

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!

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**

 **Explore for VISIBILITY**

 **Experiment for CHANGE**

- 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?

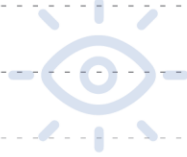
The BIG Dream: _____

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

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About playing for your dream?

.....
.....



About yourself and your Superpowers?

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

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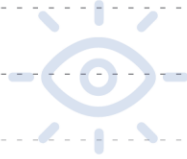
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Explore the Fear / Growth Zone

CELEBRATIONS



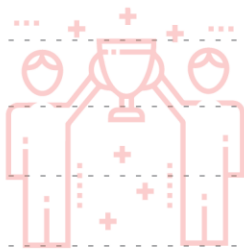
INSIGHTS



ACTIONS AND RESULTS



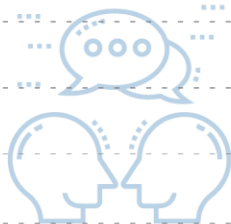
CHALLENGES



SUPERPOWER DISCOVERIES



SESSION FOCUS: ROLE PLAY



AH-HA MOMENTS



Growth Zone

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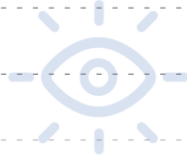
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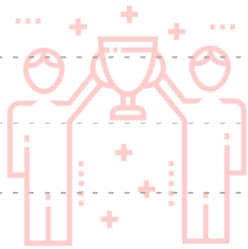
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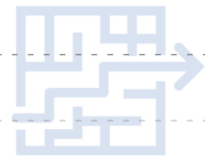
CHALLENGES



SUPERPOWER DISCOVERIES



**Session Focus:
Pivotal Moment**



THOUGHTS



BODY SENSATIONS



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



**SUPERPOWER
POTENTIAL**

HEART'S DESIRE



Growth Zone

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

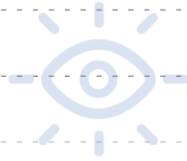
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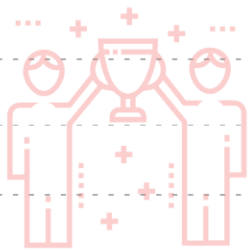
INSIGHTS



ACTIONS AND RESULTS



CHALLENGES



SUPERPOWER DISCOVERIES



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



THOUGHTS



BODY SENSATIONS



**IT'S NOT SAFE
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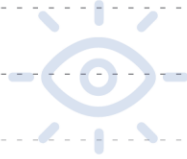
The BIG Dream:

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: / /

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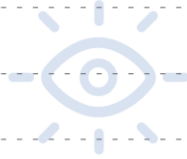
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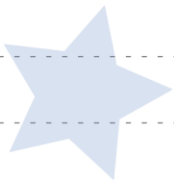
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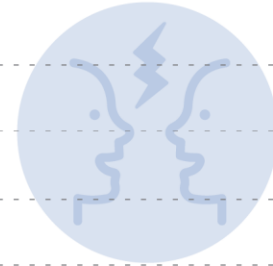
Choose Your Focus



Practice Technique

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

Co-Create Magic



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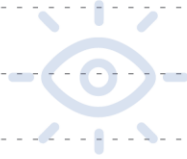
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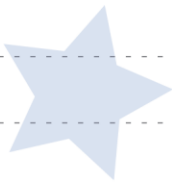
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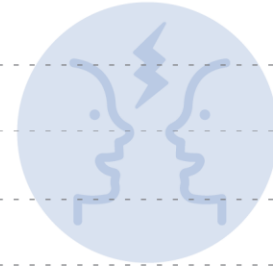
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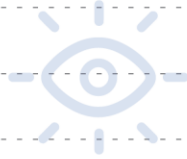
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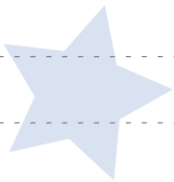
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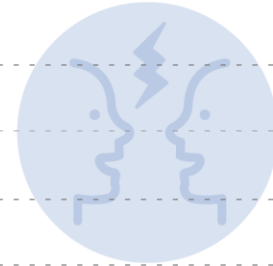
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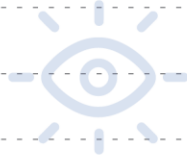
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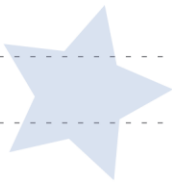
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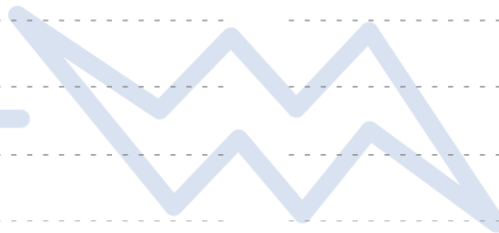
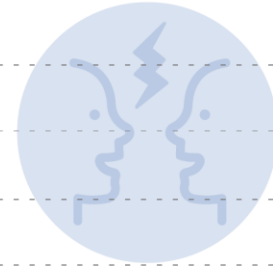
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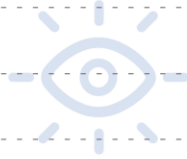
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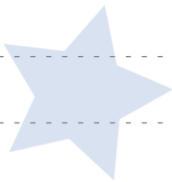
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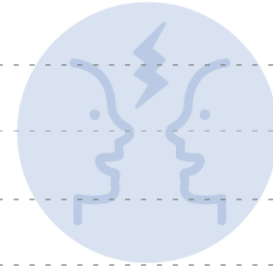
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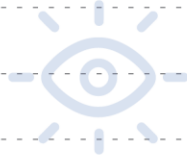
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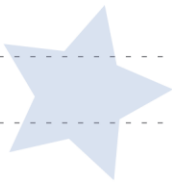
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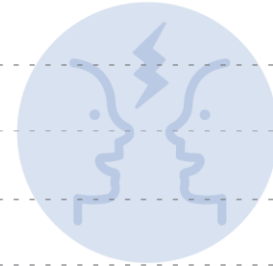
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Co-Create Magic



Capture Growth & Celebration

Evaluate



Challenges



Actions



Results



Growth Zone

What did you learn...

About playing for your dream?

.....

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About yourself and your Superpowers?

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Next Dream:

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