

Energize Your Dreams



Playbook for Players
by Dave Buck, MCC



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

This is the “Energize Your Dreams” Playsheet Pack

In this playbook you will find the playsheets for your 12 Session Energize Your Dreams Adventure with your coach.

For each coaching session there is a sheet for notes that follows the flow of the conversation in words and icons; almost like a mind map of the session.

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

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

Printing Instructions:

1) Page 3: Play Plan Playsheet

Print 11 copies of page 3

There is a weekly Play Plan playsheet for you to write a few key items of your play plan... and then keep your notes from your experiences as you play in the world in the time between sessions.

2) Pages 4 – 18: Adventure Logs, Superpower Sheet and Coaching Session Notes.

Print 1 copy of pages 4 - 18

The Adventure Log is a great way to capture your progress through the program.

The Superpowers for Play playsheet to spark your imagination as you search for and activate your Superpowers.

Coaching Notes sheets match the flow of the coaching session. There is a unique sheet for each of the 12 coaching sessions.



Enjoy your adventure. Enjoy your coach!

The world is ready for you and your dream.

Coach Dave Buck and the CoachVille Team!

A handwritten signature in black ink that reads "Dave R. Buck".

Your **BIG Dream**:



Your **Focus this week**:



Your **Superpowers**:

ACTIONS with the Spirit of Play

Challenges / Superpowers / Results:

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



Create to **SHARE** > *Risk Disappointment*



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



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



Celebrations:



Growth:



Energize Your Dreams Adventure Log (Part I)

Your BIG Dream



1.

Co-Create Relationship

Date: / /

2.

Co-Create Growth

Date: / /

3.

Co-Create Awareness

Date: / /

4.

Energize Ability to Believe

Date: / /

5.

Energize Urge to Become

Date: / /

6.

Energize Need to Belong

Date: / /

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 EXPRESSION

01 Creative Self-Expression
 Aligning with universal expansion

02 Receive Higher Guidance
 And all support

03 Implement the New
 Using principles of organizing

04 Pursue Answers
 That create understanding

05 Trust Inner Timing
 Attuned to the natural world

06 Maintain Emotional Balance
 In intimacy and conflict

07 Support Shared Interests
 The guide at their side

08 Trusted Agent for Creatives
 Impresario of style

09 Attentive Focus
 Fascinated by features

10 Empowered Self Love
 And appreciation of life

11 Espouse Ideas
 That promote harmony

12 Romantic Perception
 For a better future

13 Listen with Acceptance
 Appreciate uniqueness

14 Excellence with Prosperity
 Commitment to becoming skillful

15 Adaptable Magnetism
 Friends at all levels

16 Choose then Enthuse
 Develop versatile skills

17 Debate Opinions
 For future well-being

18 Improve Integrity
 Review everything for flaws

19 Approach with Sensitivity
 Inner drive to connect

20 Assured Presence
 Anticipate the right moment to act

21 Take Charge Naturally
 Authority for common good

22 Gracious with Emotions
 With beauty and affection

23 Express Complex Ideas Simply
 Find what is essential

24 Inventive Thinking
 Review and rationalize

25 Innocent Trust
 Accept universal love

26 Accumulate Material Rewards
 Artfully balance needs

27 Nourish Well-Being
 In many forms

28 Play with Tenacity
 Meet life's challenges

29 Commit then Persevere
 Never give up

30 Intense Desire
 With total engagement

31 Natural Influence
 Provide guidance and instruction

32 Endure by Adapting
 Balance continuity and change

33 Mindful Narrator
 After retreat and recharge

34 Great Power
 Fueled by inner balance

35 Seek Experiences
 Learn from everything

36 Resolve Crisis
 Ride the emotions

37 Develop Harmonic Friendships
 Community foundation

38 Inspired Fighter
 For freedom and underdogs

39 Dynamic Activist
 Embrace the world mirror

40 Accomplish Great Feats
 With unshakable resolve

41 Imagine Fulfilling Experiences
 Emptiness leads to fantasies

42 Respond and Complete Things
 Enjoy growth as a benefit

43 Breakthrough Perceptions
 Assimilate new concepts

44 Build Teams and See Patterns
 Alert to instinctive clues

45 Tribal Leader
 Provide wellbeing for your people

46 Love of Your Body
 Delight and determination

47 Figure Out How
 Transcend through transmuting fear

48 Depth of Natural Ability
 Keeping fresh becomes wisdom

49 Wise Rebel for New Principles
 Timing waves of change

50 Elevate Tribal Values
 Traditional or novel with merit

51 Act with Shocking Initiative
 Arousing alternative possibilities

52 Gain Perspectives through Stillness
 Show restraint

53 Initiate Experience
 Pressure and desire to expand

54 Ambition to Advance
 Independent when subordinate

55 Access to Spirit
 Emotional waves trigger creativity

56 Tell Meaningful Stories
 Travel to find stimulation

57 Gentle Intuitive Clarity
 Vibrational sensitivity to truth

58 Joyous Vitality
 The spark to engage with life

59 Penetrate Barriers to Intimacy
 Establish union

60 Resourceful Facing Limitations
 Practical magic

61 Inspired by Wonder
 Search for a bigger "why"

62 Logically Organize Details
 Precision planning

63 Inspired by Doubt
 Critical perception and inquiry

64 Inspired by Possibilities
 Seeking a perfect answer

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



**SESSION FOCUS:
SHARE THE DREAM**

*Superpowers you want
to activate:*

*How will it change
your life for the better?*

*Your Hero's Journey
challenges:*



*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?

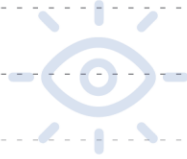
The BIG Dream:

Explore the Fear / Growth Zone

CELEBRATIONS



INSIGHTS



ACTIONS AND RESULTS



SESSION FOCUS: PLAN, PLAY, GROW

Results



Actions



Challenges



Impact



Superpowers



Spirit of Play



Growth



Growth Zone

What did you learn...

About playing for your dream?

.....



About yourself and your Superpowers?

.....

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

.....

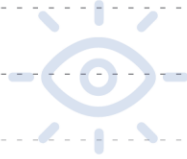
The BIG Dream: _____

Explore the Fear / Growth Zone

CELEBRATIONS



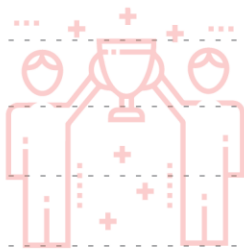
INSIGHTS



ACTIONS AND RESULTS



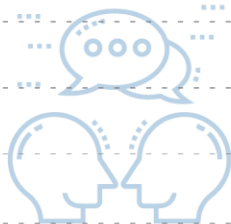
CHALLENGES



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?

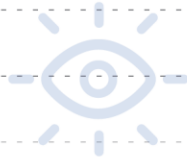
The BIG Dream: _____

Explore the Fear / Growth Zone

CELEBRATIONS



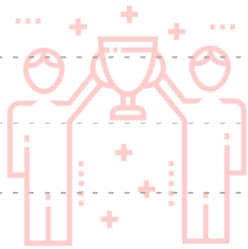
INSIGHTS



ACTIONS AND RESULTS



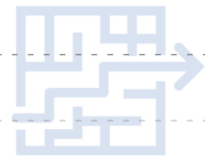
CHALLENGES



SUPERPOWER DISCOVERIES



**Session Focus:
Pivotal Moment**



THOUGHTS



BODY SENSATIONS



**IT'S NOT SAFE
FOR ME TO**



**SUPERPOWER
POTENTIAL**

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?

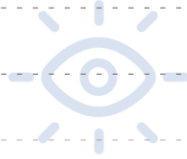
The BIG Dream: _____

Explore the Fear / Growth Zone

CELEBRATIONS



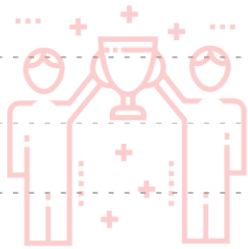
INSIGHTS



ACTIONS AND RESULTS



CHALLENGES



SUPERPOWER DISCOVERIES



**Session Focus:
Role Play an "Ask"**



THOUGHTS



BODY SENSATIONS



**IT'S NOT SAFE
FOR ME TO**



**SUPERPOWER
POTENTIAL**

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?

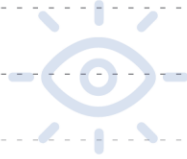
The BIG Dream:

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?

.....
.....

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: / /

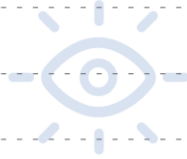
The BIG Dream:

Explore the Fear / Growth Zone

CELEBRATIONS



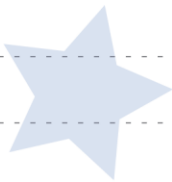
INSIGHTS



ACTIONS AND RESULTS



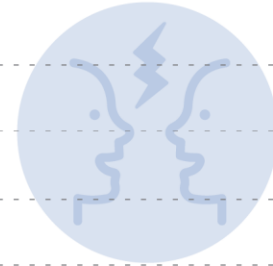
Choose Your Focus



Practice Technique

- Dream Sharing
- Plan, Play, Grow
- Role Play
- Pivotal Moment
- Transformational Play
- Supermind Connection

Co-Create Magic



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?

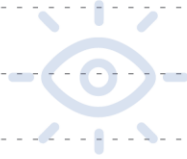
The BIG Dream: _____

Explore the Fear / Growth Zone

CELEBRATIONS



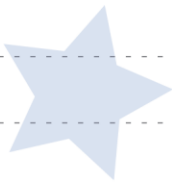
INSIGHTS



ACTIONS AND RESULTS



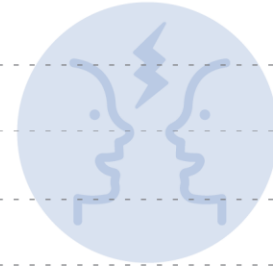
Choose Your Focus



Practice Technique

- Dream Sharing
- Plan, Play, Grow
- Role Play
- Pivotal Moment
- Transformational Play
- Supermind Connection

Co-Create Magic



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?

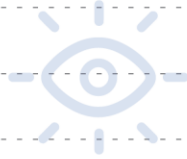
The BIG Dream: _____

Explore the Fear / Growth Zone

CELEBRATIONS



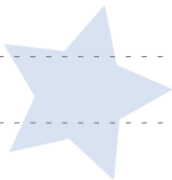
INSIGHTS



ACTIONS AND RESULTS



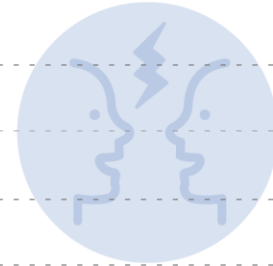
Choose Your Focus



Practice Technique

- Dream Sharing
- Plan, Play, Grow
- Role Play
- Pivotal Moment
- Transformational Play
- Supermind Connection

Co-Create Magic



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?

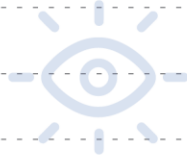
The BIG Dream: _____

Explore the Fear / Growth Zone

CELEBRATIONS



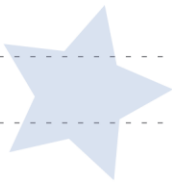
INSIGHTS



ACTIONS AND RESULTS



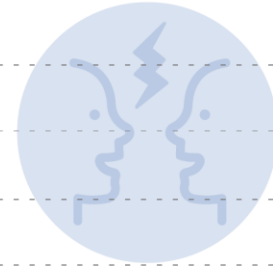
Choose Your Focus



Practice Technique

- Dream Sharing
- Plan, Play, Grow
- Role Play
- Pivotal Moment
- Transformational Play
- Supermind Connection

Co-Create Magic



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?

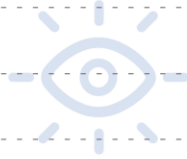
The BIG Dream: _____

Explore the Fear / Growth Zone

CELEBRATIONS



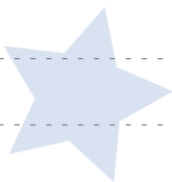
INSIGHTS



ACTIONS AND RESULTS



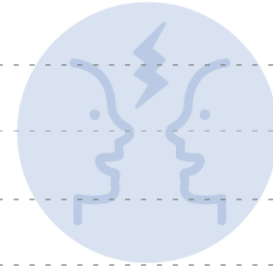
Choose Your Focus



Practice Technique

- Dream Sharing
- Plan, Play, Grow
- Role Play
- Pivotal Moment
- Transformational Play
- Supermind Connection

Co-Create Magic



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?

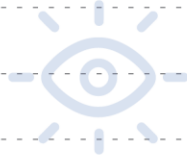
The BIG Dream: _____

Explore the Fear / Growth Zone

CELEBRATIONS



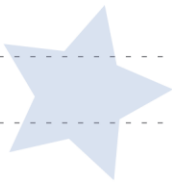
INSIGHTS



ACTIONS AND RESULTS



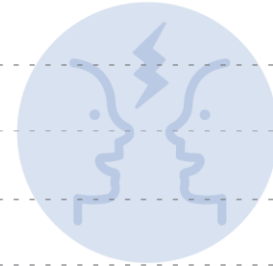
Choose Your Focus



Practice Technique

- Dream Sharing
- Plan, Play, Grow
- Role Play
- Pivotal Moment
- Transformational Play
- Supermind Connection

Co-Create Magic



Capture Growth & Celebration

Evaluate



Challenges



Actions



Results



Growth Zone

What did you learn...

About playing for your dream?

.....

.....



About yourself and your Superpowers?

.....

.....

Next Dream:

.....

.....