



ENERGIZE YOUR DREAM



Powered by **CoachVille™**

Playsheets



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

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Welcome to the Energize Your Dream coaching experience!

Our aim is for you to play for your BIG Dream out in the world while becoming the next version of YOU by activating your Superpowers and Playfulness! SUPER FUN!

In this playbook you will find the playsheets for your 6 Session Energize Your Dream Adventure.

For each coaching session there is a sheet for notes that follows the flow of the method.

- 1) A one page sheet that follows the flow of the coaching session with key words and graphics: this is a great place to write your notes from the session.
- 2) There is a weekly Play Plan playsheet for you to write a few key items of your play plan... and then keep your notes from your experiences as you play in the world.
(you will print 6 copies of this sheet)

We are playing in the Connected Age!

Relate for INFLUENCE and explore the fear of rejection.

Create for EXPRESSION and explore the fear of disappointment (and judgment).

Explore for VISIBILITY and explore the fear of trouble.

Experiment for CHANGE and explore the fear of mistakes.

This practice will help you get into the flow of noticing your “pivotal moments” of play... where you are in the growth/fear zone that you can explore with your coach. This will also mark your trail on the treasure map to your superpowers. FUN!

Printing Instructions...

Print Page 3... 6 Copies

Print Pages 4 – 13

Enjoy your adventure. Enjoy your coach!

The world is ready for YOU and your dream.

We are the champions of dreams!

Coach Dave

www.coachville.com



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:



Energize Your Dreams Adventure Log

Your BIG Dream



1.

BIG Dream

Date: / /

2.

Experiences

Date: / /

3.

Develop

Date: / /

4.

Awareness

Date: / /

5.

Results

Date: / /

6.

Belonging

Date: / /

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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).



SESSION FOCUS:
SHARE THE DREAM

*Superpowers you want
to activate:*

*How will it change
your life for the better?*

*Your Hero's Journey
challenges:*



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?

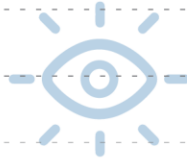
The BIG Dream: _____

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?

.....

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About yourself and your Superpowers?

.....

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

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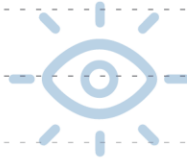
The BIG Dream:

Explore the Fear / Growth Zone

CELEBRATIONS



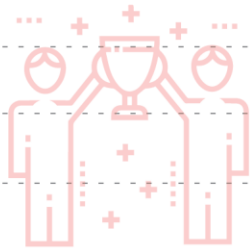
INSIGHTS



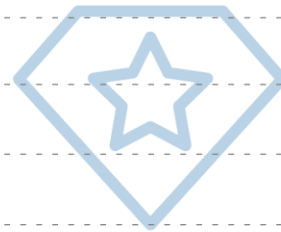
ACTIONS AND RESULTS



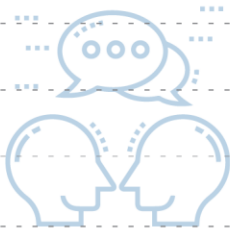
CHALLENGES



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?

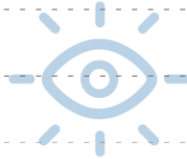
The BIG Dream: _____

Explore the Fear / Growth Zone

CELEBRATIONS



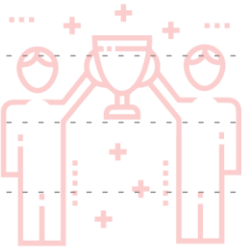
INSIGHTS



ACTIONS AND RESULTS



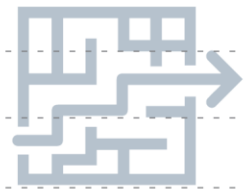
CHALLENGES



SUPERPOWER DISCOVERIES



Session Focus:
Pivotal Moment



THOUGHTS



BODY SENSATIONS



IT'S NOT SAFE
FOR ME TO



SUPERPOWER
POTENTIAL

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?

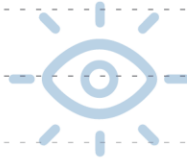
The BIG Dream:

Explore the Fear / Growth Zone

CELEBRATIONS



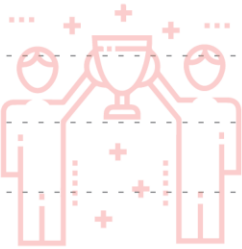
INSIGHTS



ACTIONS AND RESULTS



CHALLENGES



SUPERPOWER DISCOVERIES



Session Focus: Role Play an "Ask"



THOUGHTS



BODY SENSATIONS



IT'S NOT SAFE FOR ME TO



SUPERPOWER POTENTIAL

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?

BIG Dream Celebration Play Sheet (Part 1)

Energy Element	Celebrations	Experiences
 <p>BIG DREAM</p> <p>BIG DREAM</p> <p>The Call to Adventure to contribute yourself to the world</p>	<p><i>Describe your expanded clarity about your BIG Dream</i></p>	<p><i>Describe your BIG DREAM experiences...</i></p>
 <p>Super YOU!</p> <p>Expand and Unleash Your Superpowers</p>	<p><i>Describe the Superpowers you discovered or expanded?</i></p>	<p><i>Describe moments when you expressed your Superpowers?</i></p>
 <p>Conscious Mind</p> <p>Playful Conscious Mind</p> <p>Relate (influence)</p> <p>Create (share)</p> <p>Experiment (new acts)</p> <p>Explore (See + be seen)</p>	<p><i>Describe experiences relating for influence...</i></p> <p><i>Describe experiences creating and sharing...</i></p>	<p><i>Describe a few experiments and what you learned...</i></p> <p><i>Describe explorations and new visibility..</i></p>

BIG Dream Celebration Play Sheet (Part 2)

Energy Element	Celebrations	Experiences
 <p>Non Conscious Mind</p> <p>Body Awareness</p> <p>Fears</p> <p>Desires</p> <p>Beliefs</p>	<p><i>Describe new awareness of your body, fears, desires and beliefs...</i></p>	<p><i>Describe the steps out of your Self-Preservation zone that you made...</i></p>
 <p>Environments</p> <p>People</p> <p>Places</p> <p>Things</p> <p>Ideas</p>	<p><i>Describe upgrades that you made to your environments...</i></p>	<p><i>Describe the growth experiences your environments afforded you...</i></p>
 <p>Supermind Connection</p> <p>Attracted Experiences</p> <p>Focused Intentions</p> <p>Expressed Gratitude</p> <p>Curious Questions</p>	<p><i>Describe the perfection of the challenges you attracted?</i></p> <p><i>Describe the focused intentions you developed</i></p>	<p><i>What experiences are you most grateful for?</i></p> <p><i>Describe your most potent curious questions...</i></p>

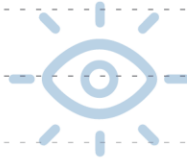
The BIG Dream:

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

E

Challenges

C

Actions

A

Results

R



Growth Zone

What did you learn...

About playing for your dream?



About yourself and your Superpowers?

Next Dream:
