

Dream Activation Experience

{BETA Version}

Prep Pack

By Coach Dave Buck, MCC

This is the Dream Activation Experience (DAE) “Prep Pack”

In this “prep pack” you will find the prep sheets for your Dream and your Peak Experience, a notes sheet for the Dream Activation Experience AND the Gathering guide. And a few Bonus Posters!

The Gathering Guide is the most important thing to print!

During the experience, writing a few keyword notes will help you capture the growth, awareness and plans that emerge in the experience. You can write notes either during the session or immediately after; whichever helps you stay fully present.

The key is to find a sweet spot with your notes. Not none; Not too much.

- 1) Pages 3 & 4: Prep sheets.
- 2) Page 5 Session Notes Sheet
- 3) Pages 6 – 9 Gathering Guide (MOST IMPORTANT FOR PRINTING)
- 4) Pages 10 – 13 BONUS Posters! (Optional for printing)



Enjoy your experience.

Enjoy your partner.

Enjoy your DREAM!

Coach Dave Buck and the CoachVille Team!

DESCRIBE YOUR DREAM PREP SHEET

.1. Describe your Dream...

.2. Describe the Spark or experience when this Dream came to you?

.3. Describe the “Ripple Effect” of good you hope to have on the world around you as you play this Dream?

.4. Describe your superpowers or ideas or perspectives you aim to express by playing this Dream?

.5. Epic Adventure: (Bonus Question)

DESCRIBE YOUR PEAK EXPERIENCE PREP SHEET

.1. Write out a list of peak experiences for your Dream. Have fun thinking of these scenes!

.2. Choose one that you want to practice with your partner during the experience.

.3. Describe the scene like a movie scene. Where are you? What is around you?

.4. Describe what you are doing in the scene. Describe your Talents and SKILLS...

.5. Describe how you want to feel in the scene. Describe the “vibe” you want to project.

.6. Next we will push the energy to the other person in the scene. Think of ONE person.

.7. Describe what you want the other person to feel in the scene.

.8. Describe what you want them to do during the scene and/ or after the scene

DREAM ACTIVATION EXPERIENCE NOTES SHEET

For during the experience (next page)

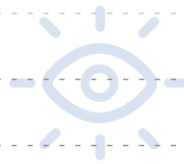
1. WARM-UP:



2. CELEBRATE



3. GROW (from Play)



4. (Practice) PLAN: *Dream Activation*

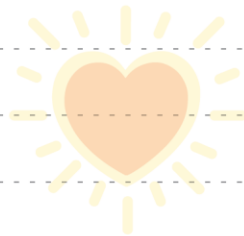
EXPLORE

Dream _____

Spark _____

Ripple _____

Self-worth _____



CO-CREATE

Peak Experiences _____

5. PRACTICE: *Peak Experience Technique*



1. You do: _____

You feel: _____

2. They feel: _____

They do: _____

3. Thoughts: _____

Body: _____

4. *Push the Energy*

5. Thoughts: _____

Body: _____

6. Curious thoughts: _____

7. Curious feelings: _____

8. Curious desires: _____

6. GROW (from Practice)

Learn about your dream? _____

Learn about your self? _____

7. PLAY PLAN: Social actions?



GATHERING GUIDE

.1. Warm Up

A coaching session ALWAYS starts with a warmup. Warming up gets you ready to practice.

We will use our special warm up routine that we use in all of our programs.

The Coach – the person leading the experience - will guide the warm up which includes 3 “connecting breaths”, an independent visualization and a brief “guided visualization” to co-create a safe space to practice.

Then, the coach will organize zoom breakout rooms with 2 in each room.

In this “Gathering Guide”, you will have the role of a “Partner”.

.2. Celebrate Life and Dream Share (6 minutes each)

You will meet your partner for the experience in a zoom breakout room.

CHOOSE which Partner will ASK first.

.1. Celebrate (about 1 minute)

ASK: Can you share with me something you want to celebrate in your life right now? ...

{listen and encourage them ... }

SAY: I can see you doing that!

.2. Dream (about 1 minute)

ASK: If you looked at your life or business or career as “Playing Your Dream”... what would you say your Dream is right now? The 1-minute version.

{Coach: listen and if a curious question pops up for you ASK it}

.3. Spark (about 1 minute)

ASK: What was the spark when this Dream came to you?

{Coach: champion their story!}

.4. Ripple Effect? (about 1 minute)

ASK: As you play your Dream, what is the ripple effect of good you hope to have on the world around you?

{Coach: listen and...}

SAY: I can see that happening!

{SWITCH PLACES – the other partner asks the questions}

.5. Partner Connection:

Then after both share their Celebration and Dream...

LAST 2 minutes... TAKE TURN SHARING

Both Share... This is something I see we have in common...**{fill in the blank}**

Both share... This is something I see that is unique about you...**{fill in the blank}**

.3 & 4. Growth & Practice Plan (6 minutes each)

Together confirm if either of you listened to the prep audios and filled in the prep sheets.

Decide which Partner is going to ASK first.

ASK: Briefly describe a recent situation that was growth-oriented for you (in 1 minute)

{Partner, Listen}

SAY: A Peak Experience is a moment where you are doing something with another person and your Dream is coming true.

ASK: Describe for me the Peak Experience Moment you want to practice

{Partner, Listen}

ASK: Describe for me what YOU are doing in the scene

{Partner, Listen}

ASK: Describe for me how you want to feel during the scene?

{Partner, Listen}

SAY: Next we will push the energy to the other person in the scene (or one person of many if it is a group)

ASK: What do you want the other person to feel during this experience?

{Partner, Listen}

ASK: What do you want the other person to do in the experience?

{Partner, Listen}

{SWITCH PLACES – THE OTHER PARTNER NOW ASKS THE QUESTIONS}

.5. Practice (8 minutes each with partner)

The Coach will guide the next part of the Practice.

Then you will meet with your partner for the final part.

Follow the gathering guide to ask the questions. After you listen you can share an insight that is popping up for you.... trust yourself and share it.

- An insight is not ADVICE... NOT you should do X
- An insight is an outside perspective: For example... This is what I am hearing...
- An insight... is SEEING at a deeper level.

Choose again who will ask first...

ASK: Briefly describe what you experienced...

{Partner. Just Listen}

ASK: Of all the thoughts you noticed during the visualization, which are you most curious about and why?

{Partner. Listen. Then you can share your insights or question}

ASK: Of all the physical sensations you noticed in your body which are you most curious about and why?

{Partner. Listen. Then you can share your insight or question}

ASK: One last thing, when you were in the visualization, did you notice any desires coming up?

{Partner. Listen. Then you can share your insight or question}

{SWITCH ROLES}

.6 & 7. Growth Zone and Play plan (5 minutes each)

Growth... is a playful co-creation between you and your partner!

Ask the questions and again share insights and observations.

Choose who will ASK first.

SAY: Now is a good time to go into the growth zone.

ASK: What is your most exciting growth opportunity from this practice?

{Partner. Listen. Then you can share your insight or question}

ASK: What is ONE ACTION you will take based on this practice?

Partner: Encourage them to move toward the scene that they practiced. Unless the practice revealed a preliminary action that they really want to do first.

BONUS Question if you have time:

ASK: What did you learn about your Dream by practicing this scene together?

Human Connection Practice with your partner!

BOTH SHARE (5 more minutes together)

SAY: After this practice, this is something I see we have in common...{fill in the blank}

SAY: After this practice, this, this is something I see that is unique about you.....{fill in the blank}

REMEMBER TO THANK YOUR PARTNER

The Superskills of Freedom

The Superpowers of Human Nature

Drive to BE free

Self-determination
Self-trust
Action bias



CHOOSE YOUR ADVENTURE!

Love to BEfriend

Collective care
Co-create
Empathy



CHOOSE YOUR COMPANIONS!

Courage to Dream

CHOOSE YOUR DESIRE!
Self-worth
Self-love
Purpose

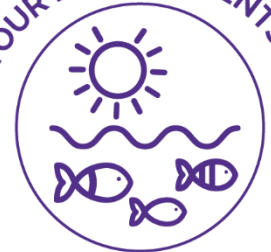
CHOOSE YOUR PRACTICE!



Urge to BEcome

Self-expression
Spirit of play
Creativity

CHOOSE YOUR ENVIRONMENTS!



Need to BELong

Social-value
Social safety instinct
Inclusivity

CHOOSE YOUR BELIEFS!



Ability to BELieve

Self-preservation
Self-confidence
Intuition



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Treasure Map of Problems "Caterpillar Problems"

Human Nature Superpower	INDUSTRIAL CULTURE	PROBLEM / FLAW	Deep Challenge	FEAR	Scarcity Complaint	Industrial Mindset	Growth Challenge
Courage to Dream 	OBEY	STRESS	Depression	Not safe to fail	Not enough fulfillment	I must sacrifice for others	Need more clarity
Drive to Be Free 	CONTROL	LAZINESS	Self-doubt Procrastination	Not safe to disappoint	Not enough time	I must do what others expect	Need more certainty
Love to Befriend 	NEGLECT	LONELINESS	Isolation Addiction	Not safe to be rejected	Not enough support	I must do it myself	Need more influence
Urge to Become 	COMMAND	THE EGO	Frustration	Not safe to make mistakes	Not enough self-expression	I must be perfect	Need more creativity
Need to Belong 	COMPLIANCE	THE "BEAST"	Anxiety Bullying	Not safe to be judged	Not enough \$\$ / Security	I must suppress myself to fit in	Need more visibility
Ability to Believe 	MANIPULATE	SELF-SABOTAGE	Disharmony Chronic pain	Not safe to be myself	Not enough confidence	I must hide "I am not enough"	Need more inspiration

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Plan

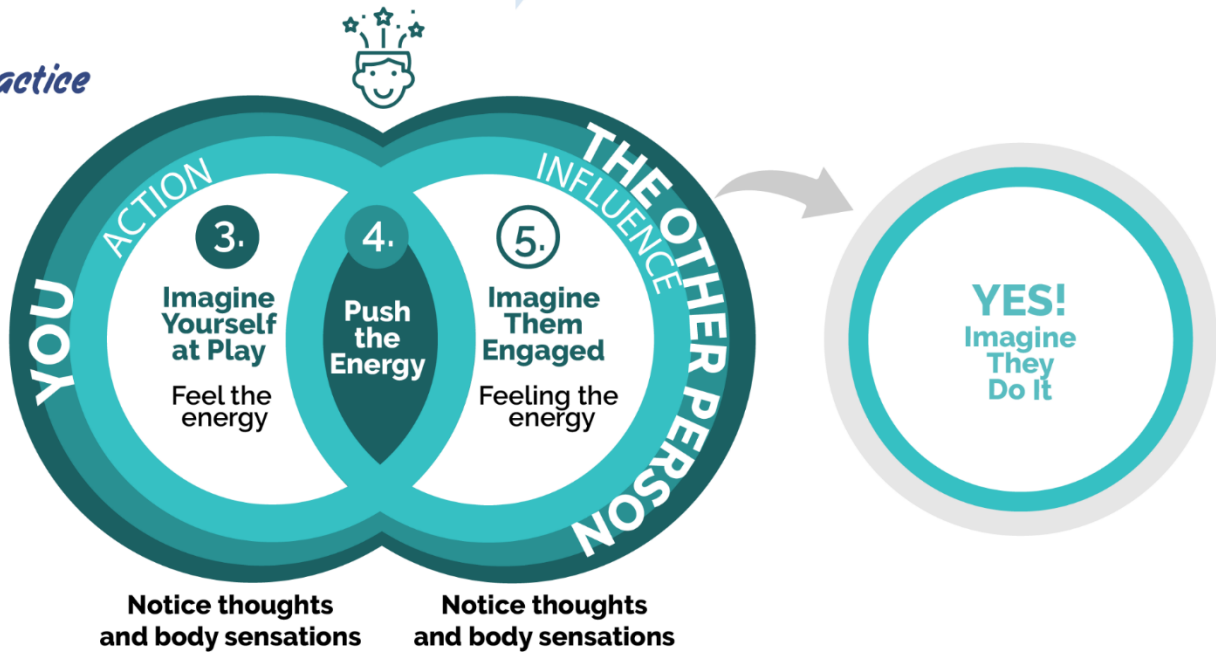
1. Social Play Action

What do you want to feel / express?

2. Describe Their Feeling

What do you want them to do?

Practice



Grow

6.

Curious about Thoughts?

7.

Curious about Body Sensations?

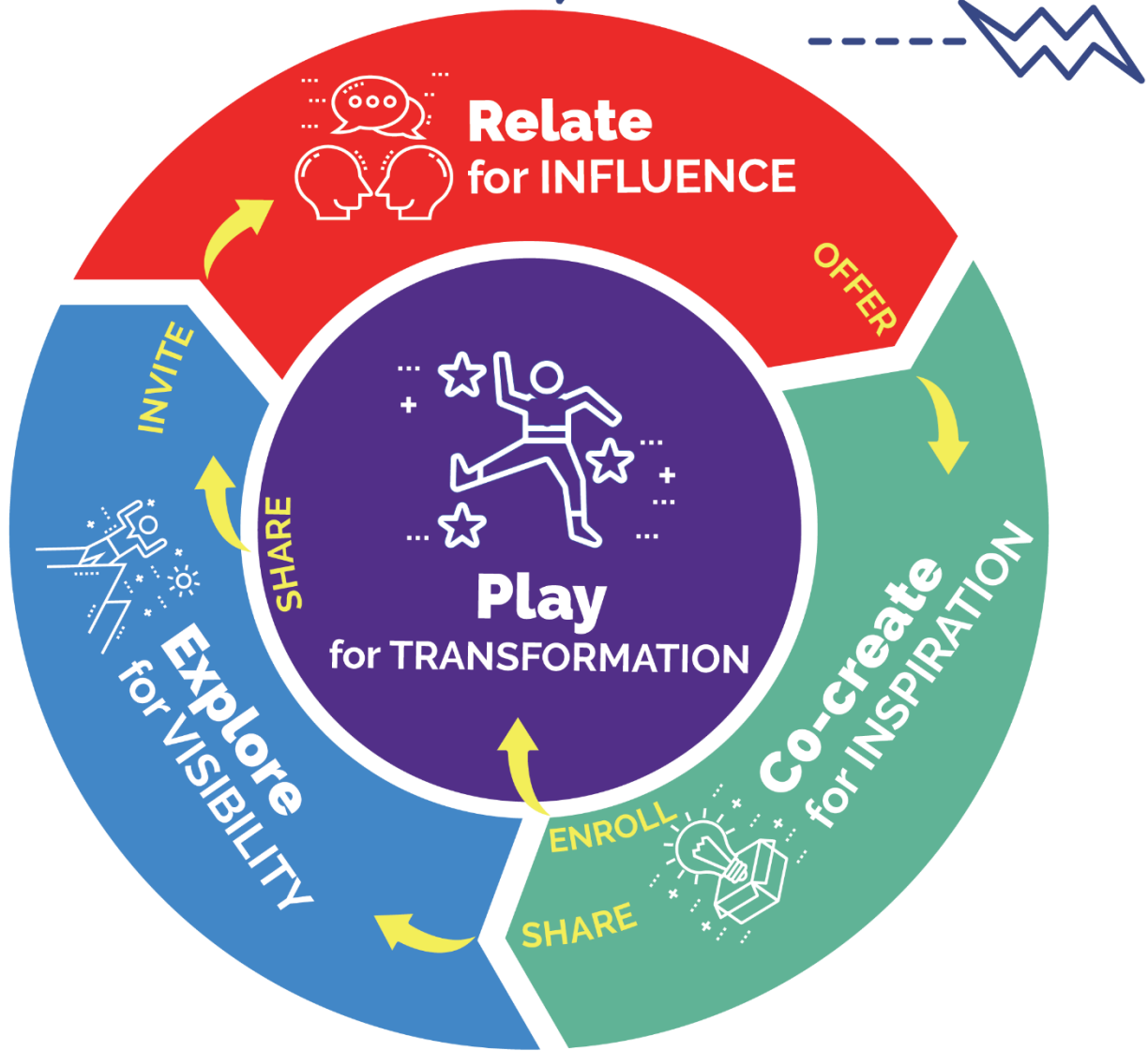
8.

Curious about Desires?



Human Connection Super Skills

Social Play Model



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Free People, FREE PEOPLE

Thanks for being AWESOME!

Coach Dave