

Inner Freedom Method™ Play Sheet

Coaching Partner Call Agenda – Sessions 9-12

After Session 9: Create a new Pattern Language

- a) Assist each other to find provocative pattern language for your early life Core Intentions.
- b) Assist each other to find powerful pattern language for your new Play BIG intentions.

After Session 10: Seeing the Perfection = Self Worth

- a) Assist each other in REALLY LOOKING for the perfection of your “most pressing” core intentions.
- b) Assist each other in REALLY LOOKING for the perfection of your current challenges.
- c) Keep looking until you get the self-worth BOOST!

After Session 11: Critical Moments of Choice – But who is choosing?

- a) Assist each other in identifying AT LEAST 3 critical moments of choice in each game.
- b) Assist each other in exploring one critical moment of choice from each of your games as a player using the complete Inner Freedom Method

After Session 12: Becoming Precedes Results

Discuss together what you have learned about how becoming precedes results.