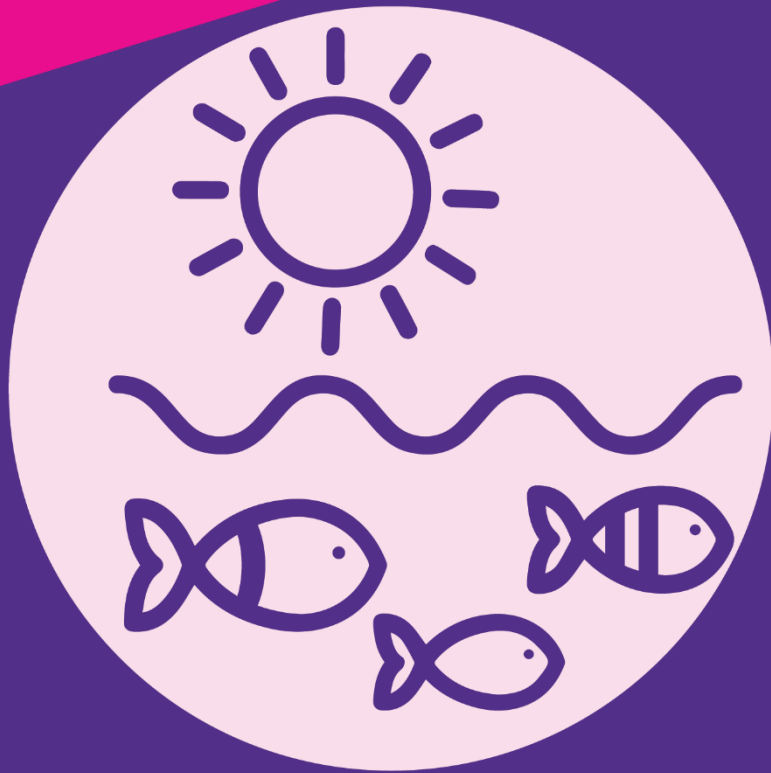


WORLD POWER



Playsheet Pack
by Dave Buck, MCC

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

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



This PDF contains:

World Power Adventure Log (to track your progress)

The Super YOU Playsheet (to find your Power Patterns)

9 Environments of YOU “Poster”

Social Play Plan

World Power Coaching Session Notes for Sessions 1 – 12

The Environmental Scan Sheets

The Coaching Technique Sheets

Please print these!

If the Social Play Plan sheet works for you, print one copy for each week.

Enjoy the program and... Play BIG for your Dream with your Dream Academy

A handwritten signature in purple ink that reads 'Dave R. Buck'.

Coach Dave Buck and the CV Team!

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: / /



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).



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

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*



.....

.....

.....

NOTICE & JOURNAL

Results / Resistance / Reaction

.....

.....

.....

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



.....

.....

.....

.....

.....

.....

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



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.....

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



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.....

Notice your thoughts / reactions / beliefs:



.....

.....

Notice your desires:



.....

.....

World Power Session #1 Notes

Date: _____

1. WARM-UP and Dream sharing:



2. CELEBRATE



3. GROW (from Play and Academy Design)



4. (Practice) PLAN: *Activate your DREAM and Dream Academy*

5. PRACTICE

A **Your Dream**



Purpose
Change lives for the better

B

D **Growth Opportunities**
Challenges



Peak Experiences
Meaningful objectives

C

Dream Academy

A **Becoming**
An excellent player



Come Alive
Where do you?

B

D **Power Patterns**
Your Academy "style guide"



Academy Ideas

C

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?

World Power Session #2 Notes

Date: _____

1. WARM-UP and Dream sharing: 

2. CELEBRATE



3. GROW (from Play and Academy Design)



4. (Practice) PLAN: *Physical Environment: Practice Scan*

5. PRACTICE



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) 1 2 3

What is missing?

Present patterns:

Relate

for INFLUENCE



Create

for INSPIRATION



Explore

for VISIBILITY



Co-create Awareness of Social Play

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?

World Power Session #3 Notes

Date: _____

1. WARM-UP and Dream sharing:



2. CELEBRATE



3. GROW (from Play and Academy Design)



4. (Practice) PLAN: *Physical Environment: Scan-Plan-Practice-Grow*

5. PRACTICE



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)
				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?

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	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
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?

World Power Session #5 Notes

Date: _____

1. WARM-UP and Dream sharing:



2. CELEBRATE



3. GROW (from Play and Academy Design)



4. (Practice) PLAN: *Network Environment: Scan-Plan-Practice-Grow*

5. PRACTICE



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 Being Seen and Known	Tolerations Resist Standing Out Resist Participation	Rate (1-5)
				1 2 3
				1 2 3

What is missing?

Present patterns:

Enter New Territories 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?

World Power Session #6 Notes

Date: _____

1. WARM-UP and Dream sharing:



2. CELEBRATE



3. GROW (from Play and Academy Design)



4. (Practice) PLAN: *Memetic Environment: Scan-Plan-Practice-Grow*

5. PRACTICE



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

What is missing?

Present patterns:

Choose Your 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?

World Power Session #7 Notes

Date: _____

1. WARM-UP and Dream sharing:



2. CELEBRATE



3. GROW (from Play and Academy Design)



4. (Practice) PLAN: *Memetic Environment: Scan-Plan-Practice-Grow*

5. PRACTICE



Financial

Freedom & Security
MONEY, WEALTH, AND BUDGET

Recurring Activities	The Energy		Drains	Power Patterns
Activity	Mood	Assets	Tolerations <small>Not Up To Date Effective Use</small>	Rate (1-5)
				1 2 3
				1 2 3

What is missing?

Present patterns:

Choose Your 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?

World Power Session #8 Notes

Date: _____

1. WARM-UP and Dream sharing:



2. CELEBRATE



3. GROW (from Play and Academy Design)



4. (Practice) PLAN: *Self Environment: Scan-Plan-Practice-Grow*

5. PRACTICE

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
What is missing?		Present patterns:		

Choose Your 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?

World Power Session #9 Notes

Date:

1. WARM-UP and Dream sharing:



2. CELEBRATE



3. GROW (from Play and Academy Design)



4. (Practice) PLAN: *Technology Environment: Scan-Plan-Practice-Grow*

5. PRACTICE



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

What is missing?

Present patterns:

Choose Your 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?

World Power Session #10 Notes

Date: _____

1. WARM-UP and Dream sharing:



2. CELEBRATE



3. GROW (from Play and Academy Design)



4. (Practice) PLAN: *Body Environment: Scan-Plan-Practice-Grow*

5. PRACTICE



Body

The Moving Environment
RADIANCE, APPEARANCE, AND CLOTHING

Recurring Activities	The Energy		Drains	Power Patterns
Area & Activity	Mood	Assets	Tolerations Negligence Early Body Image	Rate (1-5)
				1 2 3
				1 2 3

What is missing?

Present patterns:

Choose Your 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?

World Power Session #11 Notes

Date: _____

1. WARM-UP and Dream sharing: 

2. CELEBRATE



3. GROW (from Play and Academy Design)



4. (Practice) PLAN: *Spiritual Environment: Scan-Plan-Practice-Grow*

5. PRACTICE



Spiritual

The Divine Connection
DEEP CONNECTIONS, SACRED SPACE, AND NATURE

Recurring Activities	The Energy		Drains	Power Patterns
Practices	Mood	Assets	Tolerations <small>Scarcity Consciousness Not Worthy of Divine Flow</small>	Rate (1-5)
				1 2 3
				1 2 3

What is missing?

Present patterns:

Choose Your 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?

1. WARM-UP and Dream sharing:



2. CELEBRATE



3. GROW (from Play and Academy Design)



4. (Practice) PLAN: *Celebrate your DREAM and Dream Academy*

5. PRACTICE

A

Your Dream

What happened?



Tolerations

Your favorite ZAPS!

B

D

Growth Opportunities

What was your favorite?



Peak Experiences

What was your favorite?

C



Dream Academy

A

Becoming

Describe the new YOU!



Come Alive

When did you come alive?

B



D

Power Patterns

What was your favorite?



Academy Ideas

What was your favorite?

C



6.

GROW (from Practice)

What did you learn about your Academy?



What did you learn about yourself?

7.

PLAY PLAN: What is your next DREAM?

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?		

Zap Toleration Technique

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Plan

1. Picture and Describe

Picture the toleration.

Describe what you see.

2. Thoughts and Feelings

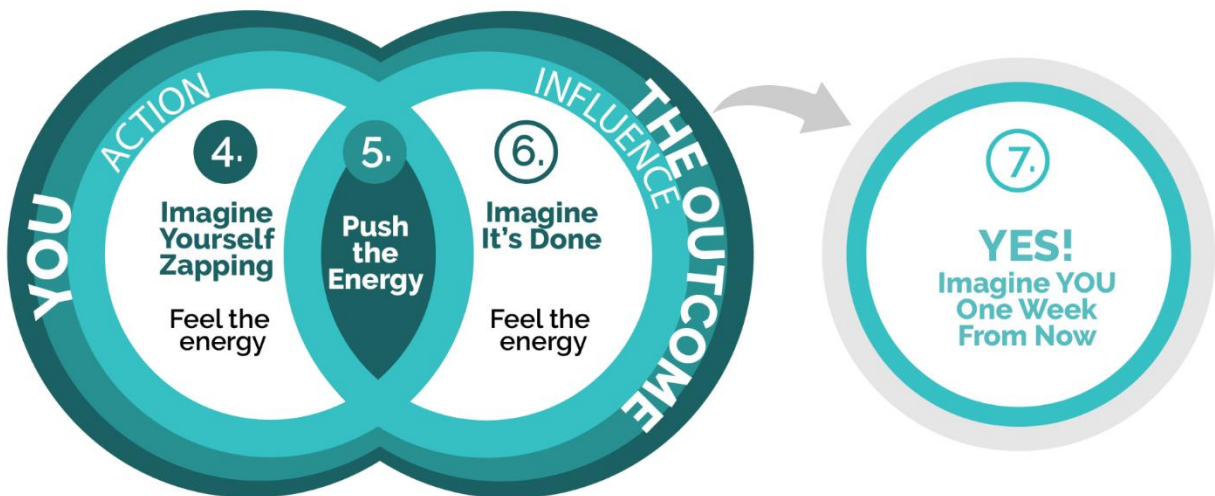
Describe your thoughts.

Describe body sensations.

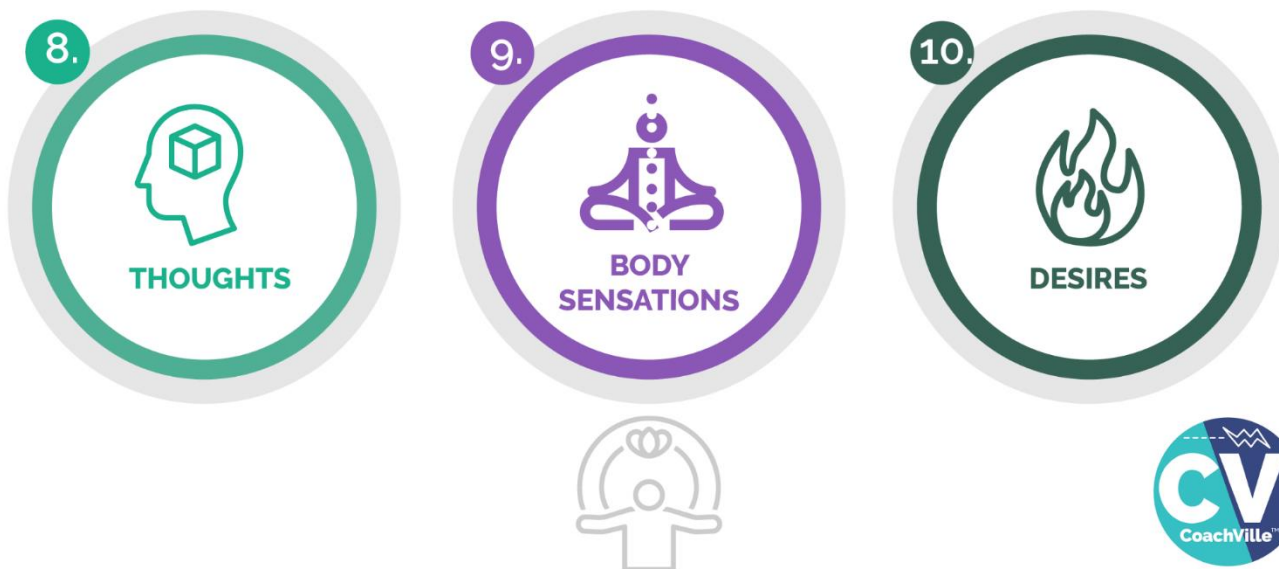
3. Describe the Zapping Action

Describe what you are going to do.

Play



Grow



Design Experiment Technique

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Plan

1. Describe the Experiment

What is the situation?

What are you doing in a new way?

2. Describe the Feeling

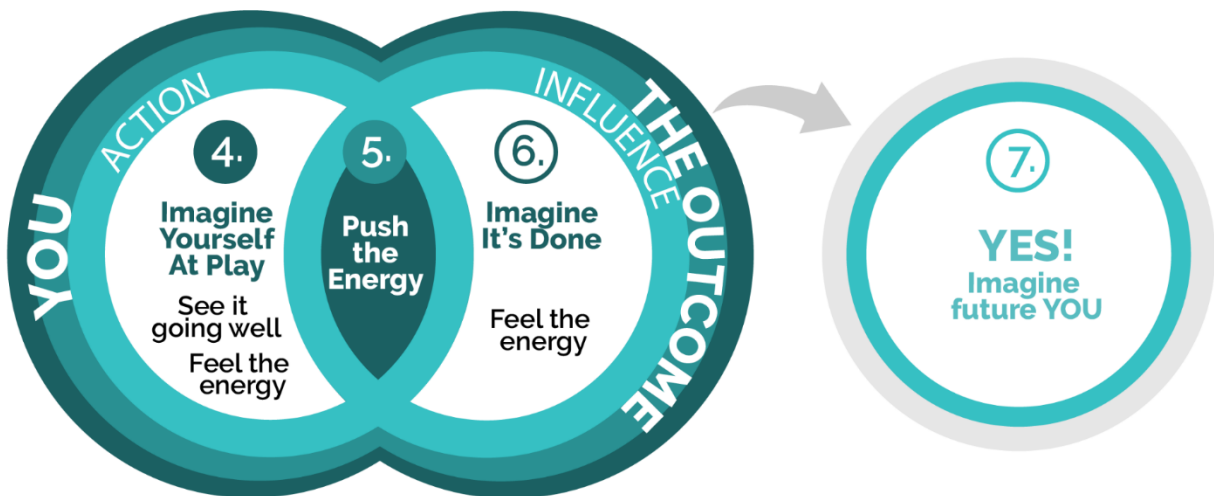
What do you want to express?

What do you want to feel?

3. Desired Outcome

What do you want to happen, experience or discover?

Play



Grow



*Plan***1. Define The Situation***Influence*

- Ask for
- Offer / Invite
- Request
- Share Truth

Intention

- Result
- Feeling
- Timing*
- Specific
- Recurring

2. Define The Role

- Specific or Composite
- Character Sketch
- Attitude Toward The Situation

3. Advanced Prep (optional)

- Approach
- BIG Moment
- *Superpower**

*Play***Relate for INFLUENCE****The Coach Is Observing**

- A: Clarity of Intent
- B: Energy Alignment
- C: Words Flowing
- ★ Superpower

**PRACTICE****4.****Play Together****5. Time Out****Reverse Roles (optional)****DEMONSTRATE****6. Level Up**

- Share Observations
- Tweak Role
- New Approach
- *Energy Block?*

*Grow***7. Debrief**

- Clarity
- Confidence
- Energy

**Pivotal Moment Technique**

Enter New Territory Technique

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Plan

1. Describe the New Territory

Where / what are you exploring?

What are you doing?

What is the time frame?

2. Describe the Feeling

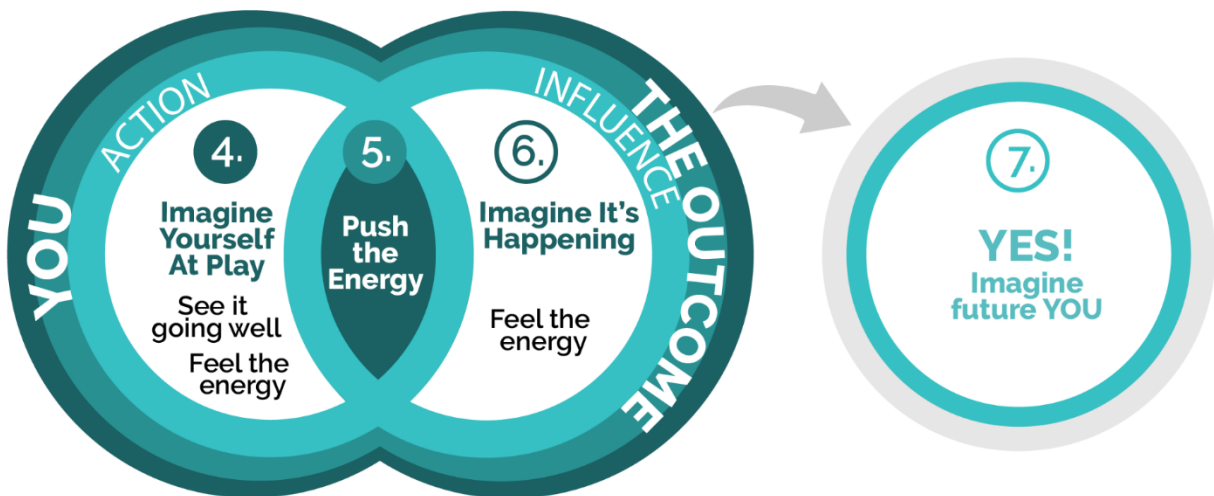
What do you want to express?

What do you want to feel?

3. Desired Outcome

What do you want to happen, experience or discover?

Play



Grow



