

# INNER FREEDOM



*Playsheet Pack*  
*by Dave Buck, MCC*



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

Welcome to the Inner Freedom Method!

Where you play for your Dream out in the world while exploring FEAR like a treasure map to your lost Superpowers! SUPER FUN!

In this playbook you will find the playsheets for your 12 Session Inner Freedom Adventure.

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



1) A one page sheet that follows the flow of the coaching session with key words and graphics: this is a great place to write your notes from the session.

2) There is a weekly Play Plan playsheet for you to write a few key items of your play plan... and then keep your notes from your experiences as you play in the world.

We are playing in the Connected Age!

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

Explore for VISIBILITY and explore the fear of trouble.

Relate for INFLUENCE and explore the fear of rejection.

Play for TRANSFORMATION and explore the fear of mistakes.

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

## Printing Instructions...

Print Page 3... 12 Copies

Print Pages 4 – 20

Enjoy your adventure. Enjoy your coach!

The world is ready for you and your Dream.

**Free People, FREE PEOPLE!**

Coach Dave

[www.coachville.com](http://www.coachville.com)



# Inner Freedom Play Plan #

Date:

Your **BIG Dream**:



Your **Focus this week**:



Your **Superpowers**:



## PLAY IN THE FEAR / GROWTH ZONE

Create for **INSPIRATION** > **SHARE** > *Risk Disappointment* Results / Resistance / Reaction



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



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



Co-create for **INSPIRATION** > **ENROLL** > *Risk Disappointment*



Play for **TRANSFORMATION** > *Risk Mistakes*



Notice your thoughts / reactions / beliefs:



Notice your desires:



## Your BIG Dream



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-----  
-----

-----  
-----  
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### Play With Fear

Date: / /

1.

### Pivotal Moments & JFA

Date: / /

2.

### Feel Energy - Body Belief

Date: / /

3.

### Memory Pops

Date: / /

4.

### Superpower Potential

Date: / /

5.

### Find The Perfection

Date: / /

6.

### Flow Of Gratitude

Date: / /

7.

### Mind-Dream Ally

Date: / /

8.

### Embody the Dream

Date: / /

9.

### Upgrade Environments

Date: / /

10.

### The New Super YOU!

Date: / /

11.



### Celebrations

Date: / /

12.





SESSION FOCUS: EXPLORATORY SESSION

CELEBRATIONS





Success: 2.

1. **Your Dream**





3. Growth Gap:

Out of comfort zone: 4.

5. The drama/challenge:

Superpowers: 6.

# Inner Freedom Coaching Session #1 Notes

Date: \_\_\_\_\_

Session: *Play with Fear*

1. WARM-UP & SPEAK YOUR BIG DREAM 

2. CELEBRATIONS 

3. GROW FROM PLAY 

4. PRACTICE PLAN: Dream Deep Dive

5. PRACTICE

**A Your BIG DREAM**  
Describe your BIG Dream.




**B Your BIG Why**  
Why **MUST** you play for this dream?



PURPOSE

**C Results / Objectives**  
What are your "In the World" Results?




**F Attempts to Control Results**  
What Results / Objectives are **NOT** happening?  
(What is not turning out according to plan?)



FRUSTRATION

**E Challenges**  
Describe some of the challenges that are asking you to grow.




**G React to Challenges**  
How are you reacting to the challenges?  
(forcing, powering through, bunker in)



ISOLATION

**D Actions**  
Describe your Actions in pursuit of Results.



**H Resist Taking Action**  
What actions are you not doing?  
(resisting, avoiding, distracted, no time)



OVERWHELM

6. **Growth Zone**  
What did you learn about playing for your dream?  
.....



What did you learn about yourself and your superpowers?  
.....

7. **PLAY PLAN: What social actions?**  
.....

# Inner Freedom Coaching Session #2 Notes

Date: \_\_\_\_\_

Session: Pivotal Moment

1. WARM-UP & SPEAK YOUR BIG DREAM



2. CELEBRATIONS / RESULTS



3. Explore Experiences for Pivotal Moments  
ACTIONS NOT HAPPENING      RESULTS NOT HAPPENING



4. PRACTICE PLAN: Pivotal Moment

5. PRACTICE

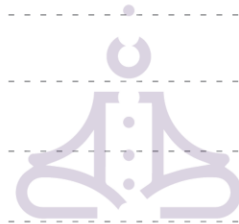
#1. PRE-PLAY THE SCENE



#2. THOUGHTS with JFA



#3. SCAN THE BODY  
FEEL THE ENERGY



#4. SCAN FOR BODY BELIEFS  
IT'S NOT SAFE FOR ME TO



#8. DREAM ALIGNMENT  
HEART'S INTENTION



#9. PRE-PLAY THE MOMENT



6. **Growth Zone**

What did you learn about playing for your dream?



What did you learn about yourself and your superpowers?



7. PLAY PLAN: What social actions?

# Inner Freedom Coaching Session #3 Notes

Date: \_\_\_\_\_

Session: *Feel the Energy*

1. WARM-UP & SPEAK YOUR BIG DREAM



2. CELEBRATIONS / RESULTS



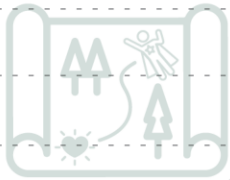
3. Explore Experiences for Pivotal Moments  
ACTIONS NOT HAPPENING      RESULTS NOT HAPPENING



4. PRACTICE PLAN: Pivotal Moment

5. PRACTICE

#1. PRE-PLAY THE SCENE



#2. THOUGHTS with JFA



#3. SCAN THE BODY  
FEEL THE ENERGY



#4. SCAN FOR BODY BELIEFS  
IT'S NOT SAFE FOR ME TO



#8. DREAM ALIGNMENT  
HEART'S INTENTION



#9. PRE-PLAY THE MOMENT



6. **Growth Zone**

What did you learn about playing for your dream?



What did you learn about yourself and your superpowers?



7. PLAY PLAN: What social actions?

# Inner Freedom Coaching Session #4 Notes

Date: \_\_\_\_\_

Session: *Feel the Energy*

1. WARM-UP & SPEAK YOUR BIG DREAM



2. CELEBRATIONS / RESULTS



3. Explore Experiences for Pivotal Moments

ACTIONS NOT HAPPENING

RESULTS NOT HAPPENING



4. PRACTICE PLAN: Pivotal Moment

5. PRACTICE

#1. PRE-PLAY THE SCENE



#2. THOUGHTS with JFA



#3. SCAN THE BODY FEEL THE ENERGY



MEMORY POPS



#4. SCAN FOR BODY BELIEFS IT'S NOT SAFE FOR ME TO



#8. DREAM ALIGNMENT HEART'S INTENTION



#9. PRE-PLAY THE MOMENT



6. **Growth Zone**

What did you learn about playing for your dream?



What did you learn about yourself and your superpowers?



7. PLAY PLAN: What social actions?

# Inner Freedom Coaching Session #5 Notes

Date: \_\_\_\_\_

Session: *Superpower Potential*

1. WARM-UP & SPEAK YOUR BIG DREAM



2. CELEBRATIONS / RESULTS



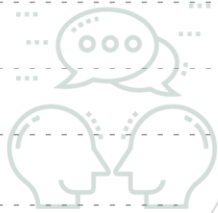
3. Explore Experiences for Pivotal Moments  
ACTIONS NOT HAPPENING      RESULTS NOT HAPPENING



4. PRACTICE PLAN: Pivotal Conversation

5. PRACTICE

#1. PIVOTAL CONVERSATION



#2. THOUGHTS with JFA



#3. SCAN THE BODY FEEL THE ENERGY



MEMORY POPS



#4. IT'S NOT SAFE FOR ME TO



#5. SUPERPOWER POTENTIAL



#8. HEART'S INTENTION



#9. PRE-PLAY THE MOMENT



6. **Growth Zone**

What did you learn about playing for your dream?



What did you learn about yourself and your superpowers?



7. PLAY PLAN: What social actions?

# Inner Freedom Coaching Session #6 Notes

Date: \_\_\_\_\_

Session: *Find the Perfection*

1. WARM-UP & SPEAK YOUR BIG DREAM



2. CELEBRATIONS / RESULTS



3. Explore Experiences for Pivotal Moments  
ACTIONS NOT HAPPENING      RESULTS NOT HAPPENING



4. PRACTICE PLAN: Pivotal Moment

5. PRACTICE

#1. PRE-PLAY THE MOMENT



MEMORY POPS



#2. THOUGHTS with JFA



#4. IT'S NOT SAFE FOR ME TO



#3. SCAN THE BODY FEEL THE ENERGY



#5. SUPERPOWER POTENTIAL



#6. FIND THE PERFECTION



#8. HEART'S INTENTION



#9. PRE-PLAY THE MOMENT



6. **Growth Zone**

What did you learn about playing for your dream?



What did you learn about yourself and your superpowers?



7. PLAY PLAN: What social actions?

# Inner Freedom Coaching Session #7 Notes

Date: \_\_\_\_\_

*Session: The Flow of Gratitude*

**1. WARM-UP & SPEAK YOUR BIG DREAM** 

**2. CELEBRATIONS / RESULTS**



**3. Explore Experiences for Pivotal Moments**  
 ACTIONS NOT HAPPENING      RESULTS NOT HAPPENING



**4. PRACTICE PLAN: Pivotal Moment**

**5. PRACTICE**

**#1. PRE-PLAY THE MOMENT**



**MEMORY POPS**



**#2. THOUGHTS with JFA**



**#4. IT'S NOT SAFE FOR ME TO**



**#3. SCAN THE BODY FEEL THE ENERGY**



**#5. SUPERPOWER POTENTIAL**



**#6. FIND THE PERFECTION**



**#7. FLOW OF GRATITUDE**



**#8. HEART'S INTENTION**



**#9. PRE-PLAY THE MOMENT**



**6. Growth Zone**  
 What did you learn about playing for your dream?



What did you learn about yourself and your superpowers?

**7. PLAY PLAN: What social actions?**

# Inner Freedom Coaching Session #8 Notes

Date: \_\_\_\_\_

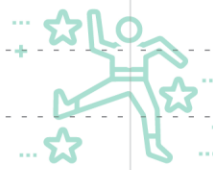
*Session: Your Mind, The Ally*

**1. WARM-UP & SPEAK YOUR BIG DREAM** 

**2. CELEBRATIONS / RESULTS**



**3. Explore Experiences for Pivotal Moments**  
 ACTIONS NOT HAPPENING      RESULTS NOT HAPPENING



**4. PRACTICE PLAN: Pivotal Moment**

**5. PRACTICE**

**#1. PIVOTAL CONVERSATION (Role Play)**



**MEMORY POPS**



**#2. THOUGHTS with JFA**



**#4. IT'S NOT SAFE FOR ME TO**



**#3. SCAN THE BODY FEEL THE ENERGY**



**#5. SUPERPOWER POTENTIAL**



**#6. FIND THE PERFECTION**



**#7. FLOW OF GRATITUDE**



**#8. HEART'S INTENTION**



**#9. PRE-PLAY THE MOMENT**



**6. Growth Zone**  
 What did you learn about playing for your dream?



What did you learn about yourself and your superpowers?



**7. PLAY PLAN: What social actions?**

# Inner Freedom Coaching Session #9 Notes

Date: \_\_\_\_\_

Session: *Embody the Dream*

## 1. WARM-UP & SPEAK YOUR BIG DREAM



## 2. CELEBRATIONS / RESULTS



## 3. Explore Experiences for Pivotal Moments

ACTIONS NOT HAPPENING      RESULTS NOT HAPPENING



## 4. PRACTICE PLAN: Embody the Dream

## 5. PRACTICE

▲ *Speak the vision*

● *Embody the vision*

Relate - Create - Explore 

for **INFLUENCE** - **INSPIRATION** - **VISIBILITY** 

### Action 1

### for **RESULT 1**

▲ Do: \_\_\_\_\_ Feel: \_\_\_\_\_

Feel: \_\_\_\_\_ Do: \_\_\_\_\_

● Thoughts: \_\_\_\_\_ Body: \_\_\_\_\_

Thoughts: \_\_\_\_\_ Body: \_\_\_\_\_

### Action 2

### for **RESULT 2**

▲ Do: \_\_\_\_\_ Feel: \_\_\_\_\_

Feel: \_\_\_\_\_ Do: \_\_\_\_\_

● Thoughts: \_\_\_\_\_ Body: \_\_\_\_\_

Thoughts: \_\_\_\_\_ Body: \_\_\_\_\_

### Action 3

### for **RESULT 3**

▲ Do: \_\_\_\_\_ Feel: \_\_\_\_\_

Feel: \_\_\_\_\_ Do: \_\_\_\_\_

● Thoughts: \_\_\_\_\_ Body: \_\_\_\_\_

Thoughts: \_\_\_\_\_ Body: \_\_\_\_\_

### Desires:



## 6. Growth Zone

What did you learn about playing for your dream?



What did you learn about yourself and your superpowers?

## 7. PLAY PLAN: What social actions?

# Inner Freedom Coaching Session #10 Notes

Date: \_\_\_\_\_

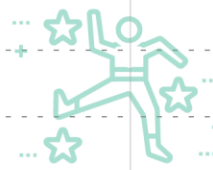
Session: Upgrade Environment

1. WARM-UP & SPEAK YOUR BIG DREAM 

2. CELEBRATIONS / RESULTS



3. Explore Experiences for Pivotal Moments  
 ACTIONS NOT HAPPENING      RESULTS NOT HAPPENING



4. PRACTICE PLAN: Pivotal Conversation

5. PRACTICE

#1. PIVOTAL CONVERSATION (Role Play)



#2. THOUGHTS with JFA



#3. SCAN THE BODY FEEL THE ENERGY



MEMORY POPS



#4. IT'S NOT SAFE FOR ME TO



#5. SUPERPOWER POTENTIAL



#6. FIND THE PERFECTION



#7. FLOW OF GRATITUDE



#8. HEART'S INTENTION



#9. PRE-PLAY THE MOMENT



6. **Growth Zone**  
 What did you learn about playing for your dream?



What did you learn about yourself and your superpowers?



7. PLAY PLAN: What social actions?

# Inner Freedom Coaching Session #11 Notes

Date: \_\_\_\_\_

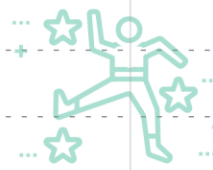
*Session: The New Super YOU!*

**1.** WARM-UP & SPEAK YOUR BIG DREAM 

**2.** CELEBRATIONS / RESULTS



**3.** Explore Experiences for Pivotal Moments  
 ACTIONS NOT HAPPENING      RESULTS NOT HAPPENING



**4.** PRACTICE PLAN: Pivotal Moment

**5.** PRACTICE

**#1. PRE-PLAY THE MOMENT**



**MEMORY POPS**

**#2. THOUGHTS with JFA**



**#3. SCAN THE BODY FEEL THE ENERGY**



**#4. IT'S NOT SAFE FOR ME TO**



**#5. SUPERPOWER POTENTIAL**



**#6. FIND THE PERFECTION**



**#7. FLOW OF GRATITUDE**



**#8. HEART'S INTENTION**



**#9. PRE-PLAY THE MOMENT**



**6. Growth Zone**  
 What did you learn about playing for your dream?



What did you learn about yourself and your superpowers?






**7.** PLAY PLAN: What social actions?

# BIG Dream Celebration Play Sheet (Part 1)

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

# BIG Dream Celebration Play Sheet (Part 2)

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

# Inner Freedom Coaching Session #12 Notes

Date: \_\_\_\_\_

Session: *CELEBRATION!*

1. WARM-UP & SPEAK YOUR BIG DREAM



2. CELEBRATIONS / RESULTS



3. Explore Experiences for Pivotal Moments  
ACTIONS NOT HAPPENING      RESULTS NOT HAPPENING



4. PRACTICE PLAN: Celebration

5. PRACTICE

----- 12 weeks ago your dream was... -----

**BIG DREAM**



**PROGRESS**

**Results**



**FREEDOM**

**Actions**

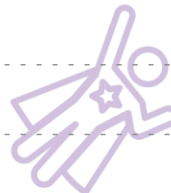
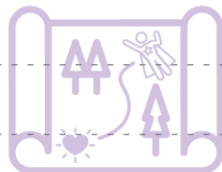
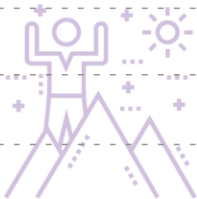


**SUPERPOWERS**

**Challenges**



**HIGHLIGHTS**



6. **Growth Zone**  
Any disappointments?



7. What is your next dream?

