

Energize Your Dreams

Playsheet Pack

By Coach Dave Buck, MCC

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.

1) Page 3: Exploratory Session Notes

Print 1 copy

2) Page 4: 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.

3) Pages 5 – 18: Adventure Logs, Coaching Session Notes.

Print 1 copy of pages 5 - 18

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

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". The signature is written in a cursive, flowing style.

SESSION FOCUS: EXPLORATORY SESSION

Peak experiences:

Self-expression:

3. _____ 4. _____

3-month focus:

Contribution:

2. _____ 5. _____



1. Your Dream

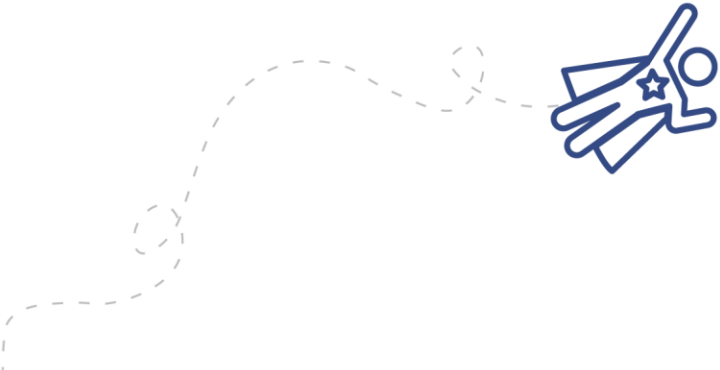


Growth-oriented challenges:

Play better:

7. _____ 6. _____



Your **BIG** Dream:



Your **Focus** this week:



Your **Superpowers**:

ACTIONS with the Spirit of Play

Challenges / Superpowers / Results:

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



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Create for **INSPIRATION** > *Risk Disappointment*



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



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



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Celebrations:

Growth:



Energize Your Dreams Adventure Log (Part I)

Your BIG Dream



1.

Dream Sharing

Date: / /

2.

Social Play

Date: / /

3.

Play Better

Date: / /

4.

Pivotal Moments

Date: / /

5.

Practice... Practice

Date: / /

6.

Dream Refresh

Date: / /

Energize Your Dreams Adventure Log (Part II)

Your BIG Dream



7.

Play for
"YES"

Date: / /

8.

Co-Creation
Series

Date: / /

9.

Ability to
Believe

Date: / /

10.

Need to
Belong

Date: / /

11.

Growth
Mindset

Date: / /

12.

Celebration!

Date: / /

**SESSION FOCUS:
SHARE THE DREAM**

Drive to be free:

Love to befriend:



Start here

Brief description:

Urge to become:




Your Dream

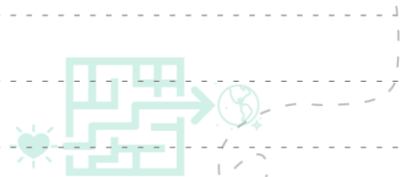
Impact:

Focus:



Need to belong:

Ability to believe:



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: SOCIAL PLAY

Relate



for **INFLUENCE**

Create



for **INSPIRATION**

Explore



for **VISIBILITY**

INTENTIONAL CO-CREATION TECHNIQUE

Action



for **RESULT**



Growth Zone

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The BIG Dream: _____

Explore the Fear / Growth Zone

CELEBRATIONS



INSIGHTS



ACTIONS AND RESULTS



SESSION FOCUS: PLAY BETTER

Relate



CHALLENGES

for **INFLUENCE**

Create



for **INSPIRATION**

Explore



for **VISIBILITY**

SESSION FOCUS: ROLE PLAY TECHNIQUE



AH-HA MOMENTS



Growth Zone

What did you learn...

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

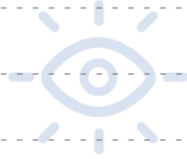
The BIG Dream: _____

Explore the Fear / Growth Zone

CELEBRATIONS



INSIGHTS



ACTIONS AND RESULTS

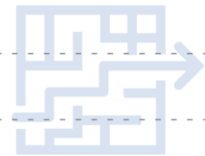
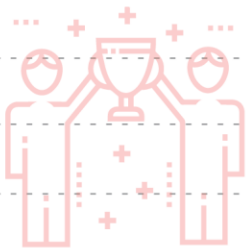


SESSION FOCUS: PIVOTAL MOMENT

CHALLENGES

SUPERPOWER DISCOVERIES

PIVOTAL MOMENT



THOUGHTS

BODY SENSATIONS

IT'S NOT SAFE FOR ME TO

HEART'S DESIRE



SUPERPOWER POTENTIAL



Growth Zone

What did you learn...

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

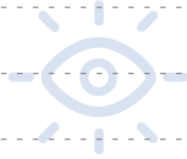
The BIG Dream: _____

Explore the Fear / Growth Zone

CELEBRATIONS



INSIGHTS

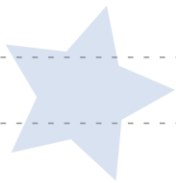


ACTIONS AND RESULTS



SESSION FOCUS: PRACTICE

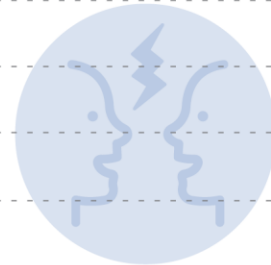
Choose Your Focus



Practice Technique

- Intentional Co-creation
- Role Play
- Pivotal Moment
- Co-create Awareness

Co-Create Magic



Growth Zone

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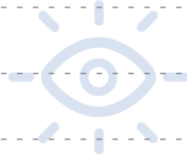
The BIG Dream:

Explore the Fear / Growth Zone

CELEBRATIONS



INSIGHTS



ACTIONS AND RESULTS



SESSION FOCUS: DREAM REFRESH

Results



Mastery



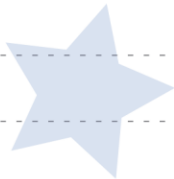
Becomings



Experiences



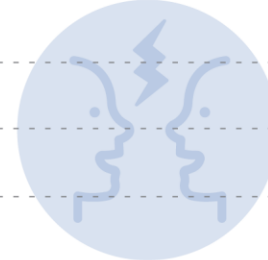
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Practice Technique

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Growth Zone

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About playing for your dream?

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About yourself and your Superpowers?

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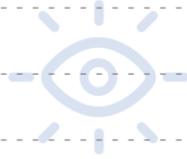
The BIG Dream: _____

Explore the Fear / Growth Zone

CELEBRATIONS



INSIGHTS

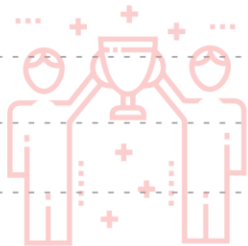


ACTIONS AND RESULTS



SESSION FOCUS: PLAY FOR "YES"

CHALLENGES



SUPERPOWER DISCOVERIES



ROLE PLAY AN "ASK"



THOUGHTS



BODY SENSATIONS



IT'S NOT SAFE FOR ME TO



SUPERPOWER POTENTIAL

HEART'S DESIRE



Growth Zone

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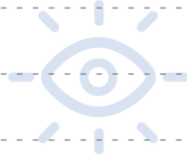
The BIG Dream: _____

Explore the Fear / Growth Zone

CELEBRATIONS



INSIGHTS



ACTIONS AND RESULTS



SESSION FOCUS: INTENTIONAL CO-CREATION SERIES

Relate - Create - Explore

for INFLUENCE - INSPIRATION - VISIBILITY

Action 1

for RESULT 1

Action 2

for RESULT 2

Action 3

for RESULT 3



Growth Zone

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.....



About yourself and your Superpowers?

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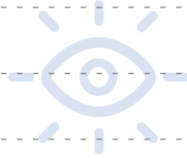
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Explore the Fear / Growth Zone

CELEBRATIONS



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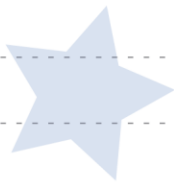


ACTIONS AND RESULTS



SESSION FOCUS: PRACTICE

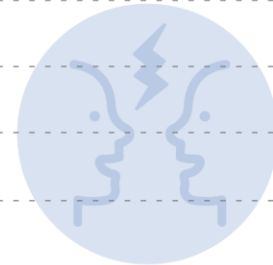
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Practice Technique

- Intentional Co-creation
- Role Play
- Pivotal Moment
- Co-create Awareness
- Co-creation Series

Co-Create Magic



Growth Zone

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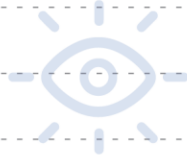
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Explore the Fear / Growth Zone

CELEBRATIONS



INSIGHTS

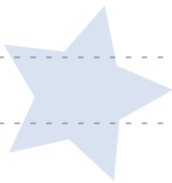


ACTIONS AND RESULTS



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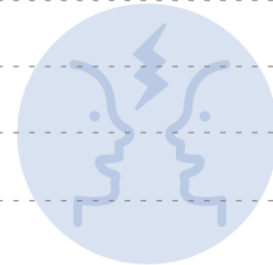
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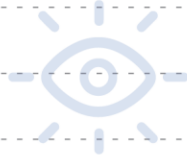
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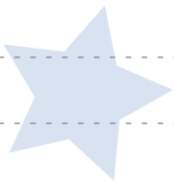


ACTIONS AND RESULTS



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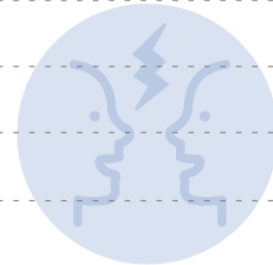
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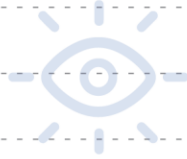
The BIG Dream:

Explore the Fear / Growth Zone

CELEBRATIONS



INSIGHTS



ACTIONS AND RESULTS



SESSION FOCUS: CELEBRATION & GROWTH

Results



Mastery



Becomings



Experiences



Growth Zone

What did you learn...

About playing for your dream?

Four horizontal dashed lines for writing notes.



About yourself and your Superpowers?

Four horizontal dashed lines for writing notes.



Next Dream:

Four horizontal dashed lines for writing notes, with a large zigzag graphic on the right side.