



ACTIVATE YOUR SUPERPOWERS



Playbook for Players



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

Welcome!

Hello there! Coach Dave here with you.

On behalf of the CoachVille Community, I welcome you to the Activate Superpowers program with your CoachVille Coach.

I am the co-creator – with our amazing team of coaches – of the Activate Your Superpowers program that your coach is using to guide you in pursuit of your dream. 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.



Our BIG Dream at CoachVille...

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

YOU are making our dream come true!! Thank YOU!

Your coach is...

- **The champion of your dreams**
- **The promoter of your playfulness**
- **The activator of your superpowers**

The true heart of coaching is playing together to play better. So, just as a basketball coach will help you play basketball better or a violin coach will help you play violin better, a Life Coach will help you play life better.

Your **Dream** is the call to adventure... out in the world... to create new experiences that enhance your life and the lives of others.

Your **Playfulness** will empower you to relate for influence, create for expression, explore for visibility and experiment for change... the 4 things your dream needs you to do.

Your **Superpowers** are unique abilities that when refined and practiced are capable of making a big impact on other people and situations. As you pursue your dream you will both discover and develop your Superpowers!

Are you READY TO Play BIG for your own dream AND create a ripple effect of good that deeply touches others? And amplify the goodness of your Human Nature? I know the answer is YES! The good news is that it happens naturally when you play with a coach.

Enjoy the experience...

Coach Dave Buck and the CoachVille Community...

We are the Champions of Dreams!

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A brief introduction to having a Life Coach

[Listen to this audio to prepare for the Exploratory Session.](#)

The Practical... The Problems ... The Purposeful

As your bonus companion on your adventure with your Life Coach, my role is to prepare you for each leg of the journey so that you can really LOVE it and thrive.



In this introduction I have a few provocative ideas to share with you... that will shift how you see yourself, the world around you and your opportunity to thrive in a joyful way. AWWW Yeah.

So the first thing I want to do is share with you a few of the “real world” benefits of playing with a Life Coach in the form of practical benefits, problems solved and bigger purpose and aspirations.

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 gain awareness of where your doubts and fears are coming from... and you will feel more and more FREE!
- 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 Life 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;
- The idea of self-sabotage will gradually disappear.

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 YOUnique 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.

AWWWWW Yeah!

What Life Coaching is...

To start our adventure together, I want to share with you a few thoughts about how Life Coaching can activate your superpowers as you play BIG for your Dream.

Here is our definition of coaching:

Coaching Is...

1. A profound personal relationship
2. Wherein the coach guides the player
3. In pursuit of playing better for their dreams
4. Through perceptive observations
5. And co-creative conversations

Some folks have gotten the idea that coaches talk with you to help you solve your own problems. Others think that coaches tell you what tasks to do and hold you accountable.

Life Coaching is not about problems or tasks because life is not about problems and tasks. Life is for playing for our dreams and Coaching is about playing together to play better; also known as practice.

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

1. A profound personal relationship

Coaching is a personal relationship. Your coach will care about you as a person and you will care about your coach. It is very different than the ideas we got about Industrial Age Professional that was robotic and impersonal.

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

2. Wherein the coach guides the player

Coaching is NOT hierarchical... which is an important detail we will explore in a moment.

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

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 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 could not have done it alone.

3. In pursuit of playing better for their dreams

Playing better is the essence and the purpose of what ALL coaching is about.

Playfulness is an awesome Human Superpower. Helping you restore and maximize your playfulness is a big part of Life Coaching. I will get into that much deeper in a few moments because the idea of play may be scrambling your mind right now.

To ease into the exploration here are a few ideas to help you understand what I mean by PLAY and playfulness:

- Curious and Creative
- Resourceful and Resilient
- Explore and Experiment
- Fun! (usually, but not always)

The 3 Frameworks of Play

There are 3 areas of life where we see play all the time. One way to get into playing for your dream is to identify with one or more of these and re-imagine your dream with this framework.

1) **Performance Art:** You have talents, a “voice” or perspective and something to say or share. You practice A LOT to refine both your skills and your message. You use your talents to co-create experiences with your audience.

2) **Game / Athletics:** The urge to compete drives you to hone your skills to perform at a high level. You enjoy the thrill of victory and embrace the difficulty of defeat. You enjoy the camaraderie of your team mates and the competitors. The definition of compete from the ancient Greek language is actually quite inspiring.

To Compete: to seek the best in oneself in the company of others likewise engaged.

3) **Epic Quest:** You have been “called” to adventure. There is something you MUST do even though it means leaving behind the comfortable of your well known surroundings and place in the world. You face great challenges in pursuit of your mission. If you are successful, you reap some great reward which you can bring back to your tribe for all to enjoy.

Your Dreams

This is another topic we will talk about A LOT in this playbook and with your coach. Your Dream is your vision for who you want to become and what you want to experience in the world.

In the next section we will get into the details of The Dream.

4. Through perceptive observations

We are ALL yearning to be seen by someone who knows what they are looking at!

Your coach is going to observe you as you adventure together and share with you what they see in a judgment-free way!

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

This is the way life is meant to be played: we are meant to co-create life with others.

5. And co-creative conversations

Talking together is a big part of how coaching happens. Talking together is a LOT different than giving instructions!

The key in Life Coaching and Life Playing is to co-create a safe space for deep and provocative conversations.

This brings me to one of my favorite things to share with new Life Players!

The ancient power of co-creation!

In the ancient Aramaic Language there was a power phrase: **Abera Ca Dabera** – It means: “I create as I speak”. You have probably heard of it being used in the context of a magic

trick but it is much more practical than that! When two people are talking together in deep conversation with purpose, permission and presence – as happens in a Life Coaching relationship – it can take on a life all its own. With your words you can speak your dream into existence and create the new version of YOU needed to fulfill your dream. This is the “magic” of co-creating that makes coaching such a powerful force in the world!

With focus and determination you can experience this transformational power with your Life Coach!

Possibilities for your BIG Dream

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

You may be very clear on your Dream and already in pursuit. Or you may be a little fuzzy about the details but just know you are ready for more. Wherever you find yourself now is the perfect place to start your adventure. The purpose of this little section is to spark your imagination for what your BIG Dream can be.

Our mantra is: The world is a playground. 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 Inner Freedom Life Coach!

Aspects of Life you can play better with a Life Coach

- small business ownership,
- career development & transition into something joyful & meaningful

- business growth through team play,
- leading a worthy cause
- growing a vibrant community or tribe
- 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 for your dreams...

- You will express your superpowers, energy and creativity
- You will enjoy the company of people on your growing Dream Team
- You will grow your skills and capabilities
- You will experience personal transformation; to become, believe and belong
- You will grow in status within a community
- You will change your world or THE world in a positive way

You will LOVE playing for a Dream that is engaging, supportive, challenging, purposeful and fulfilling.

The definition of coaching often brings up a very interesting question...

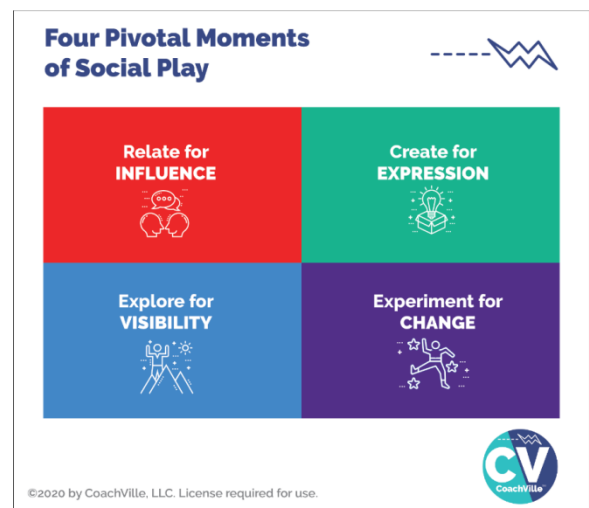
How do we play life?

The 4 ways to Play Life. The 4 things we desire!

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 big 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 Age 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 Age of Control.

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

- Influence
- Expression
- Visibility
- Change.

That means YOU!

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”.

Create for Expression (AKA to Share)

Creating is when you make a thing or you design an experience that you aim to share with others; for examples: writing, recording, designing, planning. 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.

Explore for Visibility (AKA to See and Be Seen)

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 by new people.

Experiment for Change (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...

Playing life with a Life Coach means you will practice pivotal moments of social play that lead to influence, visibility, expression and change!

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

Now you might be thinking: "Yes, the social play actions and results are exactly what I want! The Power of Playfulness sounds amazing.

"But when I think about it:

- Asking for what I want or need is pretty hard for me.
- Sharing what I create can be a real struggle.
- I know I need to "get out there" and be more visible, but it's not easy.
- Trying new things often feels too risky so I stick with what I always do."

EXACTLY.

Somehow we have all become fearful of our playfulness and playful action.

Let's talk about how this happened because it will help you understand why certain activities seem unnecessarily difficult.

We were born to play but then we were trained to work.

I believe that the idea of playing life is the most natural, effective and joyful way to live. I also believe that the Human Spirit of Play is the most untapped resource in the world today. It has the power to transform lives, relationships, families, communities, businesses and the sustainability of life on the planet. Yeah... it's that BIG.

But all of us were trained in the Industrial Age to look at everything as work; as something that needs to be controlled. School was work, jobs and business are work, and we also work on our relationships and even our golf game! UGH!! In the Industrial Age you were trained to work in isolation rather than play in the world.

The essence of Industrial Age work is control.
The essence of Connected Age play is co-creation.

In his TED Talk Steve Kiel says that: “the opposite of play is not work. The opposite of play is depression”. Remember all those problems I mentioned at the beginning? They start when we stop playing. And we stop playing because we were made to feel shame for being playful at school, often at home and then at work.

What we are talking about here is our approach to life: we can work on it in an attempt to control it or we can play and co-create with it.

Hint: playing is more fun, less stressful and WAY more effective!!

Play is a better way!

The “Industrial Age” – which became mainstream around 1880 – made work the central theme and approach to life for most humans.

Many historians say that the Human focus on work and control began when humans started farming food and domesticating animals. At that point they became tied to the daily grind of working on the same plot of land every day. Whereas our hunter-gatherer ancestors lived every day as a free spirited adventure; albeit with additional risks.

But in 2010 something BIG happened... suddenly almost every human had a super computer in their hands and with it the ability to connect with anyone in the world in an instant. I call this the dawning of the Connected Age.

I believe that as the Connected Age unfolds there is an opportunity for playfulness to become the central theme and approach to life. We can restore the free-spirited playfulness that is our Human Heritage and combine it with the security of well-organized shelter and food production that our ancestors lacked.

WOW! SO GOOD.

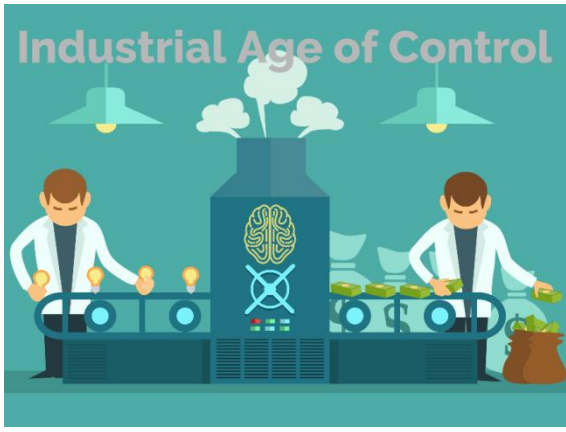

I made a little chart to help us go a little deeper and recognize the differences between The Industrial Age of Control and The Connected Age of Play.

The important thing to notice is how the Industrial Age of Control culture created a HUGE need for Life Coaching!

Life Coaching subverts hierarchical control because no one is in charge. It is a co-creation by equal partners with different roles.

We Free Each Other!!

The Transformation from Industrial Control to Connected Play

		
Time frame	1880 – ~2030	~2010 - ????
The Framework	Everything – schools, businesses, communities - is run by authoritarian control like a military operation.	Most things are run like a talented performance art or athletic team co-creating inspiring experiences.
The Approach	<p>Innocent teachers, managers and business owners become unwitting henchmen for the dehumanizing top-down hierarchy.</p> <p style="text-align: center;"><i>The 3 C's</i></p> <p style="text-align: center;">Command Tell them what to do</p> <p style="text-align: center;">Control Show them how to do it</p> <p style="text-align: center;">Compliance Make sure they do it right</p>	<p>Inspired Life Coaches and coach-approach teachers, entrepreneurs and leaders play to unleash the best of Human Nature.</p> <p style="text-align: center;"><i>The 3 B's</i></p> <p style="text-align: center;">Become The urge to Become through play</p> <p style="text-align: center;">Believe The ability to Believe in a dream</p> <p style="text-align: center;">Belong The need to Belong with a dream team</p>
The Power	In the “system”	In the YOUUnique Superpowers of Individual Players in an uplifting environment
Where we learn	<p style="text-align: center;">In School.</p> <p style="text-align: center;">Sitting silently at a desk memorizing the right answers working alone completing tasks preparing for the test</p>	<p style="text-align: center;">Life (and Online)...</p> <p style="text-align: center;">Learning from the world co-creating, sharing, connecting playing games with global friends pursuing the next level</p>
Mememes	Do it right the first time	After you fail, play again

	<p>or don't do it at all; (at school)Do your own work if you help your neighbor you are a cheater</p>	<p>Together we play better</p> <p>Get to the next level</p>
<i>You are a</i>	<p>Worker / servant Consumer</p>	<p>Player Co-Creator / Investor</p>
<i>You have a</i>	<p>Job with a Manager / Boss (enjoyment unlikely)</p>	<p>Dream / Purpose with a Coach (enjoyment assumed)</p>
<i>What you do</i>	<p>Complete tasks Fix problems</p>	<p>Co-Create Results and Experiences Express Superpowers to add value</p>
<i>Why?</i>	<p>To earn a living</p>	<p>To live your dream and GROW</p>
<i>The Feeling?</i>	<p>Suppressed & Traumatized Dreams squashed Playfulness shamed Unique voice and power silenced</p>	<p>Rewarding and challenging experiences and opportunities to contribute make every day a fulfilling adventure</p>
<i>The Path to Success...</i>	<p>Do it right Don't make mistakes Fit in by being like the others Don't try to be special Mind your own business</p>	<p>Play big to make a difference Risk failure, learn fast and grow Find a place / group that embraces ALL of who YOU are Own your value.</p>
<i>You buy...</i>	<p>Things - More is better Things will make you happy (NOT)</p> <p>Entertainment to "get away" from meaningless or repetitive work</p>	<p>Things that inspire you and tools for creation;</p> <p>Experiences that expand your skills and awareness; Coaching to play better and pursue your Dream</p>
<i>You aim to</i>	<p>Save some money for retirement; then you can enjoy life.</p>	<p>Co-Create a freedom-filled lifestyle economic freedom creative freedom emotional freedom spiritual freedom location freedom</p>

I know this chart paints a pretty bleak picture of our current culture in the left column. You may be an optimistic person and think: “it’s not that bad”. I understand. I am an optimistic – make the best of any situation – kind of person myself. However... for most people in the world it IS bad. AND we have normalized it so that we have become numb to it. AND most importantly we have been taught that we are powerless to change it.

I have been a professional Life Coach for almost 25 years for over 1,000 amazing individuals. I can tell you: even folks who are optimistic, investing in themselves and aiming big are boxed in by Industrialized social fears. They have no idea what their REAL powers are and their capacity to engage in social play activities is severely stunted.

Meanwhile, the situations we face as a human family demand that we stop “making the best of it” and start reclaiming our Human Superpowers to make change! Especially when we consider that most of the trauma, pain and suffering that is happening... we are doing it to each other without even being aware of it!

Together we can change the experience of life for the better... for everyone.

Get Your Human Nature Back!

There are three Superpowers of Human Nature that you need to unleash in order to play BIG for your Dream: Become – Belong – Believe.

You saw this in the chart about the Connected Age of Play.

1) **The Urge to Become.** All humans have an inner urge to become the next version of themselves; to grow and expand. We become by playing. If we stop playing we stop becoming and stay the way we are.

2) **The Need to Belong.** This is the strongest of all human needs. It operates mostly on a non-conscious level and drives almost everything in the human experience. We Humans always seek belonging and status within the environment we are in.

3) **The Ability to Believe.** Humans are believers. The ability to believe is the catalyst of all human civilization.

All of our beliefs – about how life works, who we are and what is possible for us – come from navigating between our urge to become and our need to belong. In other words, we get our beliefs from our interactions with the world around us.

Some of our beliefs are conscious and we think and talk of them often. Most of our beliefs settle into a non-conscious level within us and have a non-stop profound impact of what we do and don’t do on a moment-to-moment basis. A big benefit of having a Life Coach is



that by observing you they can bring your non-conscious beliefs into awareness so you can explore them.

To create change we need to unleash all three superpowers!

- We need to play to **BECOME** the next version of ourselves.
- We need to find or create a new environment of profound **BELONGing** where we are supported and challenged to become the next version of ourselves; where we feel safe to be our Superpower selves!
- We need to **BELIEVE** in our own dream. Then we need to explore our beliefs and choose the ones that we need to uplevel in order to live our new dream.
This is the essence of the Life Coaching!

This is where you **REALLY** need a great Life Coach! We are not meant to activate our Human Nature Superpowers alone.

Life Coaching Starts Here

When you think of signing on with a Life Coach there is a purpose behind it.

You want to:

- Accomplish something
- Experience something
- Get better at something
- Change something

You probably don't think: "Oh, I need help unleashing my Human Superpowers!"

LOL

True. However, to get that "something" you want, that is exactly what we need to do.

And not only will it energize the path to the "something", it will also open doors to amazing new possibilities!

In this little diagram called: "Life Coaching Starts Here" you will recognize the structure but the words have changed.

Promote Playfulness

The Urge to Become... Promote Playfulness

This is essential because coaching and playing go hand in glove since the purpose of coaching is playing better. So you and your coach will co-create ways for you to **PLAY** life in pursuit of your dream.

A Dream to Believe In



The Ability to Believe... Believe in your Dream

Life coaching is about living our dreams! So your coach will want to focus in on what your dream is. Don't worry if it is not clear. You can start with even the smallest inkling and grow it into a BIG Dream.

Profound Belonging for Superpowers

The Need to Belong... co-create a place of profound belonging for YOU and your Superpowers.

Your coach will start be creating a “safe space” – a judgment free space – for you to express your dreams and practice being Super YOU!

As your confidence grows from your time with your coach you will begin to bring Super YOU and your Dreams out into the world so they can find where they BELONG!

We Free Each Other... The Global Life Coaching Movement

By signing on with a Life Coach you are participating in one of the most important movements happening in the world today!

All around the world Professional Life Coaches as well as Coach-Approach leaders, managers and entrepreneurs are uplifting the Human Family – one person at a time - out of the dehumanizing Industrial Age of Control and into the Connected Age of Play by unleashing the Superpowers of Human Nature. (whew... that is a doozy of a sentence!)

Why do I say that the Industrial Age of Control is dehumanizing?

Because we Humans HATE being controlled!

We hate it. It is completely unnatural to our human nature to be controlled. Humans are born to be free!

At the same time, we are also born to be connected. We naturally care for each other and for the collective.

True freedom is the awareness and ability to be fully oneself AND care for the collective at the same time.

Essentially, Life Coaching this is about true freedom!

- Freedom to be your playful self and continue to grow and become a new version of you easily and naturally.
- Freedom to express ALL of who you are and contribute your value to others and enjoy the rewards.
- Freedom to pursue your own dream with a team of people who share your dream.
- Freedom to co-create belonging with people who enjoy ALL of YOU and who you are becoming and what you are contributing.

Every person who “gets free” in this way then passes freedom on to everyone around them; co-creating a ripple effect of good.

A key point here is that we don’t get free by struggling alone! Freedom is social. We only get free together... we must free each other by stopping the status quo habits of Industrial Control and sharing the rebellious joy of Connected Play.

I am super excited to have you on our team as a Player!!!

Free people, free people!

Introduction to the Activate Your Superpowers Program

Your coach is using a series of techniques and skills from CoachVille called: Coaching Superpowers.

A superpower is a skill or natural ability that can be practiced and refined and then used to make a positive impact on people or situations.

For the coach, the program has a double meaning:

- 1) Coaching you to activate your Superpowers
- 2) Coaching using the Coaching Superpowers

It’s fun.

Here is a quick outline of the 6 Sessions:

- #1) Your BIG Dream
- #2) Plan – Play – Grow
- #3) Practice with Role Play
- #4) Playing with Pivotal Moments
- #5) Playing for “Yes”
- #6) Co-create Awareness

The purpose of the program is twofold:

- 1) For you to... well... activate your superpowers! To realize that you have more power than you think you do to play for your dreams and impact the world around you.
- 2) For you to experience the essential techniques of Life Coaching as a player so that you will know how to benefit from having a life coach as a companion on your adventure.

The Activate Your Superpowers Adventure Log

Activate Your Superpowers Adventure Log

Your BIG Dream 



1. Your BIG Dream

Date: / /

2. Plan - Play - Grow

Date: / /

3. Practice

Date: / /

4. Pivotal Moment

Date: / /

5. Play for "Yes"

Date: / /

6. Co-Create

Date: / /

How to use the playbook, weekly audio & playsheets

Your coach and I are co-creating team play for transformation for YOU and your dream!!

This playbook and the playsheets and the audio are designed to help you get the most out of your coaching experience. Because all of the key ideas are explained here, you and your coach can dive right into co-creating and practicing together; rather than your coach using precious time explaining these concepts.

IMPORTANT: [Here is a separate PDF with just the playsheets that you can use to print.](#)

How to prep for each session

- 1) Read the chapter in this playbook corresponding to the session
- 2) Listen to the Player Prep Audio (there is a link at the top of each chapter)
- 3) Print the Coaching Notes sheet for the session (or print the whole pack now).

Listen to the Player Prep Audio

Listen to the “player prep” audio a time or two prior to your coaching session. This will help to create an “immersion experience” for your dream. We have all had hundreds of 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.

Coaching Session Notes

An example of the Coaching Notes for Session 2 is on the right above. I am using Session 2 as the example because it is the one that is most similar to 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.

Activate Your Superpowers Session #2 Notes Date: _____

The BIG Dream: _____

Explore the Fear / Growth Zone

CELEBRATIONS 	INSIGHTS 	ACTIONS AND RESULTS 
---	--	---

SESSION FOCUS: PLAN, PLAY, GROW

Results 	Actions 	Challenges 	
Impact 	Superpowers 	Spirit of Play 	Growth 

Growth Zone
What did you learn...
About playing for your dream? _____
About yourself and your Superpowers? _____

Play Plan: What are the actions / perspectives you will focus on?

After Each Session

- 1) Write the date and a few high level key word notes on the Activate Your Superpowers Adventure Log. (you saw this on Page 19. It is in the playsheet pack)
- 2) Print the Play Plan Playsheet to write out your play plan. Keep the sheet in view in between coaching sessions so you remember to play!
- 3) Write a few notes about your experiences of playing the items on your play plan; like keeping a journal.

The Activate your Superpowers Adventure Log

After each coaching session write the date in the section you just did and then write a few big picture phrases that capture the essence of the session. Use this one page to create a visual display of your progress through the experience.

Play Plan for the week

A mini version of the sheet is on the right.

It has the words and symbols from the 4 Pivotal Moments of Social Play. It is the same for each session. Print 6 copies.

A) Fill it out as soon after the session as possible. Remember the idea is to weave in at least a few “play for your dream” activities into your week;

B) Keep it near you as you play for your dream in between coaching sessions to remind yourself to play.

C) 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.

Activate Your Superpowers Play Plan Date: _____

Your **BIG Dream**: _____ Your **Focus this week**: _____ Your **Superpowers**: _____

ACTIONS with the Spirit of Play Challenges / Superpowers / Results:

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

Create for **EXPRESSION** > Risk *Disappointment*

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

Experiment for **CHANGE** > Risk *Mistakes*

Celebrations: _____ Growth: _____

Session #01) Your BIG Dream

[Listen to this audio to prepare for Session 1.](#)

Coaching starts with your dream

All coaching begins when you have a BIG dream and choose a coach to guide you on the adventure. As the “player” you must have a vision to experience something beyond what you are doing today; you must have a desire to become the next version of YOU!



You may be very clear about your BIG Dream. However, if you are like most people, your dream starts out a bit “fuzzy”; mostly because our dreams were squashed by the Industrial Age Culture and it will take a while to revive it. If that is you, please don’t let that stop you. Start with whatever clarity you have and know that your dream can come into clarity over the next several weeks with your coach. AND it is absolutely OK to change your dream half way through the adventure.

Here are a few thoughts to help you hone in on your dream right now.

Focus on something that you CAN do right now. It is great if you also have a “some day” dream, but your coach can only guide you toward a dream you can pursue now.

If you have a “some day” dream that is not possible now, choose a “stepping stone” dream that will develop you in a way that moves you toward your “some day”.

Choose something that will pull you out into the world of other people; even if that is virtually rather than face-to-face. Something that you can do by working in isolation is not a BIG enough dream for playing with a coach.

Choose something that will ask you to GROW; something that will “ask” you to become the next version of YOU.

Also... ALWAYS remember that BIG means big for you; be careful about comparing yourself to other people. If your dream feels big for you... then it’s a BIG DREAM!

The Human Journey with a Coach

It used to be called the Hero’s Journey. But we believe that EVERY human can choose to live a hero’s life by playing for a BIG Dream to contribute to others by expressing their unique superpowers! So we call it the Human Journey.



On the next page is a diagram where I illuminate a few fun ideas about the journey.

The idea is that when you start the adventure you are in the Self-Preservation Zone and your Dream calls you out into the world. Two points I want to share with you here:

- 1) It is not a straight line! Your adventure will have many side trails and speed bumps.
- 2) After you get to a place where you are living your dream... you will soon feel the pull of a new Dream that will start your next adventure. With a Life Coach, you don’t stay in one place very long!

There is a “play safe” version of your life that is available to you now. In this life you preserve who you are and where you are. You avoid any social risks. This is how most people live. But this is NOT how you live when you have a Life Coach!

The outer ring is your BIG Dream! The adventure is to get your heart’s desire out into the world. It is your heart is calling you to! This is where the experiences and results that you imagine happen with regularity. You are in the flow of life contributing your

unique value to the world in a way that is fulfilling for you. AND after some time you will be in the Preservation Zone with it and it will be time to pursue your next BIG Dream!

The Growth/Fear Zone is the unknown. This is where you will face challenges that you cannot overcome as the current version of you. You will need to become the next version of you, uplevel your beliefs and establish a new environment of belonging. This is where you face social risks in pursuit of social rewards. In the Fear/Growth Zone you see the 3 B’s of Human Nature: Become, Believe, Belong that we explored in the Introduction.

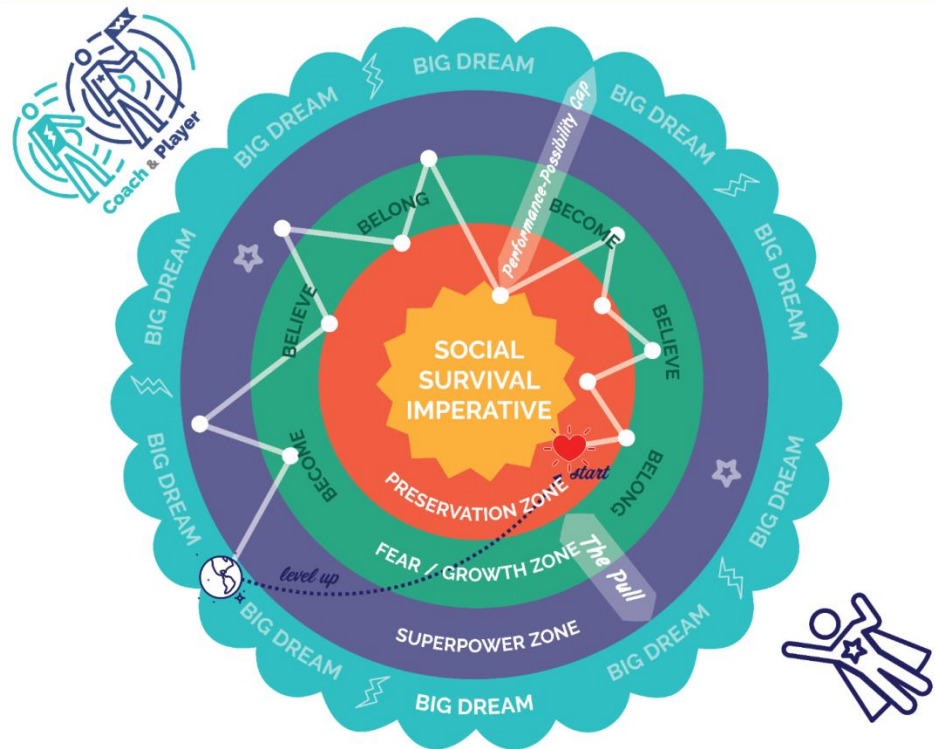
The Superpower Zone is where you discover the powers and playfulness within you that have been hidden in the shadows that you will NEED to live your dream. You have Superpowers for influence, expression, visibility and change that you have not yet tapped into. OR you may be using them, but now you are being called to raise your level of mastery.

Your coach will be with your guide every step of the way on the adventure.

Notice the Performance Possibility Gap (in the upper right). This is the gap between the sum total of who you are and what you can do now AND who you must become to fulfill your dream. You have a vision of yourself playing life at a higher level of impact. This is a good thing!

The Human Journey with a Coach

The Social Survival Imperative 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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Also notice “The Pull” (in the lower right). We will speak about this often. This is the natural tug within all of us between the desire to preserve “what is” by playing safe and the desire to pursue our heart’s Dream by playing BIG. The experience of “the Pull” will ALWAYS be there!

Activate Your Superpowers

Your coach is on the adventure with you to activate your Superpowers! Awesome. AND if you are like most people you don’t have great clarity about what your Superpowers are. No worries. We have a list of 64 “Superpowers for Change” to spark your imagination.



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?

Reality check

Most people that I have coached have had some awareness of a few things that they were good at. And some had an idea about their “strengths” or something similar from doing a self-assessment test. These inklings and readouts are really valuable.

But most had no idea about their Superpowers!

A superpower is a unique ability that you practice and refine until it is capable of BIG Impact on other people and/or situations.

As we will explore together later in this playbook, over the course of our lives often our Superpowers go into the shadows to hide until we are ready to embrace the risks involved with using them. NOW would be a good time.

The Super YOU page is something I created that is loosely based on the ancient I-Ching (Book of Changes). You have some of these but you may not be aware of them at the moment. 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!

Your coach is going to ask you about your Superpowers in EVERY session. It is up to YOU to keep playing with these words and ideas to describe your unique power. Experiment! Explore. There is a version of YOU that you were born to be. Your dream is calling for that version of you right now.

The more you discover and activate your superpowers the more alive you will feel... and the greater ease you will experience in the act of co-creating your dream experiences.

AND it might feel pretty scary sometimes... we will get to that later.

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


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

Describe the qualities and capabilities of the next version of YOU:

Date: / /



A large rectangular area with horizontal dashed lines for writing.

Prepare for Session #1 - Your BIG DREAM

On the right is a mini version of the BIG Dream Coaching Notes Sheet for Session 1.

It puts your Dream in the center and then offers 6 different explorations related to living this dream that your coach will explore with you in the coaching session.

Investing a few moments to contemplate each section prior to the coaching session can be a great way to get your imagination warmed up!

AND always be prepared to speak from the heart while co-creating with your coach. It is not a test and there are no correct answers!!

Here is a quick overview and then a few details:

- Describe your Big Dream
- How will it change lives for the better?
- Describe the superpowers you want to activate
- Describe the challenges on your Hero's Journey (challenges are the catalyst to growth)
- What does playing at an elite level look like? (this is one of my favorites!)
This question reveals the Performance-Possibility Gap
- What are some activities to play for your dream?
- How will you activate the spirit of play?

Challenges are what make playing for your Dream a FUN growth experience! This may be a mindset shift for you because in the Industrial Age we got the impression that if we faced a challenge it meant that we were doing something wrong. Your coach is going to encourage you to really embrace challenges and talk about them with judgment-free awareness.

There are 2 types of challenges: Inner and Outer. Inner challenges are the doubts and fears we experience when we face risk and uncertainty. Outer challenges are when something out in the world is not going as planned. (HAH! This is most of the time.)

This leads us to the topic of **Growth**. Playing for your dream will present you with MANY growth opportunities. The key to growth is to let go of the Industrial Age mantra that you need to be perfect. Allow yourself to not know how to do things and see the opportunity to grow as a positive rather than an indicator that you are not good enough. **YOU ARE**

Activate Your Superpowers Session #1 Notes Date: _____

SESSION FOCUS: SHARE THE DREAM

Superpowers you want to activate: _____

How will it change your life for the better? _____

Your Hero's Journey challenges: _____

Growth Zone
What did you learn...
About playing for your dream? _____

_____ About yourself and your Superpowers?

Play Plan: What are the actions / perspectives you will focus on?

DEFENITELY MORE THAN GOOD ENOUGH. Your coach will guide you as you step into these situations.

Fear is your friend! Fear is a fundamental human experience that is trying to keep you safe. You will experience fear often when you play for your dream. Again the BIG KEY here is to embrace it. Let go of the Industrial Mindset that fear is an enemy that you must conquer; it is not. When you experience some doubt or fear related to an activity in your dream, this simply reveals that there is some risk involved. Understanding risk and reward is essential to play.

This brings us to a BIG topic in all of our Coaching programs: the ***Spirit of Play***. I shared with you a bunch of ideas about play in the Introduction to this playbook. The point I want to share with you here is this: the Spirit of Play IS inside of you. You were born to play. ALL humans play. **Play is: creativity, curiosity, resourcefulness, resilience, exploration, experimentation, imagination and innovation.** You are capable of all of these things. All we need to do is promote them to the front of your mind. We all have the inner urge to grow and become... and the way we grow and become is through play.

Your coach is going to ask you about the Spirit of Play a LOT! The key is to think about it with your imagination rather than the “get the right answer” mind that dominated our lives in school and work. With imagination your dream can come alive with new possibilities.

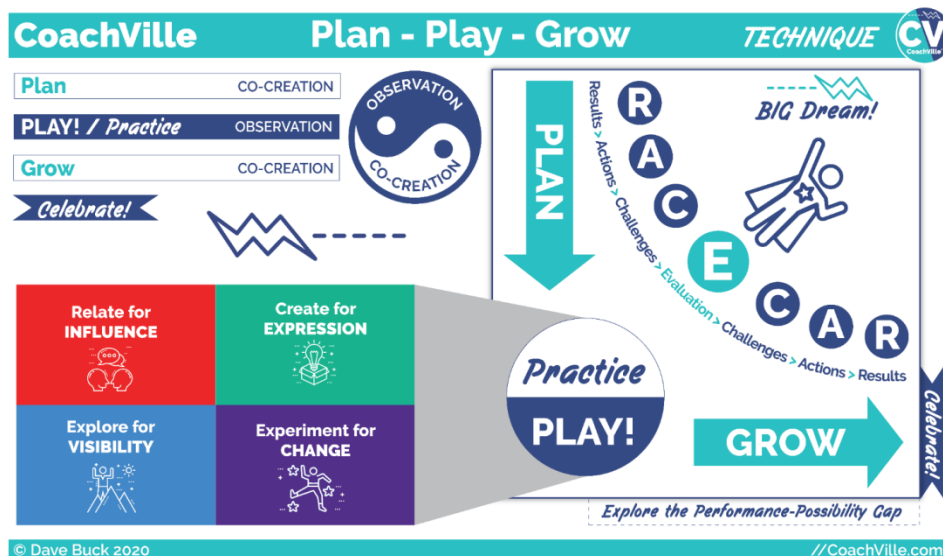
Session #02: Plan – Play - Grow

[Listen to this audio to prepare for Session 2.](#)

The Plan-Play-Grow Technique

To help you get ready for Session #2, I want to share with you how to get into the rhythm of playing with a Life Coach. There is a coaching technique to create this rhythm called: Plan-Play-Grow. If you have ever had an athletic coach or a performance art coach then you will recognize this technique.

On a personal note, I first learned about this technique by observing my mom who was a piano and voice coach. Her music studio was right beneath my bedroom in the house, so I heard coaching happening every day after school. Even though I wasn't tuned into the details I did notice one very dramatic thing: over time all of her students played a lot better! This is exactly how it happens... and it yields great results almost every time.



Let's explore this model together.

We start in the upper left where you see Plan – Play / Practice – Grow – Celebrate. You also see the yin/yang symbol with the core of the coaching experience which is observation and co-creation. You may recognize those terms from the definition of coaching I shared with you.

Next, look at the right side of the diagram. You see the Plan – Play / Practice – Grow – Celebrate again but this time you also see what we call the RACECAR acronym: Results – Actions – Challenges – Evaluate. We will get into that in a few moments.

Also in the lower left you see a call out from the Practice / Play circle into the 4 primary activities of playing for our dreams; AKA Social Play. You saw this in the Playbook Introduction. (It's all coming together!)

Whew! We have a lot to talk about here.

Let's first get clear on the coaching rhythm because it will really help you get the most out of your sessions with your coach.

In the coaching session:

- You and your coach will celebrate the notable experiences since your last session; especially moments of play where something good happened.
- You and your coach will co-create a coaching PLAN for the session by first EVALUATING what happened when you played. You will also explore your insights. And you will share specifics about key playful actions and the results in the world.
- You and your coach will PRACTICE together to co-create new awareness, new possibilities, new capabilities and new confidence. We will explore a variety of practice techniques in this program. In Session #2 you will have a detailed strategy and planning session by playing with ideas: Results, Impact, Actions, Superpowers, Challenges, Spirit of Play and Growth.
- You and your coach will capture your GROWth from the session. (The Growth Zone in the Play Sheet) The intention of a good coaching session is that you grow during the session... and then continue to grow as you play in the world. Make a few notes on your coaching notes sheet as you talk together.
- You and your coach will co-create your play PLAN for the upcoming time frame. Focusing on the 4 types of actions to play BIG for your dream.
- You will write out the most important items on your Play Plan Playsheet.

Then...YOU go out in the world to play:

- You PLAY for your Dream aiming to co-create RESULTS and experiences by taking the 4 types of ACTIONS and facing CHALLENGES along the way.
- You notice your GROWth opportunities as you play.
- Make a few notes on your playsheet about what happens as you play (or avoid playing).

In the next coaching session:

- You and your coach will CELEBRATE your RESULTS (and your challenges)
- You and your coach will co-create a coaching PLAN for the session by first EVALUATING what happened when you played.
- You and your coach will PRACTICE together.
- You and your coach will capture your GROWth from the session.
- You and your coach will co-create your play PLAN for the upcoming time frame.

YOU go out in the world to play:

The rhythm repeats from here.

When you get into this rhythm with your coach, you will be amazed at how quickly you feel your progress and good things start to happen. It really is fun.

Understand RACECAR

One of the most important shifts that your coach and I want to help you make is from Industrial Control to Connected Play.

Understanding the acronym RACECAR from the Plan-Play-Grow technique can help you make this shift.

R is for Results in the world

Probably the most challenging part of the shift is the focus from completing tasks to co-creating results in the world.



In the Industrial Age we were told to only focus on what we can control.

So we should only focus on completing our tasks and doing them right; mostly in isolation so that we don't bother anyone. Since we can't control what happens with other people we should not put our attention there.

In the Connected Age of Play it's ALL about co-creating with others; we use our powers and energy to be a positive influence in the world; to make a positive impact.

We put our attention on the results that happen because that is the purpose of playing for our dream. In play you have to look beyond yourself... out into the world or people around you that you aim to influence or contribute to or be seen by or make changes with.

In play... there is NOTHING you can control. When we play for results sometimes they happen and sometimes they don't. That is what makes it play. Practicing with a Coach to play better means getting the results we desire more often than we do right now.

Remember the results from our 4 pivotal moments of social play: influence, expression that contributes to others, visibility and change.

STOP getting people under control

Another quirky angle on Results from the Industrial Age of Control is that we SHOULD be able to control everyone and everything by following the manipulation instructions properly.

There are a lot of manipulation techniques in the Industrial Age because the whole focus is on getting everyone and every situation under control. This is very difficult of course because as I emphasized in the Introduction, we humans HATE being controlled!

So what happens most of the time is that our attempts to control are futile and frustrating. This is one of the reasons why there is so much chronic anxiety and depression in the Industrial Culture: people are in positions or roles where they are

supposed to control other people and they are judged based on their ability to control others. This is SUPER stressful.

Letting go of the delusion of control is one of the most freeing benefits of shifting into the Connected Age of Playing for Influence as a co-creator.

A is for Actions with your Superpowers



We all do a lot in a given day. The key here is to find moments when you can take the social play actions: relate, create, explore and experiment.

Since we are all used to going through our days completing tasks, it requires some intentional effort to get into play.

- A) There are some actions that you are doing already that you can now approach playfully.
- B) You can intentionally add playful actions into your day.

Playful actions are when you aim to be a positive influence on someone or co-create with them AND you pay attention to the result that happens (or doesn't happen).

Recurring

Your coach is going to ask you about recurring actions. The distinction here is between one-time actions and recurring actions. A recurring action is something that you do on a regular basis; for example sharing with someone about your dream. It will be a little different every time based on who you are talking with, but it is similar each time AND it is something you can get better at doing through practice.

The key here is that it is the recurring actions and situations that you will want to practice with your coach most of the time.

Superpowers

The next step is to proactively use your superpowers when you play.

A Superpower is an ability that you can refine and practice to have an impact on people and/or situations. Since you are playing for impact, you aim to use your superpowers to increase your impact.

The performance-possibility Gap

The idea of the Performance-Possibility Gap is integral to coaching. You have a current level of facility with playful actions and your superpowers. And you and your coach share a vision that you can expand that facility.

You can co-create the results you desire more often.

You can PLAY better.

The key to getting into play mode is to drop the Industrial Age Control mindset that you have to do things perfectly every time. This “perfection trap” is antithetical to play. It literally makes it impossible to play and that was the intention; to get you to stop playing and become a compliant worker doing what you are told to do by the boss. Sad but true... we have been doing this to each other for a long time now.

But not anymore!!!

You can break free of the perfection trap and enjoy playing again.

The next step is to embrace challenges.

C is for Challenges with the Spirit of Play.



When I was describing results I wrote that sometimes they happen and sometimes they don't. This is the nature of play.

Well, everything that contributes to the desired result NOT happening is a challenge.

There are several different types of challenges.

- 1) A challenge where you need to develop more skill and experience in what you are doing.
- 2) A challenge where you experience some doubt or fear related to what you are doing.
- 3) A challenge where there is something in the world – probably some force of the status quo – that doesn't want you to achieve your desired result.

The key to being playful is to embrace challenges with the spirit of play.

There are some challenges that you are already aware of. And there will be plenty of challenges that you don't even know about yet but will arrive as you play more and more.

Every challenge presents you with a growth opportunity. Growing and playing better is fun! Players embrace challenges. Great players LOOK for challenges.

When you are really passionate about the result you are playing for, the experience of a challenge can elicit your Superpowers. Somehow the challenge causes you to reach deeper into yourself and your real power comes through. This is why playing for dreams can lead to surprising discoveries within yourself.

A benefit of playing with a coach is that you can talk through what is happening when you play and identify the challenges you are facing. And then co-create a plan to play with them by expressing your superpowers.

There is nothing wrong.

Embracing challenges is another element of play that requires a shift from the Industrial Control mindset. When the focus is on following the instructions and keeping everything

under control, a challenge usually meant that you were doing something wrong. IT meant that you were not perfect... oh the horrors!

Embracing challenges as fun growth opportunities – rather than something is wrong – will significantly reduce your stress and expand your joy.

E is for Evaluation with judgment-free awareness



I know that the experience of being evaluated can bring up a lot of bad memories. Starting with the dehumanizing and traumatizing testing we all suffered as children. Followed by the dreaded performance review many of us suffered in jobs. The purpose of the whole thing was to show you what you were doing wrong. UGH!

I am inviting you here to look at evaluation with a fresh perspective. YOU are not being evaluated. YOU – with your coach - are evaluating the results WITH judgment-free awareness. You are doing this to assess the impact you are having and look for ways to play better.

In this setting, evaluation is a co-created experience aimed at helping you become MORE.

This is another situation where it will take a little practice to shift out of feeling that there is something wrong into seeing ways to grow.

You and your coach will do it together.

C-A-R is looking at it from the other direction

- You experience and embrace a challenge
- You take your playful actions
- In pursuit of your desired Results.

The idea of the RACECAR acronym is to look for results, actions, challenges and evaluation for growth opportunities in a fun and playful way.

The Performance-Possibility Gap

Remember this from the Human Journey Model.

High performance or playing well is when you often create the desired results and experiences from a playful action.

Possibility is your vision for how well you can imagine yourself playing. It is your vision of having experiences where you play well and co-create the results you desire.

The Gap is the space between how you play now and your vision of possibility; playing better for each action... getting the desired results more often.

Another way of seeing this expanding your influence; and having fun growing.

This is a big mental shift from Industrial Control thinking where you are either doing it right or you are doing it wrong.

Allow yourself to evaluate how you play now and how and see the gap for how you can envision yourself playing. Growth lives in the gap. Coaching lives in the Gap! Becoming awesome at what you do... lives in the gap.

The Social Fears of Social Play

Now you might be thinking: “Yes, these social play actions and results are exactly what I want! “But when I think about it:

- Asking for what I want or need is pretty hard for me.
- Sharing what I create can be a real struggle.
- I know I need to “get out there” and be more visible, but it’s not easy.
- Trying new things often feels too risky so I stick with what I always do.”

EXACTLY.

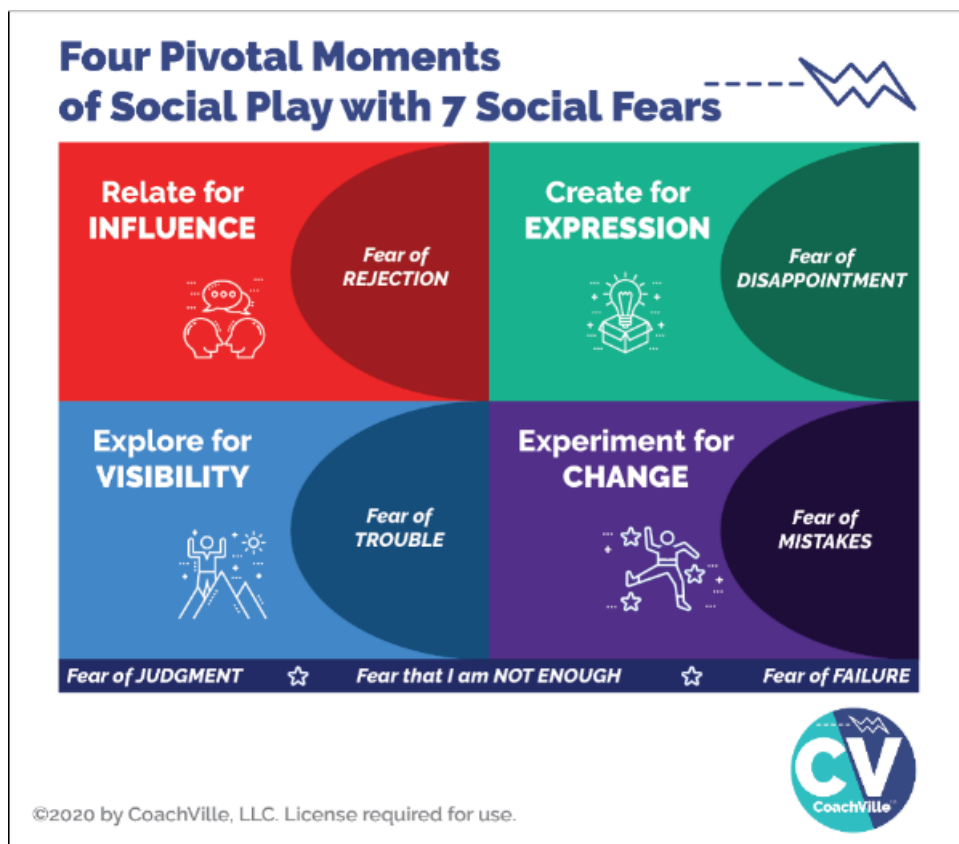
These feelings are in you because your playfulness was shamed in the Industrial Control Culture. (I use the past tense even though playfulness is still shamed because I am speaking optimistically about the future we are co-creating together.)

Playing for your dream is about to get REAL! **These four social play activities will bring up seven really intense FEARS!**

While all of us with a BIG Dream to contribute our unique

value and voice to others want these four experiences... we are all also navigating through these seven intense fears; mostly on a non-conscious level and mostly with a variety of not-so-effective methods! (Hah! That is an understatement).

- Fear of Rejection
- Fear of Trouble



- Fear of Disappointment
- Fear of Mistakes
- Fear of Judgment
- Fear of Failure
- Fear that I am NOT ENOUGH (The “BIG Kahuna” Fear)

Relate for Influence = Fear of Rejection

To play for impact in the world – even with just a few people - you need to cultivate a high level of ease with approaching people and talking with them. And then you need to invite them to a next step. This is where the fear of rejection comes in. BIG TIME.

Create for Expression = Fear of Disappointment

Playing BIG for your dream will include creating and sharing experiences (or content) in a variety of forms. Also every time you have an opportunity to speak in front of people you are creating and sharing an experience. The fear that we might disappoint someone or BE disappointed by someone’s reaction to what we create can be a BIG block to creating and sharing.

Create and share is the essence of the idea that life can be played like performance art!

Explore for Visibility = Fear of Trouble

Exploring for visibility is often described as: “I need to get out there”. And for many people this is a BIG struggle; this is because the Fear of Trouble is VERY REAL.

In order to contribute your gifts to others you need to find people (customers, colleagues or partners) to participate in what you are creating. You need to “get out in the world” either physically or virtually.

The world of people is an amazing but potentially “dangerous” place; at least at an emotional level. The potential for trouble in the unknown is why most people stay where they are and spend their time with the same people. However, it is almost impossible to pursue your dream this way.

Experiment for Change = Fear of Mistakes

As coaches and entrepreneurs we are change-makers! But at the same time we are often crippled by the fear of mistakes.

This is a big remnant of the Industrial Age mindset that everything you need to do: a) there is a right way to do it b) you should be able to do it the right way every time and never make mistakes.

Of course this is nonsense! But the residue of this mindset from school and jobs keeps us locked into a perfection trap. This makes it sooo hard to experiment and find our unique way to do everything our Dream needs us to do.

Fear of Judgment ~ Fear of Failure ~ Fear that I am not enough

These fears are basically accumulations of the four fears of playfulness. They are deep artifacts of the Industrial Age of Control and they impact our thoughts and feelings in a profound way.

Here is a BIG idea: these social FEARS – and the beliefs that form around them - are not inherent to us, we absorb them from the culture through our life experiences.

If you aim to play for your Dream at a high level you need to embrace and explore these fears with profound curiosity. This is what I mean by explore your fears like a treasure map. The treasure is your playfulness and unique superpowers - for Influence, Visibility, Expression and Change - that are deep within you waiting to be activated.

BIG POINT regarding the power of coaching: it is almost impossible to explore social fear by playing alone. But together we can do it!

More about that in Chapter 4.

Your Life Coach is a very capable guide of the Human Journey... out in the social world... through these intense fears... in pursuit of your BIG Dreams... along the way you activate your playfulness and superpowers. YES!

This is why you are here with us.

The BIG question you might be wondering...

How / where did I get all of these fears?

How did I become so fearful of activities that seem so natural and essential?

This is the question of the century! (quite literally)

In Chapter 5 I will share with you how this happened to all of us in the Industrial Control Culture. Meanwhile by playing for your BIG Dream with your Life Coach you are already on the path to Freedom!!

Prepare for Session #2 – Play for your Dream

In this session you and your coach are going to explore your BIG Dream from both practical and aspirational perspectives so you can get out there and play for it. My aim here is to explain a few of the concepts that your coach will talk with you about.

Remember that we all learned the way of the task list in the Industrial Age. So it is an easy trap to fall into to think you can task list your way to your dreams. You can't! But learning how to play plan is going to take some practice.

Side note: I am not saying that there won't be any tasks to complete as part of your dream! Of course there will be. BUT... completing tasks is not what makes your dreams come true... how you play in the world of people determines that; and this is where the growth opportunities are. So that is why we focus on this in Life Coaching.

Here is a quick summary of the core concepts...

Results: A result is when something happens in the world as a result of your actions; In the world means: other people. There are probably several results that you want to co-create and experience like for example: another person says "Yes" to doing something or another person enjoys something you create and share.

Actions: This is doing something! Usually in the 4 Pivotal moments of Social Play.

Challenges: Everything that prevents your result from happening when you take action. There are LOTS of challenges. Each presents an opportunity to play and a growth opportunity. For example, if a person declines your offer or doesn't enjoy what you created there are reasons. Also there are Inner Challenges to explore when you resist or avoid taking an action.

Impact: This is the positive influence you want to have on other people with what you create; or the experiences you co-create. Impact speaks to the purpose of your Dream and has a ripple effect out into the world.

Superpowers: These are unique abilities that you possess that you want to express to create the positive impact of your Dream. They can be in the form of abilities that are natural to you OR something you learned how to do because of the environments you have been in.

Spirit of Play: This is an approach you can take when you do something. When your coach asks you about this the key is to release the Industrial Age need to be perfect or never make a mistake and allow your imagination to flow. Remember the key word: creative, curious, resourceful, resilient, explore, experiment, imaginative and innovative

Growth: This is becoming the next version of you... and the next version and the next version. It is developing new abilities or stepping into new beliefs. Every BIG Dream we pursue in life sparks growth within us... this is why we all have BIG dreams throughout our lives.

Activate Your Superpowers Session #2 Notes Date: _____

The BIG Dream: _____

CELEBRATIONS 	Explore the Fear / Growth Zone	
	INSIGHTS 	ACTIONS AND RESULTS 

SESSION FOCUS: PLAN, PLAY, GROW

Results 	Actions 	Challenges 	
Impact 	Superpowers 	Spirit of Play 	Growth 

Growth Zone
What did you learn...
About playing for your dream? _____
About yourself and your Superpowers? _____

Play Plan: What are the actions / perspectives you will focus on?



Session #03: Practice!

[Listen to this audio to prepare for Session 3](#)

A Few Thoughts About Practice

- Play and practice go together. Practice is the pursuit of playing better.
- Play is something that you cannot control but you can influence. Practice is about gaining more influence in a recurring activity or situation; or the ability to co-create the desired result more often.
- Adults often absorbed an Industrial Age belief that they SHOULD know how to do everything already and as a result resist practice.
- Adults often feel vulnerable when they don't know how to do something. So they just try to avoid it or fake it rather than seeking a way to practice.
- Practice is the pathway to mastery; there are so many activities that are fun and useful to master.
- With practice essential actions become "natural"
- To practice you have to allow yourself to "NOT KNOW" how to do it; or allow yourself to not be perfect.
- Practice is a way of getting feedback. Because of Industrial Age environments where feedback meant that you screwed up, most adults have learned to avoid feedback. To become awesome at Social Play in the Connected Age you must become fluid with feedback experiences. Keep growing.
- For people who have the desire to play better, feedback is the “Breakfast of Champions!”

Embrace challenges!

In this session your coach is going to do a slightly deeper dive with you on the challenges that you are experiencing and noticing.

This can be challenging... because in the Industrial Age having a challenge meant you weren't doing it right; whatever IT was.

When you are a player, playing with activities that you can't control but you CAN influence, every challenge points the way to a new growth opportunity.

This leads us to the fun challenge of relating for influence which we practice with the Role Play Technique.

Practice Relating for Influence with Role Play

The more you study the Dreams of life, like personal growth, business, leadership or romance, the more you realize that communication / relating is the primary activity. Playing for a dream is mostly about talking to other people and playing for influence!



Relating for influence is a form of social play and it involves social risk; specifically the risk of rejection. Social play is connected to our sense of belonging and our status with a person or within a group. If we get a “Yes” our status goes up. If we get a “No” our status goes down. It may sound childish in a way, but to your inner being, social status is a very BIG DEAL.

Relating for influence has MANY underlying factors like being present, really listening and sharing authentically.

Your coach will use the Role Play technique with you to help you become a skilled relator through practice. Practice leads to agility and confidence. As your coach plays roles that want to practice influencing, you will become a more playful and resourceful player in life.

In most dreams there are MANY distinct conversations that you can identify and practice.

The key to a good role play is to hone in on:

A) a very specific conversational skill

OR

B) A very specific conversation situation

Examples of distinct conversation (Skills):

- Ask someone for something
- Ask someone for something that you need
- Ask someone to do something with you
- Ask someone to do something for you
- Make a request for support
- Make someone an offer to do something for/with them
- Ask someone to change their behavior in a positive way
- Speak your truth to someone
- Introduce yourself to someone in a way that sparks deeper conversation
- Invite someone to hire you for something and discuss the money!

Examples of specific conversation situations:

- I need to ask my boss for the opportunity to lead the new project.
- I want to call Bill from the Chamber of Commerce and suggest that I give a talk at our next meeting
- I want to reach out to Sally and let her know that I want to be a part of the community leadership team.

There are so many possibilities!!!

The Role Play Technique

In this session your coach will use Steps 1,2,4,5,6 and 7. Notice the flow: Plan – Play – Grow.

1) Define the situation

What is the conversation you want to practice?
What is your intended result or feeling?

2) Define the Role

Your coach will ask you to give a character sketch of the person. If it is a specific person you can share those details. If it is a recurring conversation then create a composite sketch of common characteristics

4) Play Together

Your coach will jump into the role and play the situation out with you while also observing:

- Your clarity of intent
- Your energy
- Your flow of words

5) Time Out

Your coach will call time out - Or YOU can call time out – to step out of the situation.

6) Level up

You and your coach can explore:

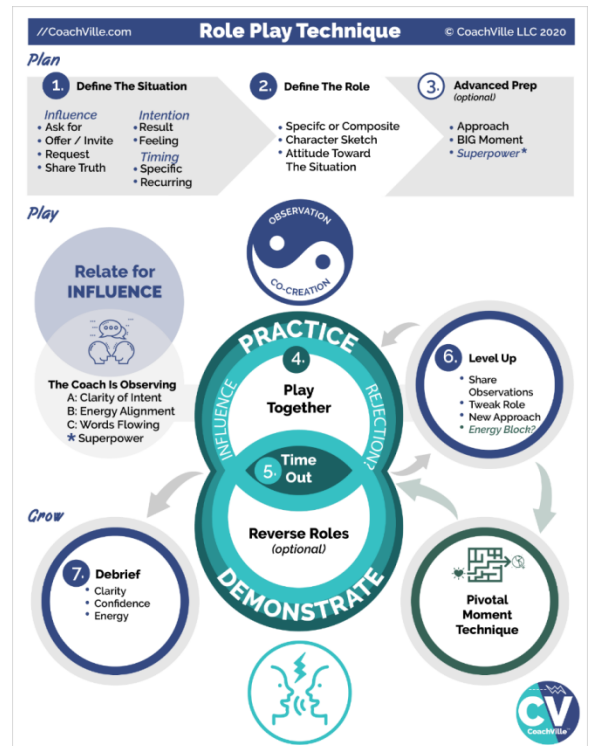
- How YOU feel in the situation.
- How they can improve the role to make it more valuable for you.
- How you might approach the situation in a different way.
- How you can practice expressing one of your Superpowers.

4) Play Again

You and your coach may practice the conversation a few different times.

7) Debrief

You and your coach will reflect on the practice to look for growth and growth opportunities.



What are your Superpowers for Influence?

My main objective in asking you this question right now is for you to:

- Realize that you do have superpowers of influence.
- Start looking for them within yourself through your experiences
- Start to imagine becoming a capable influencer through practice with your Coach!



We all have Superpowers for influence and we used them freely when we were small. But usually this didn't go so well. So over time the playful influencer within us went underground. Meanwhile, whatever form of influence was effective within your family of origin is the one you developed and the one you probably use now. The need to belong is a powerful force that causes us to adapt in a lot of different ways; many of which don't serve us well when we aim to play BIG for our dreams. I will get into this in great detail in Chapter 5 of this playbook.

For now though, I want you to look back at the page of Super YOU playsheet in Chapter 1. This time look at the phrases and try to remember yourself as a young influencer. Or another way is just to reflect on a phrase and see if it stirs anything within you.

For me, using this exercise I recognized my superpower called: "Approach With Sensitivity". When I began the process of activating it and practicing with it, I gained a lot of confidence in situations when I wanted to relate for influence.

You can do it. And as always... expect it to feel risky at first... and be prepared to practice a lot before you feel confident with it.

The Coaching Framework

This chapter in the playbook is all about the power of practice; and to prepare you for a Role Play with your coach. To compliment this, I want to share with you a deeper view into what coaching is.

I believe that when you – the player – have some insight into what the coach is doing, you can get more out of the experience and reach your dreams faster. As I



have said before, the coaching relationship is a co-creation between the coach and player. It is not mysterious. This model will provide some talking points toward understanding coaching.

Observation ~ Co-Creation

The first thing to notice is the center of the model which is the core of the coaching experience: the yin~yang type balance between **observation and co-creation**. This is what the coaching relationship is all about. You have seen this a few times now.

This notion is super important for 2 reasons.

- 1) Coaching happens by practicing together and by observing and co-creating as the coach guides the player toward playing better.
- 2) We are ALL yearning to be seen... for who we really are... for the value we co-create with the world... by someone who can truly appreciate what we are doing.

This is what a great coach brings to the relationship!

The coach and player practice together. The coach observes the player and shares what they see and can offer alternatives. And the player observes the coach to learn new ways of playing, new ways of seeing things, new ways of being.

Along with observation there are life-changing co-creative conversations that lead to new awareness and bigger possibilities. It is a powerful form of balanced partnership. It is a magical experience that can lead to transformation.

Play Life: Relate, Create, Explore, Experiment

Next notice the 4 Red Diamonds that display the ways that we play life in the Connected Age: Relate, Create, Explore and Experiment. We have explored them before. These are the fundamental activities of how we play just about anything in life and as such these are the activities a coach will help you play better.

The BIG DREAM

At the top, leading into the model, you see “The BIG Dream which is the catalyst for the coaching experience. We explored this in Session 1 and your coach will ask you about it in every session. Playing better for the Dream is the purpose... always.

The Coaching Relationship

At the base, as the foundation of the model, you see the coaching relationship which is unique in the world of human relating. It is a co-created experience where both individuals are equal partners with different roles; no one is “in charge”. The player is setting the destination with their dream, the coach guides the pursuit using their coaching abilities and any relevant knowledge of the quest.

And... always remember that the coaching relationship subverts the hierarchical control; which is a good thing!

The Dynamic Between Support and Challenge

The coach is the ultimate supporter of the player providing encouragement and energy; we all need more support than we are getting! At the same time the coach must be able to challenge the player to grow in healthy ways. Most players are yearning for someone who can see them and show them places where they can grow. The true knack of coaching is being able to read the player and the situation and know which to provide – support or challenge - at any time.

The Dynamic Between Judgment-Free Awareness (JFA) and Expertise

Judgment-free awareness is the juice in the coaching relationship. It is the essential ingredient to providing a safe space to play, practice, experiment and explore new ways of being. We all need a place where we don't need to be perfect; where we can just BE.

Expertise is the sum total of your knowledge and experience; it is knowing ways to do things and ways to approach situations. While coaches don't need to be the expert all the time, the right bit of wisdom at the right moment can really make a difference. Also, expertise is really valuable when role playing together because it helps the coach co-create realistic scenarios for the player to practice.

A Life Coach provides a healthy blend of both JFA and expertise.

The 4 Quadrants of the Framework

Explore Energy Alignment

Energy alignment is the secret sauce of Life Coaching. While plenty of attention is put on actions and skills, the more you play life you come to realize that they are just the visible tip of the iceberg; the real play in co-creating results in the world is “Energy Play”. Just like the bulk of the iceberg is unseen beneath the surface... the bulk of what makes things happen in the world is the unseen world of energy alignment.

When the energy is aligned, results happen with ease and flow; when the energy is not aligned results come about only through lots of struggle and often not at all.

Become Super YOU!

This is the “activate your superpowers” portion of the coaching experience that we are focused on in this program! This is where the coach can point out what they are seeing in the player that they often don't see in themselves. You do this with your player by actively observing while co-creating and practicing together.

Important! We are ALL yearning to be seen and known for who we really are.

Practice Together

This portion of the coaching framework is ALL about playing together while observing. There are three primary practice techniques that your coach will use with you.

The Role Play Technique – Sessions 3 and 5

The Pivotal Moment Technique – Sessions 4 and 5

The Co-Create Awareness Technique – Sessions 2 and 6

Co-Create Player’s Way

The bottom left of the coaching model refers to action; the “how” of playing better.

This is where the coach guides the player to create their own way of doing everything they want to do; and that their dream needs them to do.

A part of this includes showing your players YOUR way. But that is just a starting point for the player, NOT the end.

You need to help your player activate their superpowers and then use them in a strategic way to co-create results in the world; in a way that is perfect for them.

You will guide your player to express themselves fully, find their voice and develop the style for who they want to become. All of this is in service of guiding your player to develop their own methods and unique way of playing better for their dream.

Conclusion

Now that you have more insight into the craft of Life Coaching, hopefully you are even more excited about having one! AWWW YEAH!

Prepare for Session #3 – Practice

Your BIG Dream: Every time you speak your dream out loud with your coach it gains energy.

Explore the Fear / Growth Zone

Celebrations ~ Insights ~ Actions and Results here

As you share about your experiences you will gain clarity and awareness!

Challenges and Superpower Discoveries





We explored this at the beginning of the chapter. The key is to be playful in how you talk about them. Embrace the power of co-creative conversation to expand your possibilities!



Role Play and Ah-ha moments

Come prepared with an idea for a conversation to role play; OR a few to choose from.

Activate Your Superpowers Session #3 Notes Date: _____

The BIG Dream: _____

CELEBRATIONS 	Explore the Fear / Growth Zone	
	INSIGHTS 	ACTIONS AND RESULTS 
CHALLENGES 	SUPERPOWER DISCOVERIES 	

SESSION FOCUS: ROLE PLAY 	AH-HA MOMENTS 
Growth Zone What did you learn... About playing for your dream? _____ _____	About yourself and your Superpowers? _____ _____

Play Plan: What are the actions / perspectives you will focus on?

Immerse yourself in playful practice. You will be amazed at what you discover.

Growth Zone : always remember that the purpose of a coaching session is to play and grow while you are in the session.

Pivotal Moments... keep looking;

Challenges... keep looking!

One thing that I have noticed about people who aim to play BIG... they go beyond embracing them and they LOOK for them. The next thing is just a quick reminder to LOOK for your pivotal moments: moments when you avoid or delay an action or notice that you are avoiding a social risk. These are the type of challenges you want to share with your coach. It will open up growth opportunities that you can explore together.

We will play with the Pivotal Moment Coaching Technique in Session #4.

to be continued...