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//CoachVille.com		<b>Play Life Playsheet</b>		© CoachVille LLC 2018	
<b>1. Share the Dream</b>  Player Name: _____		<b>Name the Dream</b> Date: _____	<b>Purpose &amp; Values</b>	<b>Spirit of Play</b>	
<b>Outcomes</b> Date: _____ 	<b>Mastery</b> 	<b>Becomings</b> 	<b>Upgrades</b> 		
<b>2. Design the Way to Play</b>					
<b>Results</b> Date: _____ 	<b>Actions</b> 	<b>Challenges</b> Date: _____ 	<b>Evaluate</b> Date: _____ 		
<b>3. Play for Results</b>		<b>4. Embrace Challenges</b>		<b>5. Evaluate Performance</b>	
<b>Superpowers</b> Date: _____ 	<b>Role Play</b> Date: _____ 	<b>Fears</b> Date: _____ 	<b>Environments</b> Date: _____ 		
<b>6. Play Plan</b>		<b>7. Practice Skills</b>		<b>9. World Power</b>	
<b>Play Big</b> Date: _____ 	<b>Play Big</b> Date: _____ 	<b>Highlights</b> Date: _____ 	<b>Next Dream</b> 		
<b>10. Big Move #1</b>		<b>11. Big Move #2</b>		<b>12. Celebrate and Co-Create</b>	

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## Session #2 Design the way to PLAY; Pursue Your Dream in a Playful Way

### 1) Coaching Theory: You can pursue your dream by playing: as a performance art, game or quest

BIG IDEA: We pursue our DREAMS in life in order to create fulfilling experiences.

#### QUESTIONS

What are the pursuits in life that can be played as a game, performance art or quest?

What makes a Dream worth playing for?

### 2) Spirit of Play

Tapping into the Spirit of Play is essential to becoming a game-changing coach. In today's class we will explore:

- 1) The essential qualities of the Spirit of Play and
- 2) The transformation from worker mindset to player mindset.

The ESSENTIAL DISTINCTION =

**WORK** = completing tasks = it is something that you can control

**PLAY** = co-creating experiences = it is something that you cannot control but you can influence with skill, energy and strategy

#### QUESTIONS

What are the benefits of bringing the spirit of play to the pursuit of a Dream?

What is an area of life where you have "worked hard" and now you can see yourself "playing well"?

### 3) Play Life Step #2) Design the Way to Play; Pursue Your Dream in a Playful Way

Step 2 is intense! There are many new concepts to learn both for YOU and your players. There are several steps required to design the way you can PLAY for your Dream.

## Look at the Play Life Playsheet

We will do a quick walk through in class.

Notice the RED Row: *Outcomes, Mastery, "Becomings" and Upgrades*

We call these the "Ultimate Experiences" of the Dream.

*Notice the BLUE Row: Results, Actions, Challenges and Evaluate*

We use the acronym RACE to remember these items.

The important distinction is the items in the BLUE ROW are recurring.

They accumulate into the "ultimate experiences" in the RED ROW.

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Designing the way to play in pursuit of a dream is a fun, highly creative experience that does require some practice!

**Learning how to do this well – with a variety of people - is a major step in becoming a transformational life coach!**

## **4) Actions = Conversations, Creating and Sharing**

Coaching is guiding someone in pursuit of their Dream by helping them PLAY Better through perceptive observations and life-changing conversations. A key part of the design process is to figure out how you can help them play better by OBSERVING them.

Most dreams in life are pursued through conversations with other people AND creating things/experiences to share with other people.

It is vital when you coach your player during the design process that you **guide them toward PLAYING with others** and away from working in solitude.

## **5) Coaching Outline Prep**

### **Pre Class Preparation...**

Remember to have a few copies of the Play Life Method Playsheet printed to use during class.

Simply asking the questions in the method can be life-changing for your player.

When you coach in class, the key is to practice each of the questions without too much extra exploration. Stay on the path.

When you coach your players, based on how much time you have, the key is to use your intuition to explore each question a little deeper while staying close to the path.

### FUTURE POSSIBILITY...

Many coaches sell a 2-4-hour Power Coaching Experience where they go deeply into each of these questions to create a solid Play Plan to Pursue their Dream.

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## Coaching Outline for Step #2: Design the Way to Play (for your Dream) {Pursue Your Dream in a Playful Way}

**Note to the Coach: The Numbered Bold Lines are there to give you a reference point, you don't say them to your player.**

### 1) Quick Hello

**Say:** Welcome back! It's great to be with you again.

**Say:** Today we are going to design how you can pursue your dream in a playful way!

**Ask:** Does that sound good to you?

Wait for the "yes".

### 2) Design the "ultimate" experiences / objectives

**Say:** Remember that the BIG IDEA of pursuing your dream is to create fulfilling experiences. We are going to clarify the "Ultimate Experiences" that you want to create as objectives and explore how we can reach them as you play over the next 3 months.

It is important to remember that these may evolve over time so today we are going to focus on "Version 1".

**ASK:** What are some of the ultimate experiences that you want to have before 3 months pass? You may also think of these as primary tangible **OUTCOMES**? An outcome is when something happens "in the world" as a result of your actions.

**ASK:** Describe some of the areas of **MASTERY** you want to pursue and experience over the next 3 months. In other words, what are some actions that you want to get really good at doing?

**ASK:** Who do you want to **BECOME** – what character traits do you want to develop – as you face the challenges of pursuing your dream?

**SAY:** We are going to explore a few **UPGRADES** to your environment that you want to make so that you can play at a high level? Things like resources, assets and connections that you will need.

**ASK:** To use a metaphor... if you were going play for this dream at an Olympic Level, what resources and support would be in your Olympic training center?

**ASK:** What **UPGRADES** to your environment do you want to enjoy as a reward for becoming a great player and making a difference in the world?

### 3) Design the recurring experiences with the Human RACE Model

**SAY:** Now we are going to get into the details of how you will play for your Dream every day.

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**ASK:** What are the recurring daily or weekly **RESULTS** that will grow into each tangible outcome?

**SAY:** Remember, a result is when something happens in the world as a result of your action.

**SAY:** Now we need to talk about actions. And we want to focus as much as possible on actions that involve other people such as conversations, creating and sharing. An example would be: talk with someone and ask them to do something with you; or hire you to do something.

**ASK:** What are some of the recurring **ACTIONS** that will create the results you want?

**ASK:** On a scale of 1-5 (5 being mastery) how would you rate your skill level for each action?

**ASK:** How can you bring the spirit of play into these actions?

**ASK:** What are some of the **CHALLENGES** you expect to face while playing for your desired results?

**SAY:** Remember, challenges are what make playing for your dream fun!

**ASK:** What is most important for us to **EVALUATE** each week to explore how well you are playing?

## 4) Wrap Up your Design Conversation

**Say:** "OK, this is a good place for us to wrap up this session. Next time, we are going to delve deeper into your current situation and start figuring out how I can help you play better."

**Say:** "My challenge for you is to pursue the results we spoke about with the actions and notice what challenges you experience along the way."

**ASK:** "Can you do that?"

{Wait for them to say: "YES!"}

**ASK:** "This was a great session. Can you give me a 30 second wrap up of what you experienced today"?

{Next Page: Alternate Play Sheet for more complex endeavors}

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Game Design For: {Name : Date}

	Game Area 1 {name}	Game Area 2 {name}	Game Area 3 {name}
<b>Objective Tangible</b>			
<b>Mastery</b>			
<b>Becoming</b>			
<b>Upgrades</b>			
<b>RACE Results</b>			
<b>Recurring Actions</b>			
<b>Recurring Challenge</b>			
<b>Evaluate</b>			
<b>PLAY! Curious?</b>			
<b>Creative?</b>			
<b>Fun?</b>			
<b>Projects</b>			