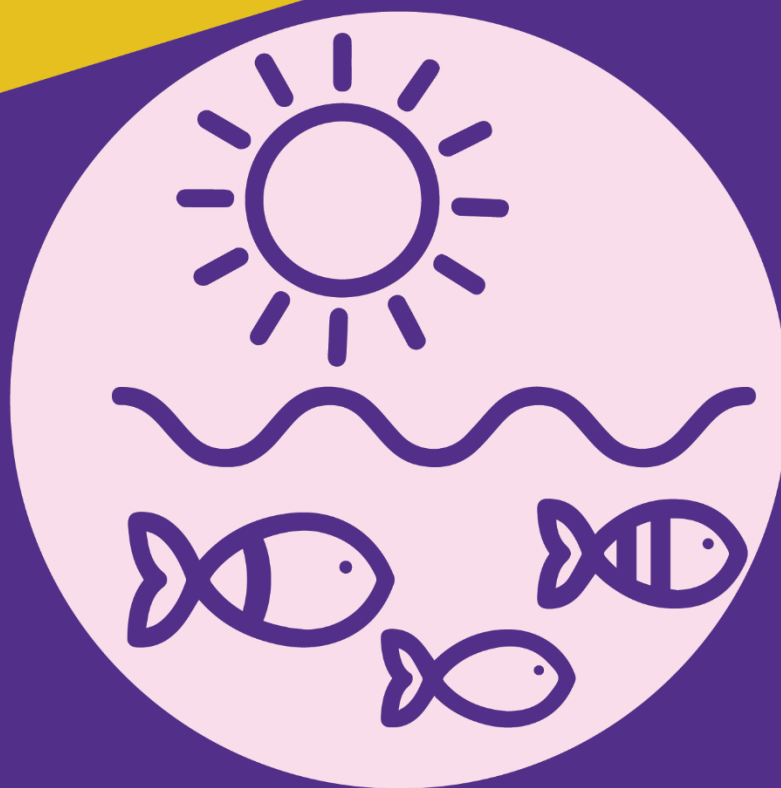


WORLD POWER



Playbook for Players
by Dave Buck, MCC

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

World Power Method Coaching

Playbook for Players
2023 Edition

First 4 Chapters

By Coach Dave Buck, MCC

Welcome. On behalf of the entire CV Team, I want to welcome you to the World Power Method™ Coaching Program.

Hello there! Coach Dave here with you.

I am the co-creator – with our amazing team of coaches at CoachVille – of the World Power Method that your coach will use to guide you in pursuit of playing your Dream better. I am super happy that they shared this eBook with you.



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. Time is precious!

Our vision at CoachVille...

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

Your coach is...

The champion of your dreams

The promoter of your playfulness

The unleasher of your superpowers

The true heart of coaching is practicing together to play better. Just as a basketball coach helps you play basketball better or a violin coach helps you play violin better, a Transformation Coach will help you play life better.

The World Power Method is a unique and powerful method of Transformation Coaching. You probably recognize the experience when you really want to do something but it feels like there too many obstacles in your path. Or it feels like there is something pulling you back when you try to move forward. This is a very common experience.

While many personal growth programs focus only on what you are doing we are going to do something VERY different! We are going to uplevel the world around you – people, places, things and ideas – into a Dream Academy that brings out your very best. It is going to be an awesome adventure!

When you have an environment what pulls out the best you have to offer, activities that used to seem hard, or even impossible, suddenly feel easy and in the flow of life! YES!!

To explain this book using a metaphor:

The Introduction is like a travel brochure for an adventure; hopefully it gets you energized to go!

Then each chapter is like a chapter from a Lonely Planet Guide to the territory so that you can really make the most of your experience.

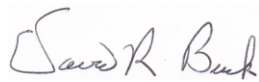
I know I LOVED my Lonely Planet Guide during my travels in Bolivia!

Our motto:

The world is a playground... let's PLAY... Together.

Enjoy the program and remember...

FREE PEOPLE, FREE PEOPLE!

A handwritten signature in dark ink that reads "Dave R. Buck". The signature is written in a cursive, flowing style.

Coach Dave Buck and the CV Team!

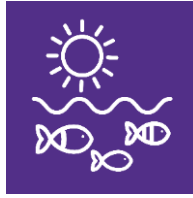
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Introduction

The BIG Picture of World Power Coaching

IN-01) The Fish Discovers Water Moment



The fish discovers water is a metaphor for awakening, specifically to the enormous influence that our environment has on us.

The Proverb

There is a saying that is often attributed as “An Ethiopian Proverb” that says: “The fish discovers water last”.

The idea – remember it’s a metaphor – is that the fish swimming around will discover many things. But the last thing it will discover is the water that it is swimming in. Because it is immersed in the water, it is the most difficult thing to see.

What this means for us humans, is that we discover many things as we move through life, but we don’t see the influence that our environments have on us... because we are immersed in them, we don’t easily discover them.

The environments (AKA cultures) that we have been immersed in, have influenced so much about us. Using another water metaphor... here is a “tip of the iceberg” list:

What we think; What we think is right and wrong.

What we value; what we think is NOT valuable

What is our value to others; Aspects of us that are NOT valued by others

What we desire; What we SHOULDN’T desire; what we DON’T want

What is possible; What is NOT possible

What we Dream; How we play our Dreams

The meaning of money

The meaning of time

The meaning of family

Again...this is just the tip of the iceberg in terms of how we are influenced by the world around us.

Then one day someone (a coach!) asks us:

Why do you think X?

Why do you do X that way?

And then we wonder... wait... why DO I think X?... why do I do X that way?

Where did the X thought come from?

BAM!

The fish sees the water.

The transformation begins...

From: I am an individual with my own thoughts and ways.

TO: I am part of an environment (culture) that is influencing my thoughts and ways. (That is putting it mildly)

I am not isolated. I am integrated.

Just like a fish cannot exist without water

As humans we cannot exist without culture

The Human Nature Superpower: The Need to Belong

As Humans we are born with a collection of Superpowers that we call the Superpowers of Human Nature. We call them: To Dream, Be Free, Befriend, Become, Believe and Belong.

The superpower at play here is the Need to Belong!

The need to belong is deeply “wired” into our nature which is why we so naturally absorb the world around us... so that we can feel belonging with it. Belonging FEELS really good.

The Need to Belong deeply influences what we believe, who we become, what we dream, who we befriend and how much Freedom we experience (or not).

As humans we are born with Human Nature PLUS some YOUUnique qualities and energies.

The culture around us responds when we express ourselves.

Who we become is a blend of those inner qualities PLUS the way the culture around us responds to them.

The power of CHOICE

Transformation:

From: Absorbing your “default” environments

TO: Purposeful Environmental Design

The Need to Belong causes you to absorb your environments... this is a fact of Human Nature. However, you can USE this power for your personal purposes by CHOOSING what environments you are in!

You can choose who to swim with and where to swim! (Mixing in the fish metaphor there)

By choosing your environments, you are choosing what is going to influence you; what you are going to adapt to. By doing this YOU can influence who you will become and befriend and what you will dream and believe.

This is what we call “World Power”.

First you influence the world around you, then this version of the world will influence the next version of YOU!

We do this by designing your Dream Academy.

AWESOME!

Change the water!

There is one more element to this awakening that I want to share with you.

When I was growing up, we had a fish tank in our house with lots of colorful tropical fish; it was something my mom was interested in for several years.

Sometimes one of the fish would die and float on the top of the water. This was always a sad day, but we would acknowledge that the fish had naturally come to the end of its life.

But sometimes, several fish would die and float on the water. This was a very different scenario. It can't be a coincidence. Something is wrong and the fish are getting sick.

You can't heal the other fish. The only thing you can do is...

CHANGE THE WATER!

This example has a powerful awakening for us Humans.

If one person in a group has something wrong, like anxiety for example, then the problem has something to do with the individual. But, if many (or MILLIONS) of people have a similar problem, then it's not the individual, IT'S THE WATER! (AKA The environment or the culture)

Yet in our Industrial Control Culture with our hyper obsession with “individual responsibility” we try to “fix” the person rather than stepping back to ask: Why is our culture making so many people sick?

With wisdom we can all find the right balance between individual responsibility and collective care.

But the Industrial Control culture wants us to hyper focus on the notion of “individual responsibility” to keep us feeling small, isolated, powerless and obedient.

Our BIG Dream at CoachVille

Our BIG Dream at CoachVille is that with enough Transformation Coaches in the world, raising the awareness of a tipping point of players who are empowered and connected, we can collectively upgrade our Human Culture so that EVERYONE can play their Dream safely and successfully.

Big Distinction: Willpower PLUS World Power

History is full of stories of individuals who achieved greatness by overcoming the environment. Through these stories we get the idea that the environment is something to overcome through willpower. While this is possible, it is NOT efficient - MOST of the time, willpower alone is not enough.

In this program you will learn a transformational framework - World Power. World Power means that you design an environment that is like a Dream Academy with just the right balance of support and healthy challenge for you to grow and play your Dream. It means that you see yourself as part of the environment and play with it and within it. Willpower PLUS World Power is a winning combination.

Big Breakthrough: The Environment Always Wins

The Environment Always Wins – so get it on your team.

This is the provocative mantra of this life-changing program. You will learn how to get the environment on your team to inspire Personal Evolution. If you are playing your Dream but not creating your Dream Academy, it will be almost impossible to experience enjoyable play and sustainable success.

Success becomes enjoyable AND sustainable when the environments support success AND make you feel fully alive. Being fully alive allows you to play a much bigger Dream in life. And through these BIG DREAMS you evolve to new levels of beauty, grace and enjoyment. This program will support you in taking the first crucial steps in the direction of living an inspired life where you play your Dream fully each and every day.

IN-02 Prepare for your Exploratory Coaching Session

You may be reading this playbook before or after your exploratory session with your coach. Either way is OK!

If it is before, then consider these Introduction pages as motivation to say: “YES”!

If it is after, then these pages are here to get you prepped and ready to play.

Even if you already had the exploratory conversation and said: “Yes”, I still recommend that you listen to the prep audio. A few of the ideas will energize your experience with your coach.

The Purpose of the Exploratory Session



The first step in a coaching relationship is what we call an “Exploratory Conversation”. The main purposes are to:

- A) Get you excited about the World Power Program with your Transformation Coach.
- B) Make sure that you and the coach are a good fit for each other.

Listening to this audio will help you prepare for the session.

Reading this playbook introduction will also help you prepare to get the most out of it AND to make a good choice for yourself.

Well, you don’t really need to “prepare” in the traditional sense.

But your potential coach is going to bring up a few topics that you may never have been asked about before. So, if you want to give them a moment of thought before the session you can.

First a SUPER Quick World Power concept...

- 1) Life is better when we play our Dreams. Imagine the world is a Play Life Station. And our Dreams are the game we put into the Play Life Station to play the day.
- 2) Coaching is guided practice to help you play your Dream better
- 3) We are all.. ALWAYS adapting to the world around us. Because we have a Human Nature Superpower called The Need to Belong; and it is working 24/7 to keep us adapted to the world around us.

4) Your world is the people, places, things and ideas around you.

5) Is the world around you a magnet pulling you toward playing your Dream Better?

Or is it a magnet pulling you back and making your Dream harder?

Most likely it is pulling you back. Or at best it is somewhat neutral.

6) The BIG idea of World Power is to uplevel the world around you into an Academy for your Dream... like an Olympic Academy for athletes or a Juilliard Academy for musicians.

You have the power to transform your world... and your coach can guide you.

In the Exploratory Session, your Coach is going to ask you about:

- 1) Your current version of your Dream. Your Dream can be an elaborate vision, or it can be a simple statement of desire.
- 2) What success looks like for you over the next 3 months... we are talking about success on YOUR terms!
- 3) What is your growth gap? How do you imagine yourself playing your Dream better with new skills?

4) Are there any aspects of you – like creative ideas or talents – that you would love to bring into the world in a bigger way?

5) What are some growth-oriented challenges that you are experiencing right now?

6) The BIG idea with World Power is that most people struggle with their Dream because the world around them is not designed for them to be successful.

In World Power we explore: what if the world around you was like a success academy for your Dream like an Olympic Academy for Athletes.

You can think of it as 3 levels:

Level 1 is Obstacles = a magnet pulling you back

Level 2 is Supportive = a level playing field

Level 3 is Academy = a magnet pulling you TOWARD your Dream

What intrigues you about this idea?

7) What might be some fun elements of a success academy for your Dream?

This can be a really fun conversation!!!

Enjoy your exploratory session with your – potential – coach.

It could be the start of something BIG!

Free people. FREE PEOPLE!

IN-03) World Power Method Overview

World Power Method Coaching

A 9-Step Method to Co-Create Your Dream Academy

The World Power Method is a powerful 9-step process where you transform the “9 Environments of YOU TM” into a Dream Academy; where you can grow and flourish as you Play Your Dream.

Transformation...



From: the world around you is an obstacle to be overcome or tolerated

To: You can play with your world and design a personal Dream Academy that ENSURES your enjoyable progress and sustainable success.

The fish sees the water. Awesome. Now what do we do?

1) You have Superpowers

Realize that you have the Human Nature Superpowers to Dream, to Play your Dream your way and to choose where you play and WHO you play with.

2) Realize where your Dreams come from

Realize that WHAT you Dream comes partially from inside of YOU and mostly from what you experience in the world around you.

3) Realize how you play

Realize that HOW you play comes partially from inside of YOU and mostly from what you experience in the world around you.

4) You get to choose

With World Power, you choose and design what is in the world around you (the “mostly” part)... to influence what you Dream and how you play.

5) Change the water first

The World around us – the Industrial Control Culture – is pretty toxic. So, **we need to change our own water first**. (Going back to the fish metaphor) This means finding and creating a world that is SAFE for the YOUUnique YOU AND for your current Dream. This is a huge deal for most of us.

A wonderful example of this metaphor is the Harry Potter story. The YOUUnique powers of Harry were not safe in the world around him. He needed an Academy (Hogwarts School) where it was safe to practice and play the Dream that was inside him (being a Wizard).

6) Find your safe place

Most likely you are in an environment that does NOT embrace the WHOLE Superpower YOU 100%. To express your Superpowers, first you need an environment that WANTS THEM!!! Find it / Create it.

7) Dream Academy

To play your Dream well and really enjoy it, you need a Dream Academy with needed support and healthy growth-oriented challenges; with people, places, things and ideas designed for playing your Dream.

Designing your Dream Academy is a wildly creative process that is a combination of finding parts that exist in the world and co-creating the parts that you can't find.

This is essentially what World Power Coaching is all about.

If you are like most people, you love growing and playing a Dream where there is lots of room to play better and better. We love to play and get good at something and then move up to the next level and the next level.

Then... at some point we realize: "Oh, this has been awesome (or not so awesome). Now I am ready to play a new Dream... and embrace being a "first level" player again. BUT... with my World Power ability to Design my Dream Academy right away this time.

8) Embrace your Culture Creator Powers

Developing World Power, the awareness and techniques to design and influence the world around you, is a life-changing ability. In some spaces this is referred to as "Culture Creation" or "Community Building". With this ability you can uplevel your own world for your current Dream but also for your next Dream and your Next Dream. You will design the world around you for each new Dream you imagine for yourself.

9) Exercise your Culture Creator Powers

And then it can go beyond YOU; which is when it gets really juicy. You can become an environment designer (AKA Culture Creator or Community Builder) for the people around you who share the Dream. You can be the spark of a ripple effect of goodness that spreads and uplifts based on the truth of how interconnected we all are to each other.

When your Dream includes growing a family, team, company, community or movement, World Power is essential.

The 9 Steps of the World Power Method

Imagine that there is a Success Academy perfectly designed for your Dream in life. It has everything you need to build toward enjoyable playing and sustainable success:

It has your coaches, knowledgeable and caring mentors, interesting colleagues, lots of challenges that test your skills and resourcefulness, the right places to explore, and all of the subtle elements that "influence" your non-conscious mind for deep confidence in yourself.

Well, if you can imagine it, then you can design and create it! That is what the World Power Method is all about!

Pre Step: Activate Your Dream

Step #1: Design Your Dream Academy

Step #2: Create Power Patterns for who you will become

Step #3: Scan the 9 environments - look in the mirror for patterns

Step #4: Name the present patterns

Step #5: Identify Tolerations: Consider the source, purpose & meaning of each one

Step #6: Zap Tolerations = Fixing - Cleaning - Missing

Step #7: Conduct Experiments

Step #8: Enter New Territories

Step #9: Allow Adaptation to take place by responding to what happens around you

The Nine Environments of YOU

The 9 Environments of YOU - originally created by Thomas Leonard - is a powerful way to see and design the world around you. We know that we are always adapting to the world around us while at the same time non-consciously creating the world as a reflection of ourselves. Now you will design the world around you so that you become who you desire to be AND evolve in unexpected often delightful ways!

In this program you will have a real hands-on experience of the 9 Environments. You will practice with your coach to design every aspect of your environment for enjoyable playing and sustainable success.

Physical Environment - Places and Things

Relationship Environment - Close friends, family and close colleagues

Network Environment - Professional Connections, Greater Community

Memetic Environment - Ideas

Financial Environment - Money, Wealth and Budget

Technology Environment – Electronic devices and Virtual Spaces

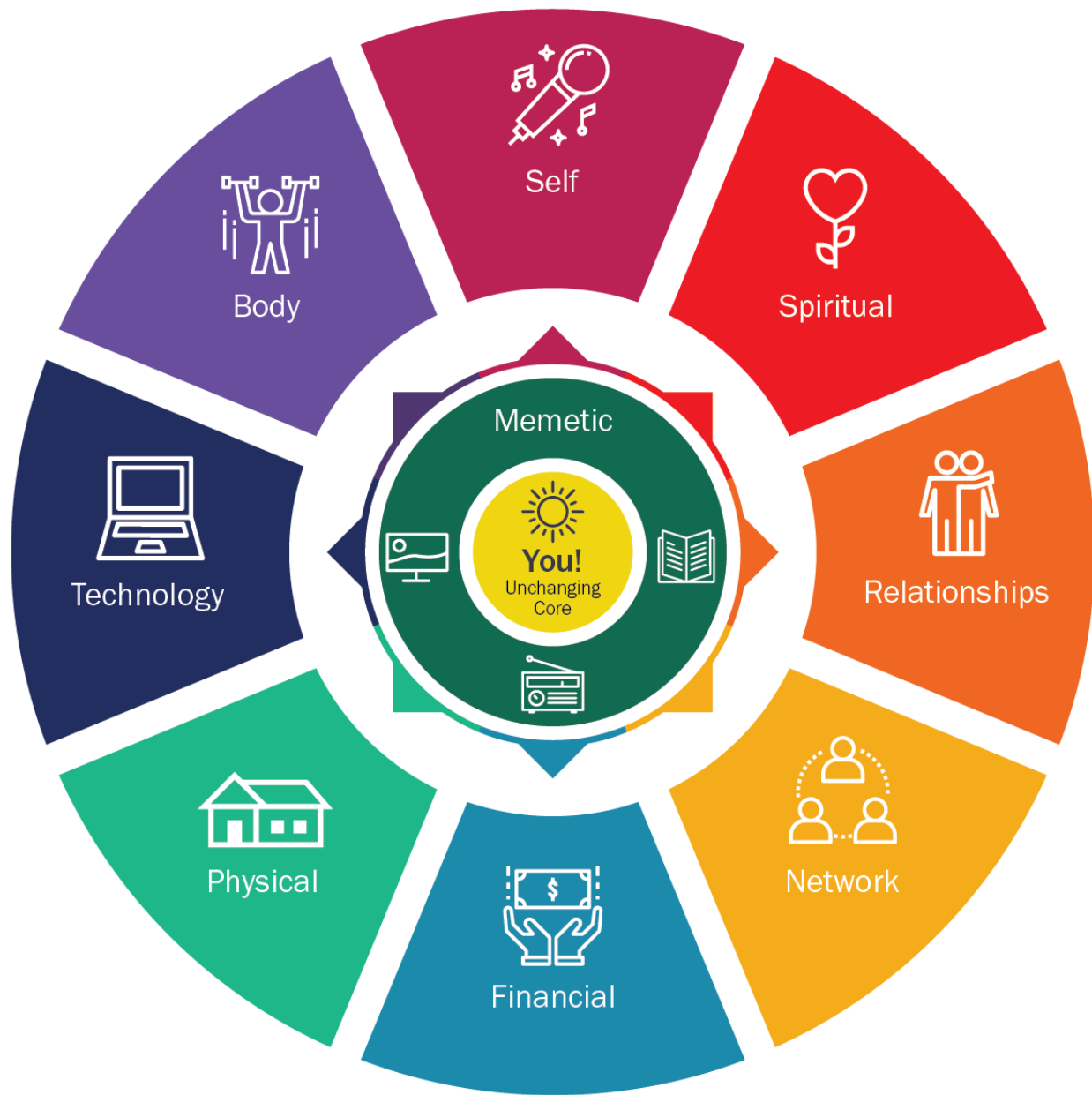
Body Environment - Your Energy, Appearance and Clothing

Self Environment - Strengths, Talents and Character

Spiritual Environment - Deep Connections, Sacred Spaces & Natural Places

{Models on Next Page}

The Nine Environments of You



Memetic
Books, TV, radio, magazines,
newspapers and internet

Body
Radiance, appearance and
clothing

Self
Strengths, talents and
character

Spiritual
Deep connections, sacred
space and nature

Relationships
Close friends, family and
colleagues

Network
Professional connections
and greater community

Financial
Money, wealth and budget

Physical
Places, things and tools

Technology
Electronics, apps and virtual
spaces

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Your BIG Dream**1.****Dream Academy**

Date: / /

2.**Practice Scan**

Date: / /

3.**Physical Env.**

Date: / /

4.**Relationship Env.**

Date: / /

5.**Network Env.**

Date: / /

6.**Memetic Env.**

Date: / /

7.**Financial Env.**

Date: / /

8.**Self Env.**

Date: / /

9.**Technology Env.**

Date: / /

10.**Body Env.**

Date: / /

11.**Spiritual Env.**

Date: / /

12.**Celebrations**

Date: / /



1) The Physical Environment: Does Your Physical Space Inspire You?

Creating physical spaces with great style, beauty and efficiency is no simple task. What we know is that the yearning for the design of our physical spaces is much deeper than the eye can see. In your players heart what they truly want is to be able to walk into places and spaces that nurture them on every level. They want spaces that provide warmth and relaxation, safety, and security, and most of all, a place that expresses their true personalities and one that makes them come alive! The goal of this class is to provide you with an introduction to create with your player, physical spaces that stimulate spiritual energy and a feeling of: Ahhhh, this is me! I have truly come home.

2) The Relationship Environment: The mirror to your self

If you want to know someone really well, simply get to know their five closest relationships. Everyone in a person's life acts as a mirror to some part of themselves. AND we become like the people we spend time with; this is a simple and powerful truth of the Relationship environment. The majority of human beings are aware of the importance of their intimate relationships but rarely use this awareness as an Environmental Design tool.

3) The Network Environment: Designing a Resourceful Personal and Professional Network

As your dream changes your network environment must evolve and grow. Through network design, your player will discover ways to team up with others and create a supportive and thriving network. Your player's network can play a powerful role in helping them achieve great success in pursuing the dreams of their life. We will provide you with ways to coach your player in designing a network to create supportive partnerships.

4) The Memetic Environment It's EVERYWHERE

The world is full of ideas. The issue is, which ones are you getting into your mind? And an even bigger issue is how do these ideas impact your ability to pursue your Dreams at your best.

5) The Financial Environment: Money and More

Nearly any dream your player has will be affected by their financial situation. How healthy is your player's wealth? Do not know? Hmmm... maybe it is time for you to take a close look at their money situation. It is important that YOU and your player have a realistic picture of their current financial health. If necessary you must help them develop the basic money skills required to finance the dream they are pursuing and possibly move in a direction of financial freedom.

6) The Technology Environment: Electronics and Virtual Spaces

The technology environment is about electronics and virtual spaces. Electronics, in particular tools like computers, phones, mp3 players, GPS systems are integral to our lives today. If they are not working well, it can cause a major disruption. Then there are virtual spaces. Social Networking web sites like Facebook, LinkedIn have become "places" where we invest considerable time and energy because it is how we connect to the global community. Do you feel confident with these tools? Are your profiles representative of

who you are and how you want to be known in the world? If not, with a little focus they can be.

7) The Body Environment: A source of strength and energy

It may seem strange to think of the body as an environment but it is. You are NOT your body, your body is something you have and so, it can be designed. The Body environment also includes clothing, hair and energy. Is your players body a source of inspiration to them? Is it strong, flexible and graceful? A positive body image is one of the most important aspects of happiness and well-being, yet it is an area which often seems to be a challenge for many. A holistic approach to strength, energy and well-being through daily practices is essential for the player who wants to achieve their dream.

8) The Self Environment: Using Your Strengths, Talents, Character and the Authentic You

The Self is another element of the environment that not often thought of as such. But it is. You can help your player design new strengths, abilities and character. You can help them tap into the deep resources on the inside that can be reflected in the world around them. Are there old patterns that are restricting your players' full self-expression?

9) The Spiritual Environment: The Power of Pure Potential and Sacred Spaces

Are your players getting their energy from low vibrations or negative points of power; such as control, overwhelm, clutter, addictions, force, manipulation, and anger OR from high vibrations or positive points of power such as love, truth, oneness, beauty, a giving spirit, and gratitude. As with all design choices, your players can choose to get energy from the highest of sources, which ultimately come from living in way that honors the soul. We will explore how to assist your player in designing sacred spaces in their home or office for creating high vibrations of love, truth, thankfulness, and positive points of power. We will also explore the potential for designing spiritual practices. Finally, you will guide your player to tap into the restorative power of the nature.

Imagine...

All of your nine environments aligned with your Dream.

All of your nine environments are where you come alive!

All of your nine environments inspiring the next version of YOU!

World Power Scan

The World Power Method Nine Environments Scan is a powerful tool that we will use to assess, design and then upgrade our 9 Environments. We use it to gather information on the energetic assets, tolerations and conditions in your 9 environments.

The World Power Method™ Nine Environments Scan

Name:
Your BIG Dream:

3 Power Patterns:

1

2

3



Memetic

Books, TV, radio, magazines, newspapers and internet



Spiritual

Deep connections, sacred space and nature



Financial

Money, wealth and budget



Body

Radiance, appearance and clothing



Relationships

Close friends, family and colleagues



Physical

Places, things and tools



Self

Strengths, talents and character



Network

Professional connections and greater community



Technology

Electronics, apps and virtual spaces



Relationships

The People In Your Life Every Day

CLOSE FRIENDS, FAMILY, AND COLLEAGUES

Recurring Activities	The Energy		Drains	Power Patterns
Person & Primary Conversation	Mood	Assets Deep Connection	Tolerations Not Asking, Not Sharing Unmet Expectations	Rate (1-5)
				1 2 3
				1 2 3
				1 2 3
				1 2 3
				1 2 3
				1 2 3
				1 2 3

Present patterns:

What is missing?



Physical

Every THING Matters
PLACES, THINGS, AND TOOLS

Recurring Activities	The Energy		Drains	Power Patterns
Place & Activity	Mood	Assets <small>Do I LOVE this thing? Every THING has energy</small>	Tolerations <small>Am I worthy of the best? Do I know what I want?</small>	Rate (1-5)
Kitchen				1 2 3
Bedroom				1 2 3
Living Room				1 2 3
Office				1 2 3
Car & Equipment				1 2 3
Present patterns:		What is missing?		



Network

Poeple You Know On A First Name Basis
PROFESSIONAL CONNECTIONS AND GREATER COMMUNITY

Recurring Activities	The Energy		Drains	Power Patterns
Influential Person & Conversation	Mood	Assets <small>Being Seen and Known</small>	Tolerations <small>Resist Standing Out Resist Participation</small>	Rate (1-5)
				1 2 3
				1 2 3
Communities & Conversation				1 2 3
				1 2 3
				1 2 3
Present patterns:		What is missing?		



Memetic

Cultural Norms

BOOKS, TV, RADIO, MAGAZINES, NEWSPAPERS, AND INTERNET

Recurring Activities	The Energy		Drains	Power Patterns
Information Source	Mood	Assets	Tolerations Information Overload Conflicting Values	Rate (1-5)
				1 2 3
				1 2 3
				1 2 3
				1 2 3
				1 2 3

Present patterns:

What is missing?



Financial

Freedom & Security

MONEY, WEALTH, AND BUDGET

Recurring Activities	The Energy		Drains	Power Patterns
Activity	Mood	Assets	Tolerations Not Up To Date Effective Use	Rate (1-5)
Banking & Paying Bills				1 2 3
Managing Cash Flow				1 2 3
Buying Things				1 2 3
Going to Work				1 2 3
Tracking Assets				1 2 3

Present patterns:

What is missing?



Self

Express The Real You STRENGTHS, TALENTS, AND CHARACTER

Recurring Activities	The Energy		Drains	Power Patterns
Talents, Values & Expression	Mood	Assets	Tolerations Fear of Arrogance Fear of Ridicule	Rate (1-5)
				1 2 3
				1 2 3
				1 2 3
				1 2 3
				1 2 3

Present patterns:

What is missing?



Spiritual

The Divine Connection DEEP CONNECTIONS, SACRED SPACE, AND NATURE

Recurring Activities	The Energy		Drains	Power Patterns
Practices	Mood	Assets	Tolerations Scarcity Consciousness Not Worthy of Divine Flow	Rate (1-5)
				1 2 3
				1 2 3
Sacred & Natural Spaces				1 2 3
				1 2 3
				1 2 3

Present patterns:

What is missing?



Body

The Moving Environment RADIANCE, APPEARANCE, AND CLOTHING

Recurring Activities	The Energy		Drains	Power Patterns
Area & Activity	Mood	Assets	Tolerations <small>Negligence Early Body Image</small>	Rate (1-5)
Strength (upper, core, lower)				1 2 3
Health				1 2 3
				1 2 3
Radiance				1 2 3
Clothes				1 2 3
Present patterns:		What is missing?		



Technology

The Tech Environment ELECTRONICS, APPS, AND VIRTUAL SPACES

Recurring Activities	The Energy		Drains	Power Patterns
Item or Space & Activity	Mood	Assets	Tolerations <small>Not Up To Date Effective Use</small>	Rate (1-5)
				1 2 3
				1 2 3
				1 2 3
				1 2 3
				1 2 3
Present patterns:		What is missing?		

IN-04) What Next Generation Coaching is...

Transformation Coaching is the next generation of coaching!

AWWWW Yeah!



Transformation Coaching Is...

1. A personal, egalitarian relationship
2. of guided **PRACTICE** and playful co-creation
for the player...
3. to become the next version of themselves
4. in pursuit of playing their **Dreams** better

Words Matter

Another important idea here:

Lawyers have clients.

Doctors have patients.

Coaches have players.

Words matter. Words like play, player, and practice are essential for the field of coaching. They set the tone for the experience; they honor its origins and its greater purpose in the Human Family.

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

A Coach

A coach is an accomplished, energized and wise partner with special skills and techniques dedicated to guided PRACTICE to play Dreams Better.

A Coaching Session

A time where the player and coach put EVERYTHING else to the side and focus on guided PRACTICE to play a Dream Better.

IT is so liberating and SOOOOO much fun.

Version 1 Life Coaching

Version 1 of the Life Coaching Movement was essentially a mashup of three concepts from 1990's Industrial Culture. It was good. I coached this way for 10 years!!!

Help the client achieve their goals with:

1. Questions and Empathetic Listening
2. Creative Problem Solving
3. Enthusiastic Task Management (AKA accountability)

Some coaches would talk with clients to help them solve their own problems and come up with their own tasks.

Other “expert” coaches tell their clients how to solve their problems and what tasks to do because they had “cracked the secret code”.

Most coaches were a hybrid of these two styles.

Either way, the focus was solving problems and completing tasks leading to goal achievement.

Next Gen Coaching is coaching for the emerging Egalitarian Connected Culture. The Egalitarian Connected Culture is a Coaching Culture where we uplift our powers of human connection rather than putting each other under control!

It is about dreams, transformation and the heart of what EVERYONE knows coaching is all about: guided PRACTICE. And specifically... practicing Human Connection Skills!

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

1. A personal egalitarian relationship

Coaching is a personal relationship. The Coach and Player care about each other as individuals. It is a significant upgrade from the ideas we got about the “Industrial Age Professional” that was robotic, impersonal and transactional.

This also rules out of the coaching field several Industrial Concepts of coaching such as:

- a “coaching” program of watching expert videos, or
- a “coaching” watch that tells you how fast you are running;

neither of these situations would qualify as coaching.

Coaching is NOT hierarchical..

- The coach is not a servant who is below the client
- The coach is not an authority who is above the client

Coaching is NOT a service, it is a co-created experience. Coaching is a vibrant and growing part of the “Experience Economy”.

Coaching is Egalitarian because the coach and player are equal partners in the relationship even though they have different roles.

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

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

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 demonstrating skills and 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 know that they could not have done it alone.

This is vitally important for the Human Family because we must co-create and demonstrate relationships that are NOT controlling. Coaches can lead the way to an Egalitarian Culture where EVERYONE feels connected and valued!

2a. Guided PRACTICE

Guided PRACTICE is the true essence of coaching. (This is why it is in all CAPS in the definition).

A key in Coaching is to co-create a safe space for practice.

Together we can practice situations, conversations, pivotal moments and peak experiences. We can practice skills, using our Superpowers and expressing ourselves in new ways.

Practicing together is how we grow in capability and awareness.

Guided practice means the coach is providing techniques, experience and knowledge to benefit the player.

Through practice the player can experience the new version of themselves or a new ability before they bring it out to the world.

Practice is powerful!

Embodiment - we can FEEL ourselves in a new experience.

Imagination – we can envision an experience or situation which creates confidence, clarity and courage.

Awareness – we see that new ways of being and responding are possible.

EMBODIMENT is the key because when an activity FEELS natural in our bodies, we are capable, confident and creative in similar situations.

In athletics and arts this is known as “muscle memory”.

WHAT to practice

In Transformation Coaching we can practice ANY life situation! But they all have the core of Human Connection Skills:

- Relating for Influence
- Exploring for Visibility
- Creating for Inspiration
- Experimenting for Discovery

And in business and leadership there is an addition skill:

- Enrolling for Transformation

Observation and Conversation

A BIG part of practicing together is **observation** and the experience of being SEEN.

We are ALL yearning to be seen by someone who knows what they are looking at! This is different than being seen by someone who doesn't really know and just thinks everything you do is awesome. We need both in our lives.

At the same time we develop abilities so much faster when we observe someone else doing something that we want to do.

In guided practice, the coach observes the player AND the player observes the coach!

As a coach you are going to share what you see in a judgment-free way that provides outside perspective. As a player you weave the coach's observations with your own insights and choose your own path.

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

At the same time, the player is observing the coach and absorbing their wisdom. This does NOT mean the coach needs to be perfect or have all the answers! Far from it. What it means is that the coach guides by being playful, curious and a touch vulnerable sometimes.

This is the way life is meant to be played; we are meant to co-create life with others; we are meant to be SEEN and valued by others. We are meant to generously lift up each other.

2b. Playful Co-creation

Talking together is a big part of how coaching happens.

A key in Transformation Coaching is to co-create a safe space for deep and provocative conversations.

This brings me to one of my favorite things to share with Coaches and Players!

The ancient power of co-creation!

Through the millennia the wise Humans created a power phrase: **“I create as I speak”**.

It illuminates the power of the spoken word to shift the energy between two or more people. When people are talking together in deep conversation with purpose, permission, and presence – as happens in a Coaching relationship – it can take on a life all its own.

With our words we can speak our Dreams into existence and create the next version of OURSELVES needed to fulfill our dreams.

This is the “magic” of co-creating that makes coaching such a powerful force in the world!

A coach and player will playfully co-create many “things” together:

- ideas,
- plans,
- approaches,
- awareness,
- learning,
- insights,
- and more.

3. To Become the next version of themselves

Becoming is the transformation part of transformation coaching.

Coaching is always riding on parallel tracks.

One track is focused on the outer experience of what the player is co-creating and accomplishing in the world around them.

The other track is focused on the inner experience of growing and becoming; especially becoming the version who can live the dream the player is imagining.

Becoming includes

- New or expanded skills

- Deeper expression of Human Nature
- Deeper abilities for Human Connection
- Deeper expression of the players YOUNique superpowers
- Feeling more capable,
- Feeling more confident
- Feeling more free to fully express oneself.

We become the next version of ourselves through:

- guided practice in coaching sessionis
- and then by having new experiences in the world;
- and then by co-creating meaning from those experiences in coaching conversations!

4s. In pursuit of playing

Pursuit means moving outward, exploring, adventure and quest. It is more than just “doing the work”.

Playfulness is an awesome Human Nature Superpower. Restoring and maximizing playfulness is a big part of Transformation Coaching.

Qualities of playfulness include:

- Curious and Creative
- Resourceful and Resilient
- Exploring and Experimenting
- Fun! (usually, but not always)

4b. their dreams

All coaching begins when a player has a dream.

A Dream is a desire for new experiences, it is much more than a goal and certainly more than surviving in the status quo.

A BIG transformation in Transformation Coaching is the transformation to a Dream Centered life; as apposed to a survival-centered, obligation-centered or even a goal-centered life. We play Dreams, we work toward goals.

Playing a Dream is like putting a game into the Play Life Station. A Dream is ALIVE!

A Dream includes

Desire – there are new peak experiences that you are yearning for.

Vision & Imagination – you can “See” it and now you want to LIVE it.

Adventure – The path is not laid out in advance. There will be unknowns. There will be challenges, puzzles and mystery.

Accomplishment – There is something tangible that is claimed, created or experienced. Often it is a positive impact on the lives of others that will live on and ripple out.

Becoming – There is a confident new version of YOU who DID THAT!

4c. BETTER!

The key word “Better” brings us back to the essence of coaching from the first part of our definition.

Playing better is the focus of coaching. We practice to play better and then to have the peak experience of doing something better than we have ever done it before. AWESOME!

Playing better means having our desired outcomes happen more often than they did before.

The pursuit of BETTER – and knowing that better is always possible and evolves over time – gives our lives a delicious, uplifting growth orientation.

As players we get to choose what Dream to play.

We get to choose the direction of our growth-orientation.

AND... when we play, we also grow in unexpected and unplanned ways.

Ahhhh... the wonderful mystery of life.

The World Power Edge

In the World Power Method program the focus is on playful co-creation of the players Dream Academy AND becoming by adapting to the newly designed environment. As the coach you will coach as if you are observing the player and their environment by seeing it through their eyes (very common in Transformation Coaching). You will guide the process of scanning, exploring, practicing and upleveling their environments into a Dream Academy while they also make progress playing their Dream in the world around them.

IN-05) Play your Dream

PLAY YOUR DREAM – what does it mean?

One of the BIG ideas of Transformation Coaching is to live a Dream-Centered Life.



This is a BIG Transformation

From: Work toward a goal (like it is an objective for some day)

TO: PLAY your Dream (like a game you “plug in” every day)

Working toward your goal is a common notion. Your goal is something that is off into the future; something you accomplish someday by completing tasks every day.

Your Dream is a “game” in the Play Life Station

PLAY YOUR DREAM is a totally new idea. The best way to explain it is with a metaphor.

You are most likely familiar with the various game consoles where you plug a game into the console and the screen comes alive with a new world that you explore, among other things.

Imagine that this amazing world that we live in is a fully alive Play Life Station!

Your Dream is like a game that you plug into the game console.

After you activate your Dream by sharing it with your coach and Dream Team, the world around you comes alive in a new way. Everything that happens is connected to your Dream in some way. You LIVE your Dream every day.

And yes, you can pop the game out of the Play Life Station any time if you need a rest. 😊

You will LOVE playing for a Dream that is engaging, supportive, challenging, purposeful and fulfilling... even if right now in your life you only have 20 minutes per day to play your Dream, it will light up the rest of your life. And hopefully soon more and more of your day can be living your Dream time. AWWWW Yeah!

Possibilities for your Dream

Your Dream can be an elaborate vision. OR it can be a simple statement of desire. Either is an awesome way to start our adventure together.

Elaborate: I want to host a podcast where people share their defining moments in life.”

Simple: I want to feel more energy when I am at work.

Simple: I want to have a closer relationship with my friends and neighbors.

At CoachVille, we use the symbol of the lightning bolt to represent your Dream. And sometimes we put the lightning bolt in a sunshiny heart to symbolize that your Dream comes from your heart and radiates out to the world around you. LOVE THAT!

We also typically capitalize the D to represent that your Dream takes on a life of its own, almost like a character in your adventure.

The first thing your coach is going to talk with you about is your Dream; because playing your Dreams is what coaching is all about. An important point here is that playing life with a Transformation 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 peak 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 later) This approach tends to keep us pretty small; which is OK sometimes. But truly life can be MORE.

Our mantra is: The world is a playground... A Play Life Station... 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 Transformation Coach!

Aspects of Life you can play better with a Coach

- small business ownership,
- career development & transition into something joyful & meaningful
- business growth through team play
- leading a worthy cause or movement
- growing a vibrant community
- 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 YOUR DREAM...

- You will express your superpowers, energy and creativity.
- You will enjoy the company of people by growing your Dream Team.
- You will grow your skills and capabilities; especially your Human Connection Super Skills.
- You will experience personal transformation; to dream, be free, befriend, become, believe and belong.
- You will grow in status within your community.
- You will co-create your world - and THE world - in a positive way.

Peak Experiences (and objectives)

Peak Experiences are essential to playing your Dream every day. A peak experience is when you rise up to a challenge and something awesome happens. Usually you then feel the urge to put your hands in the air for a high five or a fist pump. LOVE THOSE!

When you play your Dream every day, every day there is a possibility for a peak experience; sometimes more than one! It doesn't mean that one will happen... just that there is the opportunity for it to happen.

A peak experience often includes using a new skill or expressing a personal superpower in a new way. It is often the result of lots of practice doing something to develop a new ability or approach.

The feeling is: **WOW! I (We) just did that. And it was awesome.**

Growth-oriented Challenges

If you put a new game into your game console and everything that happened was something you have seen before and knew exactly what to do (like the way we were taught to live in the Industrial Culture!) you would quickly be bored with the game and stop playing.

When you play your Dream, rather than go through the motions of another day of habits and tasks, you WILL experience challenges. You will face the unknown and opportunities to fail.

It is growth-oriented challenges that make playing your Dream fun every day.

The key is to embrace this truth and enjoy the challenges that come your way.

Here is the approach:

When you play your Dream, you look at EVERY situation in your life as if it is somehow part of the adventure. Everything is happening for YOU to grow as a player in this Dream.

Even events or situations that happen and seem to have nothing to do with your Dream, you assume that they do and you look at them in this light.

Even recurring issues from BEFORE you were playing this Dream, you can look at them in a new way once you start playing your Dream.

The way to do it is simply to wonder: mmm.

I wonder how this situation is part of my Dream?

I wonder how this event is asking me to grow so that I can play my Dream better.

I wonder how this situation is trying to show me something that I didn't see before?

It's a powerful, fun and dynamic way to live.

You will LOVE playing a Dream that is engaging, supportive, challenging, purposeful and fulfilling... even if right now in your life you only have 20 minutes per day to play your Dream, it will light up the rest of your life. And hopefully soon more and more of your day can be playing your Dream time. AWWWW Yeah!

IN-06) The Practical... The Problems ... The Purposeful... The Playful

As your guide on your World Power adventure, my role is to prepare you for each leg of the journey so that you can really LOVE it and thrive as both a player and a coach.

So the first thing I want to do is share with you a few of the “real world” benefits of Transformation Coaching in general - and World Power Coaching in particular - in the form of practical benefits, problems solved and bigger purpose and aspirations.

I have phrased these from the perspective of the player. From the coach's perspective, they explain what you will guide people to accomplish and experience.

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 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 Inner Freedom 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; and the idea of self-sabotage will disappear.
- You will experience LESS frustration, isolation and overwhelm! (*A LOT LESS*)
- OFTEN... You will experience LESS of unwanted addictions.

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 YOUUnique 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.
- ***Last but not least...*** you will stop the futile exercise of trying to conquer your environment and you will learn how to EXPLORE it which will lead to an extraordinary boost in your ALIVENESS!
- As you practice exploring the your environments, you will rediscover your lost playfulness and YOUUnique capabilities. AKA Your Superpowers!

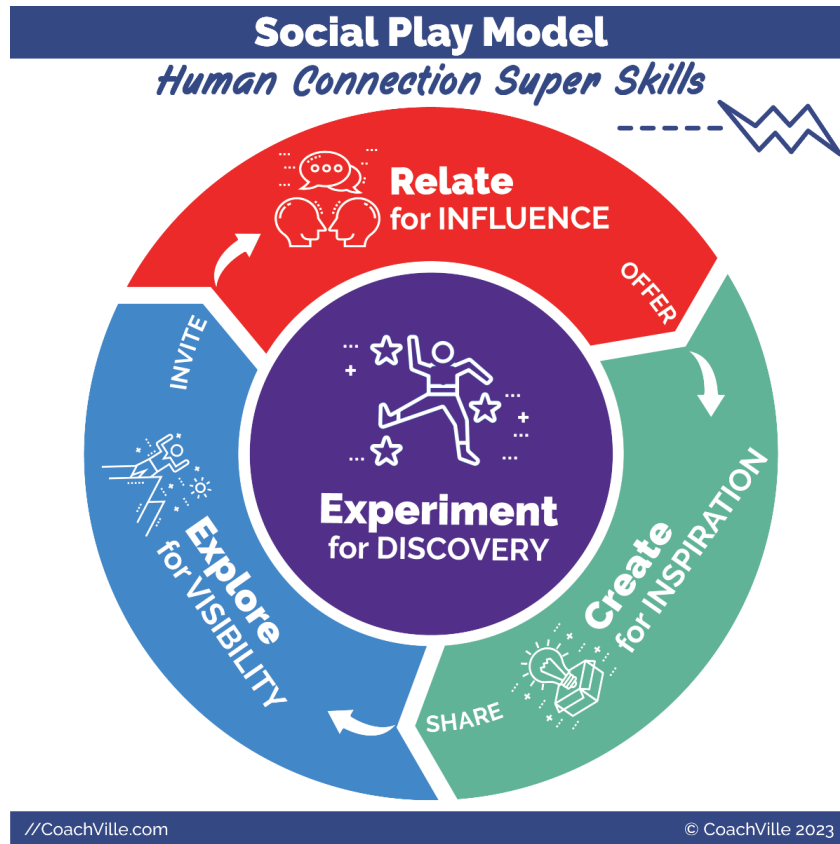
AWWWW Yeah!

The Playful and Transformational

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 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 Culture 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 Culture of Control.

And here is another BIG point: YOU have unique superpowers within you that your coach will help you unleash 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:

- Visibility
- Influence

- Inspiration
- Discovery.

That means YOU!

Explore for Visibility (AKA to See and Be Seen; to know and BE Known)

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 and KNOWN by new people.

When Exploring for visibility goes well, it leads to meeting someone that you want to get to know better. This leads to an invitation to meet again where you can Relate for Influence.

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”.

While relating for influence the “yes” that we are typically playing for leads to an offer to do something together. Doing something with one or more persons is a Create for Inspiration experience.

Create for Inspiration (AKA to share with others)

The original form of Create for Inspiration is more accurately co-creating an inspiring experience with one or more people. Then the participants share about their experience with others to inspire them as well. These experiences can be designed or spontaneous and most likely a combination of both.

In our current world of written words and recorded media, we can create something for others to experience at a later time with the intention to inspire them. You have the inspiring experience of making it and they have the inspiring experience of engaging with it.

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.

When someone shares about their experience with you to another person, this creates a new visibility opportunity.

Experiment for Discovery (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...

World Power is a form of Transformation Coaching where you develop a Dream Academy that will uplevel your social play that leads to influence, visibility, inspiration and discovery!

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

AWWWW Yeah!

IN-07) Team Play for Transformation

It takes a village to raise the world.

It takes a village to play our Dreams.

It takes a village to co-create the next version of you!

Your coach is part of a team (a village) of coaches who are co-creating team play for transformation. For YOU and your Dream.

The Saying...

There is a saying, often attributed as an Ethiopian or African Proverb, that says: It takes a village to raise a child.

This is profound wisdom about the power of culture.

In this program we will learn about the enormous influence that culture has on us and our ability to play our Dreams and transform into the next version of ourselves.

At CoachVille we have co-created a culture for Dreams and Transformation that your coach is a part of and you can join us as well with Dream players from around the world.

Our culture includes Coaching, Concepts and Community.

Coaching



Coaching is guided practice and playful co-creation. Coaching with your coach is the core of the experience but there is much more available to you.

The practice techniques that you and your coach will use have some life-expanding ideas built into them.

Concepts

Concepts are life expanding ideas that can shift our mindset and expand our awareness. You have access to this playbook and on the CoachVille Community website there are prep audios. The purpose is so that your coach doesn't need to take precious practice time during your sessions to "teach" your these things.

For example, the concept of "Peak Experience". When you understand how to recognize a Peak Experience in your life, you will make much better use of your coaching time; time you have to PRACTICE together which is where the magic happens.

When you and your coach fellow players all share unique experiences, we build a strong bond of community.

Community

Community (AKA the Village) is a place of profound belonging where your growth is nurtured. For this we have a CoachVille App with a group for players with a Transformation Coach and the World Power Program! Here you can access all of the resources and also connect with other amazing humans who are also participating in the World Program.

The community part is vital because you will feel that they are a part of something bigger. You are not the only person you know with a Transformation Coach. Experiencing a positive culture will empower you to "ripple" your experiences out to other communities that you are part of!

Access = The CoachVille Player Membership

Access

You can access the community on CoachVille.net AND... most importantly... on the CoachVille App. The App makes it especially easy to access the playbook and audio content.

Your coach will share with you a private link that you can use to access a 90-day Free Trial of the CoachVille Player Membership. There you will find the private group for Players in the World Power Program.

The Player Membership:

The Player Membership is the ultimate resource and community center for players with a Dream Centered Life!

The Player Programs for all four CoachVille Programs: Transformation Coaching, Play Life, Inner Freedom and World Power.

Additional resources for players

Monthly Zoom gatherings for players for Dream Activation, Celebration and Transformational Networking.

The investment for the players – after the 90-day free trial – is just \$20 / month.

The idea is: Invest \$20 / month in your Dream and SAVE HUNDREDS of \$\$ on entertainment subscriptions!

When you play your Dream every day, you don't need a lot of entertainment watching other people play their Dreams!

SEE YOU THERE!

CoachVille.net

You can also go to CoachVille.net to set up a free CoachVille Membership if you would like to get comfortable with our platform before setting up your 90-Day Trial.

A few more thoughts about team play...

Life is a co-creation.

Freedom is a co-creation.

The coaching relationship is a co-creation.

The Player resources will make the coaching more impactful.

Player Resources available in the CoachVille Player Community:

- Player prep audio to prepare for each session.
- Player playbook explaining the key concepts for each session.
- Playsheets for Coaching Notes for each session.
- Coaching Demo Audio for each session so they can observe and feel more comfortable with the techniques in action. (not available yet for World Power)
- Technique Sheets so they can co-create practice with you.

You will love these resources and you will love arriving for each coaching session ready to PRACTICE. SO GOOD. And this will lead to better results.

Yeah Team!!!

The Benefit for us at CV... and the World!!

It happens often that people who experience transformation with a CoachVille Coach want to learn how to be a CoachVille Coach.

Free People, FREE PEOPLE!

It is our hope that with your experience of coaching and these impactful resources that you will join us in our coach education program some day in your future. And our world changing team of “rebels with a cause” to uplift the Human Family will continue to grow! Yeah Team!

IN-08) Quick Introduction to Me (Coach Dave)

I was one of the first professional Life Coaches in the world when I started in 1997.

Prior to becoming a Life Coach I was deeply involved in the personal growth movement that really took off in the 1980's. I did most of the programs offered by Landmark Education and listened to hundreds of Nightingale-Conant programs many times each. I spent a lot of time in “New Age” book stores.

While growing up my Mom was a piano and voice coach. Her music studio was right below my bedroom in the house so I heard a lot of coaching every day. That experience shaped what I did as a Life Coach... and now Transformation Coach

I was always the freedom seeking, ambitious entrepreneur type as a teenager (I still am! LOL) I delivered newspapers. I cut grass. I raked leaves. I shoveled snow. I bought my first personal computer as a junior in college and started writing programs for local businesses. After college I worked as a computer programmer for a few giant companies. Then I got my MBA. I did a lot of talking with people to try to figure out what they wanted the computer programs to do.

I have been an avid soccer player since the age of 12. A few years prior to starting as a Life Coach I landed a dream gig as the Assistant Soccer Coach of the Men's soccer team at Seton Hall University with Head Coach Manny Schellscheidt. Coach Manny is in the US Soccer Hall of Fame and his wisdom is all over our coaching programs.

When a good friend of mine from the Landmark community told me about Life Coaching in late 1996 I had an immediate knowing that that was what I was meant to do! I just knew.

It has been a wild adventure every day since then.

By combining business skills, years of listening to my mom piano coach, soccer coaching and deep study of personal growth concepts, I took off as a Life Coach.

Shortly after starting my Life Coach training my ambition kicked in and started calling Thomas Leonard – the person who invented Professional Life Coaching. Through a quirky set of events, he and I became close friends. I was coaching so many people he was always curious about what I was doing and learning.

When he started CoachVille in 2001 I was his right-hand man. That was fun! In February 2003 Thomas died of a heart attack. I inherited the business, the community and more importantly the Cause of CoachVille: To lead the Global Coaching Movement to Uplift the Human Family.

Over the years I have Life Coached over 1,000 people! Through those experiences I came to the big insights that 1) people have so much more power than they realize, and 2) life is for PLAY, not for work!

I have taught Life Coaching – and now Transformation Coaching - to the thousands of students in our Coach Education program at CoachVille. Those experiences led me to the insight that to do something well, you need a method. Thanks also to one of my most impactful coaches ever, the great Marshall Thurber, for showing me that truth.

When Thomas and I were leading live events together he would often go on a rant about designing supportive environments. Unfortunately, he only partially explained HOW to do this. When he died, that was one of the mysteries I set out to discover. Thomas created many of the ideas in this program. Pulling it all together has been an ongoing adventure is now the World Power Method! .

Let's Play!

Chapter #01 – Design Your Dream Academy

“If a man hired me for the day to chop down a tree,
I would spend the first few hours sharpening my axe.”

--- Abe Lincoln ~ American President

01-01) Prepare for Session #01 – Design Your Dream Academy

First of all, you signed on as a player with a Transformation Coach to do the World Power Program together.

YEAH!

You had an exploratory session, so you know a little bit about playing your Dream and designing your Dream Academy.

In this playbook I will help you get ready for each session so that you can be a powerful co-creator with your coach. Remember, they are not doing this to you or for you. You are on the adventure together.

There are a few parts to this session:

- 1) A quick walk through the coaching agreement
- 2) Activating their Dream
- 3) Exploring the idea of a Dream Academy

So FUN!

Look at the mini version of the Session Notes Playsheet. Notice the structure of the coaching session.

This will be the same for every session!

1) Warm Up

Get in the coaching zone!

2) Celebrate

Your life is amazing! (even if it doesn't seem like it)

3) Grow (from play and Academy Design)

It is essential to reflect on what you learned from your recent experiences of playing your Dream and Designing your Academy. This one will be more starting next session.

4) Practice Plan

World Power Session #1 Notes		Date:
1. WARM-UP and Dream sharing:		
2. CELEBRATE	3. GROW (from Play and Academy Design)	
4. (Practice) PLAN: <i>Activate your DREAM and Dream Academy</i>		
5. PRACTICE		
A Your Dream		B Purpose Change lives for the better
<hr/> <hr/> <hr/>		
D Growth Opportunities Challenges		C Peak Experiences Meaningful objectives
<hr/> <hr/> <hr/>		
A Dream Academy Becoming An excellent player		B Come Alive Where do you?
<hr/> <hr/> <hr/>		
D Power Patterns Your Academy "style guide"		C Academy Ideas
<hr/> <hr/> <hr/>		
6. GROW (from Practice) What did you learn about your Academy?		What did you learn about yourself?
<hr/> <hr/> <hr/>		
7. PLAY PLAN: What is your Academy upgrade?	What social actions?	
<hr/> <hr/> <hr/>		

Each session will have a new exploration and practice. This playbook will help you be prepared.

5) PRACTICE!

This is the main focus of every coaching session!

I will get into the details of what you will practice with your coach in a moment.

6) Grow from Practice

It is always powerful to take a step back and capture what you experienced from the practice.

7) Play Plan

At the end of each session you and your coach will hone in on your play plan for out in the world! This will include actions to update your Dream Academy and Social Play actions to Play your Dream.

The Coaching Agreement

This part is only included in Session 1. Your coach will QUICKLY go over their coaching agreement with you.

Every coach has their own version of the coaching agreement.

We like to emphasize the Egalitarian Mindset that is a core of our CoachVille Community and is also embraced by the ICF.

You want you to feel honored by having a coach with strong ethics and the courage to stand for Egalitarianism in an Authoritarian world.

Activating Your Dream

Activating your Dream is so awesome.

This may sound strange, but you Activate Your Dream by talking about it!

SUPER IMPORTANT POINT... in coaching there are no right or wrong answers! It's all about speaking from the heart and letting your words flow.

If you feel a little fuzzy or hesitant about it, that is OK! All you need to get started is a simple statement of desire.

As you start to engage and upgrade the world around them, the Dream will gain clarity.

There are four parts to the Dream Activation Part

A) Describe the Dream with a brief description.

B) Purpose: how will playing this Dream touch other people in a positive way?

C) Peak Experiences: These are the moments that we play for... that we live for! When something awesome happens because of our actions. Your coach will help you imagine what these moments might be in your Dream.

D) Growth Opportunities: In every worthy Dream there are challenges that ask you to rise up; to express yourself in a new way.

Exploring the Dream Academy Idea

Talking with your Coach about your Dream Academy can be really energizing. For most people this is an idea that has real power for a few reasons:

- 1) NO ONE ever talked with you about this before. IT IS PROVOCATIVE!
- 2) Most people understand the idea of an Academy (through sports, arts or “Harry Potter”) and are intrigued by the idea of going to one or creating one for themselves.
- 3) We are yearning to play better, to be better supported, to not have so many unnecessary obstacles... we just don’t know how to do it.
- 4) Many people have given up on their dreams because they were doing “what you are supposed to do” – struggling alone. The Dream Academy can bring you a refreshing booster shot of POSSIBILITY!

The Dream Academy is a co-creation!

So be prepared to share the ideas that are coming to you.

You will need your imagination to be colorful in describing what you see.

Most of us fully understand the idea that we can play better at something through practice in the right environment. Most folks resonate with either athletics or arts as a way of understanding the power of the environment.

If you have never thought that you can play life better or play your Dream better, your coach can help you spark your imagination.

There are four topics in the exploration.

A) Becoming an excellent player - t

B) Where do you come alive? This will be a big topic for this whole program.

C) Academy Ideas -

D) Pattern Language

Let’s talk about this...

Pattern Language is another novel idea that can energize you.

A Pattern Language is a phrase that captures the feeling or energy of an experience.

We will use Power Patterns to design your Dream Academy.

Some people are good with language and others not so much. It’s OK! Not everyone needs to be a poet! But most people can resonate with the idea from a lyric in a song you like. The lyric sticks with you. Something about it touches you.

I am dating myself here but...

“While my guitar gently weeps” really stuck with me for a long time.

What is your example?

That will give you the idea of the power of pattern language.

Most important:

- 1) It does not need to be perfect!
- 2) You just need a place to start that feels good to you.

MOSTLY...

Have fun and **BE CONFIDENT** that you can begin this life-changing adventure with your coach. In the field of coaching, this is one of the most unique programs anywhere!

01-02) A Coaching Session: Before - During - After

BEFORE the Session

This playbook, **plus a set of** playsheets, audio, **and an** online community and APP are designed to help you become a powerful co-creator with your coach. **All** of the key ideas are explained here, **so** you and your coach can dive right into co-creating and practicing together; rather than your coach using precious time explaining these concepts **to you**.

- 1) Print the Coaching Notes sheet.
- 2) Read – **or scan** - the chapter.
- 3) Listen to the Player Prep Audio.



1) Coaching Session Notes

See an example of the Coaching Notes for Session 3. I am using Session 3 as the example because it is the one that is most like 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.

2) Read the Playbook

This item is optional based on if you are a comfortable reader or not. If you are not a comfortable reader, then you can listen to the player prep audio. If you are a comfortable reader then a quick scan of the chapter will prepare you with a few concepts, a technique and an overview of the session.

You can read it in small segments on the web on the CoachVille Social Site (CoachVille.net) or on your phone on the CoachVille APP.





3) Listen to the Player Prep Audio.

Listening to the “player prep” audio will help to create an “immersion experience” for your Dream. We have all had 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.

DURING the Session

The Warm Up

Your coach will start the session with a warm up.

World Power Session #3 Notes				Date:																										
1. WARM-UP and Dream sharing: 																														
2. CELEBRATE 		3. GROW (from Play and Academy Design) 																												
4. (Practice) PLAN: <i>Physical Environment: Scan-Plan-Practice-Grow</i> 5. PRACTICE																														
<div><div>Physical</div><div>Every THING Matters PLACES, THINGS, AND TOOLS</div><table><thead><tr><th>Recurring Activities Place & Activity</th><th>The Energy Mood</th><th>Assets Do I LOVE this thing? Every THING has energy</th><th>Drains Tolerations Am I worthy of the best? Do I know what I want?</th><th>Power Patterns Rate (1-5)</th></tr></thead><tbody><tr><td></td><td></td><td></td><td></td><td>1 2 3</td></tr><tr><td></td><td></td><td></td><td></td><td>1 2 3</td></tr></tbody></table><div>What is missing? Present patterns:</div><div>Zap Toleration Technique Choose the focus</div><table><thead><tr><td>1. Describe</td><td>2. Feelings</td><td>3. Action / outcome</td></tr></thead><tbody><tr><td>4. Imagine</td><td>5. Push</td><td>6. It's done</td></tr><tr><td>7. Future YOU</td><td>8. Thoughts</td><td>9. Body sensations</td></tr><tr><td>10. Desires</td><td></td><td></td></tr></tbody></table></div>				Recurring Activities Place & Activity	The Energy Mood	Assets Do I LOVE this thing? Every THING has energy	Drains Tolerations Am I worthy of the best? Do I know what I want?	Power Patterns Rate (1-5)					1 2 3					1 2 3	1. Describe	2. Feelings	3. Action / outcome	4. Imagine	5. Push	6. It's done	7. Future YOU	8. Thoughts	9. Body sensations	10. Desires		
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10. Desires																														
6. GROW (from Practice) What did you learn about your Academy?  What did you learn about yourself?																														
7. PLAY PLAN: What is your Academy upgrade? What social actions?																														

A coaching session with your coach is something special!

A transformation coaching session is a unique experience; it will be different than other conversations that you have on a regular basis.

If you have ever played a sport with a coach or had a performance art coach, then you know about warming up. Warming up is essential to the coaching experience. With many coaches that I have had the warmup becomes a sort of ritual.

Since warming up for a transformation coaching session may seem a bit strange, I will explain our warm up in great detail at the end of this session

How to have an awesome coaching session

The most important thing is to be in a place where you can be fully present with your coach.

Come prepared to share your celebrations and observations from your week of play.

Your coach will guide the session, so all you have to do is engage fully and playfully.

The focus of each session will be to co-create awareness, scan an environment, co-create a way to upgrade it for your Academy and then... PRACTICE.

Your coach will ask you a lot of questions to spark reflection, awareness and possibilities! When you share your thoughts, speak from the heart... there are no right or wrong answers to coaching questions.

NOTES

You can take a FEW notes if that helps you stay present.

A coaching session is not a class! You don't need to remember it word for word. But there are times when something memorable happens that you want to remember.

Also it can help to write a few key words down along the way so you are not wasting mental space trying to remember things that you don't want to forget after the session.

Use the Coaching Notes Playsheet to write just a FEW notes during the session.

OR you can fill in a few notes after the session.

Use whatever method helps you focus on the session with your coach.

AFTER the session

1) Fill in your World Power Adventure Log

Write the date and a few high-level key word notes to capture the essence of the session for you.

Use this page to create a visual display of your progress through the program.

Just a few key words for each session will allow your amazing mind to store and recall the important moments of your adventure.

2) Use the World Power Play Plan

Even though you and your coach are mostly focused on your Dream Academy, you still need to play your Dream.

Write out your play plan for the week on the World Power Play Sheet. This sheet is organized for social play in the growth zone. Keep the sheet in view in between coaching sessions so you remember to play!

How to use the weekly Play Plan Playsheet every week.


The top of the page sets your focus for the week. This is super important and empowering!


In the left section write a phrase or two to describe your BIG Dream. This may change and evolve as you play; or you may write the same thing every week. Either way... writing it out each week and looking at this page often will keep it close to you. The palm with the lightning bolt is the symbol for the mystical power of your dream.

In the middle section write your focus for the week. This can be a theme or a specific action. The symbol is the illuminated heart! This is from the Inner Freedom symbol for experiencing your hearts desires on the treasure map. Giving a theme to your week will keep your energy vibrating at a high level.

In the right box write a few of your Superpowers that you aim to play with this week. This may be a little sparse in the early weeks. But you will add more as you become aware of them. Remember this is your intention. By writing a few power phrases in there and then reviewing the sheet every day, you will be amazed at how often you will feel the urge to use your Superpowers!!

//CoachVille.com **World Power Adventure Log** © CoachVille LLC 2023

Your BIG Dream 



1. **Dream Academy** Date: / /

2. **Practice Scan** Date: / /

3. **Physical Env.** Date: / /

4. **Relationship Env.** Date: / /

5. **Network Env.** Date: / /

6. **Memetic Env.** Date: / /


7. **Financial Env.** Date: / /

8. **Self Env.** Date: / /

9. **Technology Env.** Date: / /

10. **Body Env.** Date: / /

11. **Spiritual Env.** Date: / /

12. **Celebrations** Date: / / 

Write what does – or doesn't - happen in the right column as you play the week. It is labeled "Results / Resistance / Reactions".


Remember, this is just the first week! So just play with it the best you can and know that you will gain confidence in this process over time.

World Power Play Plan


#

Date:


Your BIG Dream:



Your Focus this week:




Your Superpowers:




PLAY IN THE FEAR / GROWTH ZONE


Relate for **INFLUENCE** > *Risk Rejection*




Create for **INSPIRATION** > *Risk Disappointment*



Explore for **VISIBILITY** > *Risk Trouble*




Experiment for **DISCOVERY** > *Risk Mistakes*




NOTICE & JOURNAL

Results / Resistance / Reaction

Notice your thoughts / reactions / beliefs:



Notice your desires:



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.

4) Participate and share

Participate in the online community via the web or use the CoachVille App to share about your experiences and connect with Transformation Players around the world!

SUPER FUN.

Share about...

- 1) Your insights from any of the content
- 2) Your highlights from your coaching session
- 3) Your experiences playing for your dream in the world!

We are so excited to read about your adventure as it unfolds!!!

Read, Comment, Co-Create Belonging

Read about what your fellow adventurers are doing and share your encouraging words.

Profound belonging is something we can co-create together by using our amazing Superpowers The Need to Belong and the Love to Befriend.

01-03) Environmental Theory Overview

1) Our relationship with the Environment is 2- way

We are always adapting to the world around us

AND

Overtime the world around you is a reflection of YOU



Typical example is - going to a workshop.

You go to the workshop.

You get very excited about everything.

You think: "I have really changed"

"I can't wait to get to home and put this into action."

BUT, typically what happens?

2 weeks later... you can't even remember the workshop!!

How would you explain this using these 2 concepts?

a) When you were at the workshop, you ADAPTED to the environment. You thought you changed, but really you were just adapting to what was around you.

b) Then you went home. Your home is a reflection of who you have been in the past. YOU quickly ADAPT back to that environment and become just what you have always been. Maybe a few new, interesting ideas, but nothing really changes. UNLESS, you immediately put what you have learned into your environment at home/office.

Have you ever had an experience similar to this?

Questions for reflection...

Think of an example where you have adapted to the expectations of an environment?

If that example was “away from home” what happened when you went back home?

Our relationship with our environment goes very deep – right to our genes!

“Research in epigenetics has identified many of the biological mechanisms that control gene expression. [...] The methyl molecule sculpts the body, including the brain. Such insights put to rest the century-old debate on nature versus nurture: do our genes or our experiences determine who we become? That debate turns out to be pointless, based on the fallacy that our genes and our environment are independent of each other; it’s like arguing over which contributes more to the area of a rectangle, the length or the width.” - Goleman, Daniel. *Social Intelligence* (p. 150). Random House Publishing Group. Kindle Edition.

2) The Metaphorical meaning of everything is influencing your non-conscious mind

There is meaning behind everything in your environment.

Consider the pile of unfinished things sitting in the corner. You may be able to "ignore it" consciously and NOT think about it. But the metaphorical meaning is there all the time programming your nonconscious mind.

The metaphorical meaning will be different for different people. for example:

- You don't have your act together
- You have not organized your life to take care of things
- You don't deserve a place free of messes
- You are missing an opportunity buried in this pile

Question for reflection:

Think of a “mess” in your physical environment. Practice “giving voice” to the mess. If the mess could talk, what would it say about you? Or To you?

01-04) Pattern Language Theory Overview

A **pattern language** is a phrase that captures the pure essence of a place or an experience.

It was originally defined by Architect Christopher Alexander in “A Timeless Way of Building” as a way to teach people how to design homes, neighborhoods and cities that were full of life.



A classic example of a pattern is: “comfy chair by a window.”

Patterns can create aliveness or deadness

For example if you walk into a room with a comfy chair by the window you naturally go to the chair.

But if you walk into a room with comfy chair NOT by the window - when you walk in the room you are thrown into chaos!

You want to sit in the chair.

You want to look out the window.

But the pattern of the room does not allow it - so your "BEING" is not at ease in that room - it makes you feel slightly dead

Patterns have literal meaning and metaphorical meaning

There is an example that came up in a Personal Environments live event (this was the first version of World Power) where we were talking about a comfy chair by the window as a metaphor. A woman stood up and explained that her boyfriend is a comfy chair that is NOT by the window!

He is my comfy chair - but he is never going to be by the window - this has put my life into deadness.

Another example is our coaching proficiency: Engages in provocative conversations.

It's hard to explain what will make something provocative, but you know it when you feel it.

The phrase captures the essence of the coaching experience!

Questions for Reflection:

Do you have a Comfy Chair by the Window in your home? How do you feel sitting there?

Think of the Power Pattern of a Comfy Chair By the Window as a metaphor for a situation in your life.

*Where do you experience a Comfy Chair that IS by the window and there you feel ALIVE!
OR*

Where do you have a comfy chair by the window? Where do you have a comfy chair that will NEVER be by the window and as a result you experience inner conflict?

01-05) Step #1: Design Your Dream Academy

The first step of the Method is called Design Your “Dream Academy”. You imagine that you are creating a success academy for someone to become great at your Dream; a place where YOU feel alive, and the Dream is really alive. And you become a great player naturally just BEING in this environment and responding to everything that is happening around you.



What would be the elements of a great "Academy"?

Remember from our Environmental Theory that you are always adapting to the environments around you.

There are three fundamental questions in this step:

- 1) How would you describe an EXCELLENT player of this Dream?
- 2) What makes you feel alive?
- 3) What and Who do you want in your Dream Academy?

Question for reflection:

How do you feel about the concept of designing an Academy for your Dream?

01-06) Step #2: Create “Power Patterns”

Think of Power Patterns as a “Style Guide” for your Dream Academy. They help you make good decisions about what should be included and what should be taken out of your environment.



Another way to think of pattern language from Christopher Alexander:

"Suppose I want to understand the 'structure' of something. Just what exactly does this mean? It means, of course, that I want to make a simple picture of it, which lets me grasp it as a whole. [...] I want to paint this simple picture out of as few elements as possible."

In our case we're using as few words as possible to help us grasp the pattern before us.

Based on the Dream that you are playing, who do you need to become to be a GREAT player of this Dream?

You will design 3 or more Power Patterns to place in the 9 Environments.

A pattern language is a phrase that captures the pure essence of an experience.

You know it when you feel it.

Inspiring pattern language is a co-creation between the player and the coach.

Power Patterns

3 BIG QUESTIONS...

- Who do you want to become?
- What makes you come alive? (the feeling of being alive)
- What is needed to play for your Dream with excellence?

Then...

- 1) share and listen to your coach's observations
- 2) co-create together
- 3) listen for energy; for the alive feeling when you say certain words
- 4) collect words and phrases

Next...

- 1) Put together 3-word phrases

Each with energy and emotional zest

- 2) Ask: does it feel right??
- 3) Test 3 phrases

examples...

- OOZING VIBRANT ENERGY
- ABUNDANT MARKETING PARTNERSHIPS
- CREATIVELY SHARING WISDOM

01-07) Super YOU Pattern Language Ideas

Who do you want to become?...

What makes you come alive? ...

The Superpowers for Play!

We have a list of 64 “Superpowers for Play” to spark your imagination. As you explore the list you may see one that resonates as how you want to relate for influence, explore for visibility or create to express ideas or experiences and experiment for change.

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?



The Super YOU page is something I created that is loosely based on the ancient I-Ching (Book of Changes). I have learned a lot from several rebellious translators of the I-Ching in co-creating this list. 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!

The more you discover and unleash your superpowers the more alive you will feel. AND it might feel pretty scary sometimes.

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

Detailed Superpower Playsheet

There are a few ways to use this chart.

1) Read it over a few times to look for the unique powers you are noticing within you AND your Dream needs you to develop them and express them NOW. Mix and match the phrases to form your Power Patterns.

2) Look at it after each session to see if there is a Superpower that relates to the environment you just explored.

Look at it after you do something where you feel really alive... really good. You were expressing SOMETHING. What was it? Look at this page of superpowers to find a phrase that resonates with you.

3) Read it over and while thinking of each of the 4 areas of Social Play:

- You have Relate for Influence Superpowers
- You have Create for Inspiration (to share) Superpowers
- You have Explore for Visibility Superpowers
- You have Experiment for Discovery Superpowers

Look for them on this page!

Again, feel free to mix and match words and phrases to create the phrase that really feels true for you to create your Power Patterns.

{Full Page Diagram 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 **INSPIRATION**



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).



01-08) The Superpowers of Human Nature

The World Power Method is powerful mostly because it accentuates and unleashes our Superpowers of Human Nature!

The World Power Method is focused on the Human Nature Superpower To Dream and the Need to Belong, and specifically, the ability to choose our environments!

Human Nature for the Win!

We also see that a Dream Academy has a big impact on all of the Human Nature Superpowers which we will explore together as our adventure together rolls along.

Here is a quick overview to spark connections to the sustainable transformation you are co-creating with your players.

After “To Dream”, they all have a keyword with BE to make them easy to remember:

To Dream (with a Dream Academy)

- Choose your Desire (your focus for the next period of your life)
- Self-Love = I honor my unique being
- Self-Worth= I am worthy of living my dream; My Dream is worthy of support in my community.

The Drive to BE Free.

- Choose your adventure (every day)
- Self-trust = I trust my inner knowing
- Self-determination = I can choose to do it; I don't need permission.

The Love to BEfriend

- Choose your companions



- Co-create = Two or more people creating together
- Care (give and receive) = We attend to each other's well-being

The Urge to BEcome

- Choose your playful practice; anything you want to “get good at doing”
- Self-expression = I can do it in my unique way
- Spirit of play = Curious, Creative, Resourceful, Resilient

The Need to Belong (Yeah Team!)

- Choose your environments
- Social-Value = your contributions to others are appreciated
- Social Safety Instinct = avoid disrupting your status in the group

The Ability to BELieve:

- Choose your beliefs
- Self-Confidence = I believe that I can do it
- Self-Preservation = I believe that I should stay safe

Conclusion

The first step is to begin to see these profound human instincts and abilities as Superpowers that we can use for good.

Chapter #02 – Practice Environment Scan

“To be alive, in this sense, is not a matter of suppressing some forces or tendencies, at the expense of others; it is a state of being in which all forces which arise in a man can find expression; he lives in balance among the forces which arise in him; he is at peace, since there are no disturbances created by underground forces which have no outlet, at one with himself and his surroundings.

This state cannot be reached merely by inner work!

There is a myth, sometimes widespread, that a person need do only inner work, in order to be alive like this; that a man is entirely responsible for his own problems; and that to cure himself, he need only change himself. This teaching has some value, since it is so easy for a man to imagine that his problems are caused by "others". But it is a one-sided and mistaken view which also maintains the arrogance of the belief that the individual is self-sufficient, and not dependent in any essential way on his surroundings.

The fact is, a person is so far formed by his surroundings, that his state of harmony depends entirely on his harmony with his surroundings."

--- Christopher Alexander ~ Architect and Philosopher

02-01) Prepare for Session #02 – Practice the Environment Scan

In this session, and all coaching sessions, you will practice the structure of a strong coaching session. Using this structure, or flow, every time will give you a strong foundation to build trust in each other and the coaching process.

This safety in the structure is essential because the explorations Environmental Design are new territory for most people.

The flow of each session is the same, but the PRACTICE portion will be unique in each of the next 11 sessions.

Notice #2 Celebrate and #3 Grow from Play

You know your coach is going to ask you about these two things every session!

This encourages you to be aware as you play your Dream each week. Use the play sheet to make notes so you remember experiences that you want to share about.

It is awesome when someone CARES about what you are doing. Enjoy it.

In Session 02 we will go deeper into Dream Academy Design by practicing an Environmental Scan. The environmental scan is where you look, with your coach, at what is currently in an environment and try to name what is happening there.
















More about that in a moment.

Then you will go a little deeper into playing your Dream, whatever it is right now, and look for 3 key activities of Social Play that your want to play better.

The Environmental Scan

Scanning, and then naming what you see with Pattern Language, is a powerful coaching tool. Your coach brings a fresh set of eyes to the world around you and to help you see if it is helping you grow into your Dream, OR pulling you back to who you have been in the past. It is most likely the latter which will be a big awakening for you.

In this session you will do a “practice scan” by looking at the Physical Environment that you are in during the coaching session. This can be their office, home, car, cafe, a park or a friend’s house. It doesn’t matter where it is, the practice is the skill of LOOKING for the energy.

World Power Session #2 Notes				Date:																						
1. WARM-UP and Dream sharing: 																										
2. CELEBRATE 		3. GROW (from Play and Academy Design) 																								
4. (Practice) PLAN: <i>Physical Environment: Practice Scan</i>																										
5. PRACTICE																										
<div><div> Physical</div><div>Every THING Matters PLACES, THINGS, AND TOOLS</div><table border="1"><thead><tr><th>Recurring Activities Place & Activity</th><th>The Energy Mood</th><th>Assets Do I LOVE this thing? Every THING has energy.</th><th>Drains Tolerations Am I worthy of the best? Do I know what I want?</th><th>Power Patterns Rate (1-5)</th></tr></thead><tbody><tr><td></td><td></td><td></td><td></td><td>1 2 3</td></tr></tbody></table><div><div>What is missing?</div><div>Present patterns:</div><table border="1"><thead><tr><th>Relate</th><th>for INFLUENCE</th></tr></thead><tbody><tr><td></td><td></td></tr><tr><th>Create</th><th>for INSPIRATION</th></tr><tr><td></td><td></td></tr><tr><th>Explore</th><th>for VISIBILITY</th></tr><tr><td></td><td></td></tr></tbody></table></div></div>					Recurring Activities Place & Activity	The Energy Mood	Assets Do I LOVE this thing? Every THING has energy.	Drains Tolerations Am I worthy of the best? Do I know what I want?	Power Patterns Rate (1-5)					1 2 3	Relate	for INFLUENCE			Create	for INSPIRATION			Explore	for VISIBILITY		
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7. PLAY PLAN: What is your Academy upgrade? What social actions?																										

For most people, this is a very new skill, but also intriguing.

Always remember, most people struggle to play their Dream in life. But they don't understand why it is so hard! Usually, the reason is that our environment is not set up for us to play our Dream at a high level and so we struggle. BUT we believe that something is wrong with us. We don't realize it is probably our environment.

If you can get very curious, you will start to see this, and it will be an exciting revelation.

Social Play

While your main focus with your coach will be on your Dream Academy and scanning and making upgrades, you will also put a little attention with your coach on the actual playing the dream.

This is for two reasons:

- 1) Most people can't put their Dream on hold for 3 months to Design their Academy. So your coach can guide you at least a little bit as you play.
- 2) The purpose of creating the Dream Academy is to play better. So you need to keep an eye on how you are playing to see if the Academy is slowly taking effect.

We call this the Social Play Benchmark.

Just get a feel for the key social play activities of the Dream, how you are playing now, and how you would love to play better.

02-02) Willpower vs. World Power

Willpower is limited. Eventually you can't do it anymore. Also, willpower is limited to the power of your conscious mind.

World Power is unlimited; the world just keeps going. Also remember that the World (environment) around you is what "influences" your non-conscious mind. So, World Power and your Non-Conscious mind play together in a powerful way WAY beyond what your Conscious mind can do.

Question for reflection:

What have you been trying to accomplish using willpower that you can experiment with World Power instead?

02-03) 9 Environments of YOU™ review

This was in the playbook introduction, but let's have a quick review...

Memetic Environment - Ideas

Self Environment - Strengths, Talents and Character

Spiritual Environment - Deep Connections, Sacred Spaces, Natural Spaces

Relationship Environment - Close friends, family and close colleagues

Network Environment - Professional Connections, Greater Community

Financial Environment - Money, Wealth and Budget

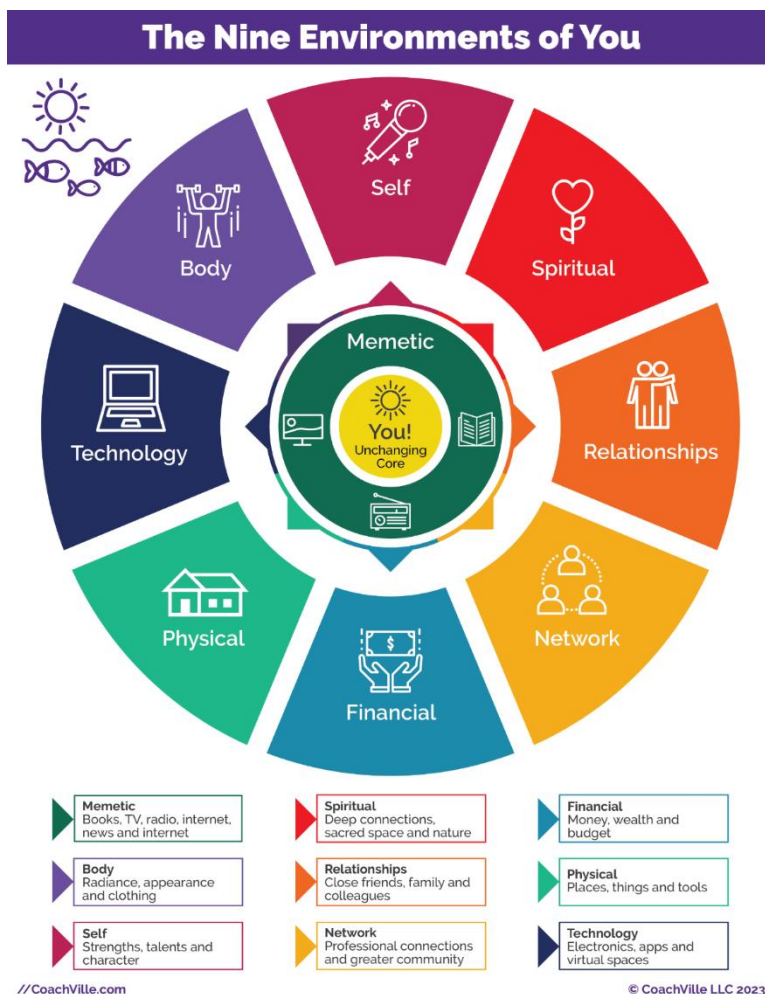
Physical Environment - Places and Things

Technology Environment – Electronics and Virtual Spaces

Body Environment - Your Energy, Appearance and Clothing

Question for reflection:

Which environment offers the richest opportunity for a breakthrough for you and why?



02-04) Pattern Language

Pattern Language is used in the creation of **Power Patterns** to define who we are becoming, and also in **Present Patterns** to define what is around us.

The difference in the words we choose to identify our Present Patterns and our Power Patterns brings to light the **Growth Gap** in that aspect of the environment.

A Present Pattern is fairly easy to identify:

Present Pattern explained in The Timeless Way of Building Page.81-82 "I hope to find a picture [...] which will, in some rather obvious and simple sense, account for the outward properties, for the pattern of events of the thing which I am studying."

As you go through this method with your coach, you will look at the environments around you, and name what you see as simply as possible.

Then your coach will ask you if what's there (the Present Pattern) is truly supportive of your Big Dream.

You'll also compare what is seen to the Power Patterns of your Dream Academy.

That comparison will bring to light the Growth Gap for you in this environment.

So we'll be using Pattern Language to create **Power Patterns** that bring to life what you want to see in the world around you.

The following quote helps us to realize the importance of understanding the **Pattern Language** you use. Patterns already exist (Present Patterns), and they inform what we want to create (Power Patterns).

In The Timeless Way of Building page 247 – “The pattern is, in short, at the same time a thing, which happens in the world, and the rule which tells us how to create that thing, and when we must create it. It is both a process and a thing; both a description of a thing which is alive, and a description of the process which will generate that thing. Patterns can exist at all scales.”

Don't worry if you don't get it at first! LOL. It will grow on you over time.

02-05) Step #3: Scan Your Environments

This is a powerful tool for you to use to take a detailed look at the nine environments.

Key Points of Theory:

1) Everything has Energy

- every little thing will either give you energy or drain your energy; there is no neutral.
- you are an energy sponge
- attraction - you are always attracting like energy
- reflection - everything you see is a reflection of your energy

2) Environments Have Patterns

An environment is mostly defined by the patterns of action that happen in that environment.

In most environments - the same things happen over and over again. This is not good or bad - it just is.

The key is to recognize the pattern and see if it serves your Dream.

Example: you know what kind of activities happen in your kitchen every day; it is the recurring activities that make a place what it is. A kitchen is a kitchen because food activities happen there.

3) The environmental Scan

Let's do an example using the Physical Environment Scan:

Start with the room you are sitting in right now and we will go through the steps.

- 1) What is the primary activity in this space?
- 2) What is the energy / mood in this space?
- 3) What assets does it have for your Dream?
- 4) Is there anything you are tolerating in this space? (tolerating means it is not working properly, is a mess, is missing something needed, it bugs you when you see it or think of it)
- 5) Now pick one of your power patterns. and rate this space on a scale of 1-5 for that pattern.

do you see this pattern in this space?

- 6) What is the present pattern? Try to name it.

Who will you become if you adapt to the energy of this space?

What is missing?

How can you represent your Power Patterns in this space?

You get the idea: we will go through this for each environment as we go through the program.

02-06) Step #4: Name the “Present Patterns”

At the end of the scan for each environment there is a space to name the present patterns.

If you continue to spend time in this environment the way it is, who will you become?

Present Patterns

2 BIG QUESTIONS...

- Who will you become?
- Compare it to a related Power Pattern and create a name to accentuate the differences.

Then,

1. Share what you “see” with your Coach (help them see it through your eyes)
2. Your coach will facilitate the exploration by asking curious questions
3. Listen for energy; for the feeling
4. Collect words and playfully suggest phrases
5. Co-create awareness about the influence of this space on the Dream

Putting together 3-word phrases

- Each with energy that captures the essence of what is there
- Use judgment free awareness – it is what it is. Just name it.
- Test a few phrases to hone in on the best ones
- Humor helps!

02-07) Social Play and the Human Connection Super Skills

In the World Power Method you will focus on your Dream Academy.

A key element of the Dream Academy is for it to help you become better at these skills!

And meanwhile, you will play for your Dream at the same time as co-creating your Dream Academy. And the purpose of the Academy is for you to become a better player... which means social play!

AND... often the moves you want to make for their Dream Academy will require a little boost of Human Connection Skill! In coaching, everything weaves together all the time.

Each session at the end, your coach will “check in” with you about what playful actions you will do in the world. The Social Play Model provides an easy framework to talk about this.

The BIG idea is transformation

From: completing tasks under control

To: social play with co-creation

With social play you don’t know what the outcome is going to be; there is mystery; there is possibility; this brings a much deeper experience of aliveness! YES!!!!

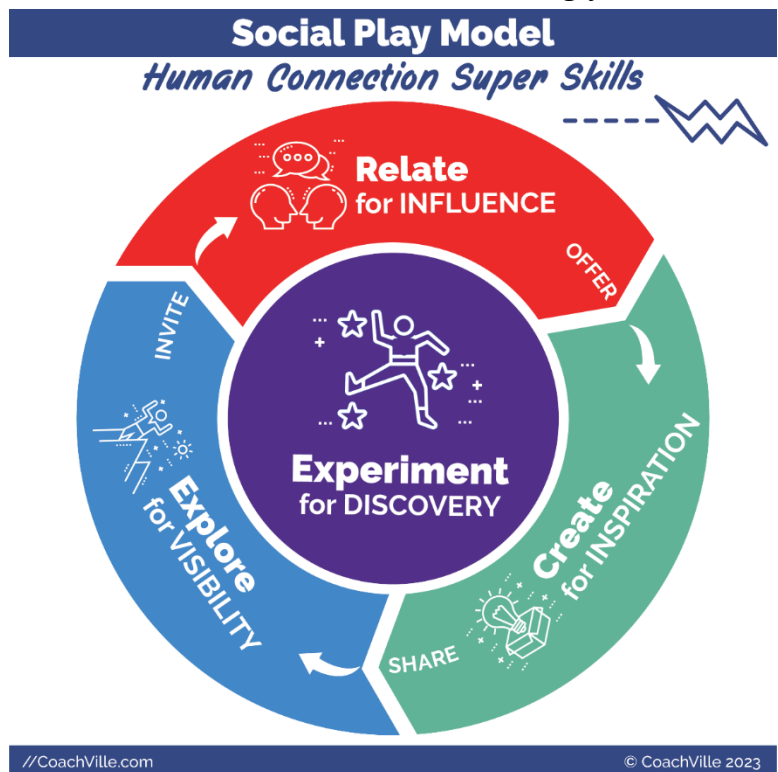
Explore for Visibility (AKA to See and Be Seen; to know and BE Known)

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 and KNOWN by new people.

When Exploring for visibility goes well, it leads to meeting someone that you want to get to know better. This leads to an invitation to meet again where you can Relate for Influence.

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”.



While relating for influence the “yes” that we are typically playing for leads to an offer to do something together. Doing something with one or more people is a Create for Inspiration experience.

Create for Inspiration (AKA to share with others)

The original form of Create for Inspiration is more accurately co-creating an inspiring experience with one or more people. Then the participants can share about their experience with others to inspire them as well. These experiences can be designed or spontaneous and most likely are a combination of both.

In our current world of written words and recorded media, we can create something for others to experience at a later time with the intention to inspire them. You have the inspiring experience of making it and they have the inspiring experience of engaging with it.

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.

When someone shares about their experience with you to another person, this creates a new visibility opportunity.

Experiment for Discovery (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.

These social play actions, human connection super skills and results in the world are exactly we desire as Dream players!

02-08) The Urge to Become – Superpower of Human Nature

The Urge to BECOME

- Choose your playful practice; anything you want to “get good at doing”
- Self-expression = I can do it in my unique way
- Spirit of play = Curious, Creative, Resourceful, Resilient



As a life coach for 25 years, self-expression comes right after freedom for what most people wanted coaching for. Our self-expression is so vital to how we experience life.

The BIG Picture of Becoming

Let's continue our exploration of our Superpowers of Human Nature.

Remember, the important idea is that these abilities are so natural to us that we don't think of them as Superpowers. At the same time, they are so thwarted and distorted by the toxic Industrial Culture that we hardly recognize them within ourselves.

With Transformation Coaching we can reclaim them, practice them and use them for good in the world as we play our dreams NOW!

The Urge to Become relies upon our Drive to BE Free.

The Urge to Become and the Need to Belong move us further out into the community and the way we contribute our YOUNique value to the groups we are in.

Choosing your practice

We love doing activities that we can practice and get good at doing. When an activity gets your attention you can spend hours, months, years, even a lifetime playing with it to get better and better.

This superpower connects strongly with the Need to Belong because often our desire to practice something includes a vision of how we can do it to increase our value to the people around us.

This is such a big part of what we do every day! My point here is to see it as a superpower and use it for your Dream.

What does your Dream need you to get good at doing?

How can you practice this.

This Superpower is deeply connected to coaching because coaching is Guided Practice.

Think about all of the activities that you can do pretty well! Everyone requires time to practice.

This is why so many of us humans are drawn to athletics and performing arts as both players and observers. We love practicing activities that we can then perform for admiration by others in our group. And we love to observe people who are playing something at a high level. Here is another connection to the Need to Belong Superpower! We REALLY love observing athletics and performance arts with groups of our peers. It is a powerful bonding experience.

Practice... and then performing for others... is such a pure human thing that brings joy to our lives.



Now the BIG idea for Transformation Coaching is to take this same energy and bring it to more activities of life... especially anything that we can engage with as social play!

Let's practice and gain confidence and then co-create all kinds of social experiences together.

This leads nicely into self-expression.

Self-Expression

Have you ever wondered why some people are drawn to certain activities and not to others? I have!! The amazing thing is that sometimes you can see a connection to the Love to Befriend; when you are drawn to activity because someone you care about is doing it.

Meanwhile, there are plenty of times where there is no explanation at all! It is a total mystery. And the only explanation is that there was something about it that was waiting inside of you. A personal example for me:

A) I love singing. No surprise there! Both of my parents are accomplished musicians and were singing around the house all the time! All of my sisters are amazing singers as well.

B) I fell madly in love with soccer from the first moment I saw it even though I was not especially close to any of the other kids in the game I was watching. I just wanted to play. It is a total mystery to me why a passion for a game took me all around the world as a player and coach.

Self-Expression is vital to our experience of joy!

Self-expression is what we yearn for in our ability to contribute to others in a meaningful way. We yearn to be valued for the activities that feel like self-expression for us.

Spirit of Play

I believe that the Spirit of Play in our Human Nature is one of the most deeply untapped resources on Earth today!

When we are playful, we are capable of so much awesome social connection!

When we are at play, we are more: curious, creative, caring, co-creative, resourceful, resilient, joyful, engaged and FUN!

One thing you notice about little humans is that as soon as they can move around, they start playing!

Play is how we become the next version of ourselves. And the next version and the version after that. As long as we keep playing, we keep becoming!

Often our play begins by trying to do what you saw someone else do, and then taking into a new direction of self-expression. This is another example of how becoming and belonging play together.

As I have described a few times in encouraging social play, play is when you do something and you don't know how it is going to turn out. You may have an intention, but you don't know how far your current skills and imagination will take you at this moment. But you play to have the experience and to find out what you can do.

The spirit of play is deeply connected to the Love to Befriend because playing together to co-create experiences is a big part of what makes a joyful day.

We can play in the activities of life that are MOST important to us.

This will not be news, but in the toxic Industrial Culture, play is highly controlled and even shamed in many situations; especially school and work, two places where we spend a lot of time.. Play is often seen as frivolous and not of any lasting value.

The Industrial culture asserts that if an activity is important then we work, if it is frivolous then we play.

I encourage you to do exactly the opposite!

If something is trivial, then sure, make it routine and treat it like work.

If something is meaningful, then bring all of your Urge to Become Superpower to it: practice, make it a self-expression and approach it with the spirit of play!

As a quick “commercial break”, this is what our Play Life Coaching program is all about! Please add this to your play plan for the future.

Chapter #03 – The Physical Environment

Plus Identify and ZAP Tolerations

“The purpose of coaching, is to create an environment
where the game comes to life.”

--- Manny Schellscheidt ~ Hall of Fame Soccer Coach

03-01) Prepare for Session #03 – The Physical Environment

In this session we will start the repeating rhythm of World Power Coaching.

Each session will feature:

- 1) The standard flow of a coaching session
- 2) The practice portion of the session will include the scan of one environment followed by an environmental upgrade practice technique.

In Session #03 we will scan the Physical Environment and then use the Toleration Zapping Technique.

This is a vital practice because toleration zapping – especially in the Physical Environment – is a powerful way to reclaim your energy.

A way to think about it is that we have a bucket full of energy to use each day to play our Dream. A toleration is like a hole in the bucket that leaks our energy out, so we have less for our Dream. When we have too many tolerations, we literally have no energy for our dream. This is how most people live, which is why this is such an important Coaching Technique.

Another quick point before we dive in. We will move to a new environment in each session for the remainder of the program. But, usually players will want to zap one or more Physical Environment Tolerations every week even as they upgrade the other 8 environments into their Dream Academy.

Physical Environment tolerations are like that. When you zap one, you immediately see another one you want to zap. This is good. Enjoy the ride.

The point about doing Step #5 – Identify and consider the source of the Toleration, is that often there is a deeper Present Pattern in the environment that allows the tolerations to stay there for so long. If you just “clean up the mess” without considering how the mess got there, you miss the lesson. And often the mess comes back really fast unless you also upgrade the pattern as well.

Choosing which spaces to scan

World Power Session #3 Notes				Date:
1. WARM-UP and Dream sharing:				
2. CELEBRATE		3. GROW (from Play and Academy Design)		
4. (Practice) PLAN: <i>Physical Environment: Scan-Plan-Practice-Grow</i>				
5. PRACTICE				
Physical Every THING Matters PLACES, THINGS, AND TOOLS				
Recurring Activities Place & Activity	The Energy Mood	Assets Do I LOVE this thing? Every THING has energy	Drains Tolerations Am I worthy of the best? Do I know what I want?	
			Power Patterns Rate (1-5)	
			1 2 3	
			1 2 3	
What is missing?		Present patterns:		
Zap Toleration Technique Choose the focus				
1. Describe	2. Feelings	3. Action / outcome		
4. Imagine	5. Push	6. It's done	7. Future YOU	
8. Thoughts	9. Body sensations	10. Desires		
6. GROW (from Practice) What did you learn about your Academy? What did you learn about yourself?				
7. PLAY PLAN: What is your Academy upgrade? What social actions?				

In Session #02 we did a practice scan of the Physical Environment that you were in during the session. In this session you will choose another space to scan. There are three basic options:

- a) You can go into that space for a few minutes to scan while you are talking with your coach.
- b) You can scan the space using your imagination by pulling up a recent picture in your mind. This works remarkably well for most people and not at all for others.
- c) You can scan the spaces you want to explore with your coach BEFORE the session. This is also a great way for you to really engage with the material.

Most people have 5-7 spaces that they spend significant time in. Some have even more. You don't need to scan all of them with your coach. With your coach, hone in on 2 that you feel have the most impact on your dream, OR which 2 have the most room for improvement.

How to enjoy your coaching session = Planning + Spontaneity

Coaching, like most things in life, is best with a blend of planning and spontaneity. If you don't plan anything, you can still have a great session, so don't stress! But, if you have a little time to plan for your coaching session, it will probably be better.

Plan the celebrations you want to share... then allow new ones to pop up as you share with your coach.

Plan the growth opportunities you want to explore... then allow new ones to pop up as you explore with your coach.

Plan by scanning the environment before your session... then allow new observations to pop up as you explore with your coach.

Plan for which toleration you want to practice zapping before your session... then practice that one OR allow it to be a totally different one once you get into the session with your coach.

03-02) The Environment Always Wins

We explored this in the Introduction. Now let's go a little deeper because this is a REALLY BIG transformation.

The work of architect philosopher has been a powerful influence in the world of environmental design. Consider this section of "A Timeless Way of Building".

Personal note: When I read this, it changed my life.

"We know now, that every building and every town is made of patterns which repeat themselves throughout its fabric, and that it gets its character from just those patterns of which it is made."

Yet it is obvious, intuitively, that some towns and buildings are more full of life and others less. If they all get their character from the patterns they are made of, then somehow the greater sense of life which fills one place, and which is missing from another, must be created by these patterns too.

How do patterns create this special sense of life?

They create it in the first place, by liberating man. They create life, by allowing people to release their energy, by allowing people, themselves, to become alive. Or, in other places, they prevent it, they destroy the sense of life, they destroy the very possibility of life, by creating conditions under which people cannot possibly be free.

A man is alive when he is wholehearted, true to himself, true to his own inner forces, and able to act freely according to the nature of the situations he is in.

To be happy, and to be alive, in this sense are almost the same. Of course, a man who is alive, is not always happy in the sense of feeling pleasant; experiences of joy are balanced by experiences of sorrow. But the experiences are all deeply felt; and above all, the man is whole; and conscious of being real.

To be alive, in this sense, is not a matter of suppressing some forces or tendencies, at the expense of others; it is a state of being in which all forces which arise in a man can find expression; he lives in balance among the forces which arise in him; he is at peace, since there are no disturbances created by underground forces which have no outlet, at one with himself and his surroundings.

This state cannot be reached merely by inner work!

There is a myth, sometimes widespread, that a person need do only inner work, in order to be alive like this; that a man is entirely responsible for his own problems; and that to cure himself, he need only change himself. This teaching has some value, since it is so easy for a man to imagine that his problems are caused by "others". But it is a one-sided and mistaken view which also maintains the arrogance of the belief that the individual is self-sufficient, and not dependent in any essential way on his surroundings.

The fact is, a person is so far formed by his surroundings, that his state of harmony depends entirely on his harmony with his surroundings."

QUESTION for Reflection:

What are your thoughts about this idea?

QUESTION for Reflection:

Think of a place where you feel fully alive. Describe the feeling of being fully alive. Hint just let words come out, it doesn't have to make logical sense.

HINT: It is absolutely essential that you KNOW deeply your own "Fully Alive" feeling. This is how you will know when an environment that you create for your Academy is right for you.

03-03) The Physical Environment

The Physical Environment of YOU is about places and things.

Our Dreams need a space in the world around us. Sometimes more than one space.

And even better than a space... is an awesome inspiring space designed from the Power Patterns of who we want to become!

Often our Dreams need things as well, like tools, equipment, or artistic symbols.

Remember that each environment is primarily defined by the recurring activities that happen there AND the energetic quality of the elements and experiences there.

Important places include:

- Home (in general)
- Kitchen
- Living Room (different people have different names for it)
- Bedroom
- Bathroom
- Home Office
- Car
- Office at place of employment
- Café / public meeting space
- Gym / Spa / Studio / public self-care space

Important things include:

- Equipment
- Furnishings
- Tools
- Decorations

Question for Reflection:

What can a strong positive Physical Environment do for your Dream?

Question for Reflection:

WHERE are the primary spaces that you play your Dream?

How to scan the physical environment

1) Recurring Activity

What happens in each place- over and over again? Often the activity defines the space.

Your Dream will probably need a primary space to happen in.

Also, your Dream may require that you improve your self-care for rejuvenation. Where is that going to happen?

One important thing to consider here is that you can scan spaces that you don't "control" but you choose to be in because they align with your Dream.

Like you may choose a gym because it is great for your self-care energy AND great for meeting potential clients and Dream allies.

2) Mood / Energy

How do you feel there? What is the energy?

3) Assets

How does this place or thing serve your dream?

4) Tolerations

Is there anything in this environment that is draining your energy?

Is there anything messy, broken, incomplete?

We will have a lot more to explore about "tolerations" in a moment.

5) Anything Missing?

What do you need that you don't have?

Specifically, what do you need to play your Dream that you don't have?

Often folks don't know what they need for their Dream.

Talk with other people who are playing a similar dream and ask them!

Investments of money or time

A BIG idea in this question is looking at places and things for your Dream as investments.

Often a Dream will require some investment in money to buy a thing that is needed or time to make space that is needed.

An example would be clearing out a spare bedroom to make room for a home office for a new business dream. And then furnishing this new office with items that match your Power Patterns.

6) Compare to Power Patterns

Compare each place or thing to your Power Patterns - scale of 1-5

Step #4 Name the Present Patterns

This is a really fun exercise in creative language.

Getting a feel for a space and then putting it into words is valuable.

Co-create this with your coach. They might find it easier to put into words the feeling you are describing.

It can be awakening to look at a messy space, name it, and then realize: “oh no, I don’t want to become THAT!”

Question for Reflection:

What are the typical inner blocks people face in designing their Physical Environment?

Hint: Often places and things have memories of people or experiences in them. Memories of people are part of feelings of belonging (or not) that often require some “letting go” of emotions before you can let go of the things.

03-04) Step #5 - Identify Tolerations: Consider the source and meaning of each one

Overview

Identifying, and then zapping, tolerations is one of the most energizing and fun coaching techniques ever invented!

It’s energizing because when you see a toleration and zap it, you get your energy back which definitely helps you play your Dream better.

When you have tolerations, you are NOT FULLY PRESENT; As Christopher Alexander said, your inner forces are blocked in some way. Zapping them will liberate your inner forces.

It is an essential part of developing your Dream Academy because before we can have your environments pull you forward, we need to stop them from pulling you backward!
Makes sense.

But before we zap them, we want to reflect on them a little bit to try to understand how they got there in the first place.

Let’s start with the basics...

What is a toleration?

- 1) Anything that drains your energy.
- 2) Anything that is broken, messy.
- 3) Something important that is missing.

We will start with tolerations in the Physical Environment because they are the easiest to see and understand.

The big clue of a toleration is that every time you see it or even think of it you think: DANG... I need to do something about that. The interesting thing is that it drains your energy even if you don't THINK that it is.

Woosh... there goes your energy; there goes your focus; there goes your confidence.

Sure, you can carry on, but you are less than 100%.

Less than 100%, even 20% is OK if you are going to work or going through the motions. This is how most people live, most of the time.

But to play your Dream????

We need you close to 100% for that.

Here are some (funny) examples of tolerations in the Physical Environment

- A pile of papers on your desk that you need to go through
- A cabinet knob that falls off every time you pull it and you have to put it back on
- That thing you got at an event that is sitting on the counter and serves no purpose
- The toaster that only toasts bread on one side, so you have to flip it and toast each side separately.
- All the stuff jammed in a closet that you never use.
- Anything tucked away somewhere because it is slightly broken and needs to be repaired one day soon.
- You often need a screwdriver, but you don't have one, or you can't find it. So, you use a table knife instead. (This is known as a "missing") It's being resourceful the first time. It's a toleration every time after that.

These may seem like small things... but they ADD UP! And that is the point.

Some things need to move on to a better home

Then there is another type of toleration where you have a thing that is taking up space or "energy" and you don't use that thing anymore. Maybe it was for a project or activity that you stopped doing. Maybe you keep thinking... "I will get back to that one day". But most likely you won't and someone else would LOVE to have it.

Almost every "I will get back to that one day" is draining your energy from your current Dream. It is TOTALLY OK, to try something for a little while, even gearing up with the "stuff", and then realize, it's really not for you. Let the stuff go!

Questions for Reflection:

What is an example of something you are tolerating in your Physical Environment?

What is an example of something Physical that you need for your Dream but don't have? (missing)

Tolerations in the other environments

Here are some quick examples of Tolerations in the other 8 environments to perk up your awareness for upcoming sessions.

Relationship

- A broken promise to/from a friend
- A messy situation that was never spoken about
- Not enough close friends (missing)
- A friend for a new aspect of your Dream (missing) (like a new workout partner)

Network

- A group that you used to feel bonded with, but you have grown in a new direction
- A person you are missing... (because you lost contact with them)

Memetic

- Stack of magazines
- Investing time watching shows that don't align with your Dream! (mmmm)

Financial

- Stack of bills you don't want to look at
- Unbalanced checking account

Self

- The activity that you LOVE to do but are not making time for
- Anything in your life that doesn't match your new values

Technology

- Linked profile so outdated you hope no one looks at it
- App that creates too many interruptions?

Body (includes clothing)

- A button missing on a coat
- Clothes that don't fit anymore
- You need an outfit that fits your new shape perfectly (missing)
- A health challenge that you are ignoring

Spiritual

- You need a space for a practice you want to try (yoga, journaling, meditation)
- Your favorite park is under construction... you need to find a new nature spot but you haven't done it

Consider the cause / source / reason for the toleration

Most of us can get energized to clean up a mess once we make our mind up to do it.

GREAT! And it is wise to consider how the thing became a toleration in the first place.

Or consider how did we allow ourselves to tolerate so many things?

Often we keep things around us because they remind us of someone or an experience and we fear letting the thing go.

Often, tolerations can serve us in a strange way.

- They keep us slowed down. And sometimes going fast is not a good idea - especially if you don't know where you are going! They occupy us when we are not clear about our Dream.
- They can keep us in our self-preservation zone; the frustration of the toleration is more comfortable than being free to play big for your Dream in the world.

Question for Reflection:

Why is it important to consider the source or purpose of a toleration before zapping it?

- Everything around you is a mirror into your non-conscious mind.
- Tolerations reveal inner conflict between your non-conscious beliefs – who you were “programmed” to be by your past environments - and who you now desire to become for the purpose of playing your Dream. Take a good look and gain awareness.

What are some questions we can ask to find the purpose of a toleration?

ASK: *How might this toleration be serving you in some strange way?*

ASK: *How is this toleration keeping you safe or keeping you from playing bigger in the world?*

ASK: *What is the metaphorical meaning of this toleration?*

ASK: *What is it saying to you?*

ASK: *Why do you think you are keeping this message near you?*

03-05) Step #6 – ZAP Tolerations: Fix, clean, find what is missing

Zapping is usually the fun part of the toleration exercise once we make our mind up to do it.

But sometimes, it is also the growth opportunity part especially if what we are zapping has an emotional aspect to it.

How to ZAP TOLERATIONS

There are several ways to ZAP a toleration

1) Fix something broken

- Put a button on the coat.
- Call someone you said you would call but didn't. (aka broken promise)

2) Clean up a mess (physical or conceptual)

- Clean the closet.
- Talk to your brother about that thing that happened.

3) Put in something that is missing

- I need a new toaster - GET ONE.
- I need a friend to exercise with - GET ONE.

A few suggestions:

1) Be intentional! Remember that you are doing this to upgrade the world around you into a Dream Academy

2) Start with the most obvious one on your list.

3) If you let go of something and you get on a roll... “oh, and this can go. And this can go”. Roll with it! Ride the momentum of reclaimed energy.

4) An amazing thing about tolerations is that after you zap a few of them, you notice a BUNCH more, that you didn't notice before. It can seem like a Russian Doll for a little while.

5) Because this will go on for a while, have fun zapping! Be creative and playful in how and when you do these things.

6) Keep in mind that every toleration that you zap is going to restore your energy! And build your energy for zapping the next one.

7) TAKE Before and After photos of zaps in your Physical Environment! This will help you remember what things were like before you zapped them. Also it will help you recognize when a toleration is creeping back in! (This happens a lot)

8) Acceptance IS an option!

There are occasionally elements in our 9 environments that we are tolerating and desire to upgrade. But... we are unable to change them.

Sometimes we need to accept that although we COULD zap a situation, we just don't have the energy to do it now.

Sometimes we try with energy and creativity and realize that there is just no changing a situation. I usually recommend not giving up too quickly... yet sometimes it's just not going to change.

In these situations, coming to peace with it – letting go of the desire to change it - IS a way of zapping a toleration.

03-06) Zap Toleration Technique

A KEY idea in transformation coaching is Guided Practice.

This means that you don't just come up with a task list with your coach and then go out into the world and hope you do it!

By practicing the action first, you make it much easier to take the actions in your environment and in the world.

In transformation coaching we practice actions using a powerful combination of visualization and embodiment.

Embodiment, is the secret sauce. When an action “Feels natural” in the body it dramatically easier to do it in the world.

Here is a 10-step technique for zapping a toleration.

Your coach will guide the process!

PLAN the practice situation.

1) Picture and describe the toleration

Picture the toleration (or look at it if it is a physical thing near where you are)



Describe what you see...

2) Describe the thoughts and feelings

Describe your thoughts about it; especially what about it is draining your energy.

Notice and describe any physical sensations that arise then you think about this toleration.

3) Describe the zapping action (or sequence of actions)

What is the action – or sequence of actions – that you can do to zap this toleration?

PLAY together using imagination and embodiment.

4) Imagine yourself at play

you imagines yourself in action zapping

In a positive flow

and FEEL the energy of the action.

5) Push the energy

Push the energy to the end of the scene; to the completion of the action.

6) Imagine it's done!

Imagine that the toleration is zapped.

Whatever it was, has been fixed or resolved in a satisfying way.

Feels the energy of the completion.

7) YES! Imagine YOU one week from now.

Imagines yourself in the scene 1 week into the future with the toleration zapped; feeling energized by the improved environment.

GROW from Practice

8) Explore the thoughts that came up

9) Explore the physical sensations that came up

10) Explore any desires that came up!

A BIG key to growing from Practice is judgment-free awareness! Just share what comes up. Allow the words to flow out. Don't judge them or try to figure out what they mean before you say them. Let it flow and your coach will help you sort out the learning.

When we embody something, it taps into our non-conscious mind. This is why it is so powerful. But also, why sometimes what comes up doesn't make "logical" sense.

SNAP!

I encourage you to snap a picture of the before and after if that is appropriate for the situation.

FUN!

Chapter #04 – The Relationship Environment

Plus Conduct Experiments

“I look at you all, see the love there that's sleeping.
While my guitar gently weeps.
I look at the floor, and I see it needs sweeping.
Still my guitar gently weeps.

I don't know why nobody told you
how to unfold your love.
I don't know how someone controlled you.
They bought and sold you.

I look at the world, and I notice it's turning.
While my guitar gently weeps
With every mistake, we must surely be learning.
Still my guitar gently weeps.”

--- George Harrison with The Beatles

04-01) Prepare for Session #04

Like I said in the last chapter, now we are in the repeating rhythm of World Power Coaching.

This session will feature:

1) The standard flow of a coaching session

2a) The practice portion will be a scan of the Relationship Environment

2b) Followed by the Conduct Experiment Practice technique.

Scanning the Relationship environment is so fascinating. It is important because it is by far the most influential environment of our lives and our ability to play our Dreams.

To scan the people in our lives as an “environment” requires both judgment-free awareness, a light touch of objectivity and a bit of vulnerability on the part of the player.

As you do the scan of your closest relationships your coach will listen closely. Often the true energy will come between the words.

My experience is that many people at first are SURE that their inner circle supports their Dream 100%. But as you observe closely you will see that it is not exactly 100%.

I have also had many players who have inner circle people who they are not even sharing their Dream with. This is also a clue.

The Relationship Environment is about LOVE and Friendship. Later in this chapter I will share with you about the Human Nature Superpower: The Love to Befriend. For most people expressing love more fully is an awesome growth opportunity!

On a related note: for most people sharing more about their Dream with their inner circle is a HUGE growth opportunity.

You and your coach will most likely only have time to scan two people in your Relationship Environment. I encourage you to explore the questions with everyone else on your own. It can bring up a lot of good possibilities.

World Power Session #4 Notes				Date:
1. WARM-UP and Dream sharing: 				
2. CELEBRATE 		3. GROW (from Play and Academy Design) 		
4. (Practice) PLAN: Relationship Environment: Scan-Plan-Practice-Grow				
5. PRACTICE				
Relationships The People In Your Life Every Day CLOSE FRIENDS, FAMILY, AND COLLEAGUES				
Recurring Activities Person & Primary Conversation		The Energy Mood Assets Deep Connection		
Drains Tolerations Not Asking, Not Sharing Unmet Expectations		Power Patterns Rate (1-5)		
		1 2 3		
		1 2 3		
What is missing?		Present patterns:		
Design Experiment Technique Choose the focus				
1. Describe		2. Feelings		
3. Action / outcome				
4. Imagine		5. Push		
6. It's done		7. Future YOU		
8. Thoughts 		9. Body sensations 		
10. Desires 				
6. GROW (from Practice) What did you learn about your Academy?  What did you learn about yourself? 				
7. PLAY PLAN: What is your Academy upgrade?  What social actions? 				

I have found that scanning the Relationship Environment is quite provocative for most players. After the scanning session, many players come to awareness about their inner circle over a period of time.

This leads us to the Design Experiment Technique.

This is a technique where you and your coach co-create something new you can do to connect an inner circle relationship to your Dream. It can be as simple as sharing it with one of them. It can be as big as asking for something you really need.

The Design Experiment Technique is a powerful way to practice (AKA preplay) the activity before you do it.

I know that you may feel strange practicing this way at first. You will assume that you will “just do it”. In my experience, believing that you “will just do it” is the worst coaching technique of all time! That is willpower. Here we play with World Power!!

Practice first! Both of you and your coach will learn a lot.

The Role Play Technique

The Role Play Technique can be really powerful here as well, especially if your experiment is an ask or a speaking your truth. A role Play is a wonderful way to practice this type of situation that you and your coach can add in to the session.

Friendship - The missing piece

Another very common situation, especially after the Global pandemic, is when you don't have a full complement of people you love (and who love you back) in your Inner Circle. There is an epidemic of loneliness happening. If you are experiencing that, do not fear! With guided practice you can slowly add new friends to your Relationship Environment!

A big part of a Dream Academy is close friends or colleagues who share the Dream. So, your coach is to encourage you in this area.

We will get into this more when we explore the Network Environment which is EVERYONE you know on a first name basis AND communities and groups that you participate in. Often there are folks who can upgrade from Network to Inner Circle with a little friendship cultivation.

This will do your heart a world (power) of good! (I like that one)

04-02) Revisit Step #2: Create Power Patterns

Quick check in.

Remember, you can keep sharing your power patterns when you talk with your coach. But it is also fun to share the Dream Academy Concept and your Power Patterns with your friends. It is a lively conversation topic! Also... since they are in your Academy this will give them a boost of pride!

Keep upgrading and refining the language as you apply the patterns to your environment and discern if the language really does bring you to life!

Question for Reflection:

What have you learned about your Power Patterns?

Practice saying them with slightly different words to see which phrase has the most aliveness.

As you gain clarity on your Power Patterns, remember that they serve as a “Style Guide” for your Dream Academy. They help you quickly discern if something (or someone) is a good fit.

Start to look around with the question:

Does this match my Power Patterns?

04-03) A quick distinction: challenge vs. obstacle

They have similar meaning but we make a distinction to help with environmental design.

Challenges help you grow as a player

vs.

Obstacles cause unnecessary problems

An example from soccer:

If you are playing soccer and you want to score a goal and there is a defender from the other team trying to stop you, that is a challenge. It will help you become a better player.

If you are playing soccer and you want to score a goal and there is a big hole in the field that you have to avoid so that you don't break your ankle, that is an unnecessary obstacle. It can only hurt you.

We are so used to the general mentality that we need to overcome obstacles in order to succeed. Often, we think that it's just the way it is. But it doesn't need to be like that.

Most obstacles are Tolerations that you can ZAP!

Meanwhile, challenges are essential to playing a worthy Dream.

What challenges do you need in the Dream Academy for you to become a great player of your dream?

- other people at all levels that you can observe playing; some better, some equal, some lesser
- challenges that cause you to step up your self-expression; especially your YOUNique abilities
- lots of opportunities to practice the skills you need to play your Dream

You can conduct experiments that bring these elements into your academy!

04-04) Step #7: Conduct Experiments

Remember, you are transforming the world around you into a Dream Academy that helps you become a great player for your Dream. Being a great player means you have amazing peak experiences where you feel fully alive and growing.

Experiments are essential to creating the new experiences that we desire.

In World Power terms, an experiment is when you are in a familiar situation, and you intentionally do something that you haven't done before or do something in a new way.

- A) To see what happens and possibly discover a better way to do something
- B) With the intention to create a new experience.

Key attitudes needed to conduct experiments:

- Be intentional! Have clarity of what you desire. AND low expectations that it must turn out a certain way.
- Sense of wonder and openness
- Willing to be delighted or surprised
- Curiosity
- Playfulness
- Attentive to what is happening; learn as much as possible
- Some experiments take time, or multiple tries - give it time

The benefits of doing experiments?

- the "wonder" of not knowing exactly what will happen activates your imagination
- you might discover something new and unexpected
- they don't generally require a big commitment
- you evolve in unexpected ways as you adapt to new people, places, things and ideas

The challenges we face in conducting experiments...

- the need to get it right
- hate making mistakes

- "do it right the first time or don't do it at all" mantra we learned in Industrial Culture
- hate not knowing how to do something
- "don't make messes" mantra we learned in Industrial Culture
- the unknown - not knowing what the result will be
- the cost in time (and sometimes there is a monetary cost)
- desire to avoid disappointment in the results
- fear of people thinking poorly about you for doing something that isn't perfect

Experiments are one IMPORTANT way we PUT Power Patterns into our environments

- This is a highly creative exercise that is done through experiments
- E.g. Physical environment - get a thing or picture that has the essence of the pattern and bring it into your space
- E.g. Relationship environment - find a person(s) who has this essence of the pattern and develop a frequent connection with them (AKA friendship)

Examples of experiments in the physical environment?

- try taking things out of your space and see if you miss them
- Look at each thing and ask:
do I LOVE this thing? (note: this has been a part of this program since before Marie Kondo made it famous ;-)) OR...
Does this thing match my Power Patterns?
Does this thing have great energy for me and my Dream?

Examples of experiments in the Relationship Environment

Remember, an experiment is when you are in a situation that is familiar, but then you do something new..

A) To see what happens

B) With the intention to have a new / better experience.

So... with a person that you already know...

- Bring up a topic you don't usually talk about (aim to be provocative in a good way)
- Share something you never shared with them before (like your Dream for example)
- Ask for something you don't usually ask for
- Invite them to do something with you that you have never done together before (my favorite type of experiment)
- SO MANY POSSIBILITIES!!!!

04-05) The Design Experiment Technique

The Design Experiment Technique is another fun way to experience Guided Practice for an environmental upgrade activity.

It makes powerful use of the same structure as the Zap Tolerations Technique.

This is good because when you become confident in this structure including, Plan, Play, Grow as well as Visualization and Embodiment, you can adapt it to a wide range of coaching situations.

Always remember that embodiment is the secret sauce of coaching. When an action feels natural “in the body” of the player, it is dramatically easier for them to take this action – in this case do the experiment - in the world.

Here is a 10 step Design Experiment Technique.

The language of each step is written out in the coaching guide!

PLAN the practice situation

1) Describe the Experiment

What is the situation where you want to try something new?

What are you going to do in a new way?

2) Describe the feeling

What do you want to express in a new way?

What do you want to feel in this new approach?

3) Describe the Desired Outcome

What do you want to happen, experience or discover.

In other words, what is your intention?

PLAY together using imagination and embodiment



4) The player imagines themselves at play in the experiment. They allow their imagination to play in the scene.

They imagine it going well.

They notice their thoughts and feelings while they are in the scene.

5) Push the energy

The player pushes the energy of the scene into the future to the moment the experiment is complete.

6) Imagine it's done!

The player imagines the completion of this experiment.

They notice their thoughts and body sensations in the moment.

7) YES!

Imagine Future YOU... after the experiment.

Here we allow the players imagination to explore the future benefits from doing this experiment in the unknown today.

GROW from Practice

8) Explore the thoughts that came up

9) Explore the physical sensations that came up

10) Explore any desires that came up!

I encourage you to snap a picture of the before and after of the experiment if that is appropriate for the situation.

FUN!

04-06) The Relationship Environment

Your Relationship Environment is Your Inner (Intimacy) Circle

The Relationship Environment is the people who you interact with almost every day.

Ideally, we have between 7 – 15 people in this environment.

This is the Environment of Love and Friendship... both essential to our joyful experience of life... AND both major growth opportunities for most of us.

We can all become better with expressing and receiving love!

The Relationship Environment is closely related to the Network Environment that we will explore next. The line between the two is VERY FUZZY! Don't worry about getting it exactly right.

The Relationship Environment includes:

- People you live with,
- Close colleagues in your job or team,
- Close friends that you interact with several times each week,
- Close family that you interact with several times each week
- Close family / friends who take up a lot of energetic space in your day... you think about them / care for them / worry about them

BIG IDEAS!!!

- We all have the Love to Befriend Human Nature Superpower within us.
- We are all capable of developing and enjoying extraordinary friendships.
- We are all capable of co-creating wonderful adventures with companions.
- As a player, you can restore these abilities and live them out loud!
- With your coach, guiding your practice to uplift these abilities will light up your world!

A few thoughts and observations about the Relationship Environment

- It is where we practice the Love to Befriend Human Nature Superpower (more about that next)
- There is a finite # of people that we can keep energetically close to us. This is where the number 7 – 15 comes from.
- A person in a community that you interact with regularly could be in either the Relationship or Network environment.
- A person you interact with regularly in a professional manner (for example the barista at your favorite coffee shop) would be Network Environment; similarly, the parents of your child's friend who you interact with briefly on a regular basis.
- If you work in an office and see / chat with someone every day, but they are not actively a part of what you are doing, they would be Network Environment
- Your neighbor who you chat with once in a while would be Network Environment; the neighbor who you hang out with regularly would be Relationship Environment
- Remote work and global pandemics have caused our Relationship Environments to shrink.
- We all have the opportunity to choose individuals in our Network Environment and develop a closer relationship with them to build our Relationship Environment. This is the fine art of developing friendships. For most of us this is a lost art and a major growth opportunity!
- Often a person is in our Relationship Environment for a time in our lives, often connected to a Dream we are playing, and then they ease into the Network Environment when you – OR THEY - start playing a new Dream. We still care

about them, but we are not interacting as much; nor are we as energetically connected.

- The flow of some people in and out of our inner circle is **TOTALLY NATURAL**. There is nothing wrong when this happens.
- **Choosing friends who align with your current Dream is a BIG Deal. Choosing Friends for our Dream Academy is a BIG deal. It can make all the difference how our Dreams unfold.**

Question for Reflection...

Why do you think the Relationship Environment is so influential on our ability to play big for our Dreams?

Is everyone in your Relationship Environment aligned with your current Dream?

This is a BIG question.

It is a BIG growth opportunity for most people to share their Dreams with their Inner Circle. This is something we will practice together.

Sometimes long-term friends and family are resistant to our new dreams, especially if they are less growth-oriented than we are.

In the Relationship Environment Scan we will consider each person and explore:

- Does each person know the dream that you are playing?
- Are they supportive? or is there a subtle lack of support? not sure?
- Do they challenge you in a healthy way?

Alignment or support... is an interesting dynamic.

Often when we choose a new Dream, we also shift our values; what we care most about or how we prioritize our care.

When our values shift this can disrupt our close relationships.

Here are two partner relationship examples from my early days of coaching:

Example 1: A woman playing a business dream for the first time

Me: What about your husband, does he support your business Dream?:

Player: "oh, he is totally supportive".

Me: What about going to an evening networking event?

Player: "oh no, my husband expects me to make dinner for him every night."

Me: "That is not total support."

Example 2: A man playing a business dream for the first time

Me: What about your wife, does she support your business Dream?

Player: Oh yes, she is totally supportive.

4 weeks later...

Me: How were your revenues from your first month in business?

Player: Not great. My wife told me to get a job and forget these foolish plans.

Me: That is not total support.

Understandings & Agreements

If we had an understanding or agreement with a partner regarding values, can we modify those agreements to match our new Dream?

If we had an understanding with a partner based on lifestyle or risk tolerance, can we modify those agreements to match our new Dream?

Scanning the Relationship Environment

As I mentioned in the prep notes for this Session, tread lightly with judgment-free curiosity while scanning the relationship environment. It can feel strange at first to think of people we care about as an environment... but, whoa.... they sure are.

Also, this is an exploration where you will have a LOT of insights AFTER the session as you interact with your people through the “World Power Lens”.

1) Recurring Activity (conversation)

Remember that what makes an environment unique is the recurring things that happen there. With relationships we are focused on the recurring conversations... and also what you do together.

You may have a dynamic relationship with a partner with many topics. Hone in on what is the essence or central theme.

2) Mood / Energy

This is a provocative question to consider. You may have a word collage to attempt to describe it. This is great. It is a valuable practice to find the words to describe an energetic feeling.

3) Assets

Most people never ask for what they need from the people in their lives. So, starting to think about how a person could influence your dream if only you would ask... is profound.

Also, most of us are pretty uncomfortable at receiving support. We don't have practice in asking or receiving because the Industrial Control Culture trains us to neglect our unique needs.

It can help sometimes if you consider that you are asking for your Dream – and the positive impact it can have on others - and not for yourself.

Finally, most of us don't think about the value of healthy challenge, or even know what a healthy challenge is. So, this is another question that may tread into some experimental territory.

4) Tolerations

It is highly likely that you have tolerations with people who you care about. The BIG idea here is that making a move to zap a toleration in a relationship can be both liberating and bonding. Remember, we do really care about the people in our lives, and they care about us too!

Tolerations

Here are examples of tolerations / energy drains in the relationship environment?

- Broken promises
- Unfulfilled expectations
- Unspoken needs
- Unspoken boundaries (this is something that is not OK around me; is there something that is not OK around You?)
- Changing Values
- The need for updated agreements
- Missing support
- Assumptions that need to be clarified
- The “unspoken” that needs to be spoken; (usually about that “thing” that happened)

5) Missing?

When it comes to a relationship with a person in our lives, often there are “things” that are missing. It is often a profound growth opportunity to ask. The big point is that sometimes the person can provide what is missing but they didn't know it was needed. Other times the other person is unwilling or unable to provide what is missing. It is better that this is known and accepted rather than unsaid.

The other aspect of missing in the relationship environment is friends and/or partners that we don't have but are needed for our best life... for our Dream Academy.

This is a BIG growth opportunity for most of us... **to find our people**. It usually starts within our Network Environment which we will explore in the next chapter.

6) Compare to Power Patterns

This is another provocative exploration with wide ranging impact.

The bottom line of our Human Nature is that over time we BECOME energetically attuned to the people we spend the most time with.

With your new awareness of Power Patterns for your Dream Academy, your coach is inviting you to compare the person to the patterns.

This can be intense and revealing.

A) if they are NOT strongly attuned, you need to be aware of this.

We will get to the Present patterns in a moment.

B) If they are strongly attuned, then you may want to engage with this person even more than they do now.

Step 4: Name the Present Patterns

It is another big eye opener to attempt to name the energy of a person you care about in pattern language.

For many, it will be like an awareness and gratitude exercise to put the value a person has for us into powerful words.

The best scenario is when the person either matches the patterns for our Dream, OR has patterns that are synergistic.

If the person has Present Patterns that conflict with the Dream in some way, this presents a growth opportunity.

Perhaps there is an experiment that could shift the energy for better synergy?

I always say, give people the benefit of the doubt, assume that they want to grow, until they completely prove otherwise.

Experiments

Remember, an experiment is when you do something new in a familiar situation. These are new things you can try with people you know well.

Share your (new) Dream - what you are playing now and why it is so important to you. This is always essential to strong relating.

Share your love and admiration - tell them what you admire about them and why you value their friendship / companionship! (this is such an awesome but oddly challenging thing to do)

Do something new together – either co-create a new activity or suggest something new and then dive into the experience together. Co-creating shared novel experiences is like super bonding superglue for our Relationship Environment!

Be assertive: speak your truth about needs, desires, values... anything.

Make clear requests – (related to assertive) ask specifically for what you want / need (no hinting or assuming).

Clarify expectations / assumptions – state what you expect the other person to do with a level of clarity appropriate for the situation.

Bold / vulnerable conversations - the courage to say what needs to be said.

Judgment-free awareness when sharing - nothing is wrong with them AND yet something doesn't feel good to you; share about it in as charge-neutral way as possible for you.

Navigate via curiosity - be curious about their perspective on the situation and listen fully.

Respect the persons humanity - you are not here to tell them how to live.

Acceptance - allow people to be as they are / were.

Find common ground - rather than focus on differences.

Be completely honest – try sharing how you really feel while knowing that the other person can hear you AND you can accept their response.

04-07) The Love to Befriend (Human Nature Superpower)

Remember the keywords from our Human Nature Superpower:

- Choose your companions.
- Co-create = Two or more people creating together
- Care (give and receive) = We attend to each other's well-being

The Power of Love!

Let's start with the power of LOVE! Too big and too amazing to describe in a few sentences. Let's just say that we are awesome at LOVE! The main idea here is to see this as a Superpower that you can use for your Dream.

The notion of Befriend includes all of the ways two people or a small group of people can join together for companionship, mutual care and co-creation. There are so many possibilities.

Love to BEfriend
Care (give & receive)
Co-create



Choose Your Companions

We are super-oriented around our companions. I know for me that when I think back on periods of my life there are two main characteristics: What was I doing (what was my Dream) and WHO were my companions at that time.

You can choose your companions for: a day, a project, a trip, a business, a team, a period of time, a purpose and romance. We can join groups with a shared purpose and become a companion with selected members of the group.

Often it is the magic of our companions that will determine how we remember our experiences.

Also, there is the important knowing that we will BECOME like the people we spend time with. I would tweak that to say we will become like the people we Dream with and Adventure with; with the idea that any day can be an adventure.

The key here is to see that your ability to choose WHO you are dreaming with and adventuring with is a superpower! YOU can choose to use it. You can see yourself as an amazing person to adventure with so that others WANT to be your companion.

Strangers

The way we live in the Industrial Culture we often find ourselves in very large groups. For example, as part of companies or communities of shared geography or purpose. While we are around a lot of different people – now both in person and online – we are only drawn to a few. How and why we are drawn to some people and not to others is one of the mysteries of life.

You know that feeling when you are talking with someone who is a stranger to you. And something clicks and you feel an energy flow between you.

Other times you are “thrown in” with someone in a company or group activity, like a sports team, and over time you develop a close bond with someone.

All of these make for great companion choices.

Another big idea is that sometimes we choose our companions. And sometimes our companions choose us. Both are good.

Co-Create

Cocreating with another person, or a small group, is one of the most energizing activities in life. This can be doing an activity together which is a cocreated experience. Or, actually co-creating a thing. WOW! We made that together.

When you take a step back and think about your life... it is mostly co-creating experiences with other people. We do it so naturally that we don't even notice it as a superpower. Now imagine if you used this superpower intentionally. WHOA!

Co-creating is a way to contribute our unique value to a shared purpose with people we enjoy. Co-creating is also a way to experience and appreciate the unique value of others. When we experience someone doing something we admire it can spark our desire to learn how to do it. This will lead us to choosing practice which is part of our Urge To Become Superpower.

Another big aspect of co-creating is learning from others which is SUPER FUN.

Care (give and receive)

Caring is another incredible Human Nature Superpower. We are awesome at caring for others. Collective Care is the way we are meant to live together. We are not meant to “be on our own, or “fend for ourselves”... or even “be solely responsible for ourselves and our families”.

One of the most important transformations needed in the world today is to find a more wholesome balance between personal responsibility and collective care.

We can express our Care in so many different ways. Expressing care feels good! Especially when offered with freedom and purpose and without attachment; so that it is not transactional. This is a clue as to why it is a Superpower of Human Nature.

Examples: a thoughtful word, just listening, being aware of something needed and providing it, doing something for someone to reduce their burden, just spending time with someone without a specific purpose.

Receiving care feels good to. Receiving care honors the giver. Unfortunately, due to Industrial Control diminishing our self-worth, we are often not so good at receiving care because we are not worthy. Also, we got a lot of messages about how we need to be self-sufficient and be able to do things on our own. We will uplevel this ability in this program. This creates a “clunk” in our Human Experience when we are more fluid givers than receivers. It creates a balance problem.

Another challenge we have in our culture today is the toxic media going after your attention with 24/7 trauma stories. They know that we all have the Superpower to Care so they use that against us to suck us in to care about their trauma story.

We all need to develop the wisdom to choose when to use our care Superpower and when disengage it.

We will get to this later as well.

Conclusion

The big point of this section is to notice that we have these incredible superpower abilities within us. We take them for granted because they are Human Nature. By calling

attention to them we can start to use them with intentionality and wisdom specifically for our Dreams.

During our adventure together, look for ways to revive and practice these awesome Superpowers within your Human Nature!

You were born for this!

04-08) Role Play Technique

The Role Play Technique is another excellent way to practice a situation that includes a conversation.

Often a 3-5 minute role-play can significantly expand your players confidence and clarity about how they will approach a conversation.

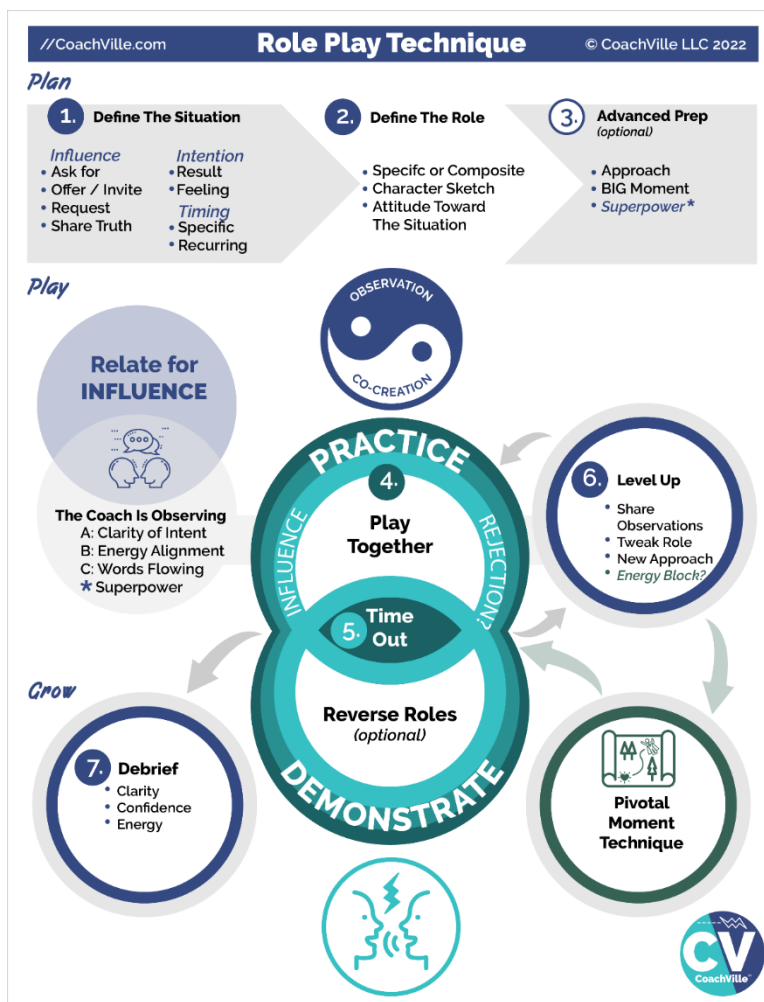
As you use the environmental design techniques with your coach, you will come upon many situations where the you could... or SHOULD... include another person in the activity.

In these cases, I recommend you do a quick practice using Role Play. It can be a powerful coaching routine in World Power Coaching:

- 1) Scan the environment
- 2) Practice with an Environmental Upgrade Technique
- 3) Practice with Role Play

I include this model here so that you can feel confident doing these with your Coach if you want to give it a try!

I hope you do!!



YOU ARE INVITED!

To join us in the CoachVille Player Community

Your coach can send you a link for a 90-Day Free Trial
After that, it is ONLY \$20 / month to maintain your membership.
AND... it is very easy to cancel before your first payment.

You can also go to CoachVille.net to set up a free CoachVille Membership if you would like to get comfortable with our platform before setting up your 90-Day Trial.

The purpose of this PDF version of the World Power Player Playbook was to give you a chance to experience the benefits of coaching PLUS content.
With the CoachVille Player Membership you will experience:

Coaching PLUS Content PLUS Community!

I hope to see you there!

Coach Dave