



DISCOVER YOUR DREAMS



5-Day Challenge Playbook

by Dave Buck, MCC



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

Welcome!

Welcome to the Discover Your Dreams 5-Day Challenge!

Where you will play explore your Human Nature Superpowers like a treasure map that will lead us to your Dreams... SUPER FUN!.

In this playbook you will find the playsheets for your 5-Day Adventure.

For each session there is a sheet for notes that follows the flow of the program.

On each playsheet write a few key items of self reflections, conversations and your play plan... and then keep your notes from your experiences as you play in the world.

The 5 BE Superpowers of Human Nature

- 1) Drive to BE FREE – Self-Trust & Self-Determination
- 2) Love to BEfriend – Co-Creation & Care
- 3) Urge to BEcome – Self-Expression & Spirit of Play
- 4) Ability to BELieve – Self-Preservation & Self-Confidence
- 5) Need to BELong – Self-Value & Social Safety Instinct

!!!) Your Next Dream – A Collection of Clues

This practice will help you get into the flow of noticing the clues on the treasure map... Then you can CHOOSE your next dream to adventure away from the status quo and into the world.

Printing Instructions...

Pages 3 – 9 ... Print 1 Copy

Enjoy your adventure.

The world is ready for you and your dream.

Together, we are the champions of dreams!

Coach Dave



Dave R. Buck

Coach Dave Buck and the CoachVille Team!

www.coachville.com

Superpowers of Human Nature

Drive to BE free

Self-determination
Self-trust



Love to BEfriend

Care (give & receive)
Co-create



Your Dream

CHOOSE YOUR DESIRE!
Self-worth
Self-love



Urge to BEcome

Self-expression
Spirit of play



Ability to BELieve

Self-preservation
Self-confidence



Need to BELong

Self-value
Social safety instinct



Self-reflection:

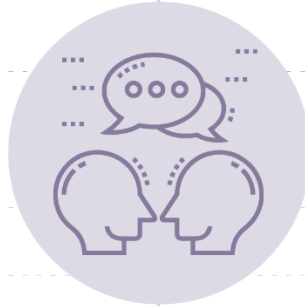
Self-determination & self-trust:



Choose your adventure:

Conversation:

Life felt like an adventure:



Out in the world activities you would love:

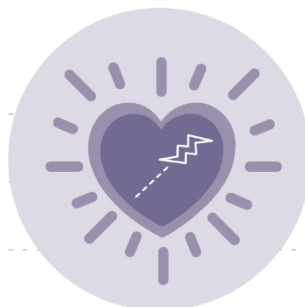
Play in the world:

What I did:



What happened:

Dream clues:



Self-reflection:

Co-creation & care:

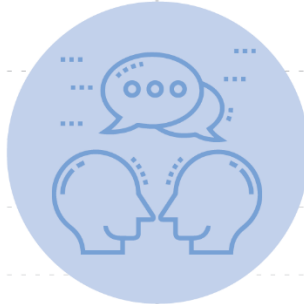
Choose your companions:



Conversation:

Describe a companion:

Something you co-created or experienced:



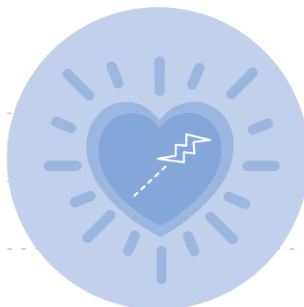
Play in the world:

What I did:

What happened:



Dream clues:



Self-reflection:

Self-expression & spirit of play:

Choose your playful practice:



Conversation:

Best parts of your day:

Something you would love to do better:



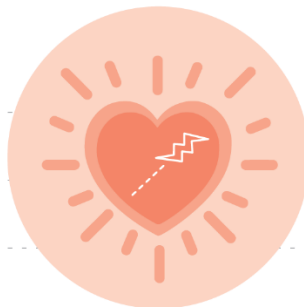
Play in the world:

What I did:

What happened:



Dream clues:



Self-reflection:

Self-preservation & self-confidence:

Choose your beliefs:



Conversation:

What you believe about yourself:

Describe an upgraded belief to embrace:



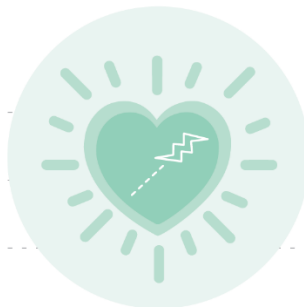
Play in the world:

What I did:

What happened:



Dream clues:



Self-reflection:

Self-value & social safety instinct:



Choose your environments:

Conversation:

Describe where you feel totally valued:



Describe an environmental upgrade:

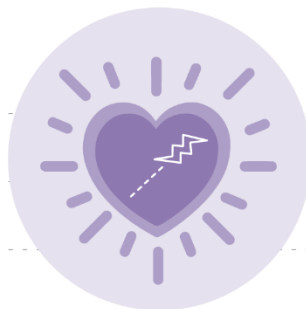
Play in the world:

What I did:



What happened:

Dream clues:



Collection of Clues

Drive to be free:

Love to befriend:

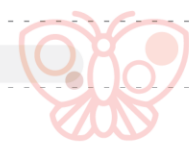
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Urge to become:



Need to belong:

Ability to believe:

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Growth Zone

What did you learn...

About playing for your dream?

.....

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About yourself?

.....

.....

That

was

fun!

Thanks for being awesome!
Coach Dave