

Energize Your Coaching Business

Play Sheet Pack

By Coach Dave Buck, MCC

This is the Energize Your Coaching Business“Play Sheet Pack”

In this playsheet pack you will find the Play sheets for the Transformation Coaching Techniques that we will use during the 5-Day Program.

Please print pages 3-7.

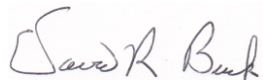
Note: Pages 3 and 6 are the same... this is intentional.

AWESOME!



Enjoy our adventure together.

Coach Dave Buck and the CoachVille Team!



1a. Do something awesome

1b What are **you** feeling?

2. Describe **their** feeling

3. **Desired action**



4.



Imagination Zone...

5.

6.

7.

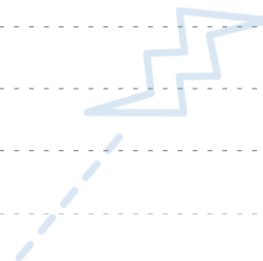
8. THOUGHTS



9. BODY SENSATIONS



10. DESIRES



T **PLAY PLAN:** What is the transformation you want to play for?

FROM:

TO:

1. Describe the Pivotal Moment



7. Pre-play the Pivotal Moment



2. Describe Reactions with Judgment-free Awareness



6. Your DREAM wants you to...



3. Describe the Physical Sensations (shape-color-temperature)



5. Superpower potential



4. It's not safe for me to...



Memory pops



T PLAY PLAN: What is the transformation you want to play for?

FROM:

TO:

1. Define the Situation

2. Define the Role

3. Advanced Prep

.....

.....

.....

.....



4.



Practice Zone...

5.

6a. OBSERVATIONS

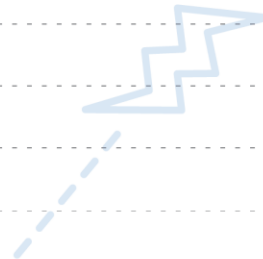
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6b. CO-CREATIONS



7. DEBRIEF



T PLAY PLAN: What is the transformation you want to play for?

FROM:

TO:

.....

.....

1a. Do something awesome

1b. What are **you** feeling?

2. Describe **their** feeling

3. **Desired action**

4.



Imagination Zone...

5.

6.

7.

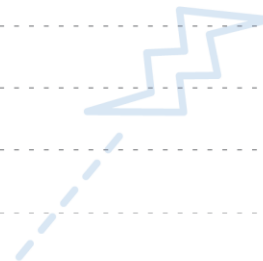
8. THOUGHTS



9. BODY SENSATIONS



10. DESIRES



T **PLAY PLAN:** What is the transformation you want to play for?

FROM:

TO:

Create your Conversation MAGNET

What are you doing? What are you feeling?

What are they feeling? What is the result?

Thoughts: Body: Desires:

Explore for Visibility

What are you doing? What are you feeling?

What are they feeling? What is the result?

Thoughts: Body: Desires:

Relate for Influence

What are you doing? What are you feeling?

What are they feeling? What is the result?

Thoughts: Body: Desires:

Co-create your Gateway Experience

What are you doing? What are you feeling?

What are they feeling? What is the result?

Thoughts: Body: Desires:

T PLAY PLAN: What is the transformation you want to play for?

FROM: -----

TO: -----

Free People, **FREE PEOPLE**

Thanks for being a Champion of Dreams!

Coach Dave