



INNER Freedom

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How to schedule your Inner Freedom Coaching Session with Coach Dave

WOO HOOO...

Coach Dave Here. Here are the steps to schedule your Inner Freedom Coaching session with me AND ensure that you get the most value! I am really excited to get to know you better AND help you bring your awesomeness out into the world.

1. Complete Item #5: Your BIG Dream.

This will give me a good understanding of what you are playing for.
Note: if this item is not on your Gamecard yet, it will be soon.

2. Complete Item #7: The Inner Freedom Awareness Playsheet

After you complete the playsheet, make sure you share the most juicy items on your Gamecard. This will let me know where to focus our coaching session.

The best use of our 1-1 time together is for you to share your most important objective and biggest challenges with me. Then we will use the Inner Freedom method to explore where your energy is going. **Be prepared to GO DEEP!**

3. 5. Schedule 1 hour on my calendar

Use this link to schedule a time that is convenient for you. If there are no times that fit your schedule – for example if you need an evening appointment – send me an email (coachdave@coachville.com) and we will find a time that way. We will meet via zoom so that we can easily record the to session.

[Use this link to schedule your time.](#)

Inner Freedom Welcome

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7. Questions?

Feel free to send me an email (coachdave@coachville.com) if you have any questions.

Also, here is my cell # if you need to reach me prior to our session: 973-479-8364

Ready? **Let's do this!**

On the Gamecard



A **POWER UP** is an activity where you listen to an audio, read something or do an exercise and then share your insights.



Golden Ticket: Superpower Session with Coach Dave

Read the brief instruction page on how to schedule and prepare for your 1-1 coaching session. **AFTER** the session, share your insights and action plans on the gamecard.



Share

WHAT TO SHARE: You can share your big insights from the session. Share any experiments and action plans that you will pursue.

Life is a playground. And we're going out to play!

- Coach Dave