

# Playsheet Pack!

## Welcome!

Welcome to the Activate Your Dreams 5-Day Challenge Experience!

Where you will co-create a play plan for your BIG Dream out in the world; and learn how to thrive in the Connected Age of Play.

In this playbook you will find the playsheets for each of the 5 Sessions of our adventure.

These sheets follow the flow of our sessions so you can use them to take notes.

## Printing Instructions...

Pages 2 – 7 ... Print 1 Copy

Pages 8 – 10... Print Optional

Enjoy your adventure!

The world is ready for you and your dream.

We are the champions of dreams!

Coach Dave



Coach Dave Buck and the CoachVille Team!

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

**SESSION FOCUS:  
SHARE THE DREAM**

*Describe your dream  
from your imagination:*

*How will it change  
lives for the better?*

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*Activate the  
spirit of play:*

*What does playing at  
an Elite level look like?*

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**Growth Zone**

**What did you learn...**

About playing for your dream?

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About yourself?

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# Activate Your Dreams - Super YOU! Playsheet

## 64 Superpowers for Change

Creative Self-Expression  
Receive Higher Guidance  
Implement the New  
Pursue Answers  
Trust Inner Timing  
Maintain Emotional Balance  
Support Shared Interests  
Trusted Agent for Creatives  
Attentive Focus  
Empowered Self Love  
Espouse Ideas  
Romantic Perception  
Listen with Acceptance  
Excellence with Prosperity  
Adaptable Magnetism  
Choose then Enthuse  
Debate Opinions  
Improve Integrity  
Approach with Sensitivity  
Assured Presence  
Take Charge Naturally

Gracious with Emotions  
Express Complex Ideas Simply  
Inventive Thinking  
Innocent Trust  
Accumulate Material Rewards  
Nourish Well-Being  
Play with Tenacity  
Commit then Persevere  
Intense Desire  
Natural Influence  
Endure by Adapting  
Mindful Narrator  
Great Power  
Seek Experiences  
Resolve Crisis  
Develop Harmonic Friendships  
Inspired Fighter  
Dynamic Activist  
Accomplish Great Feats  
Imagine Fulfilling Experiences  
Respond and Complete Things  
Breakthrough Perceptions

Build Teams and See Patterns  
Tribal Leader  
Love of Your Body  
Figure Out How  
Depth of Natural Ability  
Wise Rebel for New Principles  
Elevate Tribal Values  
Act with Shocking Initiative  
Gain Perspectives through Stillness  
Initiate Experience  
Ambition to Advance  
Access to Spirit  
Tell Meaningful Stories  
Gentle Intuitive Clarity  
Joyous Vitality  
Penetrate Barriers to Intimacy  
Resourceful Facing Limitations  
Inspired by Wonder  
Logically Organize Details  
Inspired by Doubt  
Inspired by Possibilities

**Who is your dream asking you to become?** (skills, qualities, superpowers)



Date: / /

A large rectangular area with horizontal dashed lines for writing, intended for the student to describe their dream and the qualities/skills they want to develop.

# Activate Your Dreams - Playful Conscious Mind Playsheet



**Your BIG Dream:**

Date: / /

Peak Experiences:

.....  
.....  
.....



Push the Energy:

.....  
.....  
.....



**Relate for Influence**

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**Create to Share**

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**Explore for Visibility**

**Experiment for Change**



**You can become  
the next version of you**




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# Activate Your Dreams - Non-Conscious Mind Playsheet

**Your BIG Dream:** \_\_\_\_\_ Date: / /



**Intentional Co-Creation:**

You \_\_\_\_\_ Them \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**What came up?**



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Body Awareness**

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\_\_\_\_\_

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**Fears**

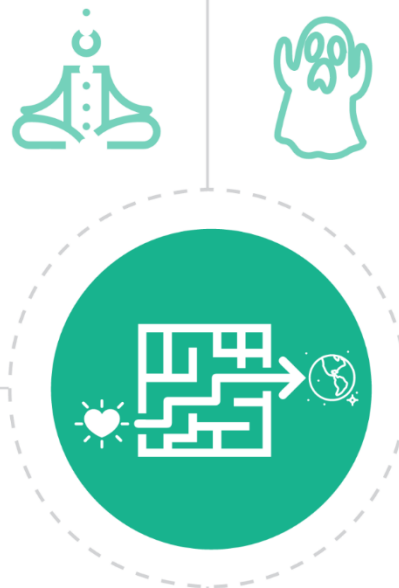
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**Desires**

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**Beliefs**

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**Your fears are a treasure map**



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# Activate Your Dreams - Environments Playsheet



**What does your dream need?**

Date: / /

**People**

**Places**



**Ideas**

**Things**

Name some tolerations:

What is missing?



**The need to belong  
is a superpower**



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# Activate Your Dreams - Connection to Supermind Playsheet



What is your BIG dream revealing to you?

Date: / /

<p><b>Big Questions</b></p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p><b>Attracting Thoughts</b></p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p><b>Gratitude</b></p> <p>Celebrations:</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p><b>Experiences</b></p> <p>Possibilities:</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

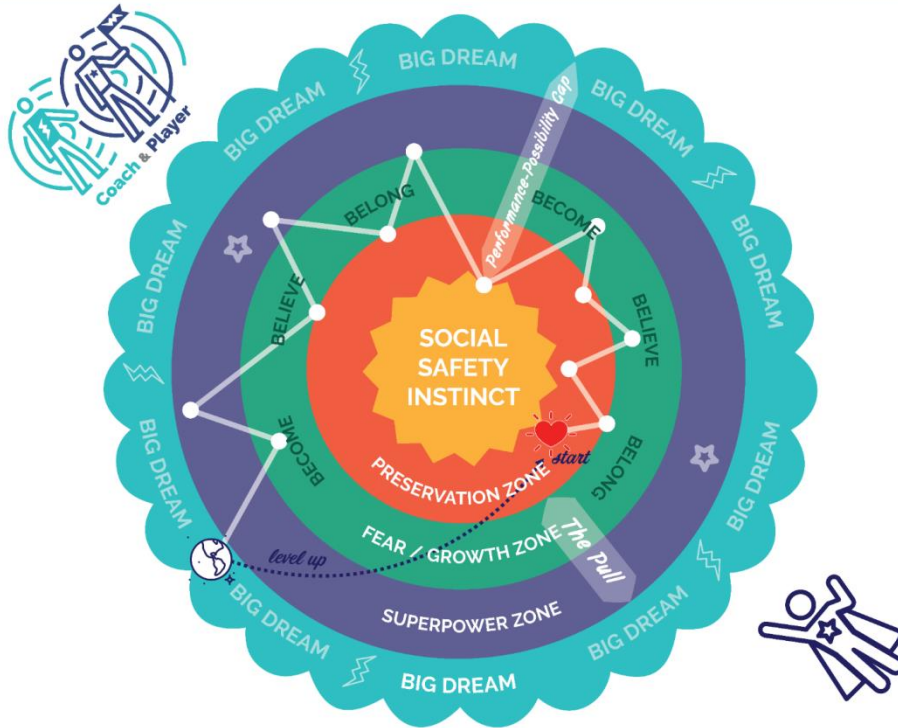


**Your Supermind connection is always with you**



# The Human Journey with a Coach

The Social Safety Instinct pulls the player in. The BIG DREAM pulls the player out.



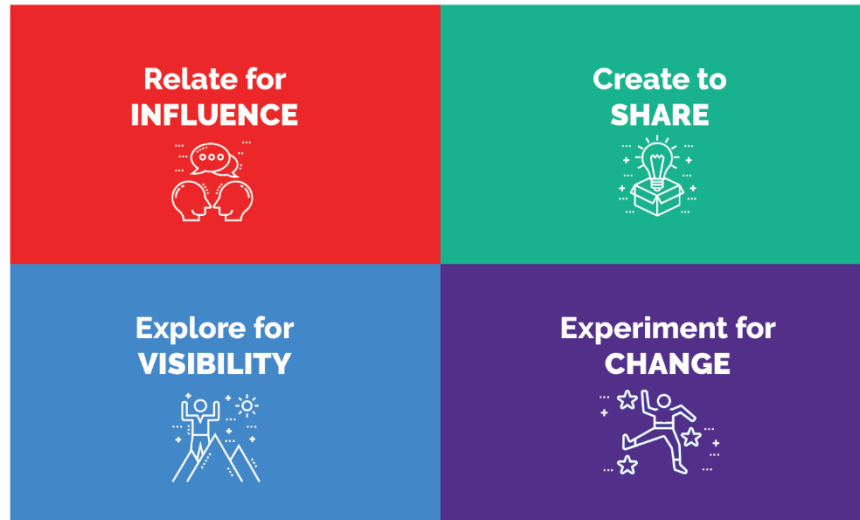
The Coach guides the Player on adventure from the Preservation Zone, through the Fear / Growth Zone, and into the Superpower Zone. Notice it is NOT a straight line!

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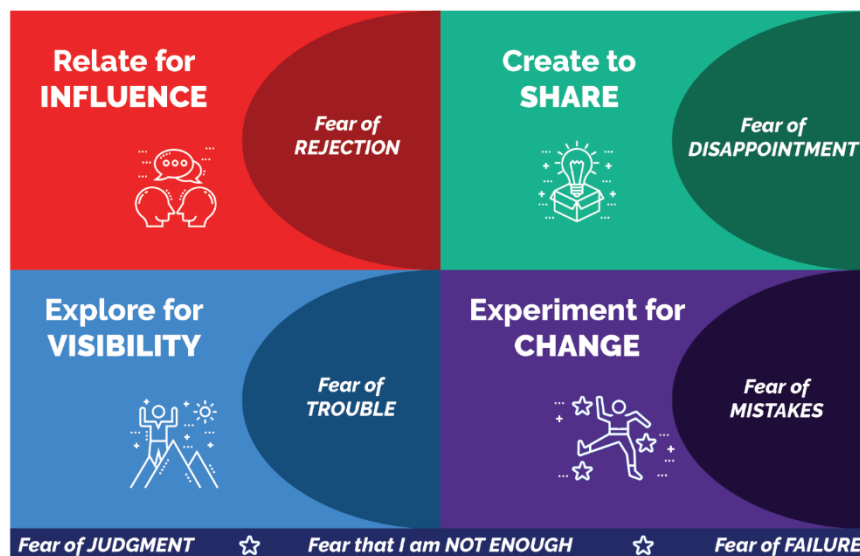


## Four Pivotal Moments of Social Play



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## Four Pivotal Moments of Social Play with 7 Social Fears



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That  
was  
fun!

Thanks for being awesome!  
Coach Dave