabera** – It means: “I create as I speak”. You have probably heard of it being used in the context of a magic

trick but it is much more practical than that! When two people are talking together in deep conversation with purpose, permission and presence – as happens in a Life Coaching relationship – it can take on a life all its own. With your words you can speak your dream into existence and create the new version of YOU needed to fulfill your dream. This is the “magic” of co-creating that makes coaching such a powerful force in the world!

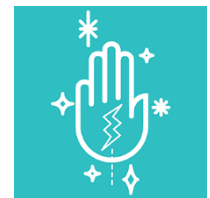
With focus and determination you can experience this transformational power with your Life Coach!

Possibilities for your BIG Dream

The first thing your coach is going to talk with you about is your Dream; because going for your Dream is what playing life is all about. An important point here is that playing life with a Life Coach is MUCH different than going it alone. So I am encouraging you to think bigger than you might normally allow yourself to think.

Why Dream... rather than objectives or goals?

- Your Dream includes your imagination.
- Your Dream includes your vision.
- Your Dream includes your heart's desires.
- Your Dream includes how you want to contribute to life.
- Your Dream includes who you want to become.
- Your Dream includes the experiences you want to co-create.
- Your Dream includes the spirit of play.
- Your Dream includes a sense of wonder and mystery.



Often we don't think too much about our dreams, we just focus on what we can control by ourselves. This is how we were trained to think in the Industrial Culture. (We will get to this in a moment) This approach tends to keep us pretty small; which is OK sometimes. But truly life can be MORE.

You may be very clear on your Dream and already in pursuit. Or you may be a little fuzzy about the details but just know you are ready for more. Wherever you find yourself now is the perfect place to start your adventure. The purpose of this little section is to spark your imagination for what your BIG Dream can be.

Our mantra is: The world is a playground. Let's Play Together.

Here is a “starter” list of the endeavors that people dream of playing better. This will spark your imagination for the many possibilities you have with your Inner Freedom Life Coach!

Aspects of Life you can play better with a Life Coach

- small business ownership,
- career development & transition into something joyful & meaningful

- business growth through team play,
- leading a worthy cause
- growing a vibrant community or tribe
- spiritual quest through community participation,
- financial freedom through value creation,
- corporate management and/or leadership of a great team
- artistic expression and performance
- health and wellness through engagement
- personal growth through self-expression and participation (this includes co-creating relationships and partnerships)

How you will grow as you play for your dreams...

- You will express your superpowers, energy and creativity
- You will enjoy the company of people on your growing Dream Team
- You will grow your skills and capabilities
- You will experience personal transformation; to become, believe and belong
- You will grow in status within a community
- You will change your world or THE world in a positive way

You will LOVE playing for a Dream that is engaging, supportive, challenging, purposeful and fulfilling.

The definition of coaching often brings up a few very interesting questions...

1) How do we play life?

We will get to that in a moment! It's fun.

2) Why don't we already play life?

This is a BIG one. Let's talk about this next...

We were born to play but then we were trained to work.

I believe that the idea of playing life is the most natural, effective and joyful way to live. I also believe that the Human Spirit of Play is the most untapped resource in the world today. It has the power to transform lives, relationships, families, communities, businesses and the sustainability of life on the planet. Yeah... it's that BIG.

But all of us were trained in the Industrial Age to look at everything as work; as something that needs to be controlled. School was work, jobs and business are work, and we also work on our relationships and even our golf game! UGH!! In the Industrial Age you were trained to work in isolation rather than play in the world.

The essence of Industrial Age hierarchy is control.
The essence of Connected Age play is co-creation.

In his TED Talk Steve Kiel says that: “the opposite of play is not work. The opposite of play is depression”. Remember all those problems I mentioned at the beginning? They start when we stop playing. And we stop playing because we were made to feel shame for being playful at school, often at home and then at work.

What we are talking about here is our approach to life: we can work on it in an attempt to control it or we can play and co-create with it.

Hint: playing is more fun, less stressful and WAY more effective!!

Play is a better way!

The “Industrial Age” – which became mainstream around 1880 – made work the central theme and approach to life for most humans. It built upon the de-humanizing hierarchical control structures of the Agrarian Age of Monarchs and Warlords.

Many historians say that the Human focus on work and control began when humans started farming food and domesticating animals. At that point they became tied to the daily grind of working on the same plot of land every day. Whereas our hunter-gatherer ancestors lived every day as a free spirited adventure; albeit with additional risks.

But in 2010 something BIG happened... suddenly almost every human had a super computer in their hands and with it the ability to connect with anyone in the world in an instant. I call this the dawning of the Connected Age.

I believe that as the Connected Age unfolds there is an opportunity for playfulness to become the central theme and approach to life. We can restore the free-spirited playfulness and fierce egalitarianism that is our Human Heritage and combine it with the security of well-organized shelter and food production that our ancestors lacked.

WOW! SO GOOD.

I made a little chart to help us go a little deeper and recognize the differences between The Industrial Age of Control and The Connected Age of Play.

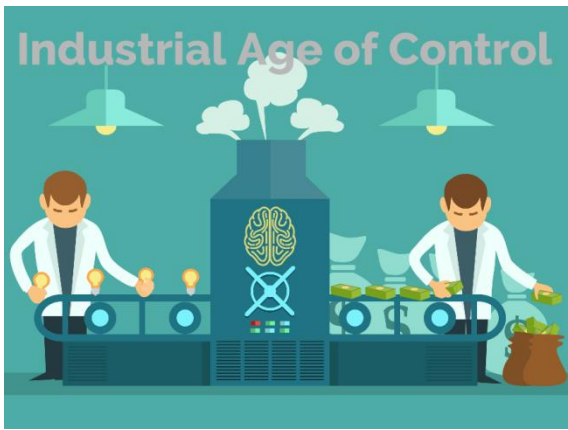

The important thing to notice is how the Industrial Age of Control culture created a HUGE need for Life Coaching!

Life Coaching subverts hierarchical control because no one is in charge. It is a co-creation by equal partners with different roles.

We Free Each Other!!

And we RE-Humanize each other.

The Transformation from Industrial Control to Connected Play

		
Time frame	1880 – ~2030	~2010 - ????
The Framework	Everything – schools, businesses, communities - is run by authoritarian control like a military operation.	Most things are run like a talented performance art or athletic team co-creating inspiring experiences.
The Approach	<p>Innocent teachers, managers and business owners become unwitting henchmen for the dehumanizing top-down hierarchy.</p> <p><i>The 3 C's</i></p> <p>Command Tell them what to do</p> <p>Control Show them how to do it</p> <p>Compliance Make sure they do it right</p>	<p>Inspired Life Coaches and coach-approach teachers, entrepreneurs and leaders play to unleash the best of Human Nature.</p> <p><i>The 3 B's</i></p> <p>Become The urge to Become through play</p> <p>Believe The ability to Believe in a dream</p> <p>Belong The need to Belong with a dream team</p>
The Power	In the “system”	In the YOUnique Superpowers of Individual Players in an uplifting environment
Where we learn	<p>In School.</p> <p>Sitting silently at a desk memorizing the right answers working alone completing tasks preparing for the test</p>	<p>Life (and Online)...</p> <p>Learning from the world co-creating, sharing, connecting playing games with global friends pursuing the next level</p>
Memes	Sit down, shut Up	Together we play better

	<p>and do as you are told</p> <p>Do it right the first time or don't do it at all;</p> <p>Do your own work if you help your neighbor you are a cheater</p>	<p>After you fail, play again Feedback is the breakfast of champions</p> <p>Get to the next level We free each other</p>
<i>You are a</i>	<p>Worker / servant Consumer</p>	<p>Player Co-Creator / Investor</p>
<i>You have a</i>	<p>Job with a Manager / Boss (enjoyment unlikely)</p>	<p>Dream / Purpose with a Coach (enjoyment assumed)</p>
<i>What you do</i>	<p>Complete tasks Fix problems</p>	<p>Co-Create Results and Experiences Express Superpowers to add value</p>
<i>Why?</i>	<p>To earn a living</p>	<p>To live your dream and GROW</p>
<i>The Feeling?</i>	<p>Suppressed & Traumatized Dreams squashed Playfulness shamed Unique voice and power silenced</p>	<p>Rewarding and challenging experiences and opportunities to contribute make every day a fulfilling adventure</p>
<i>The Path to Success...</i>	<p>Do it right Don't make mistakes</p> <p>Fit in by being like the others Don't try to be special Mind your own business</p>	<p>Play big to make a difference Risk failure, learn fast and grow</p> <p>Find a place / group that embraces ALL of who YOU are Own your value.</p>
<i>You buy...</i>	<p>Things - More is better Things will make you happy (NOT)</p> <p>Entertainment to “get away” from meaningless or repetitive work</p>	<p>Things that inspire you and tools for creation;</p> <p>Experiences that expand your skills and awareness; Coaching to play better and pursue your Dream</p>
<i>You aim to</i>	<p>Save some money for retirement; then you can enjoy life.</p>	<p>Co-Create a freedom-filled lifestyle economic freedom creative freedom emotional freedom spiritual freedom location freedom</p>

I know this chart paints a pretty bleak picture of our current culture in the left column. You may be an optimistic person and think: “it’s not that bad”. I understand. I am an optimistic – make the best of any situation – kind of person myself. However... for most people in the world it IS bad. AND we have normalized it so that we have become numb to it. AND most importantly we have been taught that we are powerless to change it.

I have been a professional Life Coach for almost 25 years for over 1,000 amazing individuals. I can tell you: even folks who are optimistic, investing in themselves and aiming big are boxed in by social fears caused by a life of Hierarchical Control. They have no idea what their REAL powers are and their capacity to engage in social play activities is severely stunted.

Meanwhile, the situations we face as a human family demand that we stop “making the best of it” and start reclaiming our Human Superpowers to make change! Especially when we consider that most of the trauma, pain and suffering that is happening... we are doing it to each other without even being aware of it!

Together we can change the experience of life for the better... for everyone.

Let’s talk about how we RE-Humanize.

Get Your Human Nature Back!

There are three Superpowers of Human Nature that you need to unleash in order to play BIG for your Dream: Become – Belong – Believe.

You saw this in the chart about the Connected Age of Play.

1) **The Urge to Become.** All humans have an inner urge to become the next version of themselves; to grow and expand. We become by playing. If we stop playing we stop becoming and stay the way we are.

2) **The Need to Belong.** This is the strongest of all human needs. It operates mostly on a non-conscious level and drives almost everything in the human experience. We Humans always seek belonging and status within the environment we are in.

3) **The Ability to Believe.** Humans are believers. The ability to believe is the catalyst of all human civilization.

All of our beliefs – about how life works, who we are and what is possible for us – come from navigating between our urge to become and our need to belong. In other words, we get our beliefs from our interactions with the world around us.



Some of our beliefs are conscious and we think and talk of them often. Most of our beliefs settle into a non-conscious level within us and have a non-stop profound impact of what we do and don't do on a moment-to-moment basis. A big benefit of having a Life Coach is that by observing you they can bring your non-conscious beliefs into awareness so you can explore them.

To create change we need to unleash all three superpowers!

- We need to play to **BECOME** the next version of ourselves.
 - We need to find or create a new environment of profound **BELONGing** where we are supported and challenged to become the next version of ourselves; where we feel safe to be our Superpower selves!
 - We need to **BELIEVE** in our own dream. Then we need to explore our beliefs and choose the ones that we need to uplevel in order to live our new dream.
- This is the essence of the Life Coaching!

This is where you **REALLY** need a great Life Coach! We are not meant to activate our Human Nature Superpowers alone.

Life Coaching Starts Here

When you think of signing on with a Life Coach there is a purpose behind it.

You want to:

- Accomplish something
- Experience something
- Get better at something
- Change something

You probably don't think: "Oh, I need help unleashing my Human Superpowers!"

LOL

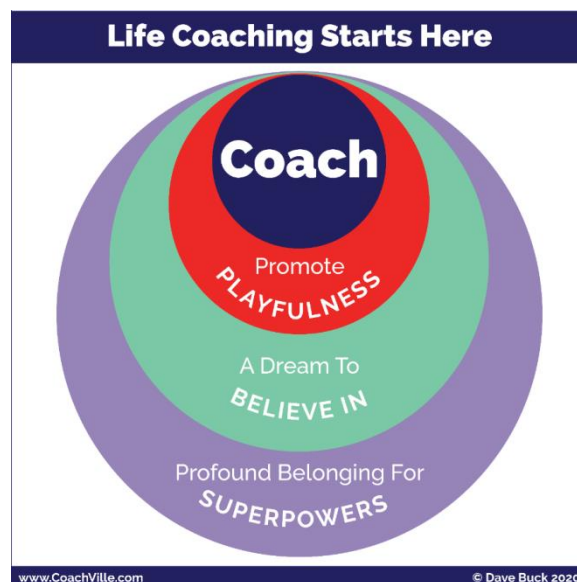
True. However, to get that "something" you want, that is exactly what we need to do.

And not only will it energize the path to the "something", it will also open doors to amazing new possibilities!

In this little diagram called: "Life Coaching Starts Here" you will recognize the structure but the words have changed.

Promote Playfulness

The Urge to Become... Promote Playfulness



This is essential because coaching and playing go hand in glove since the purpose of coaching is playing better. So you and your coach will co-create ways for you to PLAY life in pursuit of your dream.

A Dream to Believe In

The Ability to Believe... Believe in your Dream

Life coaching is about living our dreams! So your coach will want to focus in on what your dream is. Don't worry if it is not clear. You can start with even the smallest inkling and grow it into a BIG Dream.

Profound Belonging for Superpowers

The Need to Belong... co-create a place of profound belonging for YOU and your Superpowers.

Your coach will start be creating a “safe space” – a judgment free space – for you to express your dreams and practice being Super YOU!

As your confidence grows from your time with your coach you will begin to bring Super YOU and your Dreams out into the world so they can find where they BELONG!

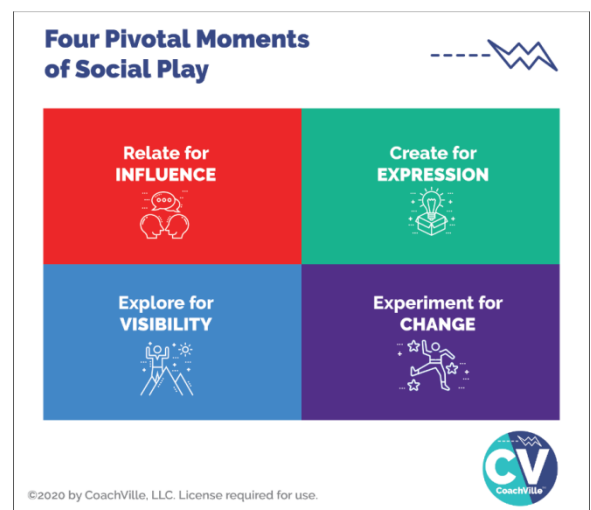
Let's talk next about Promoting Playfulness and your Urge to Become.

The 4 ways to Play Life. The 4 things we desire!

A BIG difference between playing with a coach and working in isolation is well... a focus on play... specifically Social Play.

These are the four things EVERYONE playing big in the world wants more of; wants to do better or bigger in their own unique way to make a positive impact; to matter.

By adding activities in these four areas into your plan each week, your coach will be able to guide you toward the experiences you desire, the impact you desire and personal transformation AT THE SAME TIME!.



Here is an important insight to consider: **Anything that you cannot control but you can influence is an opportunity to play and play better with a coach!**

So I want you to wonder... to dream... of what you would do if you were able to increase your influence in the world around you.

These are the four essential activities of the Connected Age of Play.

We call them pivotal moments of social play.

- Relate, Create, Explore and Experiment
- A pivotal moment is a coach-able moment that you can improve through practice.
- Social play means that it involves co-creating the experience with one or more other people rather than completing a task in isolation; as was the norm in the Industrial Age of Control.

And here is another BIG point: YOU have unique superpowers within you that your coach will help you activate to become AWESOME in each of these 4 types of social play.

The Four “Things” people playing life want more of...

Entrepreneurs, leaders of teams and organizations, people with a cause, people with an idea... anyone who aims to move beyond the status quo of life wants these four things:

- Influence
- Expression
- Visibility
- Change.

That means YOU!

Relate for Influence (AKA Play for “Yes”)

Relate means talking to other people! This is pretty much what we do all the time in life. It becomes playful where there is an opportunity for positive influence like when you are asking someone to do something with you and they might say “yes”, but they might say “no”.

Create for Expression (AKA to Share)

Creating is when you make a thing or you design an experience that you aim to share with others; for examples: writing, recording, designing, planning. The sharing part is all about participation and contribution. This is very much in line with the idea that “Life is Performance Art”; which is a concept we talk about a lot in coaching.

Explore for Visibility (AKA to See and Be Seen)

Exploring is when you go into a new territory; you are stepping into the unknown (hopefully with a sense of wonder) It can be a physical place, a social media platform or even a new idea. You explore to see and experience new people and new places; and also to BE SEEN by new people.

Experiment for Change (AKA to Try New Ways)

Experimenting is any time you do something that you have not done before OR you do something that you have done in a new way. Often when we experiment we have an idea or a hope of what will happen but we don’t actually know. A key to success is to start with

an intention, be open to new possibilities AND keep track of what happens; and most important is to not look at any outcome as a failure but as learning.

Hopefully you are getting energized about playing for your Dream!

The BIG Picture...

Playing life with a Life Coach means you will practice pivotal moments of social play that lead to influence, visibility, expression and change!

You will experience this fully over the next few weeks and you just might be inspired to take a “coach and play” approach to many of your future pursuits in life!

Now you might be thinking: “Yes, the social play actions and results are exactly what I want! The Power of Playfulness sounds amazing.

“But when I think about it:

- Asking for what I want or need is pretty hard for me.
- Sharing what I create can be a real struggle.
- I know I need to “get out there” and be more visible, but it’s not easy.
- Trying new things often feels too risky so I stick with what I always do.”

EXACTLY.

Somehow we have all become fearful of our playfulness and playful action.

This is a BIG reason why Life Coaching was invented!!

We Free Each Other... The Global Life Coaching Movement

By signing on with a Life Coach you are participating in one of the most important movements happening in the world today!

All around the world Professional Life Coaches as well as Coach-Approach leaders, managers and entrepreneurs are uplifting the Human Family – one person at a time - out of the dehumanizing Industrial Age of Control and into the Connected Age of Play by unleashing the Superpowers of Human Nature. (whew... that is a doozy of a sentence!)

Why do I say that the Industrial Age of Hierarchical Control is dehumanizing?

Because we Humans HATE being controlled!

We hate it. It is completely unnatural to our human nature to be controlled. Humans are born to be free!

At the same time, we are also born to be connected. We naturally care for each other and for the collective.

True freedom is the awareness and ability to be fully oneself AND care for the collective at the same time.

Essentially, Life Coaching this is about true freedom!

- Freedom to be your playful self and continue to grow and become a new version of you easily and naturally.
- Freedom to express ALL of who you are and contribute your value to others and enjoy the rewards.
- Freedom to pursue your own dream with a team of people who share your dream.
- Freedom to co-create belonging with people who enjoy ALL of YOU and who you are becoming and what you are contributing.

Every person who “gets free” in this way then passes freedom on to everyone around them; co-creating a ripple effect of good.

A key point here is that we don’t get free by struggling alone! Freedom is social. We only get free together... we must free each other by stopping the status quo habits of Industrial Control and sharing the rebellious joy of Connected Play.

I am super excited to have you on our team as a Player!!!

Free people, free people!

We will explore your “Dream to Believe In” from the Life Coaching Starts here model when we get to Chapter 1.

Before we do that, let’s talk about your YOUNique Superpowers. Then as we get into the coaching we will explore the idea of finding or co-creating a place of belonging for Super YOU.

Energize Your Dream and Activate Your Superpowers

Your coach is on the adventure with you to energize your dream and activate your Superpowers! Awesome. AND if you are like most people you have some ideas about your dream but not great clarity about what your Superpowers are. No worries. We have a list of 64 “Superpowers for Change” to spark your imagination.



Look it over and go with your gut to choose a few that seem to overlap these two criteria:

- Who is my Dream asking me to become?
- Do I feel this Superpower inside me?

Reality check

Most people that I have coached have had some awareness of a few things that they were good at. And some had an idea about their “strengths” or something similar from doing a self-assessment test. These inklings and readouts are really valuable.

But most had no idea about their Superpowers!

A superpower is a unique ability that you practice and refine until it is capable of BIG Impact on other people and/or situations.

As we will explore together later in this playbook, over the course of our lives often our Superpowers go into the shadows to hide until we are ready to embrace the risks involved with using them. NOW would be a good time.

The Super YOU page is something I created that is loosely based on the ancient I-Ching (Book of Changes). You have some of these but you may not be aware of them at the moment. It uses language that is “playful” and meant to spark your imagination.

Feel free to change words or combine a few of them to create the “superpower phrases” that really FEEL like YOU!

Your coach is going to ask you about your Superpowers in EVERY session. It is up to YOU to keep playing with these words and ideas to describe your unique power. Experiment! Explore. There is a version of YOU that you were born to be. Your dream is calling for that version of you right now.

The more you discover and activate your superpowers the more alive you will feel... and the greater ease you will experience in the act of co-creating your dream experiences.

AND it might feel pretty scary sometimes... we will get to that later.

MOST IMPORTANT: Have fun, use your imagination while you look over the list of energies and abilities and envision yourself possessing them and using them.

Note: This page is also in the Playsheet Pack. You will want to print it out and refer to it often.

{Superpower Playsheet on the Next Page}

What are your Superpowers for Play?



Imagine who your dream needs you to become. Choose one Superpower for each aspect of Play.



Relate for **INFLUENCE**



Explore for **VISIBILITY**



Create for **EXPRESSION**



Experiment for **CHANGE**

01 Creative Self-Expression
 Aligning with universal expansion

02 Receive Higher Guidance
 And all support

03 Implement the New
 Using principles of organizing

04 Pursue Answers
 That create understanding

05 Trust Inner Timing
 Attuned to the natural world

06 Maintain Emotional Balance
 In intimacy and conflict

07 Support Shared Interests
 The guide at their side

08 Trusted Agent for Creatives
 Impresario of style

09 Attentive Focus
 Fascinated by features

10 Empowered Self Love
 And appreciation of life

11 Espouse Ideas
 That promote harmony

12 Romantic Perception
 For a better future

13 Listen with Acceptance
 Appreciate uniqueness

14 Excellence with Prosperity
 Commitment to becoming skillful

15 Adaptable Magnetism
 Friends at all levels

16 Choose then Enthuse
 Develop versatile skills

17 Debate Opinions
 For future well-being

18 Improve Integrity
 Review everything for flaws

19 Approach with Sensitivity
 Inner drive to connect

20 Assured Presence
 Anticipate the right moment to act

21 Take Charge Naturally
 Authority for common good

22 Gracious with Emotions
 With beauty and affection

23 Express Complex Ideas Simply
 Find what is essential

24 Inventive Thinking
 Review and rationalize

25 Innocent Trust
 Accept universal love

26 Accumulate Material Rewards
 Artfully balance needs

27 Nourish Well-Being
 In many forms

28 Play with Tenacity
 Meet life's challenges

29 Commit then Persevere
 Never give up

30 Intense Desire
 With total engagement

31 Natural Influence
 Provide guidance and instruction

32 Endure by Adapting
 Balance continuity and change

33 Mindful Narrator
 After retreat and recharge

34 Great Power
 Fueled by inner balance

35 Seek Experiences
 Learn from everything

36 Resolve Crisis
 Ride the emotions

37 Develop Harmonic Friendships
 Community foundation

38 Inspired Fighter
 For freedom and underdogs

39 Dynamic Activist
 Embrace the world mirror

40 Accomplish Great Feats
 With unshakable resolve

41 Imagine Fulfilling Experiences
 Emptiness leads to fantasies

42 Respond and Complete Things
 Enjoy growth as a benefit

43 Breakthrough Perceptions
 Assimilate new concepts

44 Build Teams and See Patterns
 Alert to instinctive clues

45 Tribal Leader
 Provide wellbeing for your people

46 Love of Your Body
 Delight and determination

47 Figure Out How
 Transcend through transmuting fear

48 Depth of Natural Ability
 Keeping fresh becomes wisdom

49 Wise Rebel for New Principles
 Timing waves of change

50 Elevate Tribal Values
 Traditional or novel with merit

51 Act with Shocking Initiative
 Arousing alternative possibilities

52 Gain Perspectives through Stillness
 Show restraint

53 Initiate Experience
 Pressure and desire to expand

54 Ambition to Advance
 Independent when subordinate

55 Access to Spirit
 Emotional waves trigger creativity

56 Tell Meaningful Stories
 Travel to find stimulation

57 Gentle Intuitive Clarity
 Vibrational sensitivity to truth

58 Joyous Vitality
 The spark to engage with life

59 Penetrate Barriers to Intimacy
 Establish union

60 Resourceful Facing Limitations
 Practical magic

61 Inspired by Wonder
 Search for a bigger "why"

62 Logically Organize Details
 Precision planning

63 Inspired by Doubt
 Critical perception and inquiry

64 Inspired by Possibilities
 Seeking a perfect answer

These 64 Superpowers are loosely based on the I Ching (Book of Changes).



Introduction to the Energize your Dream Program

Your coach is using a series of skills from CoachVille called: Coaching Proficiencies.

A proficiency is an advanced skill that can be practiced and refined and then used to make a positive impact on people or situations.

As a Life Coach the Proficiencies of Coaching are used specifically to guide folks like you in pursuit of their dreams. This is what Life Coaching is all about.

Imagine... a person putting in so many hours of dedicated study and practice for the specific purpose of guiding YOU – and people like YOU – in pursuit of your dreams.

That is special. And... It's fun!!

Here is a quick outline of the 6 Sessions:

#1) BIG Dreams

and the power of Energy Alignment

#2) Experiences

and the Plan – Play – Grow Technique

#3) Develop

and the Role Play Technique

#4) Awareness

and the Pivotal Moment Technique

#5) Results

and Transformational Play

#6) Belonging

and the Co-create Awareness Technique with the Supermind

The purpose of the program is twofold:

- 1) For you to... well... Energize Your Dream! To realize that with a life coach you have a real chance to play for your dreams, co-create the experiences that you imagine and impact the world around you with your superpowers.
- 2) For you to experience the essential techniques of life coaching as a player so that you will know how to benefit from having a Life Coach as a companion on your life adventures.

The Energize Your Dream Adventure Log

Activate Your Superpowers Adventure Log

Your BIG Dream



1.

Your BIG Dream

Date: / /

2.

Plan - Play - Grow

Date: / /

3.

Practice

Date: / /

4.

Pivotal Moment

Date: / /

5.

Play for "Yes"

Date: / /

6.

Co-Create

Date: / /

//CoachVille.com

© CoachVille LLC 2021

How to use the playbook, weekly audio & playsheets

Your coach and I are co-creating team play for transformation for YOU and your dream!!

This playbook and the playsheets and the audio are designed to help you get the most out of your coaching experience. Because all of the key ideas are explained here, you and your coach can dive right into co-creating and practicing together; rather than your coach using precious time explaining these concepts.

IMPORTANT: [Here is a separate PDF with just the playsheets that you can use to print.](#)

How to prep for each session

- 1) Read the chapter in this playbook corresponding to the session
- 2) Listen to the Player Prep Audio (there is a link at the top of each chapter)
- 3) Print the Coaching Notes sheet for the session (or print the whole pack now).

Listen to the Player Prep Audio

Listen to the “player prep” audio a time or two prior to your coaching session. This will help to create an “immersion experience” for your dream. We have all had hundreds of thousands of “repetitions” about working on tasks in isolation... so it will take quite a few reps before you can fluidly PLAY Together for your dream. But together... we will do it.

Coaching Session Notes




An example of the Coaching Notes for Session 2 is on the right above. I am using Session 2 as the example because it is the one that is most similar to the others.

Use these sheets to write a few key word notes during each coaching session. The sheets are set up with words and symbols to follow the flow of the session; like creating a mind map. Writing a few notes will help you remember different parts of the experience and then capture your growth from the session.









Remember, a coaching session is not school! There won't be a test. You don't need copious notes. Write a few key words for each segment; again, like a mind map.

Activate Your Superpowers Session #2 Notes Date: _____

The BIG Dream: _____

Explore the Fear / Growth Zone		
CELEBRATIONS	INSIGHTS	ACTIONS AND RESULTS
		

SESSION FOCUS: PLAN, PLAY, GROW

Results 	Actions 	Challenges 	
Impact 	Superpowers 	Spirit of Play 	Growth 

Growth Zone
What did you learn...
About playing for your dream? _____
About yourself and your Superpowers? _____

Play Plan: What are the actions / perspectives you will focus on?

After Each Session

- 1) Write the date and a few high level key word notes on the Activate Your Superpowers Adventure Log. (you saw this on Page 19. It is in the playsheet pack)
- 2) Print the Play Plan Playsheet to write out your play plan. Keep the sheet in view in between coaching sessions so you remember to play!
- 3) Write a few notes about your experiences of playing the items on your play plan; like keeping a journal.

The Activate your Superpowers Adventure Log

After each coaching session write the date in the section you just did and then write a few big picture phrases that capture the essence of the session. Use this one page to create a visual display of your progress through the program.

Play Plan for the week

A mini version of the sheet is on the right.







It has the words and symbols from the 4 Pivotal Moments of Social Play. It is the same for each session. Print 6 copies.

A) Fill it out as soon after the session as possible. Remember the idea is to weave in at least a few “play for your dream” activities into your week;

B) Keep it near you as you play for your dream in between coaching sessions to remind yourself to play.

C) Use it like a journal to make a few notes about your experiences of playing with each item. Note your thoughts, feelings, experiences and even resistance; if you find yourself looking at the item every day and thinking: “oh, I will do that tomorrow”.

This will help you prepare for your next coaching session.

Activate Your Superpowers Play Plan #		Date:
Your BIG Dream:	Your Focus this week:	Your Superpowers:
ACTIONS with the Spirit of Play		Challenges / Superpowers / Results:
Relate for INFLUENCE > Risk Rejection		
		
Create for EXPRESSION > Risk Disappointment		
		
Explore for VISIBILITY > Risk Trouble		
		
Experiment for CHANGE > Risk Mistakes		
		
Celebrations:	Growth:	
		

Session #01) BIG Dreams

[Listen to this audio to prepare for Session 1.](#)

Coaching starts with your dream

All coaching begins when you have a BIG dream and choose a coach to guide you on the adventure. As the “player” you must have a vision to experience something beyond what you are doing today; you must have a desire to become the next version of YOU!

You may be very clear about your BIG Dream. However, if you are like most people, your dream starts out a bit “fuzzy”; mostly because our dreams were squashed by the Industrial Age Culture and it will take a while to revive it. If that is you, please don’t let that stop you. Start with whatever clarity you have and know that your dream can come into clarity over the next several weeks with your coach. AND it is absolutely OK to change your dream half way through the adventure.



Here are a few thoughts to help you hone in on your dream right now.

Focus on something that you CAN do right now. It is great if you also have a “some day” dream, but your coach can only guide you toward a dream you can pursue now.

If you have a “some day” dream that is not possible now, choose a “stepping stone” dream that will develop you in a way that moves you toward your “some day”.

Choose something that will pull you out into the world of other people; even if that is virtually rather than face-to-face. Something that you can do by working in isolation is not a BIG enough dream for playing with a coach.

Choose something that will ask you to GROW; something that will “ask” you to become the next version of YOU.

Also... ALWAYS remember that BIG means big for you; be careful about comparing yourself to other people. If your dream feels big for you... then it’s a BIG DREAM!

The Human Journey with a Coach

It used to be called the Hero’s Journey. But we believe that EVERY human can choose to live a hero’s life by playing for a BIG Dream to contribute to others by expressing their unique superpowers! So we call it the Human Journey.



The idea is that when you start the adventure you are in the Self-Preservation Zone and your Dream calls you out into the world. Two points I want to share with you here:

1) It’s NOT a straight path: In model you can see that the path from the Preservation Zone to the BIG Dream is not a straight path. You can expect a lot of moving ahead and then pulling back. Your adventure will have many side trails and speed bumps.

2) You will also notice the arrow that shows that once you become comfortable and capable in your BIG Dream, a new dream will come to your heart and a new adventure will begin! With a Life Coach, you don't stay in one place very long!

OK! Let's take a walk through this model. It's super fun and explains A LOT about the coaching experience!

There is a “play safe” version of your life that is available to you now. In this life you preserve who you are and where you are. You avoid any social risks. This is how most people live. But this is NOT how you live when you have a Life Coach!

BIG DREAM

The outer ring is your BIG Dream! The adventure is to get your heart's desire out into the world. It is your heart is calling to you! (*Yoo Hooo... I'm out here*) This is where the experiences and results that you imagine happen with regularity. You are in the flow of life contributing your unique value to the world in a way that is fulfilling for you. The BIG Dream is the equivalent of the “call to adventure” in the Hero's Journey stories. To pursue your BIG Dream you will need to leave the safety of the Preservation Zone and pass through the FEAR/GROWTH zone and discover and develop your Superpowers that will be needed to fulfill the dream.

The Social Survival Imperative and the Preservation Zone

Next notice the Social Survival Imperative at the center. This force is like a magnet that pulls us toward **the Preservation Zone**. Here we aim to maintain the sense of belonging and status that we have in our current environment. We also seek to maintain the beliefs that are required by this environment. And finally, we limit our becoming through play to what can fit within the existing structure; which is usually not much!



The Social Survival Imperative – and the requisite need to maintain belonging – is by far the most powerful force in Human Nature.

Many personal growth programs refer to something called the “comfort zone”. It is a similar idea but I feel that the Preservation Zone is a better name for what is actually happening. First of all, many people are stuck preserving something that is not at all comfortable; yet they fight to preserve it just the same. Preservation Zone also takes away the stigma of comfort zone that implies a person is weak or lazy. Self-preservation is a super strong survival instinct and is both essential and a respectable force to be reckoned with!

The Pull!

Notice The Pull! This is what we experience anytime we endeavor to pursue a big dream. The BIG Dream pulls us out and the Social Survival Imperative pulls us in. In the Hero’s Journey stories this is called “refusal of the call”. While in these stories this is a one-time event at the beginning of the story. In my experience of coaching people in pursuit of a BIG DREAM this is an EVERY DAY EXPERIENCE! Hah! It is often a many times every day experience.

The Performance-Possibility Gap:

Notice the Performance Possibility Gap (in the upper right). This is the gap between the sum total of who you are and what you can do now AND who you must become to fulfill your dream. You have a vision of yourself playing life at a higher level of impact. This is a good thing!

This is the essential coaching element. When a person has a BIG Dream it includes a vision of themselves having new experiences and doing new activities or doing them in a bigger and better way than they can do them now. Anyone who goes after a BIG Dream knows that there is a gap that they will need to cross. Crossing this Gap from the current ability and situation to the vision is what coaching is all about.

The FEAR/GROWTH Zone:

The Growth/Fear Zone is the unknown. This is where you will face challenges that you cannot overcome as the current version of you. You will need to become the next version of you, uplevel your beliefs and establish a new environment of belonging. This is where you face social risks in pursuit of social rewards. In the Fear/Growth Zone you see the 3 B’s of Human Nature: Become, Believe, Belong that we explored in the Introduction.

Fear is a fundamental Human experience. It’s purpose is to keep us safe. Fear is a feeling in the body that reminds us that in the past while doing something similar something “bad” happened. The fear comes up as a bad feeling to steer us away from the situation or action. Whenever you pursue a course of action that is beyond what you are doing now, you will experience fear on a regular basis.

The BIG insight is to realize that all of your fears were absorbed from your environments. And many of your fears are social fears about expressing your playfulness and unique power. So, if you explore the fears they can lead you back to your playful powers.

This is why we call this the FEAR/GROWTH zone. An essential experience of playing for a dream is growing into the next version of you and the next level of your ability and power.

A BIG key to coaching is this: since most of our fears were absorbed in social situations it is essential that we explore our fears in the company of a trusted guide. It is almost impossible overcome social fears by facing them alone. This is why all Hero's journey stories include a guide... and why all modern day hero's need a Life Coach!

The Superpower Zone

The Superpower Zone is where you discover the powers and playfulness within you that have been hidden in the shadows that you will NEED to live your dream. You have Superpowers for influence, expression, visibility and change that you have not yet tapped into. OR you may be using them, but now you are being called to raise your level of mastery.

By walking with a coach through the zone of fear/growth you will obtain many clues about your unique powers that have become hidden over time. Any time you contemplate a new action your body will buzz if the action resembles a troubling experience from earlier in life. Exploring these pivotal moments with a coach using the Pivotal Moment Technique will often reveal the expression of power that is connected to the troublesome event. BAM! You now have awareness of a lost unique power!! AWESOME!

With this awareness you can reclaim your power and use it to fulfill your BIG Dream

There is more to life than meets the eye!

Another way of saying this is: there is more to life than what we can control.

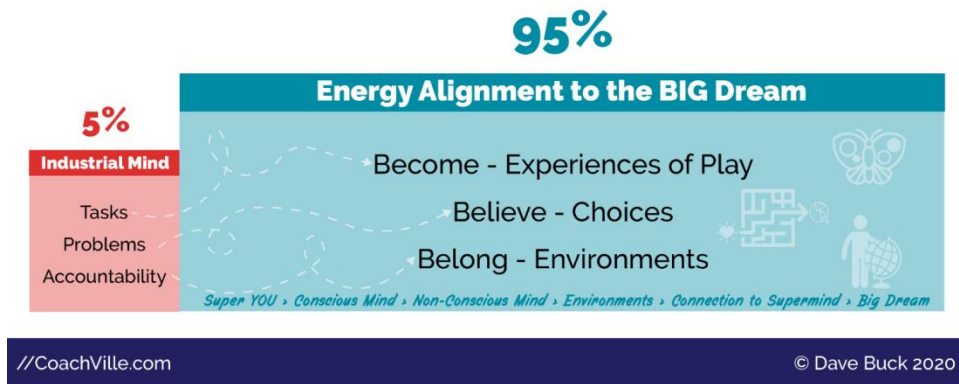
A LOT MORE!

This is a BIG idea that I want to share with you to give you the bigger picture of Life Coaching and playing for your dreams.

We call it "Energy"; or Energy Alignment.

Here is a little diagram to show the elevation of Life Coaching from the Industrial Mindset focus on Control to the Connected Play mindset focus on playing with energy.

What are you coaching? The 5% or the 95%?



Life Coaching has come a LONG way in the past 25 years... and at CoachVille we have been a really big part of that evolution.

In the early days of Life Coaching – in the 1990’s – we were greatly influenced by the culture of the Industrial Age. So as a result Life Coaching got tangled up in concepts like tasks, problems and accountability.

But in the grand scheme of life, completing tasks, fixing problems and holding accountability is only a small fraction of what it takes to live a joyful life of freedom and co-creation!

You may have wondered:
Why is the life I imagine so difficult to realize?

The answer is: The energy is not aligned!

And most Industrial Age “success” training ignores Energy Alignment.

One way of thinking about this is in concepts you already recognize: attitude, intuition, attraction and synchronicity.

Energy Alignment makes these ideas very practical while adding the sense of mystery and wonder.

Your Life Coach will be focused on guiding you to your BIG Dream through:

- becoming the next version of you through playful practice and the freedom to BE your powerful self,
- upleveling your non-conscious beliefs and choices and exploring your fears of your own power
- leveraging the need to belong by upgrading your environments to embrace your power.

When you develop in these areas you seem to make the right moves at the right time without a lot of wasted effort. And good things and opportunities just seem to come to you.

Yes, here we see yet another variation on the Become – Believe – Belong theme. It's everywhere because your awesome Human Nature Superpowers are everywhere!

The idea is to play for your dream and live in the flow of energy RATHER than holding you accountable for an endless list of tasks and problems.

WOOO HOOOOO!

The Energy Alignment Game Overview

Let's explore Energy Alignment a little deeper because it is woven throughout the Life Coaching Experience.

I am going to share with you the picture and a brief overview to energize you and spark your curiosity. We will go into each of the elements as we move along on our adventure together. (Something to look forward to ;-)

You don't need to "worry" about understanding this; it will happen naturally as your coach guides you to Activate Your Superpowers.

The "Game" is to align all aspects of YOU with your BIG Dream to create a state of flow.

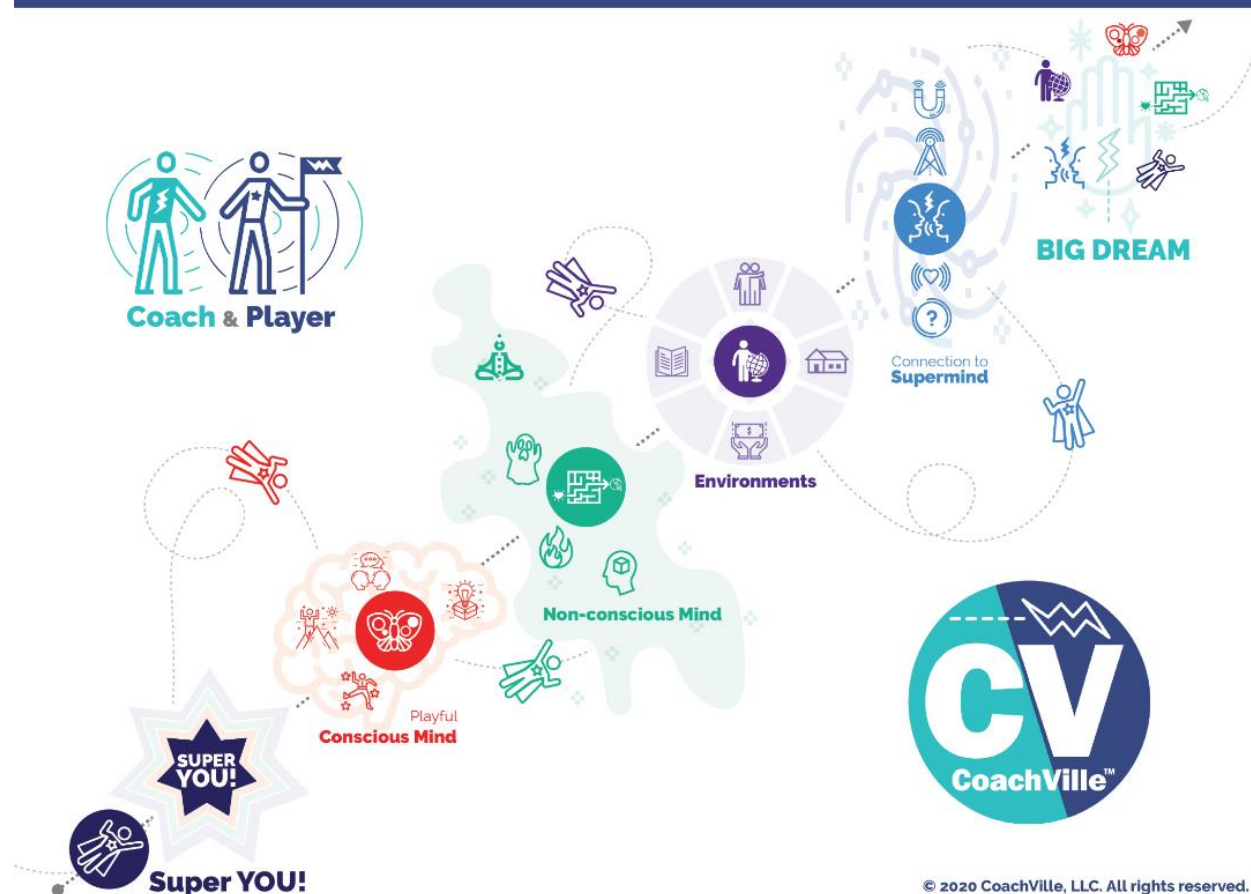
Energy Alignment Game

SO MUCH FUN!! Learning about this concept was one of the pivotal moments of my life.

This definitely goes in the realm of play; as in something that you cannot control but you can influence with skill, strategy, imagination and playful effort.

One little note: There are MANY MANY ways to play with Energy so this is not intended to be a definitive guide.

The Energy Alignment Game



Your BIG Dream

This is your vision of what you aim to accomplish, experience, express or co-create in the world. Your Dream comes from your hearts desires but is often sparked by what you see – or don't see – in the world around you.

Often our hearts dreams are a little mysterious; even to the one who has the dream.

Most BIG Dreams include an essence of contribution.

Next we will go to the lower left to explore all of the energies that we can align with your dream.

Super YOU

There is a next-level version of YOU that you must express fully and become in order to fulfill this big dream. This is a major focus of the Activate Your Superpowers Program.

One of the reasons your Heart has dreams is so that you can discover and express more of your abilities.

Playful Conscious Mind

There is a playful version of your focused thoughts and deliberate actions that you need to use in an intentional way to uplevel your skills to align with the new dream. Your playful conscious mind responds to the urge to become the next version YOU. Play is all about becoming. In the model hopefully you recognize the 4 symbols for the Pivotal Moments of Social Play that we explored earlier.

Non-Conscious Mind

Whoa, this is a big one. Your non-conscious mind is the power source of belief and desire within you. It is like an energetic bridge between the urge to become in your playful conscious mind and the need to belong in the environment around you. You will need to expand your body awareness; where your intuition and inner knowing live.

You will need to uplevel your relationship with fear from enemy to friend and a treasure map to your Superpowers. Your dream will need you to tap into your hearts desires for focus and fuel. You will need to cultivate belief in a whole new set of possibilities to align with your dream.

The non-conscious Mind is the main focus of the Pivotal Moment Coaching Technique that we will explore in Chapters 4 and 5... whew! We need it.

Environment

Your non-conscious mind - which is super focused on belonging - is in constant connection with your environment; especially the people and your social status with each person. You will need to uplevel many aspects of the world around you so that the powers of belonging, believing and becoming align with your dream. And as you unleash your Superpowers, you will need to find or cultivate an environment where it is safe for you to express them. Playing with a Life Coach will give you the courage to make those changes.

Connection to the Super Mind

There is a timeless web of human consciousness that we are all connected to. Through big questions, gratitude and intentional thoughts your dream can become a magnet for the insights, inklings, spontaneous awareness, opportunities and synchronicities that you need to live your dream. But be prepared, the Super Mind plays rough so you need to expect a tumble or two.

The pursuit of Flow

Your dream is calling you out into the world to discover a bigger contribution and more fulfilling joyful life. As you endeavor to align every part of your energy to the BIG Dream, it begins to FEEL – feel is the key word – more natural. This is called getting into the flow. It is not the ultra-safe under control routine. It is engaging, yet safe enough that the potential rewards seem worthy of the potential risks. This is when pursuing your BIG Dream feels less and less stressful and more and more fun!

That is what we are playing for!

Prepare for Session #1 - Your BIG DREAM

On the right is a mini version of the BIG Dream Coaching Notes Sheet for Session 1.

It puts your Dream in the center and then offers 6 different explorations related to living this dream that your coach will explore with you in the coaching session.

Investing a few moments to contemplate each section prior to the coaching session can be a great way to get your imagination warmed up!

AND always be prepared to speak from the heart while co-creating with your coach. It is not a test and there are no correct answers!!

Here is a quick overview and then a few details:

- Describe your Big Dream
- How will it change lives for the better?
- Describe the superpowers you want to activate
- Describe the challenges on your Hero's Journey (challenges are the catalyst to growth)
- What does playing at an elite level look like? (this is one of my favorites!)
This question reveals the Performance-Possibility Gap
- What are some activities to play for your dream?
- How will you activate the spirit of play?

Challenges are what make playing for your Dream a FUN growth experience! This may be a mindset shift for you because in the Industrial Age we got the impression that if we faced a challenge it meant that we were doing something wrong. Your coach is going to encourage you to really embrace challenges and talk about them with judgment-free awareness.

There are 2 types of challenges: Inner and Outer. Inner challenges are the doubts and fears we experience when we face risk and uncertainty. Outer challenges are when something out in the world is not going as planned. (HAH! This is most of the time.)

This leads us to the topic of **Growth**. Playing for your dream will present you with MANY growth opportunities. The key to growth is to let go of the Industrial Age mantra that you need to be perfect. Allow yourself to not know how to do things and see the opportunity to grow as a positive rather than an indicator that you are not good enough. **YOU ARE**

Energize Your Dream Session #1 Notes		Date: _____
SESSION FOCUS: SHARE THE DREAM	Superpowers you want to activate:	
How will it change your life for the better?	Your Hero's Journey challenges:	
<div style="text-align: center;"></div>		
Activate the spirit of play:	Activities to play for your dream:	What does playing at an Elite level look like?
Growth Zone What did you learn... About playing for your dream? About yourself and your Superpowers?		
Play Plan: What are the actions / perspectives you will focus on?		

DEFENITELY MORE THAN GOOD ENOUGH. Your coach will guide you as you step into these situations.

Fear is your friend! Fear is a fundamental human experience that is trying to keep you safe. You will experience fear often when you play for your dream. Again the BIG KEY here is to embrace it. Let go of the Industrial Mindset that fear is an enemy that you must conquer; it is not. When you experience some doubt or fear related to an activity in your dream, this simply reveals that there is some risk involved. Understanding risk and reward is essential to play.

This brings us to a BIG topic in all of our Coaching programs: the ***Spirit of Play***. I shared with you a bunch of ideas about play in the Introduction to this playbook. The point I want to share with you here is this: the Spirit of Play IS inside of you. You were born to play. ALL humans play. **Play is: creativity, curiosity, resourcefulness, resilience, exploration, experimentation, imagination and innovation.** You are capable of all of these things. All we need to do is promote them to the front of your mind. We all have the inner urge to grow and become... and the way we grow and become is through play.

Your coach is going to ask you about the Spirit of Play a LOT! The key is to think about it with your imagination rather than the “get the right answer” mind that dominated our lives in school and work. With imagination your dream can come alive with new possibilities.

Session #02: Experiences

[Listen to this audio to prepare for Session 2.](#)

Experiences

While the Industrial Age Culture pummels all of us with the idea that life is all about accumulating things... this approach to life has desperately failed to deliver!

For most of the 100,000 - 1,000,000 years (depending on when you start counting) that we humans have walked the Earth we were hunter-gatherers who did not accumulate things at all. Our true nature is to focus on and enjoy co-creating experiences. The new experience – not the new thing – is where we find growth and joy.

Meanwhile the Industrial Culture tries to deter us from new experiences; telling us to only do what we can control; to avoid mistakes and messes; to stick to our habits and repeat the same experiences over and over again. That “things” will make us happy. BLAGH!

Of course clothing, furnishings and tools are essentials for modern life; and pieces of art have an important role in environmental design. But the key question is where is our attention; on the experience or the thing?

There is a hybrid to this notion that is important: when the “thing” is a tool that can be used to create things that can be shared; sharing something that you made is an awesome experience. Also some things bring people together to co-create experiences.

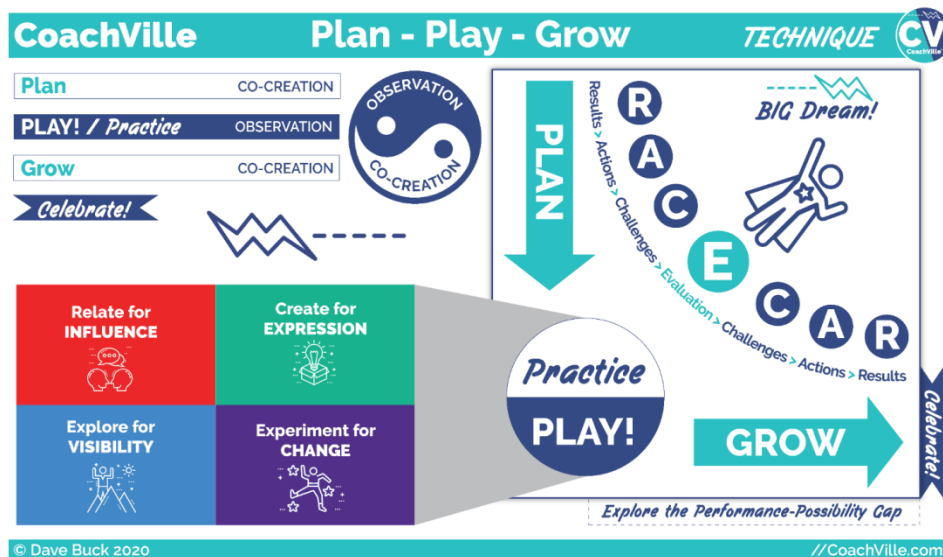
The key to all of this is to get out of control, accumulation and isolation and get into curiosity and co-creation with other people; also known as playfulness.

Your dream – that you started (or continued) to articulate in Session #1 – is your call to adventure; this is your call out into the world to co-create new experiences. This is your call to discovery and growth.

The Plan-Play-Grow Technique

To help you get ready for Session #2, I want to share with you how to get into the rhythm of playing with a Life Coach. There is a coaching technique to create this rhythm called: Plan-Play-Grow. If you have ever had an athletic coach or a performance art coach then you will recognize this technique.

On a personal note, I first learned about this technique by observing my mom who was a piano and voice coach. Her music studio was right beneath my bedroom in the house, so I heard coaching happening every day after school. Even though I wasn't tuned into the details I did notice one very dramatic thing: over time all of her students played a lot better! This is exactly how it happens... and it yields great results almost every time.



Let's explore this model together.

We start in the upper left where you see Plan – Play / Practice – Grow – Celebrate. You also see the yin/yang symbol with the core of the coaching experience which is observation and co-creation. You may recognize those terms from the definition of coaching I shared with you.

Next, look at the right side of the diagram. You see the Plan – Play / Practice – Grow – Celebrate again but this time you also see what we call the RACECAR acronym: Results – Actions – Challenges – Evaluate. We will get into that in a few moments.

Also in the lower left you see a call out from the Practice / Play circle into the 4 primary activities of playing for our dreams; AKA Social Play. You saw this in the Playbook Introduction. (It's all coming together!)

Whew! We have a lot to talk about here.

Let's first get clear on the coaching rhythm because it will really help you get the most out of your sessions with your coach.

In the coaching session:

- You and your coach will celebrate the notable experiences since your last session; especially moments of play where something good happened.
- You and your coach will co-create a coaching PLAN for the session by first EVALUATING what happened when you played. You will also explore your insights. And you will share specifics about key playful actions and the results in the world.
- You and your coach will PRACTICE together to co-create new awareness, new possibilities, new capabilities and new confidence. We will explore a variety of practice techniques in this program. In Session #2 you will have a detailed strategy

and planning session by playing with ideas: Results, Impact, Actions, Superpowers, Challenges, Spirit of Play and Growth.

- You and your coach will capture your GROWth from the session. (The Growth Zone in the Coaching Notes Play Sheet) The intention of a good coaching session is that you grow during the session... and then continue to grow as you play in the world. Make a few notes on your coaching notes sheet as you talk together.
- You and your coach will co-create your play PLAN for the upcoming time frame. Focusing on the 4 types of actions to play BIG for your dream.
- You will write out the most important items on your Play Plan Playsheet.

Then...YOU go out in the world to play:

- You PLAY for your Dream aiming to co-create RESULTS and experiences by taking the 4 types of ACTIONS and facing CHALLENGES along the way.
- You notice your GROWth opportunities as you play.
- Make a few notes on your playsheet about what happens as you play (or avoid playing).

In the next coaching session:

- You and your coach will CELEBRATE your RESULTS (and your challenges)
- You and your coach will co-create a coaching PLAN for the session by first EVALUATING what happened when you played.
- You and your coach will PRACTICE together.
- You and your coach will capture your GROWth from the session.
- You and your coach will co-create your play PLAN for the upcoming time frame.

YOU go out in the world to play:

The rhythm repeats from here.

When you get into this rhythm with your coach, you will be amazed at how quickly you feel your progress and good things start to happen. It really is fun.

Understand RACECAR

One of the most important shifts that your coach and I want to help you make is from Industrial Control to Connected Play.

Understanding the acronym RACECAR from the Plan-Play-Grow technique can help you make this shift.

R is for Results in the world

Probably the most challenging part of the shift is the focus from completing tasks to co-creating results in the world.



In the Industrial Age we were told to only focus on what we can control.

So we should only focus on completing our tasks and doing them right; mostly in isolation so that we don't bother anyone. Since we can't control what happens with other people we should not put our attention there.

In the Connected Age of Play it's ALL about co-creating with others; we use our powers and energy to be a positive influence in the world; to make a positive impact.

We put our attention on the results that happen because that is the purpose of playing for our dream. In play you have to look beyond yourself... out into the world or people around you that you aim to influence or contribute to or be seen by or make changes with.

In play... there is NOTHING you can control. When we play for results sometimes they happen and sometimes they don't. That is what makes it play. Practicing with a Coach to play better means getting the results we desire more often than we do right now.

Remember the results from our 4 pivotal moments of social play: influence, expression that contributes to others, visibility and change.

STOP getting people under control

Another quirky angle on Results from the Industrial Age of Control is that we SHOULD be able to control everyone and everything by following the manipulation instructions properly.

There are a lot of manipulation techniques in the Industrial Age because the whole focus is on getting everyone and every situation under control. This is very difficult of course because as I emphasized in the Introduction, we humans HATE being controlled!

So what happens most of the time is that our attempts to control are futile and frustrating. This is one of the reasons why there is so much chronic anxiety and depression in the Industrial Culture: people are in positions or roles where they are supposed to control other people and they are judged based on their ability to control others. This is SUPER stressful.

Letting go of the delusion of control is one of the most freeing benefits of shifting into the Connected Age of Playing for Influence as a co-creator.

A is for Actions with your Superpowers

We all do a lot in a given day. The key here is to find moments when you can take the social play actions: relate, create, explore and experiment.



Since we are all used to going through our days completing tasks, it requires some intentional effort to get into play.

- A) There are some actions that you are doing already that you can now approach playfully.
- B) You can intentionally add playful actions into your day.

Playful actions are when you aim to be a positive influence on someone or co-create with them AND you pay attention to the result that happens (or doesn't happen).

Recurring

Your coach is going to ask you about recurring actions. The distinction here is between one-time actions and recurring actions. A recurring action is something that you do on a regular basis; for example sharing with someone about your dream. It will be a little different every time based on who you are talking with, but it is similar each time AND it is something you can get better at doing through practice.

The key here is that it is the recurring actions and situations that you will want to practice with your coach most of the time.

Superpowers

The next step is to proactively use your superpowers when you play.

A Superpower is an ability that you can refine and practice to have an impact on people and/or situations. Since you are playing for impact, you aim to use your superpowers to increase your impact.

The performance-possibility Gap

The idea of the Performance-Possibility Gap is integral to coaching. You have a current level of facility with playful actions and your superpowers. And you and your coach share a vision that you can expand that facility.

You can co-create the results you desire more often.

You can PLAY better.

The key to getting into play mode is to drop the Industrial Age Control mindset that you have to do things perfectly every time. This "perfection trap" is antithetical to play. It literally makes it impossible to play and that was the intention; to get you to stop playing and become a compliant worker doing what you are told to do by the boss. Sad but true... we have been doing this to each other for a long time now.

But not anymore!!!

You can break free of the perfection trap and enjoy playing again.

The next step is to embrace challenges.

C is for Challenges with the Spirit of Play.

When I was describing results I wrote that sometimes they happen and sometimes they don't. This is the nature of play.



Well, everything that contributes to the desired result NOT happening is a

challenge.

There are several different types of challenges.

- 1) A challenge where you need to develop more skill and experience in what you are doing.
- 2) A challenge where you experience some doubt or fear related to what you are doing.
- 3) A challenge where there is something in the world – probably some force of the status quo – that doesn't want you to achieve your desired result.

The key to being playful is to embrace challenges with the spirit of play.

There are some challenges that you are already aware of. And there will be plenty of challenges that you don't even know about yet but will arrive as you play more and more.

Every challenge presents you with a growth opportunity. Growing and playing better is fun! Players embrace challenges. Great players LOOK for challenges.

When you are really passionate about the result you are playing for, the experience of a challenge can elicit your Superpowers. Somehow the challenge causes you to reach deeper into yourself and your real power comes through. This is why playing for dreams can lead to surprising discoveries within yourself.

A benefit of playing with a coach is that you can talk through what is happening when you play and identify the challenges you are facing. And then co-create a plan to play with them by expressing your superpowers.

There is nothing wrong.

Embracing challenges is another element of play that requires a shift from the Industrial Control mindset. When the focus is on following the instructions and keeping everything under control, a challenge usually meant that you were doing something wrong. IT meant that you were not perfect... oh the horrors!

Embracing challenges as fun growth opportunities – rather than something is wrong – will significantly reduce your stress and expand your joy.

E is for Evaluation with judgment-free awareness

I know that the experience of being evaluated can bring up a lot of bad memories. Starting with the dehumanizing and traumatizing testing we all suffered as children. Followed by the dreaded performance review many of us suffered in jobs. The purpose of the whole thing was to show you what you were doing wrong. UGH!



I am inviting you here to look at evaluation with a fresh perspective. YOU are not being evaluated. YOU – with your coach - are evaluating the results WITH judgment-free

awareness. You are doing this to assess the impact you are having and look for ways to play better.

In this setting, evaluation is a co-created experience aimed at helping you become MORE.

This is another situation where it will take a little practice to shift out of feeling that there is something wrong into seeing ways to grow.

You and your coach will do it together.

C-A-R is looking at it from the other direction

- You experience and embrace a challenge
- You take your playful actions
- In pursuit of your desired Results.

The idea of the RACECAR acronym is to look for results, actions, challenges and evaluation for growth opportunities in a fun and playful way.

The Performance-Possibility Gap

Remember this from the Human Journey Model.

High performance or playing well is when you often create the desired results and experiences from a playful action.

Possibility is your vision for how well you can imagine yourself playing. It is your vision of having experiences where you play well and co-create the results you desire.

The Gap is the space between how you play now and your vision of possibility; playing better for each action... getting the desired results more often.

Another way of seeing this expanding your influence; and having fun growing.

This is a big mental shift from Industrial Control thinking where you are either doing it right or you are doing it wrong.

Allow yourself to evaluate how you play now and how and see the gap for how you can envision yourself playing. Growth lives in the gap. Coaching lives in the Gap! Becoming awesome at what you do... lives in the gap.

The Social Fears of Social Play

Remember this from the Introduction? : “Yes, these social play actions and results are exactly what I want! “But when I think about it:

- Asking for what I want or need is pretty hard for me.
- Sharing what I create can be a real struggle.

- I know I need to “get out there” and be more visible, but it’s not easy.
- Trying new things often feels too risky so I stick with what I always do.”

Let’s go deeper into the fears of playfulness.

These feelings are in you because your playfulness was shamed in the Industrial Control Culture. (I use the past tense even though playfulness is still shamed because I am speaking optimistically about the future we are co-creating together.)

Playing for your dream is about to get REAL! **These four social play activities will bring up seven really intense FEARS!**

While all of us with a BIG Dream to

contribute our unique value and voice to others want these four experiences... we are all also navigating through these seven intense fears; mostly on a non-conscious level and mostly with a variety of not-so-effective methods! (Hah! That is an understatement).

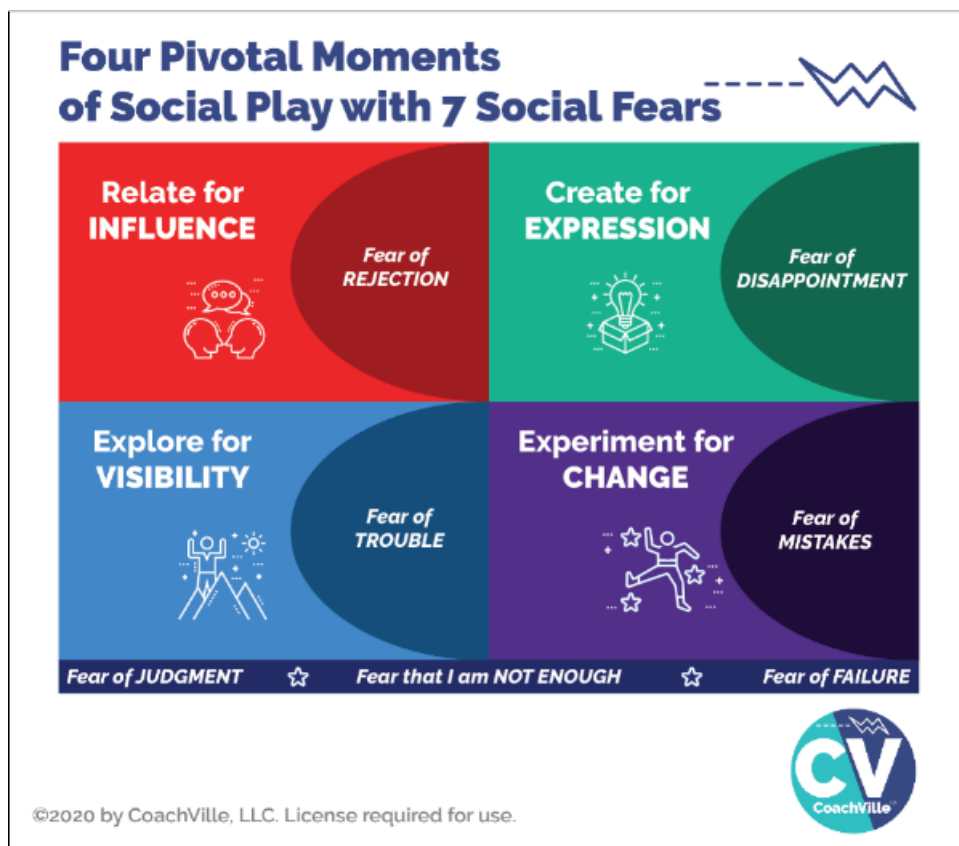
- Fear of Rejection
- Fear of Trouble
- Fear of Disappointment
- Fear of Mistakes
- Fear of Judgment
- Fear of Failure
- Fear that I am NOT ENOUGH (The “BIG Kahuna” Fear)

Relate for Influence = Fear of Rejection

To play for impact in the world – even with just a few people - you need to cultivate a high level of ease with approaching people and talking with them. And then you need to invite them to a next step. This is where the fear of rejection comes in. BIG TIME.

Create for Expression = Fear of Disappointment

Playing BIG for your dream will include creating and sharing experiences (or content) in a variety of forms. Also every time you have an opportunity to speak in front of people you



are creating and sharing an experience. The fear that we might disappoint someone or BE disappointed by someone's reaction to what we create can be a BIG block to creating and sharing.

Create and share is the essence of the idea that life can be played like performance art!

Explore for Visibility = Fear of Trouble

Exploring for visibility is often described as: "I need to get out there". And for many people this is a BIG struggle; this is because the Fear of Trouble is VERY REAL.

In order to contribute your gifts to others you need to find people (customers, colleagues or partners) to participate in what you are creating. You need to "get out in the world" either physically or virtually.

The world of people is an amazing but potentially "dangerous" place; at least at an emotional level. The potential for trouble in the unknown is why most people stay where they are and spend their time with the same people. However, it is almost impossible to pursue your dream this way.

Experiment for Change = Fear of Mistakes

As coaches and entrepreneurs we are change-makers! But at the same time we are often crippled by the fear of mistakes.

This is a big remnant of the Industrial Age mindset that everything you need to do: a) there is a right way to do it b) you should be able to do it the right way every time and never make mistakes.

Of course this is nonsense! But the residue of this mindset from school and jobs keeps us locked into a perfection trap. This makes it sooo hard to experiment and find our unique way to do everything our Dream needs us to do.

Fear of Judgment ~ Fear of Failure ~ Fear that I am not enough

These fears are basically accumulations of the four fears of playfulness. They are deep artifacts of the Industrial Age of Control and they impact our thoughts and feelings in a profound way.

Here is a BIG idea: these social FEARS – and the beliefs that form around them - are not inherent to us, we absorb them from the culture through our life experiences.

If you aim to play for your Dream at a high level you need to embrace and explore these fears with profound curiosity. This is what I mean by explore your fears like a treasure map. The treasure is your playfulness and unique superpowers - for Influence, Visibility, Expression and Change - that are deep within you waiting to be activated.

BIG POINT regarding the power of coaching: it is almost impossible to explore social fear by playing alone. But together we can do it!

More about that in Chapter 4.

Your Life Coach is a very capable guide of the Human Journey... out in the social world... through these intense fears... in pursuit of your BIG Dreams... along the way you activate your playfulness and superpowers. YES!

This is why you are here with us.

The BIG question you might be wondering...

How / where did I get all of these fears?

How did I become so fearful of activities that seem so natural and essential?

This is the question of the century! (quite literally)

In Chapter 5 I will share with you how this happened to all of us in the Industrial Control Culture. Meanwhile by playing for your BIG Dream with your Life Coach you are already on the path to Freedom!!

Super YOU (Energy Alignment Game)

“A Superpower = A unique ability that you can practice until it is capable of making a BIG IMPACT”

Inherent to the desire to pursue a BIG dream is the requirement to become the next version of you; which means developing your Superpowers. So Fun!!

The flying person wearing the star is the symbol of expressing unique power in the world to have a positive impact on situations and for the good of others.



This includes expanding your mastery of abilities that you have already expressed. AND it also includes discovering and unleashing aspects of you that have become hidden in shadows of fear while you adapted to the environments of your life so far.

This discovery process is baked into the wisdom of your BIG Dream and the Life Coaching process! Your coach will ask you about what you have learned about your Superpowers in every session. This is your cue to tune into your self-awareness as you take playful actions.

Then, you will practice bringing Super YOU into the actions and situations of your dream. AND, during a role play (Session 3) you can practice the situation while specifically expressing one of your newly discovered superpowers.

You will also identify your Superpower potential by noticing the fears that you experience when you play. Using the Pivotal Moment Technique (Session 4 and 5) your coach can help you find the unique energies hidden behind your social fears.

SOOOOO GOOOOOOD!!!!

Prepare for Session #2 – Experiences

In this session you and your coach are going to explore your BIG Dream from both practical and aspirational perspectives so you can get out there and play for it. My aim here is to explain a few of the concepts that your coach will talk with you about.

Remember that we all learned the way of the task list in the Industrial Age. So it is an easy trap to fall into to think you can task list your way to your dreams. You can't! But learning how to play plan is going to take some practice.

Side note: I am not saying that there won't be any tasks to complete as part of your dream! Of course there will be. BUT... completing tasks is not what makes your dreams come true... how you play in the world of people determines that; and this is where the growth opportunities are. So that is why we focus on this in Life Coaching.

Here is a quick summary of the core concepts...

Results: A result is when something happens in the world as a result of your actions; In the world means: other people. There are probably several results that you want to co-create and experience like for example: another person says “Yes” to doing something or another person enjoys something you create and share.

Actions: This is doing something! Usually in the 4 Pivotal moments of Social Play.

Challenges: Everything that prevents your result from happening when you take action. There are LOTS of challenges. Each presents an opportunity to play and a growth opportunity. For example, if a person declines your offer or doesn't enjoy what you created there are reasons. Also there are Inner Challenges to explore when you resist or avoid taking an action.

Impact: This is the positive influence you want to have on other people with what you create; or the experiences you co-create. Impact speaks to the purpose of your Dream and has a ripple effect out into the world.

Enerize Your Dream Session #2 Notes				Date:
The BIG Dream:				
CELEBRATIONS	Explore the Fear / Growth Zone		ACTIONS AND RESULTS	
SESSION FOCUS: PLAN, PLAY, GROW				
Results	Actions	Challenges		
Impact	Superpowers	Spirit of Play	Growth	
Growth Zone What did you learn... About playing for your dream? About yourself and your Superpowers?				
Play Plan: What are the actions / perspectives you will focus on?				



Superpowers: These are unique abilities that you possess that you want to express to create the positive impact of your Dream. They can be in the form of abilities that are natural to you OR something you learned how to do because of the environments you have been in.



Spirit of Play: This is an approach you can take when you do something. When your coach asks you about this the key is to release the Industrial Age need to be perfect or never make a mistake and allow your imagination to flow. Remember the key words: creative, curious, resourceful, resilient, explore, experiment, imaginative and innovative



Growth: This is becoming the next version of you... and the next version and the next version. It is developing new abilities or stepping into new beliefs. Every BIG Dream we pursue in life sparks growth within us... this is why we all have BIG dreams throughout our lives.



Session #03: Develop

[Listen to this audio to prepare for Session 3](#)

Develop

Develop is such a great word for coaching!

As a player you are always excited to develop into the next version of YOU!

Develop is in the same ballpark as Becoming.

Here is the definition of Develop from dictionary.com:

1. To bring out the capabilities or possibilities of; bring to a more advanced or effective state; to develop natural resources; as in: *to develop one's musical talent*.
2. To cause to grow or expand: *to develop one's muscles*.
3. To elaborate or expand in detail: *to develop a theory*.
4. To bring into being or activity; generate; evolve.

SO FUN!

This is what you and your coach are doing together. Your coach is orchestrating growth opportunities for you to step into. Then you practice with them as they observe and facilitate your development as a player... all in service of your shared dream.

The KEY point is that in Life Coaching your development is co-created by you and your coach together. They are not doing it to you or for you. You are not doing it alone.

A few thoughts about Pivotal Moments

In life there are a lot of moments! As a player, you cannot practice EVERY moment with your coach. So, you and your coach need to cultivate understanding about what the pivotal moments are in your Dream and then practice those.

A pivotal moment is one that has a big impact on whether or not you create the results and experiences that you desire.

There are many possible scenarios for a pivotal moment in life. Here are three basics:

- A) It could be “pivotal” because the possible rewards are great
- B) It could be “pivotal” because it could be emotionally challenging in some way
- C) It could be “pivotal” because it happens over and over again without desired results

The way your coach guides you is by practicing pivotal moments with you!

Let's focus briefly about how we do this in Life Coaching.

Yes, Life Coaching involves a lot of talking. BUT it is super important that you know the difference between “talking” and Practicing in Conversation! A coaching relationship is so much more than talking. Think about a voice coach or a basketball coach. Yes, they talk with their players a lot BUT, they also practice with them by singing or jumping on the basketball court to demonstrate something.

A Few Thoughts About Practice

- Play and practice go together. Practice is the pursuit of playing better.
- Play is something that you cannot control but you can influence. Practice is about gaining more influence in a recurring activity or situation; or the ability to co-create the desired result more often.
- Adults often absorbed an Industrial Age belief that they SHOULD know how to do everything already and as a result resist practice.
- Adults often feel vulnerable when they don't know how to do something. So they just try to avoid it or fake it rather than seeking a way to practice.
- Practice is the pathway to mastery; there are so many activities that are fun and useful to master.
- With practice essential actions become "natural"
- To practice you have to allow yourself to "NOT KNOW" how to do it; or allow yourself to not be perfect.
- Practice is a way of getting feedback. Because of Industrial Age environments where feedback meant that you screwed up, most adults have learned to avoid feedback. To become awesome at Social Play in the Connected Age you must become fluid with feedback experiences. Keep growing.
- For people who have the desire to play better, feedback is the “Breakfast of Champions!”

Embrace challenges!

In this session your coach is going to do a slightly deeper dive with you on the challenges that you are experiencing and noticing.

This can be challenging... because in the Industrial Age having a challenge means you aren't doing it right; whatever IT is.

When you are a player, playing with activities that you can't control but you CAN influence, every challenge points the way to a new growth opportunity.

This leads us to the fun challenge of relating for influence which we practice with the Role Play Technique.



Practice Relating for Influence with Role Play

The more you study the Dreams of life, like personal growth, business, leadership or romance, the more you realize that communication / relating is the primary activity. Playing for a dream is mostly about talking to other people and playing for influence!

Relating for influence is a form of social play and it involves social risk; specifically the risk of rejection. Social play is connected to our sense of belonging and our status with a person or within a group. If we get a “Yes” our status goes up. If we get a “No” our status goes down. It may sound childish in a way, but to your inner being, social status is a very BIG DEAL.

Relating for influence has MANY underlying factors like being present, really listening and sharing authentically.



Your coach will use the Role Play technique with you to help you become a skilled relator through practice. Practice leads to agility and confidence. As your coach plays roles that you want to practice influencing, you will become a more playful and resourceful player in life.

In most dreams there are MANY distinct conversations that you can identify and practice.

The key to a good role play is to hone in on:

A) a very specific conversational skill

OR

B) A very specific conversation situation

Examples of distinct conversation (Skills):

- Ask someone for something
- Ask someone for something that you need
- Ask someone to do something with you
- Ask someone to do something for you
- Make a request for support
- Make someone an offer to do something for/with them
- Ask someone to change their behavior in a positive way
- Speak your truth to someone
- Introduce yourself to someone in a way that sparks deeper conversation
- Invite someone to hire you for something and discuss the money!

Examples of specific conversation situations:

- I need to ask my boss for the opportunity to lead the new project.
- I want to call Bill from the Chamber of Commerce and suggest that I give a talk at our next meeting

- I want to reach out to Sally and let her know that I want to be a part of the community leadership team.

There are so many possibilities!!!

The Role Play Technique

To do a great role play only takes a few minutes.

In this session your coach will use Steps 1,2,4,5,6 and 7. Notice the flow: Plan – Play – Grow.

1) Define the situation

What is the conversation you want to practice?
What is your intended result or feeling?

2) Define the Role

Your coach will ask you to give a character sketch of the person. If it is a specific person you can share those details. If it is a recurring conversation then create a composite sketch of common characteristics

4) Play Together

Your coach will jump into the role and play the situation out with you while also observing:

- Your clarity of intent
- Your energy
- Your flow of words

5) Time Out

Your coach will call time out - Or YOU can call time out – to step out of the situation.

6) Level up

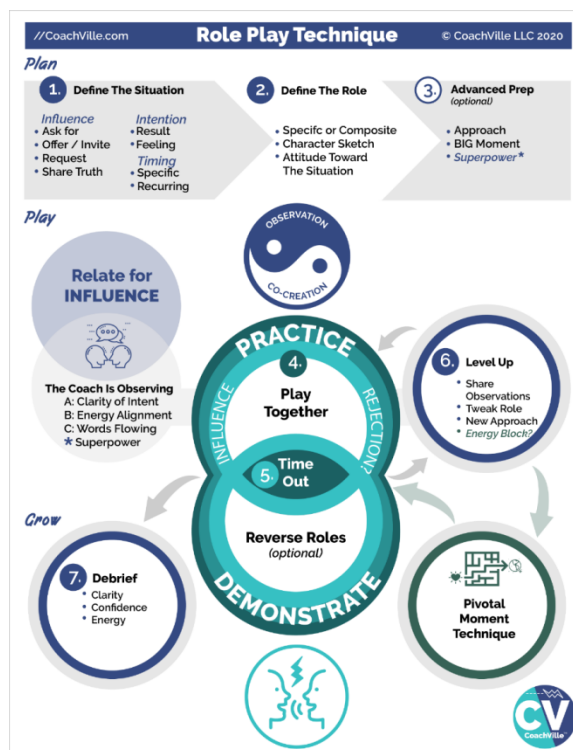
You and your coach can explore:

- How YOU feel in the situation.
- How they can improve the role to make it more valuable for you.
- How you might approach the situation in a different way.
- How you can practice expressing one of your Superpowers.

4) Play Again

You and your coach may practice the conversation a few different times.

7) Debrief



You and your coach will reflect on the practice to look for growth and growth opportunities.

NOTE: We will do a Role Play with the Pivotal Moment combination in Session #5

What are your Superpowers for Influence?

My main objective in asking you this question right now is for you to:

- A. Realize that you do have superpowers of influence.
- B. Start looking for them within yourself through your experiences
- C. Start to imagine becoming a capable influencer through practice with your Coach!



We all have Superpowers for influence and we used them freely when we were small. But usually this didn't go so well. So over time the playful influencer within us went underground. Meanwhile, whatever form of influence was effective within your family of origin is the one you developed and the one you probably use now. The need to belong is a powerful force that causes us to adapt in a lot of different ways; many of which don't serve us well when we aim to play BIG for our dreams. I will get into this in great detail in Chapter 5 of this playbook.

For now though, I want you to look back at the page of Super YOU playsheet in Chapter 1. This time look at the phrases and try to remember yourself as a young influencer. Or another way is just to reflect on a phrase and see if it stirs anything within you.

For me, using this exercise I recognized my superpower called: "Approach With Sensitivity". When I began the process of activating it and practicing with it, I gained a lot of confidence in situations when I wanted to relate for influence.

You can do it. And as always... expect it to feel risky at first... and be prepared to practice a lot before you feel confident with it.

Playful Conscious Mind (Energy Alignment)

Think playfully.

Act playfully.

Your playful mind was squashed pretty hard in the Industrial Age. BUT it is in there. Hopefully you are starting to feel it and recognize it.

And also recognize it is NOT easy to shake free of the Industrial Mindset of working on tasks in isolation and doing everything perfectly, never make mistakes; only do what you can control.

If you ask for help you are a cheater. We heard these messages and saw them play out over and



over. You saw kids in school being shamed for getting wrong answers or low grades and it probably happened to you as well.

BUT... You are a human and all humans are born to play.

The spirit of play.

Curious and Creative

Resilient and Resourceful

Explore and Experiment

Wonder and Fun. And Joy

Enjoy the activity... enjoy the challenges. Enjoy the unknown.

Enjoy the growth... enjoy the pursuit of getting good at things.

Choose to Play for influence in the your community... for your company... in the world.

This is the calling of your dream.

Let's explore the relationship between the playful conscious and the other elements in the Energy Alignment Game.

Super You – playful you wants to be awesome!!

Non-conscious Mind... It's complicated. When you feel socially safe, your non-conscious mind will supply you with amazing insights and spontaneous playful ideas. When you don't feel safe your non-conscious mind will stop you from playing.

Environment – That depends!! When you are in an environment of profound belonging it will call for your playfulness and Super YOU. There will also be people who you observe and get inspired by. In an environment where you and your playful power don't belong, you will feel the 7 social fears of playfulness quite intensely.

Supermind – The sense of wonder; the trust in life... embracing what is happening and responding to it resourcefully...these are playful.

The BIG idea is this

When you work... you are a replaceable cog in the wheel.

When you play..YOU matter! Your unique abilities and contribution make the difference.

Think playfully.

Act playfully.

Your playful mind was squashed pretty hard in the Industrial Age. BUT it is in there. Hopefully you are starting to feel it and recognize it.

And also recognize it is NOT easy to shake free of the Industrial Mindset of working on tasks in isolation and doing everything perfectly, never make mistakes; only do what you can control.

If you ask for help you are a cheater. We heard these messages and saw them play out over and over. You saw kids in school being shamed for getting wrong answers or low grades and it probably happened to you as well.

BUT... You are a human and all humans are born to play.

The spirit of play has many awesome qualities:

Curious and Creative

Resilient and Resourceful

Explore and Experiment

Wonder and Fun. And Joy

Enjoy the activity... enjoy the challenges. Enjoy the unknown.

Enjoy the growth... enjoy the pursuit of getting good at things.

Choose to Play for influence in the your community... for your company... in the world.

The first step was to tap into their hearts desire to contribute to the world in some way; this is the calling of your dream.

Let's explore the relationship between the playful conscious and the other elements in the Energy Alignment Game.

Super You – playful you wants to be awesome!! Activate your imagination to envision the next version of YOU; who YOU need to become to fulfill this dream.

Your coach is reintroducing you to your Playful Conscious Mind. This will be essential to becoming the next version of you because the way we BECOME is through play!

Side note: This is the theme of our Play Life Program which has the butterfly as the symbol.

Non-conscious Mind... It's complicated. When you feel socially safe, your non-conscious mind will supply you with amazing insights and spontaneous playful ideas. When you don't feel safe your non-conscious mind will stop you from playing.

Environment – That depends!! When you are in an environment of profound belonging it will call for your playfulness and Super YOU. There will also be people who you observe and get inspired by. In an environment where you and your playful power don't belong, you will feel the 7 social fears of playfulness quite intensely.

Supermind – The sense of wonder; the trust in life... embracing what is happening and responding to it resourcefully...these are playful.

The BIG idea is this

When you work... you are a replaceable cog in the wheel.

When you play..YOU matter! Your unique abilities and contribution make the difference.

In the model for the Playful Conscious Mind are the symbols for the four Pivotal Moments of Social Play that I shared with you in the Introduction. These are the FOUR ACTIVITIES that everyone with a BIG Dream wants to get better at and have more of.

- Create for **Expression** (and sharing)
- Relate for **Influence**
- Explore for **Visibility**
- Experiment for **Change**

One of the major undercurrents of having a Life Coach is they persistently encourage you to shift from the Industrial Work Mindset you learned in school and jobs into the Connected Play mindset you were born to live by and must reawaken to pursue the dream.

The key distinction is to shift their mindset and approach:

From Industrial Work Mindset : Just get the task done

To Connected Play Mindset: How can I get good at this? How can I enjoy this?

Another related shift is:

Industrial Mind: I should be able to control this by myself.

Connected Mind: How can I co-create this with others... or with life?

Practicing together is the key to reactivating their Playful Conscious Mind! Practice is missing from our lives as adults. We rarely practice anything. Mostly we just do it and we usually think that we should be able to do it right the first time without ever making mistakes.

Practice with a coach is a safe space to experiment and grow.

Examples of practicing doing things that you want to get good at

Just get it done	Enjoy the activity and get good at it by co-creating results

<i>Create for Expression:</i>	
Write an article	Have fun expressing your ideas; Your article attracts comments on your blog.
Make a video	Have fun expressing your personality. Your video attracts “Likes” that lead to connections on Facebook.
<i>Relate for Influence:</i>	
Talk to someone about your business / project / cause	Have fun expressing your value. They are inspired to hire you or advocate for you
<i>Explore for Visibility</i>	
30 minutes on Facebook / Linked In/ etc.	Have fun following your curiosity. Your time on a Social Platform leads to 3 connections for an exploratory conversation.
<i>Experiment for Change</i>	
Conduct the team meeting the same way you always do.	Have fun trying a new approach to the team meeting and then solicit private feedback to find out if they enjoyed the new approach.

The Coaching Framework

This chapter in the playbook is all about the power of practice; and to prepare you for a Role Play with your coach. To compliment this, I want to share with you a deeper view into what coaching is.

I believe that when you – the player – have some insight into what the coach is doing, you can get more out of the experience and reach your dreams faster. As I have said before, the coaching relationship is a co-creation between the coach and player. It is not mysterious.

This model will provide some talking points toward understanding coaching.

Observation ~ Co-Creation

The first thing to notice is the center of the model which is the core of the coaching experience: the yin~yang type balance between **observation** and **co-creation**. This is what the coaching relationship is all



about. You have seen this a few times now.

This notion is super important for 2 reasons.

1) Coaching happens by practicing together and by observing and co-creating as the coach guides the player toward playing better.

2) We are ALL yearning to be seen... for who we really are... for the value we co-create with the world... by someone who can truly appreciate what we are doing.

This is what a great coach brings to the relationship!

The coach and player practice together. The coach observes the player and shares what they see and can offer alternatives. And the player observes the coach to learn new ways of playing, new ways of seeing things, new ways of being.

Along with observation there are life-changing co-creative conversations that lead to new awareness and bigger possibilities. It is a powerful form of balanced partnership. It is a magical experience that can lead to transformation.

Play Life: Relate, Create, Explore, Experiment

Next notice the 4 Red Diamonds that display the ways that we play life in the Connected Age: Relate, Create, Explore and Experiment. We have explored them before. These are the fundamental activities of how we play just about anything in life and as such these are the activities a coach will help you play better.

The BIG DREAM

At the top, leading into the model, you see “The BIG Dream which is the catalyst for the coaching experience. We explored this in Session 1 and your coach will ask you about it in every session. Playing better for the Dream is the purpose... always.

The Coaching Relationship

At the base, as the foundation of the model, you see the coaching relationship which is unique in the world of human relating. It is a co-created experience where both individuals are equal partners with different roles; no one is “in charge”. The player is setting the destination with their dream, the coach guides the pursuit using their coaching abilities and any relevant knowledge of the quest.

And... always remember that the coaching relationship subverts the hierarchical control; which is a good thing!

The Dynamic Between Support and Challenge

The coach is the ultimate supporter of the player providing encouragement and energy; we all need more support than we are getting! At the same time the coach must be able to challenge the player to grow in healthy ways. Most players are yearning for someone who can see them and show them places where they can grow. The true knack of coaching is

being able to read the player and the situation and know which to provide – support or challenge - at any time.

The Dynamic Between Judgment-Free Awareness (JFA) and Expertise

Judgment-free awareness is the juice in the coaching relationship. It is the essential ingredient to providing a safe space to play, practice, experiment and explore new ways of being. We all need a place where we don't need to be perfect; where we can just BE.

Expertise is the sum total of your knowledge and experience; it is knowing ways to do things and ways to approach situations. While coaches don't need to be the expert all the time, the right bit of wisdom at the right moment can really make a difference. Also, expertise is really valuable when role playing together because it helps the coach co-create realistic scenarios for the player to practice.

A Life Coach provides a healthy blend of both JFA and expertise.

The 4 Quadrants of the Framework

Explore Energy Alignment

Energy alignment is the secret sauce of Life Coaching. While plenty of attention is put on actions and skills, the more you play life you come to realize that they are just the visible tip of the iceberg; the real play in co-creating results in the world is “Energy Play”. Just like the bulk of the iceberg is unseen beneath the surface... the bulk of what makes things happen in the world is the unseen world of energy alignment.

When the energy is aligned, results happen with ease and flow; when the energy is not aligned results come about only through lots of struggle and often not at all.

Become Super YOU!

This is the “activate your superpowers” portion of the coaching experience that we are focused on in this program! This is where the coach can point out what they are seeing in the player that they often don't see in themselves. You do this with your player by actively observing while co-creating and practicing together.

Important! We are ALL yearning to be seen and known for who we really are.

Practice Together

This portion of the coaching framework is ALL about playing together while observing. There are three primary practice techniques that your coach will use with you.

The Role Play Technique – Sessions 3 and 5

The Pivotal Moment Technique – Sessions 4 and 5

The Co-Create Awareness Technique – Sessions 2 and 6

Co-Create Player's Way

The bottom left of the coaching model refers to action; the “how” of playing better.

This is where the coach guides the player to create their own way of doing everything they want to do; and that their dream needs them to do.

A part of this includes showing your players YOUR way. But that is just a starting point for the player, NOT the end.

You need to help your player activate their superpowers and then use them in a strategic way to co-create results in the world; in a way that is perfect for them.

You will guide your player to express themselves fully, find their voice and develop the style for who they want to become. All of this is in service of guiding your player to develop their own methods and unique way of playing better for their dream.

Conclusion

Now that you have more insight into the craft of Life Coaching, hopefully you are even more excited about having one! AWWW YEAH!

Prepare for Session #3 – Develop

Your BIG Dream: Every time you speak your dream out loud with your coach it gains energy.

Explore the Fear / Growth Zone

Celebrations ~ Insights ~ Actions and Results here

As you share about your experiences you will gain clarity and awareness!







Challenges and Superpower Discoveries

We explored this at the beginning of the chapter. The key is to be playful in how you talk about them. Embrace the power of co-creative conversation to expand your possibilities!

Role Play and Ah-ha moments

Come prepared with an idea for a conversation to role play; OR a few to choose from.

Immerse yourself in playful practice. You will be amazed at what you discover.

Energize Your Dream Session #3 Notes		Date: _____
The BIG Dream: _____		
Explore the Fear / Growth Zone		
CELEBRATIONS 	INSIGHTS 	ACTIONS AND RESULTS 
CHALLENGES 	SUPERPOWER DISCOVERIES 	
SESSION FOCUS: ROLE PLAY 		AH-HA MOMENTS 
Growth Zone What did you learn... About playing for your dream? _____ _____		About yourself and your Superpowers? _____ _____
Play Plan: What are the actions / perspectives you will focus on? _____ _____ _____		

Growth Zone : always remember that the purpose of a coaching session is to play and grow while you are in the session.

Pivotal Moments... keep looking;

Challenges... keep looking!

One thing that I have noticed about people who aim to play BIG... they go beyond embracing them and they LOOK for them. The next thing is just a quick reminder to LOOK for your pivotal moments: moments when you avoid or delay an action or notice that you are avoiding a social risk. These are the type of challenges you want to share with your coach. It will open up growth opportunities that you can explore together.

We will play with the Pivotal Moment Coaching Technique in Session #4.

Play Plan

Make a few notes about actions you want to play with this week!

Session #04: Awareness

[Listen to this audio to prepare for Session 4.](#)

Awareness

The more awareness someone has, the more options they can see in the moment and their ability to make better choices expands. For this reason and many others we are uniquely fascinated by ourselves. Why do we do what we do? Who are we really? Who can we become? These are just a few questions that can spark endless inquiry.

The ability to create a profound experience of awareness is essential to coaching because you will get better results when you know yourself better and see more of the world around you. Your coach will guide you into new awareness about your patterns, beliefs, choices, hidden talents and much more.

Co-creating awareness is a fundamental “action” and source of value of coaching relationships. For the most part we are “blind to ourselves” because our eyes look outward NOT inward; this experience is also known as “blind spots”. As a result it is almost impossible to create the required awareness by sitting alone in contemplation. However with a “trusted mirror” – aka A Life Coach – new awareness can emerge very quickly.

Your Coach creates a safe space for these intense explorations of your Inner and Outer worlds.

The Pivotal Moment!

The Pivotal Moment is one of THE most important concepts in playing and coaching life.

Understanding this will help you make the most of your relationship with your Life coach. It will accelerate your personal growth and the realization of your BIG Dream.

A pivotal moment is a moment that has the potential to make big impact on the fulfillment of your dream.

Pivotal moments are coach-able moments.

Here are a few typical examples:

- 1) A BIG choice that you are making.
- 2) A BIG opportunity that you have in front of you.
- 3) A recurring action that – if you got better at it – would accelerate your progress.
- 4) Any moment when you have an urge to do something for your dream AND at the same time a resistance to doing it.



The BIG Choice

There are some big choices in life that can change the trajectory of your life. Should you go for the new job? Should you leave your job and start a business? Should you stay in the partnership or leave it behind?

You may have heard the classic song by “the Clash: “Should I stay or should I go”.

The lyrics are: “Should I stay or should I go now. If I go there will be trouble and if I stay it will be double.” Classic.

Your coach can help you play with the scenarios to expand your inner awareness about each choice. Then you can choose with confidence and clarity.

The BIG Opportunity

Sometimes you are aware of these moments are in an inner debate about if /when to make the move. Example: calling an influential friend to ask them to support / promote you. Your coach can help you practice this moment to uplevel your actions and your energy.



Sometimes these moments just happen. And the question is will you seize the moment or not? Like the time I found myself sitting on a plane next to one of the BIGGEST Icons in the history of Coaching: Timothy Galway. Note: I sat there in a daze for 5 hours and didn't say one word; even when he tried to get me into a conversation! I still remember that flight as clear as day 15 years later. DANG.

After the experience you can replay the moment with your coach to reclaim your power and be more prepared for the next spontaneous opportunity.

The Recurring Action

This is an action that is vital for playing for your dream. For example if you have a business you talk to potential clients often and how well you play in these conversations has a big impact on your business dream. If you are playing in a career you have opportunities to introduce yourself or speak up with influencers in your organization on a regular basis. What do you do in these moments?

Your coach can practice these moments with you with role play AND with the Pivotal Moment Technique we are going to practice this week.

Playing these moments with clear intention, positive energy and familiar words can really impact your results. And if you get positive results more often they accumulate into your dream becoming reality!

The Pull between Play BIG and Play Safe

This is the main type of pivotal moment that I want to bring to your attention.

This is when you have an urge to take action for your dream. It can be a planned action you have on your play sheet, OR it can be a spontaneous action that pops into your mind.

Your dream wants you to do it.

But then, something else happens within your body and inner being that brings up an uncomfortable feeling. This usually leads to thoughts about why it is NOT a good idea to do this now; maybe tomorrow!



This is known as resistance. Often the time between the urge to act and the resistance is so FAST that you don't even notice that your dream was calling you.

When you start playing for your dream these kinds of moments will happen A LOT... every day.

The spontaneous urges to act are very similar to the spontaneous BIG opportunities that I mentioned before; will you go for it? Or will you hold back?

These are the moments that make playing for your dream so dynamic and fun. But when you are resisting an action it doesn't always feel fun. (Hah! Understatement)

In Session #4 your coach is going to do a really powerful and profound coaching technique with you called: The Pivotal Moment of Choice (Pivotal Moment for short). To set this up I am going to share with you a few really provocative and empowering ideas.

The Human Journey “Pull”

And the Fear / Growth Zone!
(WOOO HOOOOOO!!)

Remember “the Pull” from the Human Journey with a Coach model we explored in Chapter 1? Well, now we are going to deep dive into this experience.

In the Human Journey with A Coach model we depicted your Big Dream as an outer circle pulling you out and the Social Survival Imperative as an Inner Circle pulling you in. Here we will dive deeper into this life experience that is at the heart of all Life Coaching.



There is wisdom in the creation of YOU. The dreams in your heart – including the one you are playing for now – are meant to require the playfulness and unique power that you were born to express. Yeah, the wisdom of creation!

These moments of choice between playing safe and playing BIG happen many times in an adventurous day of playing for our dreams. And as we have discussed they often happen at a mostly non-conscious level. You don't really notice them.

What you may notice is that you had a brief urge to take an action for your dream... then you felt a little buzzing energy somewhere in your body... and you "decided" to check your email/Facebook/Distracted of Choice instead.

Hopefully you are thinking right now: "Oh crap! That happens all the time!" Yes, it does. AND this is why I say that the success of your dreams requires that you pay as much attention to your energy as you do to your activity.

Social FEAR is learned

I created the Pivotal Moment Technique many years ago and have used it over a thousand times. One of the most common things people share is: **It's not safe to be me.**

WOW. That is a really profound thing to say and hear. And truly this is how most of us feel deep within. This is an example of a self-preservation belief. In other words I will stop expressing my power so that I can maintain a sense of belonging with the people around me.

Often the moments earlier in life when we tried to use our power to help or contribute or create and we "got in trouble" (or worse) are the moments that impacted us emotionally the most deeply. The Social Survival Imperative is based on the need to belong. It is one of our Human Nature Superpowers. The Preservation Zone is where we don't take an action that will risk our current status of belonging.

FEAR is the way your SELF tries to protect you from events and situations that seem similar to an experience in your past when you experienced trouble or even trauma.

As a result, in the FEAR / Growth Zone we feel a strong PULL between our BIG Dream and the Social Survival Imperative. "The Pull" is a natural byproduct of playing BIG for our dreams because your Dream is "designed" to require your unique powers – the ones you got in trouble for earlier in life!

This is why it is so important that you don't think of fear as an enemy or that if you are stopped by fear that means that you have "issues". You don't have "issues"! You have a BIG Dream and a strong Self Preservation instinct both pulling you in opposite directions.

I encourage you to stop saying things like "Self-limiting beliefs".

"Self-limiting beliefs" make us sound foolish! Why would anyone limit themselves?

AND... this is not what is happening. These are self-preservation beliefs that are pulling against the actions of your BIG Dream. Self-preservation is essential for social survival and it is honorable. Your coach is aiming to empower you to cultivate the capacity to CHOOSE when to play safe and honor your self-preservation instinct and when to play BIG and honor your BIG Dream. No judgment; simply to power to choose.

Also in the Growth / Fear zone you have the three B's of Human Nature: the urge to Become the next version of YOU, the need to uplevel a few Beliefs and the opportunity to co-create a new environment of profound Belonging for you and your dream. We will explore this in the upcoming Chapters.

The FEAR / GROWTH Zone impacts our choices in life at a mostly non-conscious level. That is why your coach will use a body awareness technique during the Pivotal Moment Technique. Through this guided visualization exercise you bring non-conscious fears and growth opportunities into conscious awareness so you can observe them. I encourage you to really dive in on these moments with your coach; this is how you unleash your greatest power.

The Quick Guide to Noticing Pivotal Moments

There are three SUPER common experiences that can reveal a Pivotal Moment

- 1) You have the urge or plan to do something but you resist doing it
- 2) After resisting for a period of time, you eventually power through the resistance and force yourself to do it. This is honorable... AND... it is worth exploring as a pivotal moment so that you can do it without expending so much energy the next time.
- 3) You are taking an action but you are not getting the results that you expect or desire. Remember we don't have control, but we do have influence. You can practice these moments to reveal ways to improve your results.

The AMAZING power of your imagination

The Pivotal Moment Technique is the Life Coach version of the way performers and athletes watch video of their performances with their coach and then use guided visualization techniques to envision new possibilities. You and your coach are going to use your imagination in a very powerful and practical way.

Instant Replay

Using your imagination you can recall and focus on a recent moment that didn't go the way you desired; and while doing this you will experience very similar thoughts and physical sensations as when it actually happened. This is very much like when athletes and performing artists watch video with their coach to look for ways to play better.

Powerful Pre-play

This is another tool used by elite performers and athletics and performance arts. Another option is to pre-play a moment that is coming up in the near future. Using your imagination you can bring the future experience into your mind... AMAZING. And even more amazing, you will experience thoughts and feelings as if it was happening now. Then your coach will guide you through an exploration of the moment to find ways to play better.

Co-created Experience NOT Self-Help

A key point I always like to share about the Pivotal Moment Technique is that it is NOT a self-help technique; you can't do it by yourself. It is a guided technique; a co-created experience. This often disappoints folks because we have been so indoctrinated into the belief that everything should be done alone; or its better when you can do it yourself. You probably know by now that I do not share in that belief!! LOL.

Pivotal Moments Technique and Model

Let's do a quick walk through the model so that you can have a comfort level with this profound way to practice life – remember, coaching is all about practicing together.

Lead in: Clarify the pivotal moment of choice that you will practice together including the actions and the intended results.

Step #1: Replay the Pivotal Moment in your imagination and describe the scene or the situation. Often in these situations there is something you are attempting to control.

Step #2: Use judgment-free awareness to notice the thoughts in your mind at that moment. Often these are your reactions to what is happening or not happening.

Step #3: Feel the energy in the body. Whenever we are in a pivotal moment our body will react to the situation with physical sensations; sometimes they are intense, sometimes they are subtle. Body awareness in the presence – and belonging - of another person is the key to transformation. If you are new to the practice of body awareness be patient!

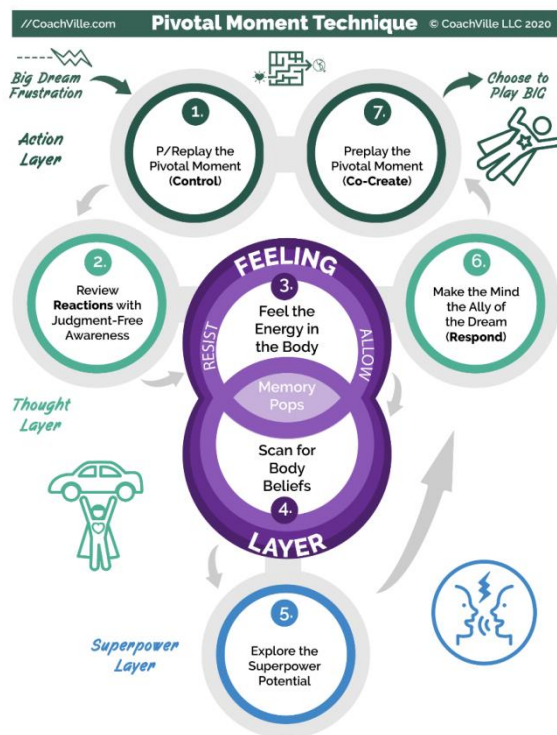
Memory Pops: Often while feeling energy in the body images or memories will pop into your mind. These can provide useful clues about where “The Pull” is coming from.

Step #4: Scan for Body Beliefs. Typically your body is attempting to keep you safe from social risk. In this step you will give voice to the self-preservation belief.

Step #5: Explore the Superpower Potential. Often what we fear the most is expressing our unique superpowers and playfulness. When we explore our self-preservation beliefs we can gain insights into our lost powers and playfulness.

Step #6: Make the Mind the Ally of the Dream. After feeling the energy in the body in a safe belonging environment and giving voice to the self-preservation belief the mind will open up to new possibilities. You will be able to feel what your dream is asking you to do.

Step #7: Preplay the Pivotal Moment. With your body feeling safe and your mind open you can then preplay the action and the result using your imagination. You are fully aware



that you have a choice. You can choose to play safe for self-preservation or you can choose to play BIG for your dream. No judgment either way; just a choice. This is freeing.

****!!!****

Often after doing this practice with your coach, an activity that seemed really hard will feel more natural and in the flow. Over time, with practice, you will gain confidence in your ability to play big in social risk situations. You will love it!

Tenacious Self Love vs. Self-Sabotage

Speaking of love... I want to share with you something I am very passionate about. It's called: Tenacious Self-Love. AND the idea that there is no such thing as self-sabotage; at least not in the way the mainstream self-help gurus describe it.

The self-help movement has come up with a lot of derogatory ways to describe our inner being when we are stuck in one of these "Pull / Pivotal Moment" situations.

In the Industrial Control culture again your YOUUnique voice was silenced. As your voice was silenced from the outside you absorbed that energy and began to silence your own voice to fit in and stay safe. This is Self-preservation.

But when you experience resistance in expressing your voice, the **"Self-Help Gurus"** will say things like:

- You have self-sabotage.
- You have limiting self-beliefs.
- You can't get out of your own way.
- You are a procrastinator.
- You have negative self-talk.
- Your ego is the problem

Nasty statements like this are intended to make you think that there is something wrong with you; that the guru will then tell you how to "fix". UGH!

As Life Coaches we don't buy into any of this and neither should you.

We want you to see yourself as AWESOME and wholesome! We want you to practice viewing your inner experience with judgment-free awareness.

- Your Big Dream and
- Your Superpowers and



- Your Playfulness and
- Your Social Survival Imperative and
- Your Self-preservation beliefs and
- Your Fears, doubts, resistances,
- ALL of the “voices” within you...

ALL have honor; they all serve a meaningful purpose in your life.

I have found that the more we can bring tenacious self-love to all aspects of our being... the easier it gets for us to choose to play BIG for our Dreams. This is an AWESOME thing!

Reclaim your Superpowers... so you can Activate them!

Remember... an important of this coaching experience is activating your superpowers; find and express your YOUnique voice and value.

You discover your superpowers by stepping out for your dream and embracing challenges. It is the challenges that reveal your superpowers. The more you playfully look for them, the more you will start to see them.



Allow yourself to be awesome. Your Dream NEEDS YOU. The world needs you.

The Non-Conscious Mind (Energy Alignment Game)

Let's go deeper to understand what your Non-Conscious Mind is all about because this is what we are exploring with the Pivotal Moment Technique.

It is the accumulation of all of your life experiences; especially the emotional content!

That is VAST. It has amazing wisdom. It includes inner wisdom through body awareness, fears, desires and beliefs.

One way I like to explain it is this:

The TOP priority of your Non-Conscious mind is to keep you safe. That is a strong and sometimes confusing imperative because “safety” – in particular social safety – is not a black and white matter; there are a lot of grey areas.

The second priority is to pursue your dreams.



So unless you consciously, actively and intentionally focus on your dreams the default priority of safety will rule your life.

The Non-Conscious Mind is amazingly resourceful and creative! It has the memory of everything you have experienced which includes what you have done but also what you have observed! You have seen a lot.

Think of all the creative ways it has to get you to NOT do something.

But imagine if you were able to align that power and resourcefulness in the direction of your Dreams... WOW!

This is what the Pivotal Moment Technique is ALL about!!

The Non-Conscious is connected to everything!!!

Let's do a quick walk through the Non-Conscious connection to all of the forms of energy in Energy Alignment.

Is it safe to express Super YOU?

Is it safe to play? Or do you need to be quiet and work?

Do you feel that playful SUPER YOU belongs in the environment? Or do you need to scale yourself back to feel safe and fit in.

Are you feeling the connection to life as it unfolds? Or does it seem like life is against you?

Your Dream is a version of your Heart's desires. Is it safe to believe in your dream?

Good vibrations!

Body Beliefs can be Positive!!

When your body feels safe and you move toward your dream that ALSO creates buzzing energy in your body. It's not easy to explain but it feels like joy.

It takes just as much practice to allow your body to feel joy as it does to allow your body to feel fear.

YES! Feeling joy takes practice!!!

Prepare for Session #4 – Awareness

First... the important items we explore every week...Take a look at your Play Plan play sheet from the week and select a few things to share.

Your BIG Dream: Every time you speak your dream out loud with your coach it gains energy.

Explore the Fear / Growth Zone

Challenges and Superpower Discoveries

The Pivotal Moment

If you have clarity on the moment you want to explore just tell your coach what it is. OR you and your coach can choose a moment based on the insights and challenges from the week before.

When you get into the Pivotal Moment technique your coach will ask you to close your eyes. It is much easier to access your imagination this way. When you open your eyes, fill in the key words on the sheet for thoughts, body sensations and “It’s not safe for me to”. This is also known as the “Body Belief”.

Superpower Potential

Sometimes when exploring a moment of resistance it will reveal a superpower or playfulness. You will get a picture of what you were expressing – or trying to express – when some trouble happened. Whatever you were doing will probably reveal one of your natural superpowers. If it doesn’t pop up when you are exploring the moment with your coach, it might pop up later.

Heart’s Desire

This is where you put your heart’s desire into a power phrase to guide your imagination.

Growth Zone : always remember that the purpose of a coaching session is to play and grow while you are in the session.

Play Plan

Make a few notes about actions you want to play with this week! Then write out your play plan for the week. Pivotal Moments... keep looking for them.

Energize Your Dream Session #4 Notes				Date:
The BIG Dream:				
Explore the Fear / Growth Zone				
CELEBRATIONS	INSIGHTS	ACTIONS AND RESULTS		
CHALLENGES	SUPERPOWER DISCOVERIES	Session Focus: Pivotal Moment		
THOUGHTS	BODY SENSATIONS	IT'S NOT SAFE FOR ME TO	HEART'S DESIRE	
Growth Zone				
What did you learn...				
About playing for your dream?				
About yourself and your Superpowers?				
Play Plan: What are the actions / perspectives you will focus on?				

Session #05

[Listen to this audio to prepare for Session 5.](#)

Results

“Results” are what happens in the world when we take action. When we play in the world, the results we desire are something that we can NOT control but we can influence with our strategy, energy, skillful action and luck.

The fundamental reason why any individual chooses to become a player with a dream and a coach is because they have a strong desire to create new, better or bigger results in the world. No one needs a coach to keep doing what they are already doing!

When we pursue results, sometimes they happen and sometimes they don't; in other words, we can succeed or fail. The opportunity to succeed or fail based on our actions is actually what makes life, and any pursuit, **fun** to play. Since we can fail – which is not nearly as much fun as succeeding - it sparks the desire to want to play better and succeed more often. This is where coaching comes in!

To jump into play where failure is an option requires courage; this is why the safe space created with the coach is essential.

Playing for YES... Relating for influence...The “Game of Ask” ~

Playing for “yes”, relating for influence, the game of “ask”, there are so many ways to talk about this one pivotal action: asking others for what your DREAM wants or needs. This is a really big deal. And for most people with a dream this is an area with tremendous personal growth potential. This is an area where you can PLAY so much better.

We are going to explore this from a few perspectives because my aim is for you to get excited about growing this capability by practicing with your coach.

You already experienced the Role Play Technique with your coach so you can imagine the value of practicing conversations where you intend to ask for something.

You already experienced the Pivotal Moment Technique with your coach so you can imagine exploring the doubts and fears that come up when you intend to ask for something.

In your next coaching session you are going to experience something we call: **Transformational Play**. This is when we blend these two powerful techniques together; like a mashup!

What should you practice asking for?

Let's talk about this next because I want you to get into the vibration of this growth opportunity.

Consider this: to play for a BIG Dream in life will require contributions and participation from a bunch of other people. Ultimately everyone who contributes or participates in your

dream will do so BECAUSE you asked them to and they said: “Yes”; and then took action for you or with you.

Like I said, ASKING is a really big deal.

Asking includes these related activities as well:

- Invite
- Offer
- Request

Most people fall into one of two categories:

A) You DON'T ask for anything; except for maybe asking someone to pass the salt at dinner.

B) You are relatively comfortable asking people for things; up to a certain point! Then not so much.

Either way, there is a growth opportunity.

If you are in the A Group, then starting to ask for what you, and your dream, want or need will be huge.

If you are in the B Group, then your opportunity is to PLAY Bigger with what you ask for; to imagine asks that are outside of your current self-preservation zone.

For example: I can ask someone to buy from my company because I know I will deliver, but I struggle asking for referrals because that feels like asking for help... which I NEVER do.

You get the picture. What are the “Asks” that would REALLY take you and your dream to the next level?

On a related note, something I tell our coaches all the time: “it only takes one major influencer recommending you to change your life forever.” I know because it happened to me.

There might be an “Influencer ask” like that available to you in your business, career or community aspirations.

ASK someone... ASK them...!

- Ask them to do something with you
- Ask them to do something FOR you
- Ask them to recommend you
- Ask them to refer you
- Ask them to introduce you



- Ask them to join your group / email list
- Ask them to co-create an experience with you
- Ask them to participate in what you are creating
- Ask them to share about it
- Ask them to buy from you
- Ask them to attend your event / experience
- Ask them to bring a friend
- Ask them to give you feedback
- Ask them to share a resource they have with you
- Ask them to support you
- Ask them to give you something



ASK THEM! Your Dream is worth it.

Reward and Risk; Play BIG and Play Safe

Play with social risk... again... your dream is worth it.

Asking (along with offering, requesting, inviting) is an essential playful human activity.

Little children ask each other, and big people too, to do “things” quite easily and naturally; it is an essential activity in playful co-creating.

It is playful because it is something that can't be controlled BUT can be influenced with skill, creativity, energy etc.

Remember this Social Play / Social Fear chart?

Hopefully by now you have a ritual to add some playful activities to your play plan each week.

When you take playful action you are in pursuit of a social reward and you are taking a social risk.

Understanding reward and risk is an essential part of play. And it is super essential to playing well for your Dream.



If you are playing basketball and you have the ball, if you choose to shoot for the basket you are in pursuit of rewards: points, admiration of your teammates, the joy of a high five! If you miss you risk the disappointment of your teammates.

If you are singing a song on a small stage at a local venue you are in pursuit of rewards: the joy of performing and the admiration and applause of the observers. You are also

taking the risk of making a mistake in public by hitting a wrong note or forgetting the lyrics and the possibility of disappointment if some people don't enjoy it.

There are similar dynamics involved when you play for your dream.

- Influence is a reward
- Expression is a reward
- Change is a reward
- Visibility is a reward

All of the social fears associated with play are risks that you must embrace in order to pursue the reward! Rejection, disappointment, mistakes, trouble, judgment and failure are all possible outcomes when you engage in social play.

You have to embrace the risk in order to pursue the reward.

Transformational Play means:

- Practice the actions so that you get the desired rewards more often.
- Embrace the feeling of risk so that you can play fully and learn from every experience; then use the learning to improve your practice.
- Develop the body awareness to proactively choose when to risk and when NOT to risk (AKA Play Safe); rather than REACTIVELY resisting the action. This is what the Pivotal Moment Technique is all about.

In this session with your Life Coach you will get a little taste of Transformational Play. We will get to this in a moment.

Understand Belonging and Social Status

Understanding the Need to Belong and the power of social status within your body and mind is an essential element of personal awareness.

Remember the 3 Superpowers of Human Nature:
Become – Believe – Belong?

The Need to Belong is the Biggest Circle because it has the biggest influence on our ability to play for our dreams. The social / tribal part of the brain and body takes up a lot of space and a lot of energy when you are around other people; it is constantly assessing your environment for social safety and status. And if you are alone but have your phone/internet device with you, the realm of social safety and status is in your hand.



I have made a serious study of Human Nature in both reading about human evolution and coaching lots of people. You don't need a PhD to understand that the Need to Belong is a BIG part of our Human Nature. It's happening / operating ALL THE TIME. What we can do is understand how its signals and impulses impact the way we play for our dreams.

It greatly influences how you perceive your value relative to another person or within a group; and this greatly influences your comfort or discomfort in asking for something in any situation.

By exploring and practicing an ASK with your Coach you can become aware of the influences, your choices and your opportunities for growth. The Urge to Become fuels your dream. Then with your coach you can uplevel your beliefs and your belonging to play for the Dream.

A quirky little example:

Your Urge to Become thinks: I should ask Influencer Jane to support my dream.

Then your Need to Belong might wonder: I would LOVE to be in Influencer Jane's inner circle. But do I have enough status to ask her? Does she value me and what I am doing?

Then your Beliefs step in:

I don't believe Influencer Jane cares about my dream.

If I ask Influencer Jane and she says "no", I will never be able to ask her for anything again.

OR

Influencer Jane might say "yes" if I can position my dream as a win-win for her and our community.

Influencer Jane is really busy. I better wait a few months before I talk to her.

****!!****

Anyway, you get the idea: it can get pretty swirly in there! And this stuff flashes through us really fast. **Unless your BIG Dream, your playfulness and your superpowers are fully activated, it is likely that your Self-Preservation Beliefs will have more pull.**

This is where practicing with your coach – slowing down the moment, using judgment-free awareness – can help you explore all of these elements so that you can practice and choose with clarity and power. AWWW YEAH!

In the next section I will share with you a short story of "little you" and BIG SUPER YOU. It will help you understand how our self-preservation beliefs got so strong.

But one more thing about asking...

Success is NOT a “numbers game”

There is a mantra from the Industrial Age of Control that success is a numbers game. It goes like this: if you just ask enough people eventually you will get a “yes”. While it can be powerful to have determination and to keep going in the face of rejection, success is NOT a numbers game at all.

This mantra presumes that we are all robots completing tasks and making logical decisions all day. HAH!!!

Success in asking is about skill, energy and LOVE!

Your skills – connecting, sharing, listening – have a big impact on how other people feel and respond to you.

Your energy – attitude, clarity, playfulness – have a big impact on how other people feel and respond to you.

Your LOVE – passion, sensitivity, caring – have a big impact on how other people feel and respond to you.

Again... all of these can be improved by practicing with your coach.

The Delusion of Control

On a related note: it is easy to fall into the Industrial Control trap that you should be able to make a list of TASKS and complete them on time.

An ASK is not a TASK!

You can't control other people; this is an unfortunate delusion. Because we were SUPPOSED to be able to control everything, including people, in the Industrial Age a lot of clever manipulation techniques were devised to convince people to do what you want them to do. While you may be able to manipulate people sometimes, this is an extremely stressful way to go through life. I don't recommend it!

The growth opportunity of the Connected Age of Play is to see your life as social play and hire a coach to help you expand your playful influence! (Like you already did!)

How you “lost” your superpowers and playfulness

So by now, after a month with a Life Coach and reading this playbook, you may be wondering... DANG!

- How did I lose my playfulness and my urge to become the next version of ME every day?
- How did I come to believe that it is not safe for me to express my unique power?

- How did I settle for belonging where it's not OK to be the full-on playful, powerful version of me?

These are the truly life changing questions that I started asking myself 15 years ago; and by then I had been a successful Life Coach for 6 years!

I set out on an intense exploration to rediscover my Human Nature... **to Re-Humanize.**

I started reading anthropological oriented books about Humans BEFORE the Agrarian Age and Hierarchical Control Cultures.

I started exploring deeper questions with my best players (AKA clients).

Over a few years a picture and an understanding emerged. I shared with you a chart describing the Industrial / Hierarchical Control Culture compared to the Connected Play Culture. This next model tells a story of how each of us was trained for Hierarchical Control.

The Co-Creation Dynamics of "you" or SUPER YOU!



As a little person, your **Urge to Become** activates and you start to play. You play everything. As you play you grow... you become the next version of you day after day, month after month, year after year.

At the same time, as you play, your environment reacts to you and the **Need to Belong** kicks in... HARD. You naturally and instinctively do whatever you feel you need to do to maintain belonging within the group (aka family) you are in.

When your environment reacts favorably to you, you come to **believe** that it is good and safe to do what you are doing and you do it more. If your environment reacts negatively to you, you come to **believe** that it is NOT safe to do what you are doing and you curtail it or stop completely.

The **Capacity to Believe** is extremely useful for learning how to get along in the world of people. You come to **believe**, for example, that people don't like it when you throw a rock at your little sister; this belief is a good thing.

However, if for example, you are crawling around following your curiosity and a BIG person yells: "NO" and puts you into the isolation pen (for some reason it is called a "playpen"), you may come to **believe** that it is not safe to be curious; this is not such a good thing.

First at home, then in Hierarchical Control school and then in Hierarchical Control jobs, your **Urge to Become** through play moves you into life. And as you do this the CONTROL environment reacts to you. When the reactions are unfavorable – which happened a lot in Industrial Hierarchical Control Culture - your need for **belonging** and status are threatened; this is called getting "in trouble". As this happens you develop **beliefs** about yourself and life. Over time we come to believe a whole lot of things about ourselves that restrict access to our powers and playfulness. The activities and expressions that we feel safe doing gets smaller and smaller; more and more controlled.

As various aspects of YOU go into the "not safe to express" category in your beliefs, you become a smaller and smaller version of you. **You come to FEAR your natural playfulness and your unique powers because at one time expressing them got you in trouble; AKA threatened your belonging.**

Also notice in the diagram that as you move from home to school to jobs your playfulness gets smaller and smaller as does your access to your unique superpowers.

Fast forward to now and urge to play BIG for your Dream...

And you hired a Coach! Whew!! Just in time.



So, when you experience inner resistance or doubt or FEAR attempting to do any of the needed activities of your dream – which are playful and need your unique superpowers – it is not because there is something wrong with you! It is simply because you are a human being who grew up in the Industrial Age of Hierarchical Control and absorbed the Industrial Control Culture's fear of play and unique personal power. These are the pivotal moments that you need to observe with judgment-free curiosity.

I believe that this process of losing our unique power as we grow up has been a part of the Human experience since the beginning of modern civilization. Most of the Hero's Journey stories include the pattern of going out into the world, facing new challenges and discovering lost inner powers.

However, I also believe that the fear of playfulness and uniqueness was extreme in the Industrial Age of Control so most of us have become very small versions of our potential.

I also believe strongly that since all of these “don't do it” beliefs were established in social situations (AKA belonging) we need to explore and uplevel them in a socially safe space. This is why 1-1 personal coaching is such a powerful force for personal growth.

Become ~ Believe ~ Belong - Life Coaching for Super YOU!

Remember this model from the Introduction. Now that you understand more about Life Coaching and more about how your Playfulness and YOUNique powers got buried under doubts and fears absorbed in the Industrial Control Culture...

Let's have a deeper look and the path to Super YOU!

Promote Playfulness

- Rekindle your awareness of the Urge to Become within you.
- Develop trust in your capacity to play better through practice.

A Dream to Believe In

- Cultivate a belief in the value of your dream in the world.
- Uplevel beliefs that you can safely express your powers through practice.

Profound Belonging for Superpowers

- By practicing in the safe space co-created with your coach you can develop confidence in your powers and expand your ability to embrace the risks associated with using them.
- Through skillful relating and courageous exploring you can design and develop a place of belonging for the Superpower version of YOU!
- When you play in a space of profound belonging, you can let go of the Industrial Culture focus on working alone and step into your Human Superpower of co-creating your dream with others.

The path to Super YOU is not a straight line. It's not even a road map with clear directions. It's more like an adventure with a treasure map with lots of challenges and somewhat mysterious clues. **And it is SOOOOO liberating and fun.** Keep playing.



Environments (Energy Alignment Game)

While your environments are a tangible thing, they have a major impact on your energy. This is because your non-conscious mind is in constant communication with your environment taking cues and clues about your belonging and status. This is how the energy of your environment gets into you so deeply without any active participation on your part.



When we are young we don't have much choice about our environments and a lot of energy gets into us. This isn't good or bad... it just is. But mostly the energy aims to have you become a person who can fit in with what is already all around you. Most likely, this will not be a good fit for the dream you have today.

And there have been times in your life when belonging and becoming have joined forces in your life. An example would be in High School when you joined a sports team or a singing group and you had friends that inspired you. Or if you were lucky enough to join a business with people who inspired you to grow in a way that you aligned with.

The BIG point here is that we have a 2-way relationship with our environments. While we are always adapting to the environments we are in, we are also creating our environments by choosing where we go and who we spend time with.

Again, these adaptations are mostly non-conscious and so are most of our choices.

Now that you are playing for this BIG Dream, you will need to proactively design and uplevel the **people, places, things and ideas** around you to align with your dream. This way you use the force of belonging to pull you toward your dream. This is an accelerated way to become the next version of you that your dream needs you to be.

- **People:** Everyone you know and networks
- **Places:** Physical and virtual spaces
- **Things:** Tools, technology and finances
- **Ideas:** Knowledge and information

First of all, your Life Coach and emerging Dream Team are your new environment. AWESOME!!! With your team you can share about your ideas for experiments and explorations and learn from the experiences of your team members!

Next as you endeavor to align your environments with your dream you will need to have a lot of BIG conversations with people in your environment; both people close to you AND people in your network who you don't know yet but want to collaborate with. You can role play these conversations with your coach and then explore the fears with the Pivotal Moment Technique. This will make a huge difference.

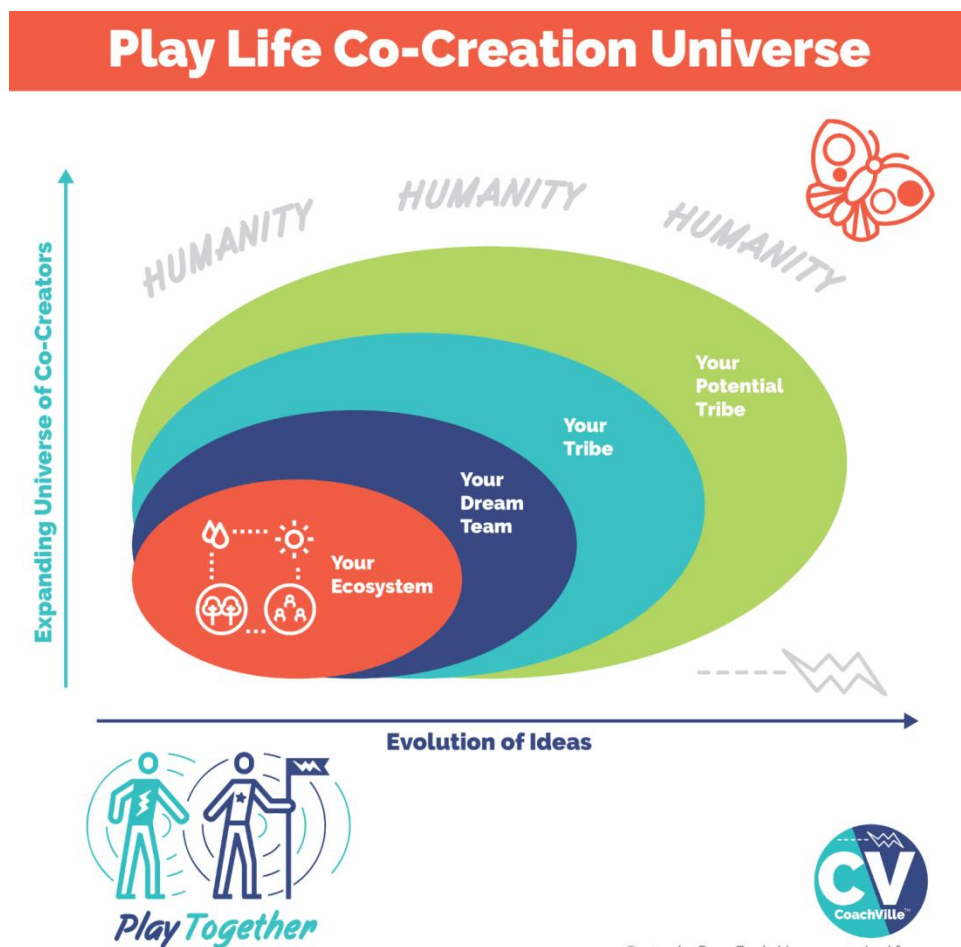
Upleveling our close relationships can be one of the hardest things in the world to do; even with folks who are supportive of your dream. While the people who care for you want you

to pursue your dream, they are human and will also have strong self-preservation instincts that want to keep you safe; and most of the time they just want you to stay the way you are now. Practicing with your dream team will help you approach these conversations with clarity and confidence.

Another big part of playing BIG for your dream is this: you are surrounded by resources that can make your dream come true! But you will have to ASK! And if you are like most people who grew up in the Industrial Age you absorbed the belief that it is not safe to ask for what you want. This is one of the hardest beliefs to uplevel. But with practice and the Pivotal Moment Technique you will soon be able to do it. Then... look out world!

Remember this key point: To get to the next level of any endeavor will require a new environment. In the pursuit of your BIG Dream there will likely be several next level / “need a new environment” experiences.

Your Dream is a co-creation



Another powerful way to evaluate feedback is to imagine that everything happening as you pursue your dream is a co-creation between YOU and “Your World”

The essence of your BIG Dream adventure is to contribute your YOUUnique Superpowers to create value in the world for others. FUN!

Your Ecosystem:

You start by seeing yourself and your dream as part of an ecosystem rather than an isolated entity. Look for the holistic picture. You are a part of something bigger and your contribution is essential to your thriving ecosystem of colleagues, partners, advocates and customers. You want everyone and everything in your ecosystem to thrive.

Your Dream Team:

This is your trusted inner circle and includes your Coach!

Your Tribe:

These are the folks that you aim to serve / contribute to / participate with as part of your BIG Dream. Anything that happens or doesn't happen when you engage with your tribe is essential feedback to evaluate.

Your Potential Tribe:

As you grow in capability and confidence in whatever you are doing there is an expanded circle of people and possibilities that you can explore.

Humanity:

While you aim to create value with and for your tribe, it is good to hold the intention that your contribution is for the betterment of Humanity and The Earth!

The BIG Idea

The point of this view of the world is to realize that you and your dream are an essential part of a bigger picture; you are a part of something!

Prepare for Session #5 Results

First... the important items we explore every week...Take a look at your Play Plan play sheet from the week and select a few things to share.

- **Your BIG Dream.**
- **Explore the Fear / Growth Zone.**
- **Challenges and Superpower Discoveries**

Practice Playing for “Yes” with Transformational Play

Transformational Play is the name we use for combining the Role Play technique from session #3 and the Pivotal Moment Technique from Session #4.

The idea is that when you role play a conversation where you are playing for “Yes” you will probably experience some inner resistance, doubt or fear.

So then you will explore that resistance using the Pivotal Moment Technique. But rather than pre-playing the situation in your imagination, you pick up right from where you experienced the resistance in the role play. It’s powerful!

To Prepare...

Come to the session with a clear idea of the playing for “Yes” conversation (ASK) that you want to explore. Choose one that you KNOW is outside of your self-preservation zone.

When you get into the Pivotal Moment technique your coach will ask you to close your eyes. It is much easier to access your imagination and inner awareness this way. When you open your eyes, fill in the key words on the sheet for thoughts, body sensations and “It’s not safe for me to”. This is also known as the “Body Belief”.

All of this should make more sense to you now after reading this Chapter.

Superpower Potential

When exploring the resistance it might reveal a superpower or playfulness. You will get a picture of what you were expressing – or trying to express – when some trouble happened. Whatever you were doing will probably reveal one of your natural superpowers for influence. Remember, as children we were all natural influencers. It’s in YOU somewhere. We just need to find it and activate it. If it doesn’t pop up when you are exploring the moment with your coach, it might pop up later.

Heart’s Desire

This is where you put your heart’s desire into a power phrase to guide your imagination.

THEN...

You will go back into the Role Play and practice again but now with more freedom and deeper access to your Superpowers for Influence.

Growth Zone : always remember that the purpose of a coaching session is to play and grow while you are in the session.

Play Plan

Energize Your Dream Session #5 Notes				Date:
The BIG Dream:				
Explore the Fear / Growth Zone				
CELEBRATIONS	INSIGHTS	ACTIONS AND RESULTS		
CHALLENGES	SUPERPOWER DISCOVERIES	Session Focus: Role Play an "Ask"		
THOUGHTS	BODY SENSATIONS	IT'S NOT SAFE FOR ME TO	HEART'S DESIRE	
<div> <div> Growth Zone What did you learn... About playing for your dream? </div> <div> About yourself and your Superpowers? </div> </div>				
Play Plan: What are the actions / perspectives you will focus on?				

Make a few notes about actions you want to play with this week! Then write out your play plan for the week. Pivotal Moments... keep looking for them.

And that is Life Coaching with Transformational Play. AWWWW YEAH!

Look out world, here you come!

Session #6 Belonging

[Listen to this audio to prepare for Session 6.](#)

Belonging

A BIG point about coaching is that it is a personal relationship. In order to coach someone you have to KNOW them. In order to be coached by someone you have to be KNOWN by them.

The Spirit of Play fosters belonging

The spirit of play is a powerful inner force which is common to ALL animals – especially us humans! However, through the Industrial Age we were taught that work is important and play is frivolous. The “worker mindset” has taken a huge toll on humankind – in stress and the underlying joylessness that are pervasive in most cultures.

At CoachVille, we see it as an essential part of our mission in the world as a community of coaches to teach people that they can PLAY to reach their objectives in life rather than WORK on them.

Play fosters an experience of belonging because play is inclusive whereas we were taught to work alone; “Do your own work” was a key mantra of the Industrial Age School.

This is important because if we can get the people of the world to PLAY together, then soon EVERYONE will have a coach because playing and coaching BELONG together. We like that idea very much.

Coach Approach to Life Fundamental = Build Relationships

The ability to create and experience belonging is the core ability that facilitates building co-creative relationships. Relationships are all about belonging.

Co-create, Celebrate and Evaluate with your coach

We are coming up to Session #6 which is the conclusion of this stage of our adventure together. AND hopefully... just the beginning of you playing for your dream with a Life Coach by your side!

In this Chapter we are going to explore three activities which we could really add to the list of Human Superpowers because they are so important: Co-Create, Celebrate and Evaluate.

Each of these requires special attention because they were either thwarted or distorted in the Industrial / Hierarchical Control Culture; AND because they are essential to the Life Coaching relationship.

Co-creating is how we are meant to live.

We are all natural co-creators until we are subjected to the Industrial Culture which forces us into isolation. I mentioned some of the mantras in the chart in the Introduction.

In particular: “do your own work, if you help your neighbor you are a cheater”; and “sit down, shut up, and do as you’re told”. The Industrial Culture aims to make us isolated workers and servants.

Your Life Coach aims to FREE you from the Industrial Mindset so you can become the joyful, playful co-creator that you were born to be! And then you can free others.

Your Life Coach has been co-creating experiences with you and then urging you out into the world to co-create with your community and with life and to find your place of belonging where you can be your Powerful SELF! Hopefully this is beginning to feel more and more natural to you.

Celebrating is essential to our zest for life.

In the Industrial Age we really only celebrated events that were under control: like birthdays, holidays and anniversaries. These will come around every year no matter what. While these celebrations are valuable this is not what I am referring to.

I am talking about celebrating YOU when you co-create or contribute to something awesome; when YOUR participation – your idea, your energy, your action – was essential to the experience of success.

Your coach has been celebrating YOU – and with you – in every session. Are you starting to embrace this?

Celebrating our accomplishments – especially when they require growth – builds our confidence and zest for life. It fuels our desire to contribute more to life and seek out more juicy growth experiences.

The more we celebrate these moments when we come alive, when we are able to do something special, the more we co-create them and attract them.

Evaluating is “the way” of the player.

Before sharing about the power of evaluating for your life as a player, I must first, again, contrast this with the horrors of the Industrial Hierarchical Control Culture. And I will tell you that you may find these thoughts disturbing because they challenge common customs. These ideas are the next level of the conversation we started in Chapter 5 where we explored how all of us lost our superpowers.

Another quick point before we dive in is that I am talking about the School System, NOT the teachers or school principals etc. who are just doing what they were taught/told to do.

First off, little children under the age of 12 should never be subjected to testing or ranking based on their intellectual capabilities. This practice is dehumanizing.

I am not going to go into a big rant here... just a small rant. There is the history that most people don’t know about “public education”. While it was pitched as the great liberator of people, the underlying purpose was quite sinister (in my view). The Education system as

we practice it today in most countries – where children are forced to sit down, shut up and listen to the adult teacher – was invented by the Puritans. Its purpose was simple: A) teach children how to read so they could read the Bible; B) transform free spirited co-creative children into obedient servants. Hopefully this helps you understand what happened to us. The only other thing I will say about this is that at this stage of Human Evolution, it is absolutely possible to create an education system that is truly focused on liberation AND what children and all of us are born to do... Play Together.

Going back to Evaluation...

Testing and ranking both thwarts learning AND cultivates segregation and discord among the children; as well as inadequacy, shame and bullying. Meanwhile what children need most to cultivate from ages 3 – 11 is curiosity, mutual respect and a sense of belonging and value among their friends and in the community at large.

Nor is it a good idea for little children under 12 to participate in competitive and ranked athletics or performance arts. Participating in athletics and arts with adult supervision has its place for sure; just skip the rankings. This practice of ranking children is only slightly less dehumanizing than school because these activities are for the most part voluntary.

Once children reach Age 12 or so, they have the emotional capacity to understand competition; and hopefully the autonomy to choose where to focus their efforts based on their passions.

Then in corporate work we have the torment of the “annual performance review”. This is where we find out what we are doing wrong and what interventions will be required to fix our issues. UGH! And let’s not even discuss the dehumanizing forced ranking systems many organizations employ.

Needless to say, this is NOT what I am referring to here with “Evaluation”.

Evaluation is simply YOU assessing how well you are playing based on your own vision of what is possible for you; always with judgment-free awareness. This is where you embrace the Performance-Possibility Gap and are eager to play for the next level.



When you play for something that you care about – like your DREAM – you always want to play better; you desire growth and becoming the next version of you. This is difficult to do while alone; but easy to do when you have a coach who is observing you, sharing what they see, and empowering you to TALK THROUGH what you see and feel.

Embrace Feedback

Feedback is the breakfast of champions.

When we talk about feedback we are mostly talking about feedback from “life”; feedback from what is happening around you.

In the Industrial Age of Control – where there was supposed to be a right way to do everything – feedback meant you were doing it wrong.

But when you play, you develop a way of doing things that is unique to you. Yes, you can learn by observing others, or by listening to what your coach is observing when you practice together, but you also put your energy into it. It's YOUR way.

So feedback is how you navigate the results in pursuit of co-creating your way with the world around you.

My mentor, Hall of Fame Soccer Coach Manny Schellscheidt, used to say: “If your eyes are open and you want to learn, the game will teach you everything you need to know”.

When you observe what is happening – and not happening – with judgment-free curiosity, you can learn a LOT.

You and your coach have been engaging in conversations like this every week. Are you starting to feel that they can be engaging, fun and valuable?

This is what the Co-Create Awareness Technique is all about. Let's give this a little more clarity right now.

Co-Create Awareness Coaching Technique

The Co-Create Awareness Technique is a core technique of Life Coaching. We also call this the Abera Ca Dabera technique. While it is a coaching technique it is actually an experience that both coach and player co-create together, enjoy together and benefit from together.

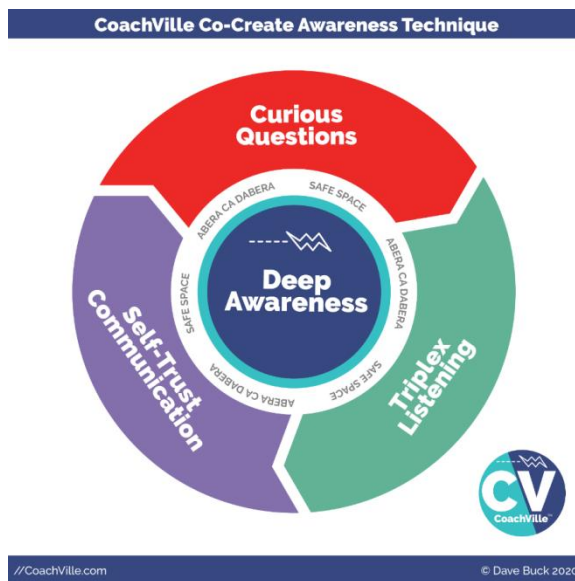
Let's start in the middle layer

Abera Ca Dabera

This phrase from the Aramaic language translates to: I create as I speak. It takes practice AND it is magical. When you speak this way you can create your dreams and create the next version of YOU!

Safe Space

The coach and the player co-create a safe space where they can both express themselves freely and listen to each other with judgment-free awareness. It is the safe space that gives the “I create as I speak” its profound power. In a safe space you can say things that you have never said before.



Now let's go to the outer layer and three Coaching Superpowers that play together in a cycle.

Curious Questions

The coach asks a provocative question, then provides a space of deep listening for the player. Sometimes the player will ask the coach a curious question as well. Navigating via curiosity is a coaching and playing superpower.

Triplex Listening

Triplex listing is deep listening. This is where you hear the words the other person is saying; you hear and feel the energy behind the words; AND you hear what the other person is NOT saying.

In this space of listening the speaker is able to say things they have never said before.

In this space of listening the speaker is fully heard and "SEEN"; something we are all yearning for.

Self-Trust Communication

In this space both the coach and player will have insights and inklings that they can freely share. Sometimes these thoughts are challenging to the status quo; this is a good thing. Often it feels like wisdom from within is bubbling up or knowledge from the Supermind is coming through. Often these thoughts don't make "logical sense" at first, but as they are explored new connections come to light; the "lightbulb" moment!

Deep Awareness

When two people are listening and sharing in this space new awareness is co-created.

Thomas Leonard, the founder of professional Life Coaching often said: "Awareness is unifying". In other words, things come together; new visions, new clarity of purpose.

In these conversations, you expand awareness of...

Your Self and your value and your capabilities (AKA Superpowers)

Your situation and the possibilities you want to explore and experience

The world and your place in it and your potential to contribute to it

With new awareness, new possibilities emerge.

The more you can see, the more power you have, the better you will play.

One last note: while the focus of the Co-create Awareness Technique is on the player, often the coach will gain awareness into their own dreams, self, situations and world during the experience.

BONUS!!

Evaluate your Dream, Results, Playfulness and Superpowers

This session with your coach is all about looking back over the last five weeks to capture clarity and growth. It can be really fun and set you up for the next steps on your adventure.

Now is a good time to pull out your weekly coaching notes sheets and play plan sheets!

You knew there had to be a reason for those. Here it is!!!

Remember back in Session #1 your coach was asking about your BIG Dream?



What have you learned about your dream over the last 5 weeks?

Is it evolving or gaining energy?

Remember back in Session #2 your Coach was asking you about playing for your dream.

I am sure you have learned a lot about playing over the last 5 weeks.

Let's get into a few specifics calling back the RACECAR model from the Play-Play-Grow Technique.



Results

What are some of the results you have co-created with the world around you?

Anything in the areas of social play: Influence, Expression, Visibility and Change?

Are you letting go of the delusion of Industrial Control?

Actions

What are some of the playful actions you have taken out in the world?

Anything in the areas of social play: Relate, Create, Explore and Experiment?



Have you been able to escape task-mode; at least a little bit?

Challenges

What are some of the challenges that you have faced out in the world?

How have these challenges asked you to grow?



Have they awakened your playfulness or superpowers?

Have you started to SEEK OUT growth oriented challenges?

Evaluation

Have you developed a better feel for how to evaluate your own play by observing your results?



What is most important for you to observe or keep track of?

Your YOUUnique Superpowers

Back in Chapter 1 I showed you a playsheet with lots of fun superpower language that you can use to define your YOUUnique abilities.

What have you learned about YOU? Have you uncovered abilities or desires that have been lost or forgotten? I hope so! That was one of the big ideas of this coaching experience. LOL.

Your Human Nature Superpowers

Remember the “Life Coaching Starts Here” model from the Introduction?

What did you learn about these 3 essentials?

Belief in your Dream

Is your dream getting clearer? Are you gaining confidence in the idea that you are here for something bigger?

Are you feeling more empowered to embrace the adventure out into the world that your Dream is calling for?

Have you upleveled a few beliefs that better support your dream?

Do you have judgment-free awareness about the beliefs that are pulling you toward self-preservation and maintaining the status quo? They will always be a part of you so it is important to honor them.

Your Playfulness?

Has your spirit of play come back on line?

Have you proactively engaged in actions where you KNOW that you can't control the outcome? Have you embraced the possibility of influence and playing better through practice?



Profound Belonging for your Superpowers

Are you feeling safe to express your powers with your coach?

Have you found any allies in your world who encourage you to be more bold with your power? Who celebrate your power?

The Supermind Connection (Energy Alignment Game)

The Supermind is the web of Consciousness that we all have access to. It is sometimes referred to as “The Universe”, “The Field” or Life Force Energy.

This is another aspect of life that will provide an endless supply of insight and fun when you approach it with a sense of wonder.

The Supermind is responsible for spontaneous insights, synchronistic events and profound inspirations. The Supermind is essential to the coaching relationship!

When you think of someone who you haven’t spoken to in a while, and then shortly after they call you seemingly “out of the blue”, this is the Supermind in action.

When you are talking with your coach and a new idea “comes to you” while you are talking or your coach has an “inkling ” or “a flash” about your superpowers, this is the Supermind in action.

There are many ways to play in this realm to get into alignment with your BIG Dream.

The “?” symbol indicates living by BIG questions and staying open to “answers” as they come to you. Your Coach has asked you a LOT of big questions over the past 6 weeks.

The **emanating heart** is the symbol for the well-known process of gratitude which is an essential practice for Supermind Connection.

The **radio tower** is the symbol of the power of thinking about and speaking your Dream and intentions; putting them “out there”.

The **magnet** is the symbol of attracting experiences that move you toward your dream as long as you stay open to the perfection of each situation. People and experiences are drawn to you by the magnetic power of your BIG Dream.

As your Supermind Connection gains strength it feels like you are co-creating with Life Force Energy. It feels like events are happening in favor of your dream; it feels like the Supermind WANTS your dream to happen as much as you do.



The AWESOME thing is that expanding your connection with The Supermind is baked in to the Life Coaching experience. The talking faces with the lightning bolt is the symbol for our Coaching Relationship model at CoachVille.

When you share your dream with a coach it amplifies your connection to the Super Mind! This is why your coach asks you to speak your dream at the start of every session; sharing your dream with your Coach and your Dream Team amplifies your connection to the Supermind because we are all connected to it.

When your coach asks you a provocative question that sticks with you for a few days... and then insights start coming to you, this is the Supermind Connection in action.

Recognizes the Perfection of Every Situation.

This is one of our Coaching Proficiencies and it is an essential practice for cultivating your Supermind Connection. You have been practicing this on a regular basis with your coach when you talk about how your challenges are asking you to grow; with judgment-free awareness.

By actively speaking about how your challenges are serving you and your dream you strengthen your connection to the Supermind. This often requires strong support of a coach with an active imagination.

The Energy Alignment Game

The bigger your dream in life the more important it becomes to shift from tasks and control into co-creative actions and playing with energy. By playing with energy in an intentional way you begin to see life as your partner in fulfilling your dream; which it is!

You begin to embrace the deeper truth that while YOU are the catalyst for the dream, it is not all up to you. You and your dream are a part of something bigger, something amazing and beautiful.

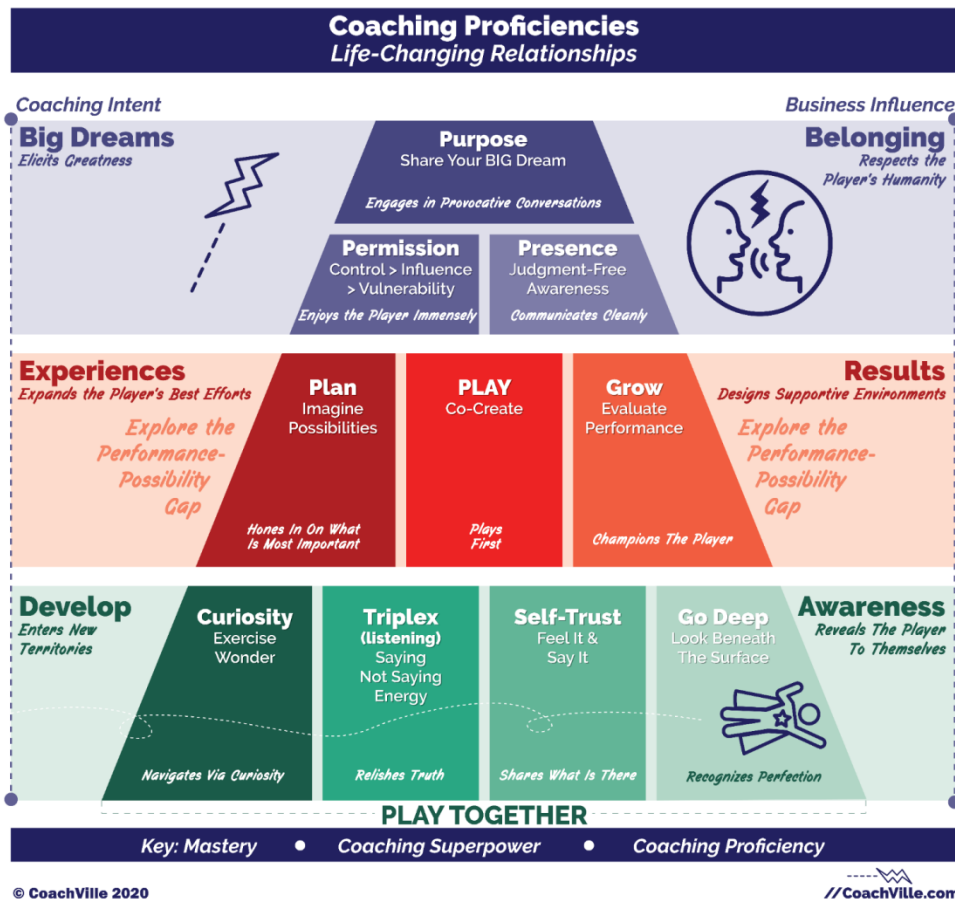
All you have to do is ... **PLAY... with a Life Coach!!**

Coaching Proficiencies

You might be curious about what your coach has been up to! I have shown you the Techniques that your coach has been using. Here is a fun model of what we call the Coaching Proficiencies. This is how your coach energized your dream!

As you look over this model, you may notice that you learned a lot about coaching by being a player.

Awesome!



Prepare for Session #6 – Belonging

First... the important items we explore every week...Take a look at your Play Plan play sheet from the week and select a few things to share.

Your BIG Dream: Every time you speak your dream out loud with your coach it gains energy.

Explore the Fear / Growth Zone

Celebrations ~ Insights ~ Actions and Results.












As you share about your experiences you will gain clarity and awareness!

Play with the Supermind Connection

Your coach is going to guide you on a little exploration to expand your connection to the Supermind. There are four inquiries.

Energize Your Dream Session #6 Notes Date: _____

The BIG Dream: _____

Explore the Fear / Growth Zone			
CELEBRATIONS	INSIGHTS	ACTIONS AND RESULTS	
			
Play with the Supermind Connection			
Gratitude for Challenges 	Gratitude for Synchronicities 	Clearly State Needs 	The BIG Question 
Session Focus: Capture Growth			
Evaluate 	Challenges 	Actions 	Results 
Growth Zone What did you learn... About playing for your dream? _____ About yourself and your Superpowers? _____			
Next Dream: _____			

Gratitude for challenges

How have your challenges provided growth opportunities?

Gratitude for Synchronicities

Describe the support and unique opportunities that have arrived recently?

Clearly State Needs

What are a few things or experiences that you need for the next stage of your adventure?

When you ask, sometimes things just come to you.

The BIG Question

What is a question that you are wondering about?

When you ask, sometimes amazing answers just come to you.

Then you and your coach will do a “Growth Capture Recap” of the past 6 weeks using the RACE Model from the Plan-Play-Grow Technique.

Evaluate

Together you will evaluate your growth as a player and as a person?

Challenges

Together you will think back on the most interesting challenges and growth opportunities.

Actions

Together you will reflect on some of the playful actions you took over the past 5 weeks.

Results

Together you will highlight the results that happened in the world – BECAUSE OF YOU!
– over the past 5 weeks.

Growth Zone

One last trip through the growth zone to highlight new insights from the conversation.

Play Plan

Whether you are completing for now OR already signed on to continue the adventure together, make a few notes about actions you want to play with this week! Then write out your play plan for the week ahead... this is such a good habit for your Dream.

THANK YOU! And What's Next

[Listen to the Thank You Audio Here](#)

The purpose of this 6 session coaching program was for you to:



- Experience playing for your dream WITH a Life Coach by your side.
- To experience yourself as a player... as a co-creator.
- To get a sense of the value of various Life Coaching Techniques to help you play Life better.
- Develop a co-creative relationship with a Life Coach; and experience the power of co-creation (rather than working alone).
- To get a glimpse of the awesome Superpowers inside of you waiting to be expressed to contribute to the world around you; and ACTIVATE them!!
- To gain new awareness about the “Energy Side of Life” and how life coaching can guide you toward the flow experience.

I hope it was illuminating, enlivening and amazing.

I hope you and your coach have a plan to continue your adventure real soon! The world needs your dream.

By the way... If you haven't already, please send a note of thanks to your Coach. I know it would mean a lot to them.

And...

If you ever get the idea that you want to explore becoming a coach yourself...

We would love to have you with us at CoachVille.com.

Give us a call anytime.

Remember...

The world is a playground.

And we are going out to play... TOGETHER!

Coach Dave

Ps. Free people, free people!