

Energize Your Dreams



Playbook for Players

by Dave Buck, MCC



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

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Energize Your Dreams

Playbook for Players

Part 1: Sessions 1-6

By Coach Dave Buck, MCC

Welcome!

Hello there! Coach Dave here with you.

On behalf of the CoachVille Community, I welcome you to the Energize Your Dreams program with your CoachVille Coach.

I am the co-creator – with our amazing team of coaches – of the Energize Your Dreams 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 audios 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 inspiration, 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 can make a big impact on other people and situations. As you energize 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... The Playful

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.
- 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!

The Playful

A BIG difference between playing with a coach and working in isolation is well... a focus on play... specifically Social Play.

We have a little model to help you shift your mindset from worker to player: Relate, Create, Explore, Experiment. (it has a ring to it!)

Your coach will encourage you to add activities in these four areas into your plan each week; this will guide you toward the experiences you desire, the impact you desire and personal transformation **AT THE SAME TIME!**

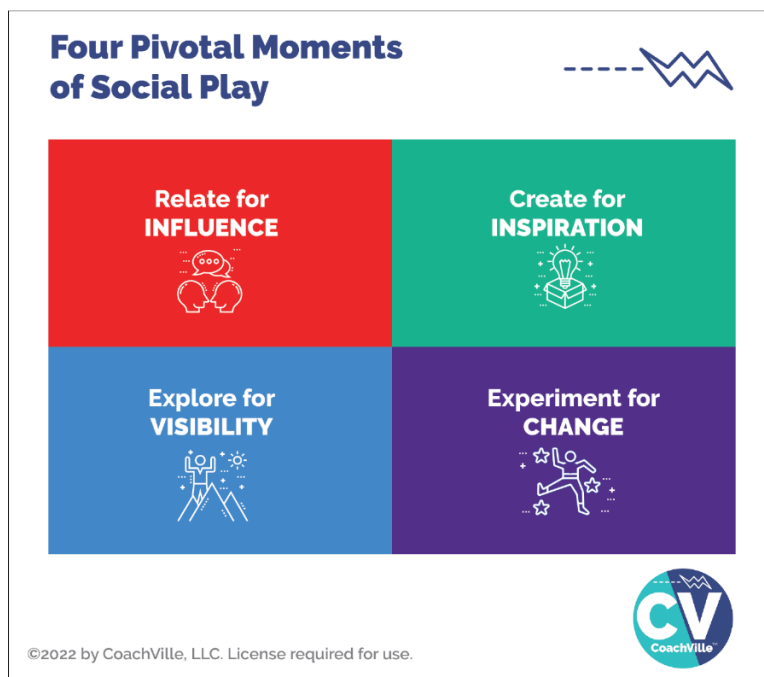
Here is an important insight to consider: **Anything that you cannot control but you can influence is an opportunity to play and play better with a coach!**

So, I want you to wonder... to dream... of what you would do if you were able to increase your positive connection in the social world around you.

These are the four types of activities **Pivotal Moments of Social Play.**

- 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.



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 Inspiration (AKA to share with others)

Creating is when you make a thing or you design an experience that you aim to share with others to inspire them; 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, sharing and change!

You will experience this fully over the next 12 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.

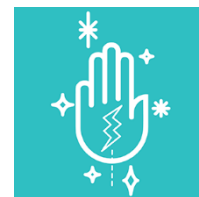
This is a BIG reason why Life Coaching was invented!!

Possibilities for your BIG Dream

The first thing your coach is going to talk with you about is your Dream; because living 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 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.

Activate Your Superpowers

Your coach is on the adventure with you to Energize Your Dreams AND 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 “Superpowers of Change” 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 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.

Note: This page is also in the Playsheet Pack. You will want to print it out and refer to it often.

{Superpower Playsheet on the Next Page}

What are your Superpowers for Play?



Imagine who your dream needs you to become. Choose one Superpower for each aspect of Play.



Relate for **INFLUENCE**



Create for **INSPIRATION**



Explore for **VISIBILITY**



Experiment for **CHANGE**

- | | | |
|---|---|--|
| <p>01 Creative Self-Expression
◆ Aligning with universal expansion</p> <p>02 Receive Higher Guidance
◆ And all support</p> <p>03 Implement the New
■ Using principles of organizing</p> <p>04 Pursue Answers
▼ That create understanding</p> <p>05 Trust Inner Timing
■ Attuned to the natural world</p> <p>06 Maintain Emotional Balance
◀ In intimacy and conflict</p> <p>07 Support Shared Interests
◆ The guide at their side</p> <p>08 Trusted Agent for Creatives
■ Impresario of style</p> <p>09 Attentive Focus
■ Fascinated by features</p> <p>10 Empowered Self Love
◆ And appreciation of life</p> <p>11 Espouse Ideas
▼ That promote harmony</p> <p>12 Romantic Perception
■ For a better future</p> <p>13 Listen with Acceptance
◆ Appreciate uniqueness</p> <p>14 Excellence with Prosperity
■ Commitment to becoming skillful</p> <p>15 Adaptable Magnetism
◆ Friends at all levels</p> <p>16 Choose then Enthuse
■ Develop versatile skills</p> <p>17 Debate Opinions
▼ For future well-being</p> <p>18 Improve Integrity
▶ Review everything for flaws</p> <p>19 Approach with Sensitivity
▲ Inner drive to connect</p> <p>20 Assured Presence
■ Anticipate the right moment to act</p> <p>21 Take Charge Naturally
■ Authority for common good</p> <p>22 Gracious with Emotions
◀ With beauty and affection</p> | <p>23 Express Complex Ideas Simply
■ Find what is essential</p> <p>24 Inventive Thinking
▼ Review and rationalize</p> <p>25 Innocent Trust
◆ Accept universal love</p> <p>26 Accumulate Material Rewards
■ Artfully balance needs</p> <p>27 Nourish Well-Being
■ In many forms</p> <p>28 Play with Tenacity
▶ Meet life's challenges</p> <p>29 Commit then Persevere
■ Never give up</p> <p>30 Intense Desire
◀ With total engagement</p> <p>31 Natural Influence
■ Provide guidance and instruction</p> <p>32 Endure by Adapting
▶ Balance continuity and change</p> <p>33 Mindful Narrator
■ After retreat and recharge</p> <p>34 Great Power
■ Fueled by inner balance</p> <p>35 Seek Experiences
■ Learn from everything</p> <p>36 Resolve Crisis
◀ Ride the emotions</p> <p>37 Develop Harmonic Friendships
◀ Community foundation</p> <p>38 Inspired Fighter
▲ For freedom and underdogs</p> <p>39 Dynamic Activist
▲ Embrace the world mirror</p> <p>40 Accomplish Great Feats
■ With unshakable resolve</p> <p>41 Imagine Fulfilling Experiences
▲ Emptiness leads to fantasies</p> <p>42 Respond and Complete Things
■ Enjoy growth as a benefit</p> <p>43 Breakthrough Perceptions
▼ Assimilate new concepts</p> | <p>44 Build Teams and See Patterns
▶ Alert to instinctive clues</p> <p>45 Tribal Leader
■ Provide wellbeing for your people</p> <p>46 Love of Your Body
◆ Delight and determination</p> <p>47 Figure Out How
▼ Transcend through transmuting fear</p> <p>48 Depth of Natural Ability
▶ Keeping fresh becomes wisdom</p> <p>49 Wise Rebel for New Principles
◀ Timing waves of change</p> <p>50 Elevate Tribal Values
▶ Traditional or novel with merit</p> <p>51 Act with Shocking Initiative
■ Arousing alternative possibilities</p> <p>52 Gain Perspectives through Stillness
▲ Show restraint</p> <p>53 Initiate Experience
▲ Pressure and desire to expand</p> <p>54 Ambition to Advance
▲ Independent when subordinate</p> <p>55 Access to Spirit
◀ Emotional waves trigger creativity</p> <p>56 Tell Meaningful Stories
■ Travel to find stimulation</p> <p>57 Gentle Intuitive Clarity
▶ Vibrational sensitivity to truth</p> <p>58 Joyous Vitality
▲ The spark to engage with life</p> <p>59 Penetrate Barriers to Intimacy
■ Establish union</p> <p>60 Resourceful Facing Limitations
▲ Practical magic</p> <p>61 Inspired by Wonder
▲ Search for a bigger "why"</p> <p>62 Logically Organize Details
■ Precision planning</p> <p>63 Inspired by Doubt
▲ Critical perception and inquiry</p> <p>64 Inspired by Possibilities
▲ Seeking a perfect answer</p> |
|---|---|--|

These 64 Superpowers are loosely based on the I Ching (Book of Changes).



Introduction to the Energize Your Dreams Program

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

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 you using the Coaching Superpowers

It's fun.

Here is a quick outline of the 12 Sessions:

Part 1 – Experience Life Coaching Techniques

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

Part 2 – Play with Co-Creation and Energy Alignment

- #7) Co-Create Relationship
- #8) Co-Create Growth
- #9) Co-Create Awareness
- #10) Energize Believing
- #11) Energize Becoming
- #12) Energize Belonging

The purpose of the program is twofold:

Energize Your Dreams Adventure Log (Part I)

Your BIG Dream  

1. Dream Sharing
Date: / /

2. Plan-Play Grow
Date: / /

3. Practice Role Play
Date: / /

4. Practice Pivotal Moment
Date: / /

5. Practice Play For “Yes”
Date: / /

6. Supermind Connection
Date: / /

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Energize Your Dreams Adventure Log (Part II)

Your BIG Dream  

7. Co-Create Relationship
Date: / /

8. Co-Create Growth
Date: / /

9. Co-Create Awareness
Date: / /

10. Energize Ability to Believe
Date: / /

11. Energize Urge to Become
Date: / /

12. Energize Need to Belong
Date: / /

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- 1) 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.
- 2) For you to... well... energize your dream and 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.

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 become a powerful co-creator with your coach. 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 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.

Energize Your Dreams Session #2 Notes				Date: _____
The BIG Dream:				
CELEBRATIONS		Explore the Fear / Growth Zone		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?				

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.

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 Energize Your Dreams 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 these two pages to create a visual display of your progress through the program.

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 11 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.

Energize Your Dreams 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 **INSPIRATION** > Risk Disappointment

Explore for **VISIBILITY** > Risk Trouble

Experiment for **CHANGE** > Risk Mistakes

Celebrations: _____ Growth: _____

Session #01 - Your BIG Dream

Session #01 Prep

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

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 and energize your Dreams.

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. To become the next version of themselves
5. Through proactive co-creation
6. And guided practice

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. Caring is an essential element of the coaching experience.

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 teammates and the competitors. The definition of compete from the ancient Greek language is 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 Session 1 we will get into the details of The Dream.

4. To Become the next version of themselves

Coaching is always riding on parallel tracks.

One track is focused on the outer experience of what you are co-creating and accomplishing in the world around you.

The other track is focused on your inner experience of growing and becoming; especially becoming the version of YOU who can live the dream you are imagining. Becoming is about feeling more capable, more confident and more free to fully express yourself.

You have Superpowers within you that you are not even aware of right now. Your coach will help you see them and practice using them.

You have Beliefs within you that may or not be aligned with your dream. Your coach will help you reveal them and uplevel them if you want to.

5. Through proactive co-creation

Talking together is a big part of how coaching happens.

A 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 magic but it is also VERY practical! 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!

You and your coach will co-create many “things” together: ideas, plans, approaches, awareness, insights and more.

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

6. and guided practice

If you really want to hone in on the true essence of coaching, guided practice is the **THING**.

A key in Life Coaching and Life Playing is to co-create a safe space for practice.

Practicing together is how we grow both in capability and awareness.

You and your coach will practice together by co-creating situations, conversations, pivotal moments and peak experiences. You will practice skills, using your Superpowers and expressing yourself. Through practice you can experience the new version of you before you bring it out to the world.

A **BIG** part of practicing together is **observation** and the experience of being **SEEN**.

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.

At the same time, you will be observing your coach and absorbing their wisdom.

This is the way life is meant to be played; we are meant to co-create life with others; we are meant to be **SEEN** and valued by others.

Life 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**! Again, to amplify our metaphor: this is like putting a game into the “play station of life”.

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 halfway 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 “someday” dream, but your coach can only guide you toward a dream you can pursue now.

If you have a “someday” dream that is not possible now, choose a “steppingstone” dream that will develop you in a way that moves you toward your “someday”.

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!

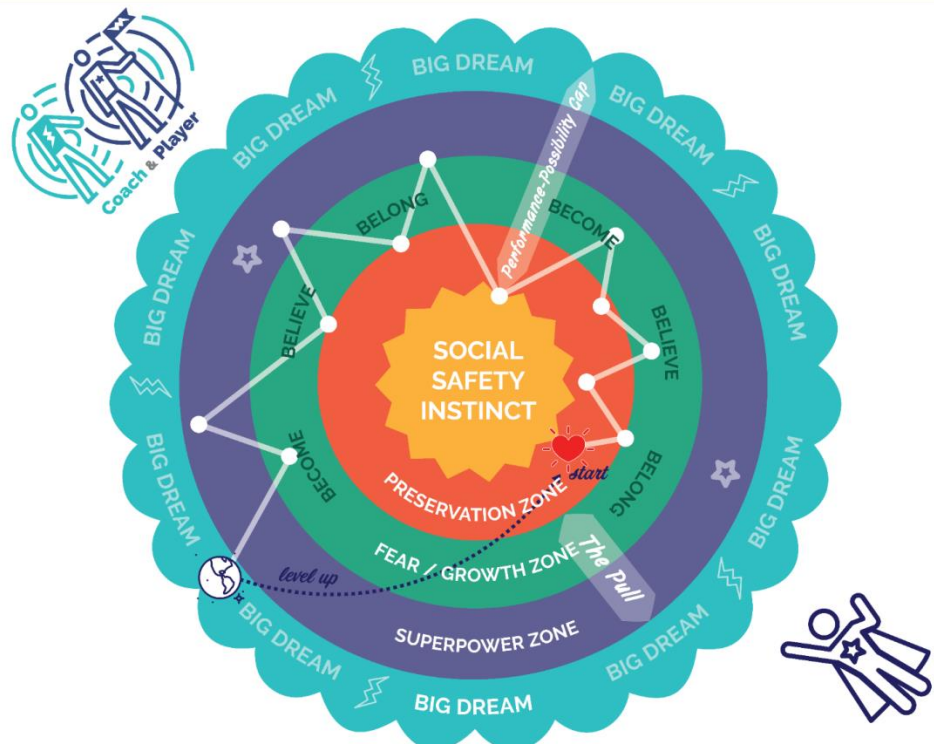
Oh! One more thing; I will often refer to your Dream as if it has a life of its own. I will – and your coach will – say things like: what is your Dream asking you to do? This is why I use a Capital D when I refer to your Dream... to animate it... to make it a character in your adventure. I hope you enjoy this quirky perspective.

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

The Human Journey with a Coach

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



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

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call it the Human 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's NOT a straight path:** In the model you can see that the path from the Preservation Zone to the BIG Dream is not a straight path. You can expect a lot of moving ahead and then pulling back. Your adventure will have many side trails and speed bumps.

2) You will also notice the arrow that shows that once you become comfortable and capable in your BIG Dream, a new dream will come to your heart and a new adventure will begin! With a Life Coach, you don't stay in one place very long!

OK! Let's take a walk through this model. It's super fun and explains A LOT about the coaching experience!

There is a "stay 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!

BIG DREAM

The outer ring is your BIG Dream! The adventure is to get your heart's desire out into the world. It is your heart calling to you! (*Yoo Hooo... I'm out here*) 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. The BIG Dream is the equivalent of the "call to adventure" in the Hero's Journey stories. To pursue your BIG Dream you will need to leave the safety of the Preservation Zone and pass through the FEAR/GROWTH zone and discover and develop your Superpowers that will be needed to fulfill the dream.

The Social Safety Instinct and the Preservation Zone

Next notice the Social Safety Instinct at the center. This force is like a magnet that pulls us toward **the Preservation Zone**. Here we aim to maintain the sense of belonging and status that we have in our current environment. We also seek to maintain the beliefs that are required by this environment. And finally, we limit our becoming through play to what can fit within the existing structure, which is usually not much!

The Social Safety Instinct – and the requisite need to maintain belonging – is by far the most powerful force in Human Nature.

Many personal growth programs refer to something called the "comfort zone". It is a similar idea, but I feel that the Preservation Zone is a better name for what is actually happening. First, many people are stuck preserving something that is not at all comfortable; yet they fight to preserve it just the same. Preservation Zone also takes away the stigma of comfort zone that implies a person is weak or lazy. Self-preservation is a super strong survival instinct and is both essential and a respectable force to be reckoned with!

The Pull!

Notice The Pull! This is what we experience anytime we endeavor to pursue a big dream. The BIG Dream pulls us out and the Social Safety Instinct pulls us in. In the Hero's Journey stories this is called "refusal of the call". While in these stories this is a one-time event at the beginning of the story. In my experience of coaching people in pursuit of a Dream this is an EVERYDAY EXPERIENCE! Hah! It is often a "many times every day" experience.

The Performance-Possibility Gap:

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 and inspiration. This is a good thing!

This is the essential coaching element. When a person has a BIG Dream, it includes a vision of themselves having new experiences and doing new activities or doing them in a bigger and better way than they can do them now. Anyone who goes after a BIG Dream knows that there is a gap that they will need to cross. Crossing this g

ap from the current ability and situation to the vision is what coaching is all about.

The FEAR/GROWTH Zone:

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; We will explore them in the next section.

Fear is a fundamental Human experience. Its purpose is to keep us safe. Fear is a feeling in the body that reminds us that in the past while doing something similar something "bad" happened. The fear comes up as a bad feeling to steer us away from the situation or action. Whenever you pursue a course of action that is beyond what you are doing now, you will experience fear on a regular basis.

The BIG insight is to realize that all your fears were absorbed from your environments. And many of your fears are social fears about expressing your playfulness and unique power. So, if you explore the fears, they can lead you back to your playful powers.

This is why we call this the FEAR/GROWTH zone. An essential experience of playing for a dream is growing into the next version of you and the next level of your ability and power.

A BIG key to coaching is this: since most of our fears were absorbed in social situations it is essential that we explore our fears in the company of a trusted guide. It is almost impossible overcome social fears by facing them alone. This is why almost all Hero's journey stories include a guide... and why all modern-day hero's need a Life Coach!

The Superpower Zone

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.

By walking with a coach through the zone of fear/growth you will obtain many clues about your unique powers that have become hidden over time. Any time you contemplate a new action your body will buzz if the action resembles a troubling experience from earlier in life. Exploring these pivotal moments with a coach using the Pivotal Moment Technique will often reveal the expression of power that is connected to the troublesome event. BAM! You now have awareness of a lost unique power!! AWESOME!

With this awareness you can reclaim your power and use it to fulfill your BIG Dream

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 Human Journey with a Coach Model in the FEAR / GROWTH Zone.

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. This is what this program is focused on. Then we need to explore our beliefs and choose the ones that we need to uplevel to live our new dream. **BIG** point here: you can choose to uplevel your beliefs; they are not fixed a certain way.
This is an essential element of 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 sign 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 and colors, 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.

This program is designed to energize your Dream AND your ability to believe in your own dreams.

Profound Belonging for Superpowers

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

Your coach will start by 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!

Co-Create Awareness Coaching Technique

Let's explore how to talk together with your coach.

Your coach is going to ask you a lot of questions... A LOT! The key to getting the most out of this experience is to shed the Industrial Culture Mindset that there are correct answers to questions. In connecting powerfully with another person, questions are meant to spark conversation that leads to co-created understanding; about situations and each other.

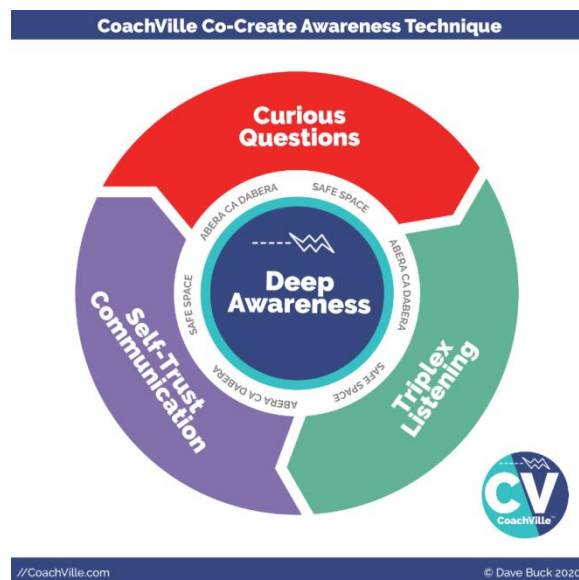
When you and your coach talk about things, there is a technique that will help you get the most growth from each experience. We call it the Co-Create Awareness Technique; it is a core technique of Life Coaching.

We also call this the “Abera Ca Dabera” technique. It is an experience that both coach and player co-create together, enjoy together and benefit from together.

Let's look at the model and start in the white layer in the middle.

Abera Ca Dabera

This phrase from the Aramaic language translates to: “**I create as I speak**”. It takes practice AND it is magical. When you speak this way, you can create your dreams and create the next version of YOU!



Another way of thinking about this is speaking from your heart; or speaking from inner knowing.

The power of this technique is that often you don't know how you feel about something until you are saying it. You don't think of it in advance. It comes out and then you know it.

Safe Space

The coach and the player co-create a safe space where they can both express themselves freely and listen to each other with judgment-free awareness. It is the safe space that gives the "I create as I speak" its profound power. In a safe space you can say things that you have never said before.

Now let's go to the outer layer and three Coaching Superpowers that play together in a cycle.

Curious Questions

The coach asks a provocative question, then provides a space of deep listening for you, the player. Sometimes you will ask the coach a curious question as well. Navigating via curiosity is a coaching and playing superpower.

Triplex Listening

Triplex listening is deep listening. This is where you hear the words the other person is saying; you hear and feel the energy behind the words; AND you hear what the other person is NOT saying.

In this space of listening the speaker can say things they have never said before.

In this space of listening the speaker is fully heard and "SEEN"; something we are all yearning for.

Self-Trust Communication

In this space both the coach and player will have insights and inklings that they can freely share. Sometimes these thoughts are challenging to the status quo; this is a good thing. Often it feels like wisdom from within is bubbling up or knowledge from "the Supermind" is coming through (or downloading). Often these thoughts don't make "logical sense" at first, but as they are explored new connections come to light; the "lightbulb" moment!

Deep Awareness

When two people are listening and sharing in this space new awareness is co-created.

Thomas Leonard, the founder of professional Life Coaching often said: "Awareness is unifying". In other words, things come together, new visions, new clarity of purpose.

In these conversations, you expand awareness of...

Your Self and your value and your capabilities (AKA Superpowers)

Your situation and the possibilities you want to explore and experience

The world and your place in it and your potential to contribute to it

With new awareness, new possibilities emerge.

The more you can see, the more power you have, the better you will play.

One last note: while the focus of the Co-create Awareness Technique is on you, the player, often the coach will gain awareness into their own dreams, self, situations, and world during the experience. BONUS!!

Prepare for Session #01 - Your BIG DREAM

On the right is a mini version is 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 play 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?

Energize Your Dreams 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:

Your BIG Dream

Activate the spirit of play:

What does playing at an Elite level look like?

Activities to play for your dream:

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?

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 DEFINITELY 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 social risk involved. Understanding social 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 few 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 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 from time to time. The key is to think about it with your imagination rather than the “get the right answer” mind that dominated our lives in Industrial Culture school and work. With imagination your dream can come alive with new possibilities.

Session #02 - Plan - Play - Grow

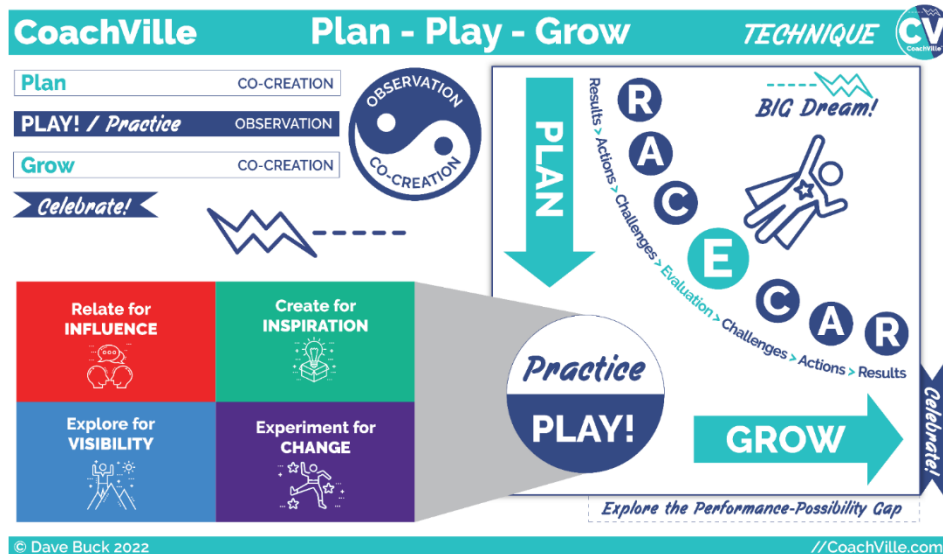
Session #02 Prep

[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.

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 – Challenge – Actions - Results. 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 Coaching Notes 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 social 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 experiences and 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 Culture 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 must look beyond yourself... out into the world or people around you that you aim to influence or inspire 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, inspiration, visibility and change.

STOP getting people under control

Another quirky angle on Results from the Industrial Culture 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 Culture because the whole focus is on getting everyone and every situation under control. This is very difficult of course because 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

expected 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 each 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 mode.

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 a big 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 Culture 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/ obedient 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. When you put your Dream into the “playstation of life”, there are levels to it.

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

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 practice plan to play with 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 it wrong and get you under control. 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 and shift 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.

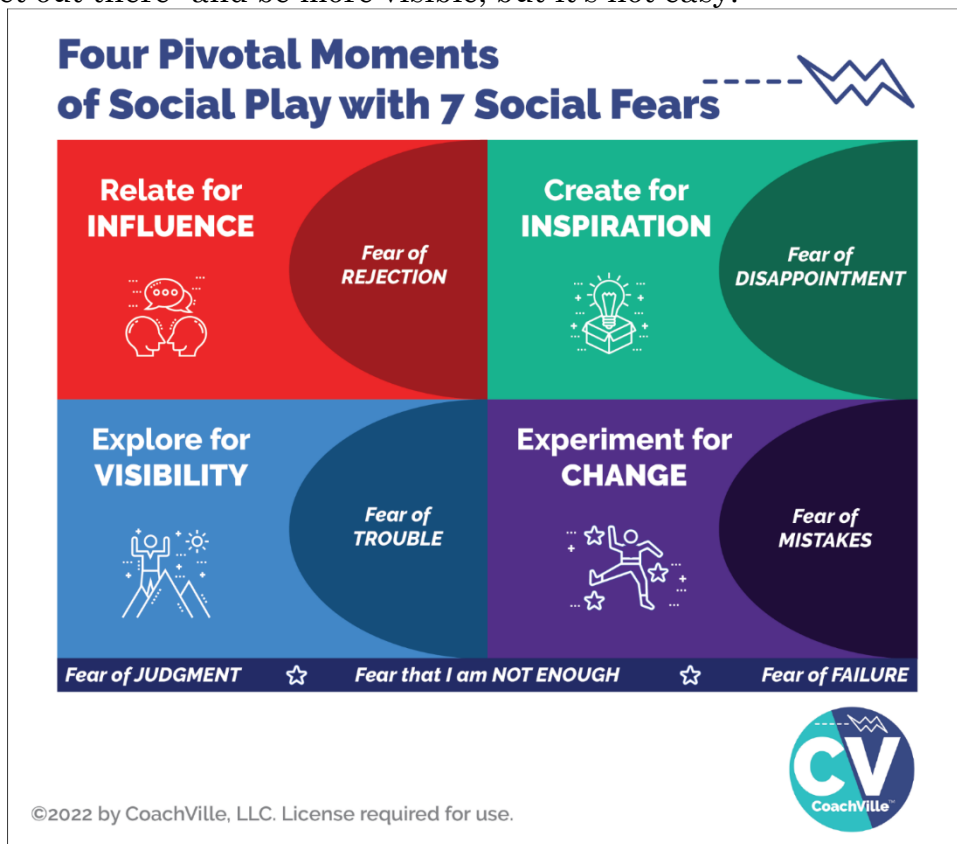
The Social Fears of Social Play

Remember this from the Introduction? “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.”

Let’s go deeper into the fears of social playfulness.

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 Inspiration = Fear of Disappointment

Playing BIG for your dream will include creating and sharing experiences (or content) in a variety of forms that you hope will be an inspiration to others. 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 for inspiration.

Create for Inspiration 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 7 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 #02 – 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 do 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 or inspiration 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 Culture need to be perfect or never make a mistake and allow your imagination to flow. Remember the key words: creative, curious, resourceful, resilient, explore, experiment, imaginative and innovative

Energize Your Dreams Session #2 Notes Date: _____

The BIG Dream: _____

<p>CELEBRATIONS</p> 	<p>Explore the Fear / Growth Zone</p> <p>INSIGHTS</p> 	<p>ACTIONS AND RESULTS</p> 
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SESSION FOCUS: PLAN, PLAY, GROW

<p>Results</p> 	<p>Actions</p> 	<p>Challenges</p> 	
<p>Impact</p> 	<p>Superpowers</p> 	<p>Spirit of Play</p> 	<p>Growth</p> 

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?



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.



Session #03 - Practice with Role Play

Session #03 Prep

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

The Power of ACTIVE conversation

This may be one of the most important distinctions in the field of coaching.

It is something that makes a CoachVille Coach very different than other types of Life Coaches. I am going to give you the basic idea here. Then you will discover it in great detail throughout your experience with your coach.



Let's say there are five kinds of talking and 4 that apply to Life Coaching Sessions:

- 1) **Passive conversation** – this is talking about “whatever” to experience belonging; also known as “chatting”; this is a lot of Human conversation. It is very important for relating but not strong enough for Life Coaching.
- 2) **Reporting conversation** – this talking about events that happened for the purpose of sharing information and co-creating belonging. This is probably the most common form of Human conversation. It is very important for Human connection and cooperation; but not quite strong enough for great Life Coaching.
- 3) **Reflective conversation** – this is talking about events from different perspectives with the specific purpose to gain awareness. This is the essence of the Co-create Awareness Technique. It co-creates cooperation, belonging AND growth. This is a staple of Life Coaching Conversations.
- 4) **ProActive co-creation** - this is talking about how to do something; how to do something better or how to approach it in a new way; a plan or a sequence or a strategy; brainstorming. It builds deeper belonging and starts a shared experience because now you are in it together. This is essential to a great Life Coaching Conversation.
- 5) **ACTIVE conversation (AKA Guided Practice)** – This is when you actively do something or practice something in the conversation. Examples include doing a Role Play or a shared visualization; this creates a powerful shared experience and promotes profound belonging, enhanced confidence, and rapid growth. When we play together, we grow together. This is how coaching works.

A lot of Life Coaching is mostly type #2 and #3 with a little spritz of #4. This is pretty subdued Life Coaching. When you have a lot of reporting and reflective conversation and then jump into a quick pro-active co-creation (planning) at the end, it will generally be quite tepid; planning to do more of the same.

With a CoachVille Coach you will experience ACTIVE conversation and guided practice! You will experience a hearty mix of types #3, #4 AND #5 in most coaching sessions. This will be growth oriented and often transformational. When you have a healthy dose of

ACTIVE conversation, the ProActive co-creation part will be full of imagination, energy, and bold moves.

ACTIVE conversation changes everything; figuratively AND literally.

You are going to love it. **But it might freak you out at first.** (Actually, it's more likely than a might. LOL)

Let's play!

A few thoughts about Pivotal Moments

In life there are a lot of moments! As a player, you cannot practice EVERY moment with your coach. So, you and your coach need to cultivate an understanding about what the pivotal moments are in your Dream and then practice those.

A pivotal moment is one that has a big impact on whether or not you create the results and experiences that you desire.

There are many possible scenarios for a pivotal moment in life. Here are three basics:

- A) It could be "pivotal" because the possible rewards are great
- B) It could be "pivotal" because it could be emotionally challenging in some way
- C) It could be "pivotal" because it happens over and over again without desired results

The way your coach guides you is by practicing pivotal moments with you!

Let's focus briefly about how we do this in Life Coaching.

Yes, Life Coaching involves a lot of talking. BUT it is super important that you know the difference between "talking" and Practicing in Conversation! A coaching relationship is so much more than talking. Think about a voice coach or a basketball coach. Yes, they talk with their players a lot BUT, they also practice with them by singing or jumping on the basketball court to demonstrate something.

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 Culture 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 Culture environments where feedback meant that you screwed up, most adults have learned to avoid feedback. To become awesome at Social Play in the Connected Culture 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.

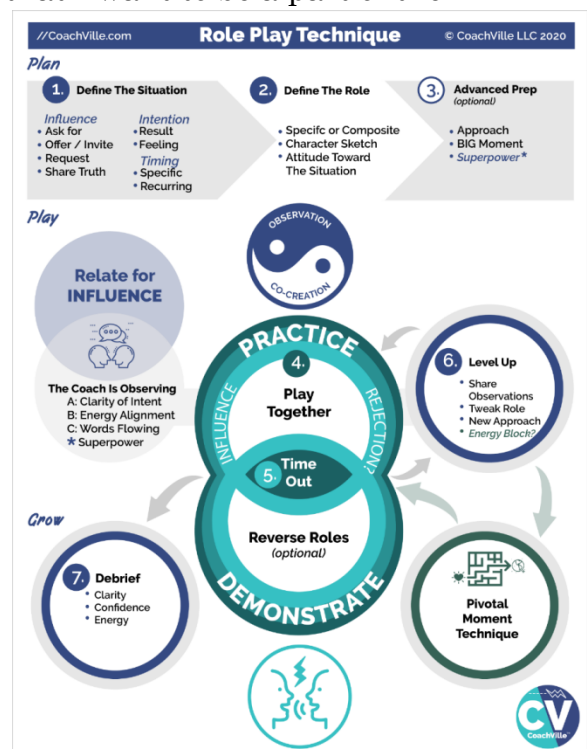
We will skip Step #3 this time.

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 of a typical person.



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:

- A. Realize that you do have superpowers of influence.
- B. Start looking for them within yourself through your experiences
- C. 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 often 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 7 of this playbook.

For now, I want you to look back at the page of Super YOU playsheet in the Introduction. This time look at the phrases and try to remember yourself as a young influencer. 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.

Prepare for Session #03 – 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

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.

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.

Play Plan

Make a few notes about actions you want to play with this week!

Energize Your Dreams 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?		

Session #04 - Practice With Pivotal Moments

Session #04 Prep

[Listen to this audio to prepare for Session 4.](#)

The Pivotal Moment!

The Pivotal Moment is one of THE most important concepts in playing and coaching life.

Understanding this will help you make the most of your relationship with your Life coach. It will accelerate your personal growth and the realization of your BIG Dream.

A pivotal moment is a moment that has the potential to make big impact on the experiences of your dream.

Pivotal moments are coach-able moments.

Here are a few typical examples:

- 1) A BIG choice that you are making.
- 2) A BIG opportunity that you have in front of you.
- 3) A recurring action that – if you got better at it – would accelerate your progress.
- 4) Any moment when you have an urge to do something for your dream AND at the same time a resistance to doing it.



The BIG Choice

There are some big choices that can change the trajectory of your life. Should you go for the new job? Should you leave your job and start a business? Should you stay in the partnership or move on / let it go?

You may have heard the classic song by “the Clash: “Should I stay, or should I go?”

The lyrics are: “Should I stay or should I go now. If I go, there will be trouble and if I stay it will be double.” Classic.

Your coach can help you play with the scenarios to expand your inner awareness about each choice. Then you can choose with confidence and clarity.

The BIG Opportunity

Sometimes you are aware of these moments and you are in an inner debate about if /when to make the move. Example: calling an influential friend to ask them to support / promote you. Your coach can help you practice this moment to uplevel your approach, skill level and energy alignment.

Sometimes these moments just happen. And the question is will you seize the moment or not? Like the time I found myself sitting on a plane next to one of the BIGGEST icons in the history of Coaching: Timothy Galway. Note: I sat there in a daze and didn't say anything to him for 5 hours! I still remember that flight as clear as day 15 years later. DANG!!!!

After the experience you can replay the moment with your coach to reclaim your power and be more prepared for the next spontaneous opportunity.

The Recurring Action

This is an action that is vital for playing for your dream. For example, if you have a business, you talk to potential clients often and how well you play in these conversations has a big impact on your business dream. If you are playing in a career, you have opportunities to introduce yourself or speak up with influencers in your organization on a regular basis. What do you do in these moments?

Your coach can practice these moments with you with the Role Play Technique AND with the Pivotal Moment Technique we are going to practice this week.

Playing these moments with clear intention, positive energy and familiar words can really impact your results. And if you get positive results more often, they accumulate into your dream becoming reality!

The Pull between Play BIG and Stay Safe

This is the main type of pivotal moment that I want to bring to your attention.

This is when you have an urge to take action for your dream. It can be a planned action you have on your play sheet, OR it can be a spontaneous opportunity that pops into your life. (on the "Playstation of Life" Ha!!)



Your Dream wants you to do it.

Remember in Chapter 1 I told you that your Dream will take on a life of its own and it will ask you to do things? Have you noticed this happening? But then, something else happens within your body and inner being that brings up an uncomfortable feeling. This usually leads to thoughts about why it is NOT a good idea to do this now; maybe tomorrow?

This is known as inner resistance. Often the time between the urge to act and the inner resistance is so FAST that you don't even notice that your Dream was calling you.

When you start playing for your dream these kinds of moments will happen A LOT... every day.

The spontaneous urge to act is very similar to the spontaneous BIG opportunities that I mentioned before; will you go for it? Or will you hold back?

These are the moments that make playing for your dream so dynamic and fun. But when you are resisting an action, it doesn't always feel fun. (Hah! Understatement)

In Session #4 your coach is going to do a really powerful and profound coaching technique with you called: The Pivotal Moment of Choice (Pivotal Moment for short). To set this up I am going to share with you a few provocative and empowering ideas.

The Quick Guide to Noticing Pivotal Moments

There are three SUPER common experiences that can reveal a Pivotal Moment

- 1) You have the urge or plan to do something but then you resist doing it.
- 2) After resisting for a period of time, you eventually power through the resistance and force yourself to do it. This is honorable... AND... it is worth exploring as a pivotal moment so that you can do it without expending so much energy the next time.
- 3) You are taking an action but you are not getting the results that you expect or desire. Remember we don't have control, but we do have influence. You can practice these moments to reveal ways to expand your influence and improve your results.

There are many possible scenarios for a pivotal moment of choice:

- Talking to someone at a network event ~ should I share my dream? Or just say that I work at the bank.
- Thinking of sharing something on FB Live ~ should I just Go Live and share my idea? Or wait until it is perfectly planned some day in the future.
- Thinking of making a follow up call to someone you met ~ should I pick up the phone and invite them for coffee? Or wait until I have everything together perfectly.
- I have this time on my calendar to write a blog post/article/chapter ~ should I sit down and write something right now? Or should I wait until I feel inspired; Or wait until my office is perfectly organized?

These are phrased to sound a little but funny. But in truth we need to honor that these moments are more provocative than they appear on the surface because fear and social risk are involved.

The AMAZING power of your imagination

The Pivotal Moment Technique is the Life Coach version of the way performers and athletes watch video of their performances with their coach and then use guided visualization techniques to envision new possibilities. You and your coach are going to use your imagination in a very powerful and practical way.

Instant Replay

Using your imagination, you can recall and focus on a recent moment that didn't go the way you desired; and while doing this you will experience very similar thoughts and

physical sensations as when it actually happened. This is very much like when athletes and performing artists watch video with their coach to look for ways to play better.

Powerful Pre-play

This is another tool used by elite performers and athletics and performance arts. Another option is to pre-play a moment that is coming up in the near future. Using your imagination, you can bring the future experience into your mind... AMAZING. And even more amazing, you will experience thoughts and feelings as if it was happening now. Then your coach will guide you through an exploration of the moment to find ways to play better.

Co-created Experience NOT Self-Help

A key point I always like to share about the Pivotal Moment Technique is that it is NOT a self-help technique; you can't do it by yourself. It is a guided technique, a co-created experience. This often disappoints folks because we have been so indoctrinated into the belief that everything should be done alone; or its better when you can do it yourself. You probably know by now that I do not share in that belief!! LOL.

Pivotal Moments Technique and Model

Let's do a quick walk through the model so that you can have a familiarity with this profound way to practice life – remember, coaching is all about practicing together.

Lead in: Clarify the pivotal moment of choice that you will practice together including the actions and the intended results.

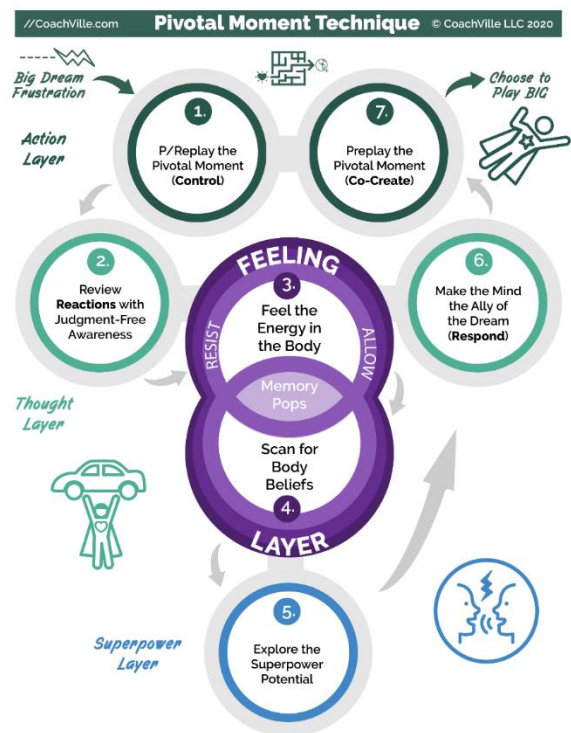
Step #1: P/Replay the Pivotal Moment (Control)

Activate your imagination to Replay or preplay the Pivotal Moment. Describe the scene or the situation for your coach in the present tense. Often in these situations there is something you are attempting to control.

Step #2: Review Reactions with Judgment-free Awareness

You are in the moment now. Use judgment-free awareness to notice the thoughts in your mind in the moment. Often these are your reactions to what is happening or not happening.

Step #3: Feel the energy in the body.



Feeling the energy in your body brings you more fully into the present moment. Body awareness in the presence of another person (your coach) with whom you feel safe is the pathway to transformation. Whenever we are in a pivotal moment our body will react to the situation with physical sensations; sometimes they are intense, sometimes they are subtle. If you are new to the practice of body awareness be patient and allow it to arise!

Memory Pops: Often while feeling energy in the body images or memories will pop into your mind. These “pops” will provide useful clues about where “The Pull” is coming from.

Step #4: Scan for Body Beliefs.

Your body is attempting to alarm you about the potential for social risk. It’s intention is to keep you safe. In this step you will give voice to the self-preservation belief.

Step #5: Explore the Superpower Potential.

Often what we fear the most is expressing our unique superpowers and playfulness because this put us in social risk in the past. When we explore our self-preservation beliefs we can gain insights into our lost powers and playfulness.

Step #6: Make the Mind the Ally of the Dream.

You are active in your imagination. Your body is feeling the safe space of belonging with your coach. You have given voice to the self-preservation belief. Now your mind – still in the vibrant alive present - will open up to new possibilities. In this state you will be able to feel, KNOW and speak what your dream is asking you to do.

Step #7: Preplay the Pivotal Moment (Co-Create).

With your body feeling safe and your mind open you can then preplay the desired action and the desired result using your imagination. You can feel and see it happening in the present moment. You are fully aware that you have a choice.

Out in the world you are FREE!

You can choose to play BIG for your dream. You have felt it, seen it and lived it in your imagination in the presence of your coach. Your coach has seen it with you. OR you can choose to stay safe for self-preservation. No judgment either way; just a choice. This is freedom.

****!!!****

Often after doing this practice with your coach, an activity that seemed really hard will feel more natural and in the flow. Over time, with practice, you will gain confidence in your ability to play big in social risk situations. You will love it!

Prepare for Session #04 – Pivotal Moments

First... the important items we explore every week...Take a look at your Play Plan Playsheet from the week and select a few things to share.

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

Explore the Fear / Growth Zone

Challenges and Superpower Discoveries

The Pivotal Moment

If you have clarity on the moment you want to explore, just tell your coach what it is. OR you and your coach can choose a moment based on the insights and challenges from the week before.

When you get into the Pivotal Moment technique your coach will ask you to close your eyes. It is much easier to access your imagination this way. When you open your eyes, fill in the key words on the sheet for thoughts, body sensations and “It’s not safe for me to”. This is also known as the “Body Belief”.

Superpower Potential

Sometimes when exploring a moment of resistance it will reveal a superpower or playfulness. You will get a picture of what you were expressing – or trying to express – when some trouble happened. Whatever you were doing will probably reveal one of your natural superpowers. If it doesn’t pop up when you are exploring the moment with your coach, it might pop up later.

Heart’s Desire

This is where you put your heart’s desire into a power phrase to guide your imagination.

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

Play Plan

Make a few notes about actions you want to play with this week! Then write out your play plan for the week. Pivotal Moments... keep looking for them.

Energize Your Dreams Session #4 Notes			Date:
The BIG Dream:			
CELEBRATIONS	Explore the Fear / Growth Zone	INSIGHTS	ACTIONS AND RESULTS
CHALLENGES	SUPERPOWER DISCOVERIES	Session Focus: Pivotal Moment	
THOUGHTS	BODY SENSATIONS	IT'S NOT SAFE FOR ME TO	HEART'S DESIRE
Growth Zone		SUPERPOWER POTENTIAL	
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 #05 - Play for “YES”

Session #05 Prep

[Listen to this audio to prepare for Session 5.](#)

Play for YES... Relate for influence...The “Game of Ask”

Play for “yes”, relate for influence, the game of “ask”, there are so many ways to talk about this one pivotal action: asking others for what your DREAM wants or needs. This is a really big deal. And for most people with a dream this is an area with tremendous personal growth potential. This is an area where you can PLAY so much better.

We are going to explore this from a few perspectives because my aim is for you to get excited about growing this capability by practicing with your coach.

You already experienced the Role Play Technique with your coach so you can imagine the value of practicing conversations where you intend to ask for something.

You already experienced the Pivotal Moment Technique with your coach so you can imagine exploring the doubts and fears that come up when you intend to ask for something.

In your next coaching session, you are going to experience something we call: **Transformational Play**. This is when we blend these two powerful techniques together: like a mashup!

What should you practice asking for?

Let’s talk about this next because I want you to get into the vibration of this growth opportunity.

Consider this: to play for a BIG Dream in life will require contributions and participation from a bunch of other people. Ultimately everyone who contributes or participates in your dream will do so BECAUSE you asked them to, and they said: “Yes”; and then took action for you or with you.

Like I said, ASKING is a really big deal.

Asking includes these related activities as well:

- Invite
- Offer
- Request

Most people fall into one of three categories:

A) You DON’T ask for anything; except for maybe asking someone to pass the salt at dinner.



B) You are relatively comfortable asking people for things, up to a certain point! Then not so much.

C) You are comfortable asking people for things and you would like to receive more “Yes’s”

Either way, there is a growth opportunity.

If you are in the A Group, then starting to ask for what you, and your dream, want or need will be huge.

If you are in the B Group, then your opportunity is to PLAY Bigger with what you ask for: to imagine asks that are outside of your current self-preservation zone.

If you are in the C Group, then it is time for you to explore the energy alignment needed for more people to say “YES” to what you are proposing.

For example: I can ask someone to buy from my company because I know we will deliver, but I struggle asking for referrals because that feels like asking for help... which I NEVER do.

You get the picture. What are the “Asks” and “YES’s” that would REALLY take you and your dream to the next level?

On a related note, something I tell our coaches all the time: “it only takes one major influencer recommending you to change your life forever.” I know because it happened to me.

There might be an “Influencer ask” like that available to you in your business, career, or community aspirations.

ASK someone... ASK them...!

- Ask them to do something with you
- Ask them to do something FOR you
- Ask them to recommend you
- Ask them to refer you
- Ask them to introduce you
- Ask them to join your group / email list
- Ask them to co-create an experience with you
- Ask them to participate in what you are creating
- Ask them to share about it
- Ask them to buy from you
- Ask them to attend your event / experience
- Ask them to bring a friend



- Ask them to give you feedback
- Ask them to share a resource they have with you
- Ask them to support you
- Ask them to give you something

ASK THEM! Your Dream is worth it.

Reward and Risk; Play BIG and Stay Safe

Play with social risk... again... your dream is worth it.

Asking (along with offering, requesting, inviting) is an essential playful human activity.

Little children ask each other, and big people too, to do “things” quite easily and naturally; it is an essential activity in playful co-creating.

It is playful because it is something that can't be controlled BUT can be influenced with skill, creativity, energy etc.

Remember this Social Play / Social Fear chart?

Hopefully by now you have a ritual to add some playful activities to your play plan each week.

When you take playful actions, you are in pursuit of a social reward, and you are taking a social risk.

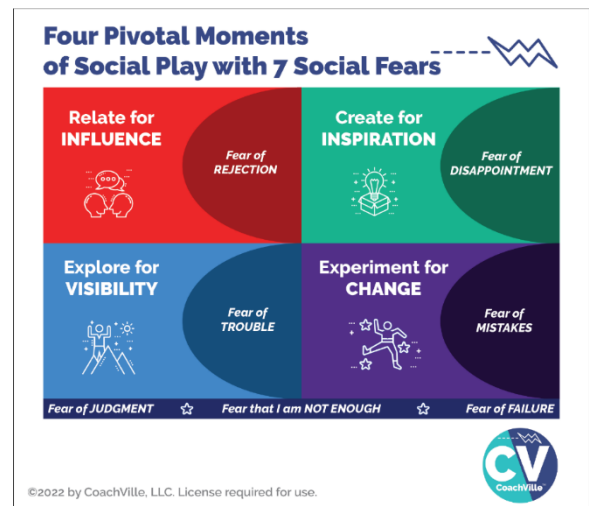
Understanding reward and risk is an essential part of play. And it is super essential to playing well for your Dream.

If you are playing basketball and you have the ball, if you choose to shoot for the basket, you are in pursuit of rewards: points, admiration of your teammates, the joy of a high five! If you miss you risk the disappointment of your teammates and the observers rooting for you.

If you are singing a song on a small stage at a local venue you are creating an experience in pursuit of rewards: the joy of performing and the admiration and applause of the observers; AND the feeling that **you inspired** them in some way. You are also taking the risk of making a mistake in public by hitting a wrong note or forgetting the lyrics and the possibility of disappointment if some people don't enjoy it. (YIKES! This has happened to me for sure).

There are similar dynamics involved when you play for your dream.

- Influence is a reward
- Inspiration is a reward



- Visibility is a reward
- Change is a reward

All of the social fears associated with play are risks that you must embrace in order to pursue the reward! Rejection, disappointment, mistakes, trouble, judgment, and failure are all possible outcomes when you engage in social play.

You must embrace the risk in order to pursue the reward.

Transformational Play means:

- Practice the actions so that you get the desired rewards more often.
- Embrace the feeling of risk so that you can play fully and learn from every experience; then use the learning to improve your practice.
- Develop the body awareness to proactively choose when to risk and when NOT to risk (AKA Stay Safe); rather than REACTIVELY resisting the action. This is what the Pivotal Moment Technique is all about.

In this session with your Life Coach, you will get a little taste of Transformational Play. We will get to this in a moment.

Understand Belonging and Social Status

Understanding the Need to Belong and the power of social status within your body and mind is an essential element of personal awareness.

The Need to Belong is the Biggest Circle because it has the biggest influence on our ability to play for our dreams. The social / tribal part of the brain and body takes up a lot of space and a lot of energy when you are around other people; it is constantly assessing your environment for social safety and status. And if you are alone but have your phone/internet device with you, the realm of social safety and status is in your hand.

I have made a serious study of Human Nature by reading about human evolution and coaching lots of people. You don't need a PhD to understand that the Need to Belong is a BIG part of our Human Nature. It's happening / operating ALL THE TIME. What we can do is understand how its signals and impulses impact the way we play for our dreams.

It greatly influences how you perceive your value relative to another person or within a group; and this greatly influences your comfort or discomfort in asking for something in any situation.



By exploring and practicing an ASK with your Coach you can become aware of the influences, your choices, and your opportunities for growth. The Urge to Become fuels your dream. Then with your coach, you can uplevel your beliefs and your belonging to play for the Dream.

A quirky little example:

Your Urge to Become thinks: I should ask Influencer Jane to support my dream.

Then your Need to Belong might wonder: I would LOVE to be in Influencer Jane's inner circle. But do I have enough status to ask her? Does she value me and what I am doing?

Then your Beliefs step in:

I don't believe Influencer Jane cares about my dream.

If I ask Influencer Jane and she says "no", I will never be able to ask her for anything again.

OR

Influencer Jane might say "yes" if I can position my dream as a win-win for her and our community.

Influencer Jane is really busy. I better wait a few months before I talk to her.

!!

Anyway, you get the idea: it can get pretty swirly in there! And this stuff flashes through us really fast. **Unless your BIG Dream, your playfulness and your superpowers are fully activated, it is likely that your Self-Preservation Beliefs will have more pull.**

This is where practicing with your coach – slowing down the moment, using judgment-free awareness – can help you explore all of these elements so that you can practice and choose with clarity and power. AWWW YEAH!

In the next section I will share with you a short story of "little you" and BIG SUPER YOU. It will help you understand how our self-preservation beliefs got so strong.

But one more thing about asking...

Success is NOT a "numbers game"

There is a mantra from the Industrial Age of Control that success is a numbers game. It goes like this: if you just ask enough people eventually you will get a "yes". While it can be powerful to have determination and to keep going in the face of rejection, success is NOT a numbers game at all.

This mantra presumes that we are all robots completing tasks and making logical decisions all day. HAH, nothing could be further from reality.

Success in asking is about skill, energy and LOVE!

Your skills – connecting, sharing, listening – have a big impact on how other people feel and respond to you.

Your energy – attitude, clarity, playfulness – have a big impact on how other people feel and respond to you.

Your LOVE – passion, sensitivity, caring – have a big impact on how other people feel and respond to you.

Again... all of these can be improved by practicing with your coach.

The Delusion of Control

On a related note: it is easy to fall into the Industrial Control trap that you should be able to make a list of TASKS and complete them on time.

An ASK is not a TASK!

You can't control other people; this is an unfortunate delusion. Because we were SUPPOSED to be able to control everything, including people, in the Industrial Age a lot of clever manipulation techniques were devised to convince people to do what you want them to do. While you may be able to manipulate people sometimes, this is an extremely stressful way to go through life. I don't recommend it!

The growth opportunity of the Connected Age of Play is to see your life as social play and hire a coach to help you expand your playful influence! (Like you already did!)

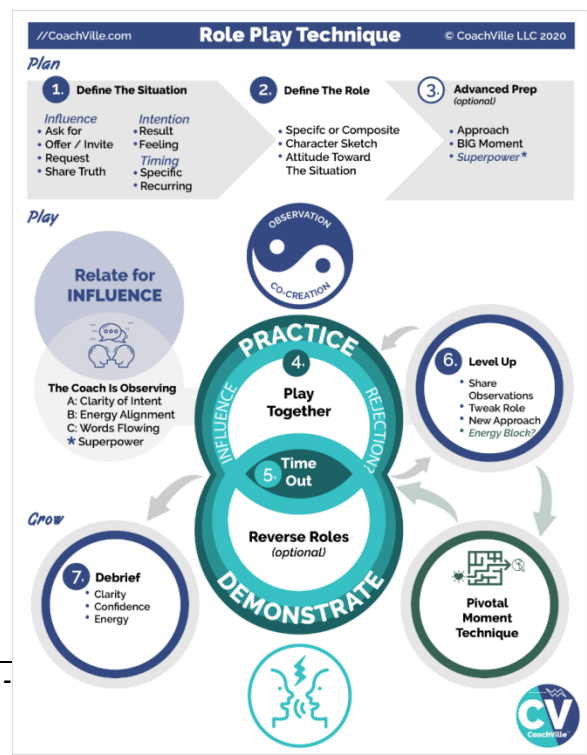
Prepare for Session #05 Playing for Yes

First... the important items we explore every week... Take a look at your Play Plan Playsheet from the week and select a few things to share.

- Your BIG Dream.
- Explore the Fear / Growth Zone.
- Challenges and Superpower Discoveries

Practice Playing for “Yes” with Transformational Play

Transformational Play is the name we use for combining the Role Play technique from session #3 and the Pivotal Moment Technique from Session #4. You can see it on the Role Play Technique Model in the lower right corner.



The idea is that when you role play a conversation where you are playing for “Yes” you will probably experience some inner resistance, doubt or fear.

So then you will explore that resistance using the Pivotal Moment Technique. But rather than pre-playing the situation in your imagination, you pick up right from where you experienced the resistance in the role play. It’s powerful!

To Prepare...

Come to the session with a clear idea of the playing for “Yes” conversation (ASK) that you want to explore. Choose one that you KNOW is outside of your self-preservation zone.

When you get into the Pivotal Moment technique your coach will ask you to close your eyes. It is much easier to access your imagination and inner awareness this way. When you open your eyes, fill in the key words on the sheet for thoughts, body sensations and “It’s not safe for me to”. This is also known as the “Body Belief”.

All of this should make more sense to you now after reading this Chapter.

Superpower Potential

When exploring inner resistance it might reveal a superpower or playfulness. You will get a picture of what you were expressing – or trying to express – when some trouble happened. Whatever you were doing will probably reveal one of your natural superpowers for influence. Remember, as children we were all natural influencers. It’s in YOU somewhere. We just need to find it and activate it. If it doesn’t pop up when you are exploring the moment with your coach, it might pop up later.

Heart’s Desire

This is where you put your heart’s desire into a power phrase to guide your imagination.












THEN...

You will go back into the Role Play and practice again but now with more freedom and deeper access to your Superpowers for Influence.

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

Play Plan

Make a few notes about actions you want to play with this week! Then write out your play plan for the week. Pivotal Moments... keep looking for them.

Energize Your Dreams Session #5 Notes			Date:
The BIG Dream:			
CELEBRATIONS 	Explore the Fear / Growth Zone INSIGHTS 	ACTIONS AND RESULTS 	
CHALLENGES 	SUPERPOWER DISCOVERIES 	Session Focus: Role Play an "Ask" 	
THOUGHTS 	BODY SENSATIONS 	IT'S NOT SAFE FOR ME TO 	HEART'S DESIRE 
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? _____ _____			

And that is Life Coaching with Transformational Play. AWWWW YEAH!

Look out world, here you come!

Session #06 - Elevate the Supermind Connection

Session #06 Prep

[Listen to this audio to prepare for Session 6.](#)

In this chapter we are going to start our transition into the 2nd part of the program. I have one more technique for you to practice with your coach, then we will get into a free flowing adventure where YOU and your coach choose which techniques to use in each session.

Meanwhile, in this playbook I am going to share with you a powerful new way to energize your dream and become the next version of YOU... The Energy Alignment Game!

There is more to life than meets the eye!

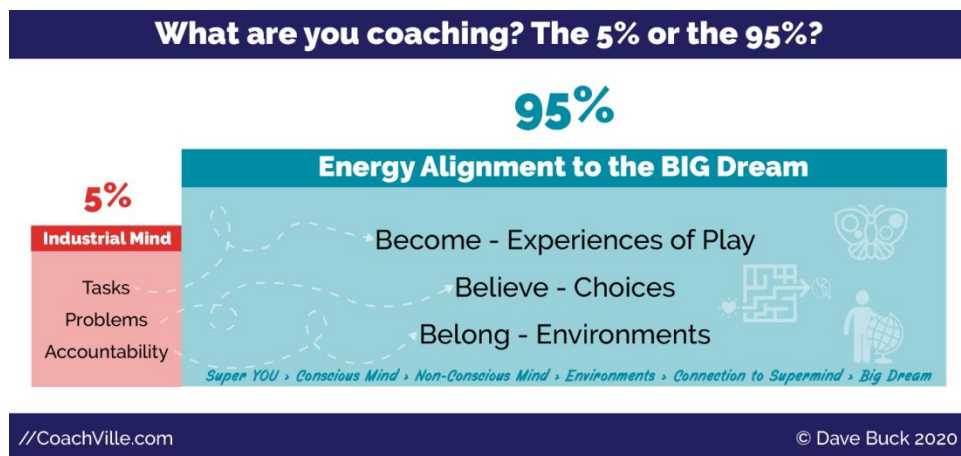
Another way of saying this is: there is more to life than what we can control.

A LOT MORE!

This is a BIG idea that I want to share with you to give you the bigger picture of Life Coaching and playing for your dreams.

We call it “Energy”; or Energy Alignment.

Here is a little diagram to show the elevation of Life Coaching from the Industrial Mindset focus on Control to the Connected Play mindset focus on playing with energy.



Life Coaching has come a LONG way in the past 25 years... and at CoachVille we have been a really big part of that evolution.

In the early days of Life Coaching – in the 1990’s – we were greatly influenced by the culture of the Industrial Age. So as a result, Life Coaching got tangled up in concepts like tasks, problems,

and accountability.

But in the grand scheme of life, completing tasks, fixing problems and holding accountability is only a small fraction of what it takes to live a joyful life of freedom and co-creation!

You may have wondered:
Why is the life I imagine so difficult to realize?

The answer is: The energy is not aligned!

And most Industrial Age “success” training ignores Energy Alignment.

One way of thinking about this is in concepts you already recognize: attitude, intuition, attraction and synchronicity.

Energy Alignment makes these ideas very practical while adding the sense of mystery and wonder.

Your Life Coach will be focused on guiding you to your BIG Dream through:

- becoming the next version of you through playful practice and the freedom to BE your powerful self,
- upleveling your non-conscious beliefs and choices and exploring your fears of your own power
- leveraging the need to belong by upgrading your environments to embrace your power.

When you develop in these areas you seem to make the right moves at the right time without a lot of wasted effort. And good things and opportunities just seem to come to you.

Yes, here we see yet another variation on the Become – Believe – Belong theme. It’s everywhere because your awesome Human Nature Superpowers are everywhere!

The idea is to play for your dream and live in the flow of energy RATHER than holding you accountable for an endless list of tasks and problems.

WOOO HOOOOO!

The Energy Alignment Game Overview

Let’s explore Energy Alignment a little deeper because it is woven throughout the Life Coaching Experience.

I am going to share with you the picture and a brief overview to energize you and spark your curiosity. We will go into each of the elements as we move along on our adventure together. (Something to look forward to ;-)

You don’t need to “worry” about understanding this; it will happen naturally as your coach guides you to Activate Your Superpowers.

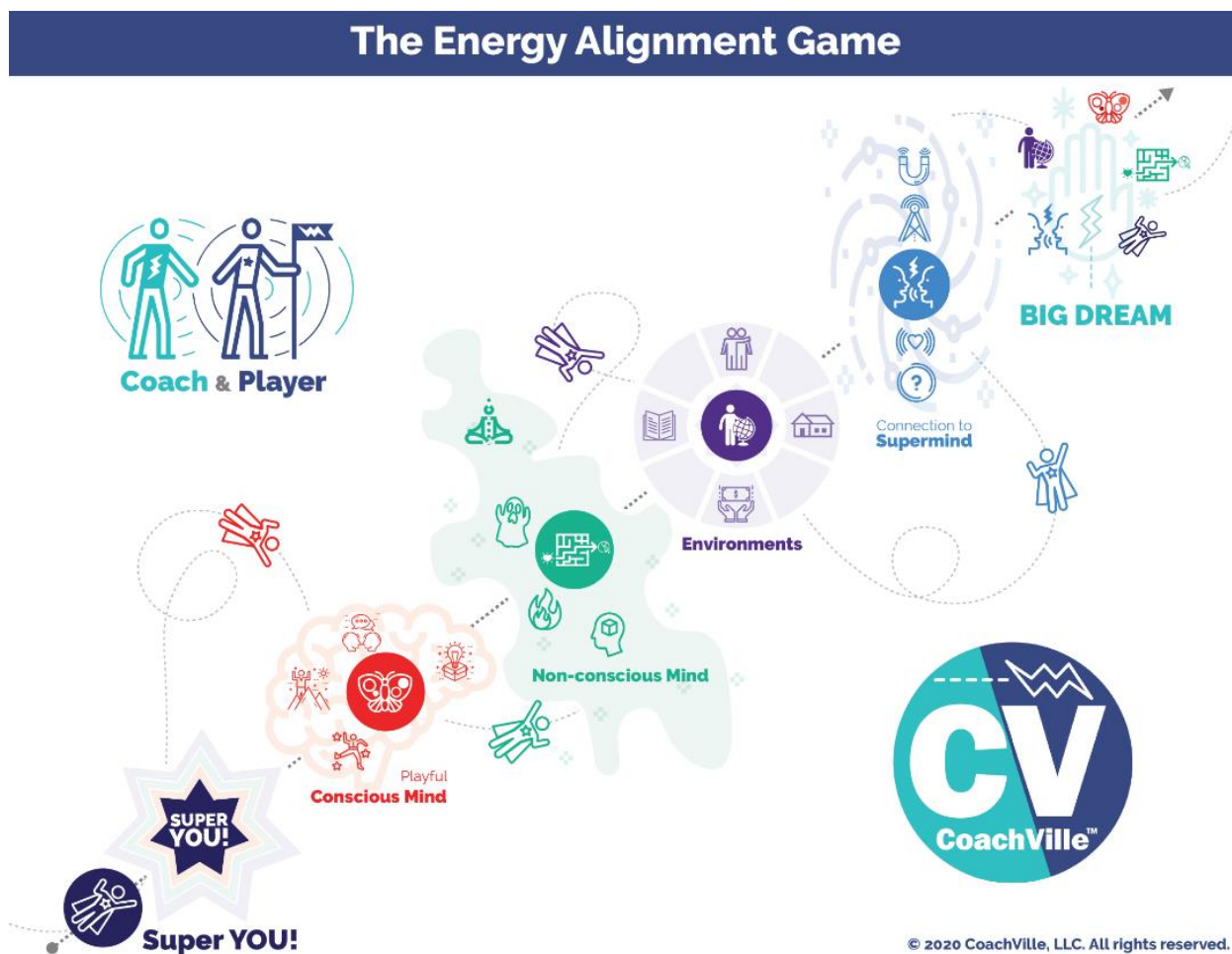
The “Game” is to align all aspects of YOU with your BIG Dream to create a state of flow.

Energy Alignment Game

SO MUCH FUN!! Learning about this concept was one of the pivotal moments of my life.

This definitely goes in the realm of play; as in something that you cannot control but you can influence with skill, strategy, imagination and playful effort.

One little note: There are MANY MANY ways to play with energy; so this is not intended to be a definitive guide.



Your BIG Dream

This is your vision of what you aim to accomplish, experience, express or co-create in the world. Your Dream comes from your hearts desires but is often sparked by what you see – or don't see – in the world around you.

Often our hearts dreams are a little mysterious; even to the one who has the dream.

Most BIG Dreams include an essence of contribution.

Next we will go to the lower left to explore all of the energies that we can align with your dream.

Super YOU

There is a next-level version of YOU that you must express fully and become in order to fulfill this big dream. This is a major focus of the Activate Your Superpowers Program.

One of the reasons your Heart has dreams is so that you can discover and express more of your abilities.

Playful Conscious Mind

There is a playful version of your focused thoughts and deliberate actions that you need to use in an intentional way. You can up level your skills to align with the new dream. Your playful conscious mind responds to the urge to become the next version YOU. Play is all about becoming. In the model hopefully you recognize the 4 symbols for the Pivotal Moments of Social Play that we explored earlier.

Non-Conscious Mind

Whoa, this is a big one. Your non-conscious mind is the power source of belief and desire within you. It is like an energetic bridge between the urge to become in your playful conscious mind and the need to belong in the environment around you. You will need to expand your body awareness; this is where your intuition and inner knowing live.

You will need to up level your relationship with fear from enemy to friend and a treasure map to your Superpowers. Your dream will need you to tap into your hearts desires for focus and fuel. You will need to cultivate belief in a whole new set of possibilities to align with your dream.

The non-conscious Mind is the main focus of the Pivotal Moment Coaching Technique that we will explore in Chapters 4 and 5... whew! We need it.

Environment

Your non-conscious mind - which is super focused on belonging - is in constant connection with your environment, especially the people and your social status with each person. You will need to up level many aspects of the world around you so that the powers of belonging, believing and becoming align with your dream. And as you unleash your Superpowers, you will need to find or cultivate an environment where it is safe for you to express them. Playing with a Life Coach will give you the courage to make those changes.

Connection to the Super Mind

There is a timeless web of human consciousness that we are all connected to. Through big questions, gratitude, and intentional thoughts your dream can become a magnet for the insights, inklings, spontaneous awareness, opportunities and synchronicities that you need to live your dream. But be prepared, the Super Mind plays rough so you need to expect a tumble or two.

The pursuit of Flow

Your dream is calling you out into the world to discover a bigger contribution and more fulfilling joyful life. As you endeavor to align every part of your energy to the BIG Dream, it begins to FEEL – feel is the key word – more natural. This is called getting into the flow. It is not the ultra-safe under control routine. It is engaging, yet safe enough that the potential rewards seem worthy of the potential risks. This is when pursuing your BIG Dream feels less and less stressful and more and more fun!

That is what we are playing for!

In the upcoming chapters I will share with you a few details about each segment of the Energy Alignment Game. In Session #6 you are going to practice the Supermind Connection technique. So, it will be a good idea to know what it is.

Remember, when you speak your dream it is like putting a game into the “Playstation of Life”. Then everything that happens is part of YOU playing the Dream. The Supermind Technique will help you understand how and why this metaphor feels so real.

The Supermind Connection (Energy Alignment Game)

The Supermind is the web of Consciousness that we all have access to. It is sometimes referred to as “The Universe”, “The Field” or Life Force Energy.

This is another aspect of life that will provide an endless supply of insight and fun when you approach it with a sense of wonder. In my view of life, it is the interaction between the Supermind and your Dream that creates the “Playstation of Life” experience.

The Supermind is responsible for spontaneous insights, synchronistic events and profound inspirations. The Supermind is essential to the coaching relationship!



When you think of someone who you haven’t spoken to in a while, and then shortly after they call you seemingly “out of the blue”, this is the Supermind in action.

When you are talking with your coach and a new idea “comes to you” while you are talking or your coach has an “inkling” or “a flash” about your superpowers, this is the Supermind in action.

There are many ways to play in this realm to get into alignment with your BIG Dream.

The “?” symbol indicates living by BIG questions and staying open to “answers” as they come to you. Your Coach has asked you a LOT of big questions over the past 6 weeks.

The **emanating heart** is the symbol for the well-known process of gratitude which is an essential practice for Supermind Connection.

The **radio tower** is the symbol of the power of thinking about and speaking your Dream and intentions; also known as putting them “out there”.

The **magnet** is the symbol of attracting experiences that move you toward your dream as long as you stay open to the perfection of each situation. People and experiences are drawn to you by the magnetic power of your BIG Dream.

As your Supermind Connection gains strength it feels like you are co-creating with Life Force Energy. It feels like events are happening in favor of your dream; it feels like the Supermind WANTS your dream to happen as much as you do.

The AWESOME thing is that expanding your connection with The Supermind is baked into the Life Coaching experience. The talking faces with the lightning bolt is the symbol for our Coaching Relationship model at CoachVille.

When you share your dream with a coach it amplifies your connection to the Super Mind! This is why your coach asks you to speak your dream at the start of every session; sharing your dream with your Coach and your Dream Team amplifies your connection to the Supermind because we are all connected to it.

When your coach asks you a provocative question that sticks with you for a few days... and then insights start coming to you, this is the Supermind Connection in action.

Recognizes the Perfection of Every Situation.

This is one of our Coaching Proficiencies and it is an essential practice for cultivating your Supermind Connection. You have been practicing this on a regular basis with your coach when you talk about how your challenges are asking you to grow; with judgment-free awareness.

By actively speaking about how your challenges are serving you and your dream you strengthen your connection to the Supermind. This often requires strong support of a coach with an active imagination.

The Energy Alignment Game

The bigger your dream in life the more important it becomes to shift from tasks and control into co-creative actions and playing with energy. By playing with energy in an intentional way you begin to see life itself as your partner in living your dream, which it is! This is soooo different than the Industrial Culture perspective which paints the picture that we are in a battle against life.

You begin to embrace the deeper truth that while YOU are the catalyst for the dream, it is not all up to you. You and your dream are a part of something bigger, something amazing and beautiful.

All you have to do is ... **PLAY... with a Life Coach!!**

Elevate your Supermind Connection Technique

In this session your coach is going to do a technique with you to Elevate Your Supermind Connection to align with your BIG Dream.

This technique is a sequence of explorations that will open your mind to the web of Human Consciousness. It's fun.

While this technique has powerful practical implications it also is part of a bigger picture for you and all of us in the Human Family: cultivating the deep knowing that we belong here. That each of us matters. That each of our dreams has a purpose that only we can fulfill. While cultivating belonging within our immediate surroundings is vital. We can also cultivate belonging in a higher dimension. Both matter.

Evaluating is “the way” of the player.

After you do the Supermind technique, you and your coach are going to look back on the past 5 weeks of play to capture growth and make a play plan for Part 2.

As a player we love to evaluate how we are playing so that we can focus our attention and energy on ways to play better. We use the word “evaluate” to describe this, but we want you to have a Player definition of Evaluate rather than a “worker” definition.

Let me explain why.

First a quick detour to talk about Compulsory Education

Before sharing about the power of evaluating for your life as a player, I must first, contrast this with the horrors of the Industrial Hierarchical Control Culture. And I will tell you that you may find these thoughts disturbing because they challenge common customs. These ideas are an introduction to Part 2 where will explore how we all lost our superpowers and how to get them back!

Another quick point before we dive in is that I am talking about the Compulsory Education System, NOT the teachers or school principals etc. who are just doing what they were taught/told to do.

First off, little children under the age of 12 should never be subjected to testing or ranking based on their intellectual capabilities. This practice is dehumanizing.

I am not going to go into a big rant here... just a small rant. There is the history that most people don't know about “public education”. While it was pitched as the great liberator of people, the underlying purpose was quite sinister (in my view).

The Education system as we practice it today in most countries – where children are forced to sit down, shut up and listen to the adult teacher – was created by the “Puritans” and “Pietists”; both protestant Christian groups in Western Europe in the 17th Century and later in New England. Its purpose was simple: A) teach children how to read so they could read the Christian Bible; B) transform free spirited co-creative children into obedient servants. **They called their purpose: “To break the will of the child”. YIKES!!!**

In the early days of education, they used beatings to subdue the children. Over time, the beatings were replaced by testing and shaming.

Hopefully this helps you understand what happened to us. The only other thing I will say about this is that at this stage of Human Evolution, it is absolutely possible to create an education experience that is truly focused on liberation AND what children and all of us are born to do... Play Together to become powerful co-creators.

Going back to Evaluation...

Testing and ranking both thwarts learning AND cultivates segregation and discord among the children; as well as inadequacy, shame and bullying. Meanwhile what children need most to cultivate from ages 3 – 12 is curiosity, mutual respect and a sense of belonging and value among their friends and in the community at large.

Nor is it a good idea for little children under 12 to participate in competitive and ranked athletics or performance arts. Participating in athletics and arts with light adult supervision has its place for sure; just skip the rankings. This practice of ranking children in athletics or arts is only slightly less dehumanizing than school because these activities are for the most part voluntary.

School = Authoritarian Control

Playground = Egalitarian Democracy

Once children reach Age 13 or so, they have the emotional capacity to understand competition; and hopefully the autonomy to choose where to focus their efforts based on their passions.

Then in corporate work we have the torment of the “annual performance review”. This is where we find out what we are doing wrong and what interventions will be required to fix our issues. UGH! And let’s not even discuss the dehumanizing forced ranking systems many organizations employ.

Needless to say, this is NOT what I am referring to here with “Evaluation”.

Now.. the “Play” version of Evaluation

Evaluation is when YOU assess how well you are playing based on your own vision of what is possible for you; always with judgment-free awareness. This is where you embrace the Performance-Possibility Gap and are eager to play for the next level.



When you play for something that you care about – like your DREAM – you always want to play better; you desire growth and becoming the next version of you. This is difficult to do while alone; but easy to do when you have a coach who is observing you, sharing what they see, and empowering you to TALK THROUGH what you see and feel.

Embrace Feedback

Feedback is the breakfast of champions.

When we talk about feedback we are mostly talking about feedback from “life”; feedback from what is happening around you.

In the Industrial Age of Control – where there was supposed to be a right way to do everything – feedback meant you were doing it wrong.

But when you play, you develop a way of doing things that is unique to you. Yes, you can learn by observing others, or by listening to what your coach is observing when you practice together, but you also put your energy into it. It’s YOUR way.

So feedback is how you navigate the results in pursuit of co-creating your way with the world around you.

My mentor, Hall of Fame Soccer Coach Manny Schellscheidt, used to say: “If your eyes are open and you want to learn, the game will teach you everything you need to know”.

When you observe what is happening – and not happening – with judgment-free curiosity, you can learn a LOT.

You and your coach have been engaging in conversations like this every week. Are you starting to feel that they can be engaging, fun and valuable?

This is what the Co-Create Awareness Technique is all about. Let’s give this a little more clarity right now.

Co-creating is how we are meant to live.

We are all natural co-creators until we are subjected to the Industrial Culture which forces us into isolation. You have experienced some of the mantras of the Industrial Culture: “do your own work, if you help your neighbor you are a cheater”; and “sit down, shut up, and do as you’re told”. The Industrial Culture aims to make us isolated workers and servants.

Your Life Coach aims to FREE you from the Industrial Mindset so you can become the joyful, playful co-creator that you were born to be! And then you can free others.

Your Life Coach has been co-creating experiences with you and then urging you out into the world to co-create with your community and with life and to find your place of belonging where you can be your Powerful SELF! Hopefully this is beginning to feel more and more natural to you.

Evaluate your Dream, Results, Playfulness and Superpowers

This session with your coach is all about looking back over the last five weeks to capture clarity and growth. It can be really fun and set you up for the next steps on your adventure.

Now is a good time to pull out your weekly coaching notes sheets and play plan sheets!

You knew there had to be a reason for those. Here it is!!!

Remember back in Session #1 your coach was asking about your BIG Dream?



What have you learned about your dream over the last 5 weeks?

Is it evolving or gaining energy?

Remember back in Session #2 your Coach was asking you about playing for your dream.

I am sure you have learned a lot about playing over the last 5 weeks.

Let's get into a few specifics calling back the RACECAR model from the Play-Play-Grow Technique.



Results

What are some of the results you have co-created with the world around you?

Anything in the areas of social play: Influence, Expression, Visibility and Change?

Are you letting go of the delusion of Industrial Control?

Actions

What are some of the playful actions you have taken out in the world?

Anything in the areas of social play: Relate, Create, Explore and Experiment?



Have you been able to escape task-mode; at least a little bit?

Challenges

What are some of the challenges that you have faced out in the world?

How have these challenges asked you to grow?

Have they awakened your playfulness or superpowers?

Have you started to SEEK OUT growth oriented challenges?



Evaluation

Have you developed a better feel for how to evaluate your own play by observing your results?

What is most important for you to observe or keep track of?



THE BIG PICTURE... how to play better with a Life Coach

Now you know the fundamental techniques that you and your coach can use to co-create together and practice pivotal moments.

AND you have been practicing playing for your dream and noticing your growth opportunities.

NOW... your mission is to play as big as you can each week and then choose the most important or most intriguing growth opportunity to bring to each session.

Remember, your coach can practice just about ANYTHING with you, but it is up to YOU to know what you want to practice. If you have a few good possibilities, of course your coach will weigh in with their perspective.

Prepare for Session #06 – Co-Create Awareness

First... the important items we explore every week...Take a look at your Play Plan play sheet from the week and select a few things to share.

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.

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

Play with the Supermind Connection














There is nothing you need to do to prepare for this part of the session except to be ready for a provocative exploration where you speak from your Inner Knowing rather than your logical thinking mind.

Challenges and Superpower Discoveries

You and your Coach will go a little deeper into this part of the session. This will be an example of the C-Create Awareness Technique that will expand your possibilities!

Evaluate

Together you will evaluate your growth as a player and as a person?

Energize Your Dreams Session #6 Notes				Date:
The BIG Dream:				
Explore the Fear / Growth Zone				
CELEBRATIONS 	INSIGHTS 	ACTIONS AND RESULTS 		
Play with the Supermind Connection				
Gratitude for Challenges 	Gratitude for Synchronicities 	Clearly State Needs 	The BIG Question 	
Session Focus: Capture Growth				
Evaluate 	Challenges 	Actions 	Results 	
 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?				

Challenges

Together you will think back on the most interesting challenges and growth opportunities.

Actions

Together you will reflect on some of the playful actions you took over the past 5 weeks.

Results

Together you will highlight the results that happened in the world – **BECAUSE OF YOU!**
– over the past 5 weeks.

Growth Zone

Explore the growth zone to highlight new insights from the conversation.

Play Plan

Make a few notes about actions you want to play with this week! Then write out your play plan for the week ahead... this is such a good habit for your Dream.