

Inner Freedom Mission 1: Name Your BIG Move

Inner Freedom Method Playbook



Outline

1. You are on a mission to get your Hearts Desires out into the world
2. Let's go deeper into **ICE: Influence, Create and Explore**
3. **Power Up:** Name a few ICE Moves
4. **Game Action:** Elicit support from your team
5. **BIG WIN:** You get verbal support for your DREAM and your ICE Moves!
6. Find the Fun!

"Inner Freedom Coaching Mantra #1:

"All growth happens at the edge of your comfort zone." - Coach Dave

1) Introduction: You are on a mission to get your Heart's Desires out into the World!

Quick Summary:

BIG Idea: Get your Heart's Desires through a FUN "Maze of FEARS" based on the Social Survival Imperative and out into the World by PLAYING in pursuit of your Purpose and BIG DREAM. Fully immerse yourself in the Inner Freedom Method by experiencing it as a player.

3 Questions:

What are your Hearts Desires?

What is your current Purpose / BIG DREAM?

How/What would you LOVE to contribute to the world? (AKA your fellow humans)

These questions reveal your "mission" to PLAY LIFE in a BIG way. The IMPORTANT point here is that you DO NOT need perfect clarity. You just need a place to start. The details will reveal themselves while you are on the adventure.

We PLAY LIFE by **relating, creating and exploring.**

Inner Freedom Mission 1: Name Your BIG Move

Inner Freedom Method Playbook

We will use the **ICE** framework to create a fun weekly game to get your Hearts Desires out into the world!

I = Relate to be a positive **INFLUENCE** (also called Play for “YES”)

C = **CREATE** “things” and experiences and share them with people

E = **EXPLORE** new people, places, activities and ideas to expand your comfort zone

In the Inner Freedom program you will use the “ICE” framework to create opportunities to play with the FEAR on the edge of your comfort zone; to play in the transformation zone and... the Superpower Zone! This is really not too much of a stretch because playing for influence, creating and sharing and exploring the new are almost always over the edge of your comfort zone!

Think about what a HUGE opportunity this is. **YOU PROBABLY ALREADY KNOW WHAT YOUR ICE MOVES ARE!** The activities and results that if you played them with power, grace and energy every day – it could send your business / career / relationship into a state of awesomeness!

We are going to do this together! With the powerful assistance of your new Inner Freedom class partner and your Inner Freedom colleagues you will be able to take actions and get results that have eluded you in the past. Let's **DO IT!**

Together we will co-create transformation:

From: fear and emotions are something you ignore or power through; the subconscious mind is dark and mysterious and must be avoided.

To: you can embrace and play with fear and emotions; the non-conscious mind and the Social Survival Imperative is “a bit of a maze” but it can become a vast resource of wisdom and power.

As you think about your ICE MOVES, consider that playing BIG means to express yourself and create results that contribute to the lives of others. It's not just about you doing something, it includes influencing or sharing with other people in a unique way.

Remember that you want to go for something that connects to your purpose so that it is meaningful and edgy; something that will inspire a combination of tenacity and vulnerability.

Inner Freedom Mission 1: Name Your BIG Move

Inner Freedom Method Playbook

Even if you are not 100% sure what your ICE MOVES are, dive into the game. You only need an inkling about where to start. You can refine your ICE as you play it.

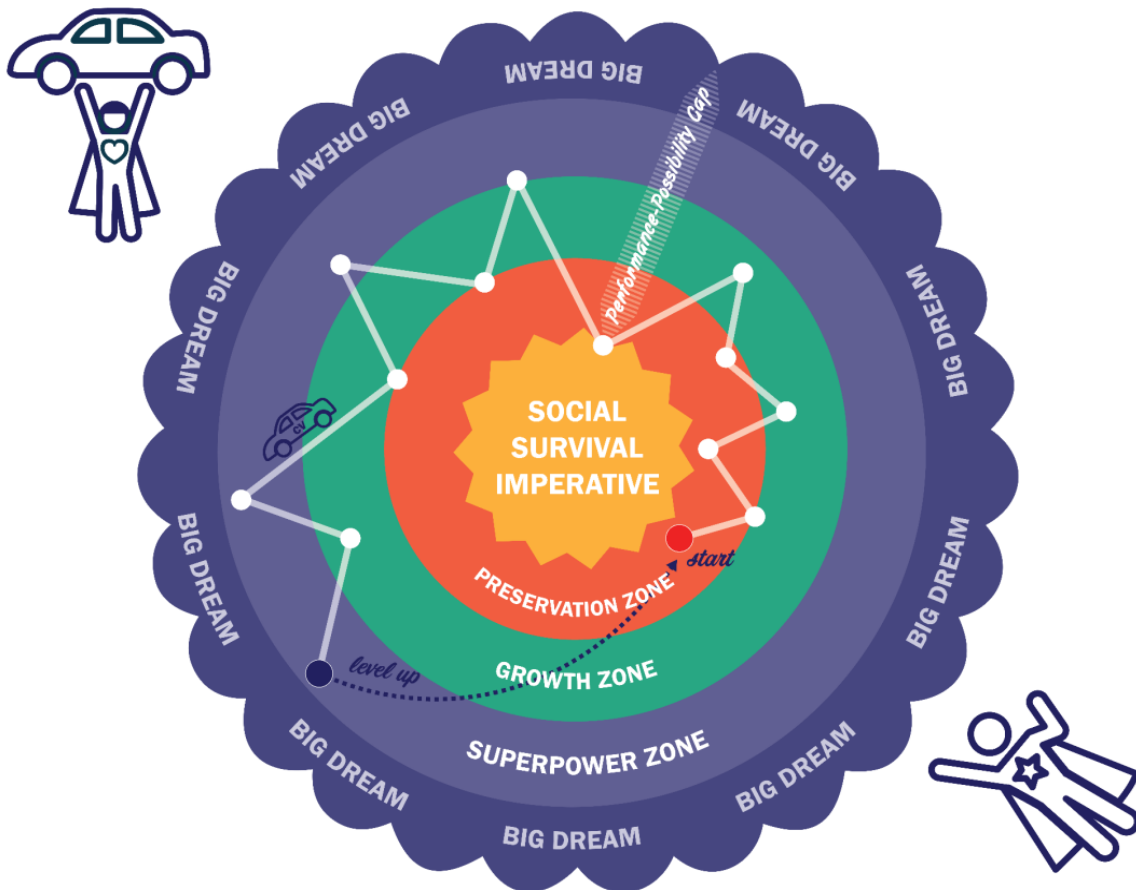
Got it? OK, you are ready.

Finally stay connected to these FUN ideas about the Inner Freedom Method:

- Get your Heart's Desires out into the world
- FEAR is your Friend; You can PLAY with FEAR
- FEAR is like a treasure map that leads to your Superpowers.
- To go bigger out in the world, you must go deeper into your SELF™.

The Superpower Zone

The Social Survival Imperative pulls the player in. The BIG DREAM draws the player out.



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

© Dave Buck 2019

//CoachVille.com

Inner Freedom Mission 1: Name Your BIG Move

Inner Freedom Method Playbook

2) Let's go deeper into ICE: Influence, Create and Explore

IMPORTANT: Choose ICE Moves you can do at least a little bit every day / 5 days per week. You are aiming for 15-20 days of play over a 28 Day game period. These activities will keep you on the edge of your comfort zone and give you lots of experiences to explore with your partner / coach.

This is important. The Inner Freedom Method is about what happens in your body and mind during critical moments when you choose to do something where you will experience some fear, doubt or uncertainty. You start the adventure when you CHOOSE to play BIG.

There are 3 types of ICE MOVES:

1) **INFLUENCE**: This is a **Relating Action** → **Resulting Influence** (play for “YES”) Here you take the relating action with the intention of producing a resulting positive influence on other people.

There are several business skills that you can practice that put many people into a “state of resistance”:

Relating Action / Skill	Resulting Influence
The Visibility skill of networking and follow up: attend networking events and make a few Follow Up calls every day.	Play for “YES, I want to know more about what you do.” OR “YES, I will recommend you to someone”.
The Visibility skill of blogging or posting: write provocative articles / posts that spark engagement.	Play for “YES, I will write a comment about the value of your article”.
The Enrollment skill of recruiting clients for your business. Connect with potential clients.	Play for “YES, I would LOVE to be your player!”
The Leadership skill of sharing with a colleague about something important to you in order to enlist their support.	Play for “YES, I will support you”.

And there are many “specific” opportunities where you COULD play for “YES”.

Here are a few examples to spark your imagination

Inner Freedom Mission 1: Name Your BIG Move

Inner Freedom Method Playbook

Follow up with a specific person who was curious about your coaching.	Play for “YES”.
Contact an influential person you know and invite them to an exploratory conversation... in pursuit of enrolling them as an advocate	Play for “YES”.
Contact an influential person you know and engage them in a conversation about introducing you to their tribe.	Play for “YES”.
Follow up with a person who you supported in the past who said they would support you in the future.	Play for “YES”
Reach out to a good colleague and ask them if you can share with them about what you are doing and how excited you are.	Play for “YES”

2) A “**CREATE** and Share” challenge based on completing the steps of a project.

Here you take action to **CREATE** a “thing” or “experience” and then share what you have created to get engagement or feedback. Usually it is the “sharing part” that creates the resistance.

Here are a few examples.

Project	Create and Share
20-Day Challenge to write a chunk of your book	Complete a few pages, share them AND request feedback.
20 Day Challenge to create a product	Complete a discreet step each day and as you complete each one share it and request feedback.
20 Day Challenge to create a new method; eg. A visibility method or enrollment method.	Complete a discreet step each day and as you complete each one share it and request feedback.

3) **EXPLORE** people, places, activities and ideas

Inner Freedom Mission 1: Name Your BIG Move

Inner Freedom Method Playbook

Exploring is about using your imagination to try new things that you might normally avoid because they give you a feeling of fear, doubt or uncertainty.

This is also about doing things where you do not have control of the outcome.

People: contacting someone that you have not met before

Places: Going somewhere that you have not gone before

Things: Doing something that you have not done before; This is also known as an experiment.

Ideas: Learning about something that you have not learned before.

The idea for Inner Freedom Exploring is to step out of your comfort zone into the transformation zone.

So... if you LOVE to go to new places... then that would not be a good choice for an Inner Freedom ICE move.

3) **Power Up:** Name your Hearts Desire and Potential ICE Moves

Inner Freedom Power: OK. You got the basic idea from reading about the mission. Here are a few points to emphasize.

Choose something you REALLY WANT to do.

Yes it is scary in some way and

yes, you have been avoiding it in some way but

you KNOW it would be awesome if you could really do it with ease and create the results that you desire.

Whatever it is, do it in a way that requires participation by other people! Once you have your initial idea together for your Hearts Desire and your possible ICE MOVES, update your game card!

Inner Freedom Mission 1: Name Your BIG Move

Inner Freedom Method Playbook



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



Inner Freedom Mission #1:

Here are my Hearts Desires that I aim to get out into the world! Here are a few things I want to do to Influence, Create and Explore outside of my comfort zone...



Share

WHAT TO SHARE:

- 1) Share the name of your
- 2) **Influence:** Share a few Influence Plays you are playing for. Are you playing for “Yes”?
- 3) **Create** and share: Share about anything that you are going to create and share with others (either a few specific people, a group or the World!)
- 4) **Explore:** Describe any new territories, frameworks, groups you are going to explore.



Share on Facebook +1

FACEBOOK AMPLIFY IS ON! Help spread the word about our shared pursuit: People Playing Better With a Coach!

See the “Facebook Login” or “Share on Facebook” button. Copy what you shared, and paste it into the Facebook Share box. Edit if desired.

[Learn how to use Facebook Amplify!](#)

4) Game action: Enlist support for your BIG Move

This is the Connected Age of Play. Your Hearts Desire is NOT a game of solitaire. AND even if your Hearts Desire and ICE Moves might seem easy for someone else, it is a BIG DEAL for you, and that is all that matters.

Also, you may need to make a few changes in your daily routine to make space for your ICE moves and that will require some support from the people in your life.

AND here is the other thing... sharing about your Hearts Desire and ICE MOVES with your “team” is often on the edge of your comfort zone so it is good practice!

Your Team = family, friends, colleagues, advocates, customers.

Inner Freedom Mission 1: Name Your BIG Move

Inner Freedom Method Playbook

You can find your own words but it can be helpful to share it in the context of the course.

Example: **Say something like:** “I am participating in a program called Inner Freedom where we create a mission to get our Heart’s Desire out into the world by playing over the edge of our comfort zone. Can I share mine with you?”

Go for it! And share about each conversation you have whether they like your ICE MOVES or not!



A **GAME ACTION** is an activity where you do something in the world and then share about what you did and what you learned.



Inner Freedom Mission #1

I just shared about my Hearts’ Desire and ICE MOVES with someone on my “team”. Here is what happened and what I learned...



WHAT TO SHARE: Share about the experience of sharing with someone on your TEAM. Share about anything you noticed about your thoughts or physical sensations before, during and after.

REMEMBER: if you got an acknowledgment of support then you will share about that on the **BIG WIN** tab so that we can celebrate YOU.



POSSIBILITY!! Whenever possible, share a photo of you in action!



FACEBOOK AMPLIFY IS ON! Help spread the word about our shared

pursuit: People Playing Better With a Coach!

See the “Facebook Login” or “Share on Facebook” button. Copy what you shared, and paste it into the Facebook Share box. Edit if desired.

[Learn how to use Facebook Amplify!](#)

Inner Freedom Mission 1: Name Your BIG Move

Inner Freedom Method Playbook

After you share about the game action, a BIG WIN item will pop up on your game card (look on the Big Win tab). If you got an acknowledgment of support then you can ALSO share about that next.

5) BIG WIN: “Yes. I will support you!”

When someone on your team listens to you share about your Hearts Desire and ICE MOVES and expresses their intention to support you... THAT IS A BIG WIN. Relish it.

So when this happens you will share in both the Game Action area AND the Big Win area for the same conversation.



A **BIG WIN** is when you get the desired result or experience from an action you take in the world. This is a BIG DEAL and we want to celebrate you!



Inner Freedom Mission #1

I just got an acknowledgement of support for my BIG MOVE from someone on my team! I am so grateful because...



Share

WHAT TO SHARE: Share a few details about how you feel and what is possible now that you have this acknowledgement of support.



POSSIBILITY!! Whenever possible, share a photo of you in action celebrating with someone on your team!



FACEBOOK AMPLIFY IS ON! Help spread the word about our shared pursuit: People Playing Better With a Coach!

See the “Facebook Login” or “Share on Facebook” button. Copy what you shared, and paste it into the Facebook Share box. Edit if desired.

[Learn how to use Facebook Amplify!](#)

Inner Freedom Mission 1: Name Your BIG Move

Inner Freedom Method Playbook

6) Find the Fun!

Making the game your own!- When you play a game it is fun to customize the game for your personal desires; then bring the spirit of play to the ICE MOVES of your game.

Creativity is fun – Find a collection of fun ways to approach your ICE MOVES. Challenge your mind to come up with a variety of fun alternatives – keep it fresh.

Collaboration is fun – Find ways to get other people involved with your ICE MOVES. Playing with others is always more fun than playing solitaire and you tend to get better results as well (although it is more risky).

Fear is fun – It is exhilarating when you step out of your comfort zone and embrace the experience.

Transformations from worker to player

Industrial Work Mindset (the old way)...	Spirit of Play Mindset (the new way)...
Do what you are told to do.	It's YOUR Game. Define your own key initiative and have fun going after it.
Do your own work! Bunker in to work in solitude. If you ask for help from others that is cheating. (we all learned this lesson in Industrial Age School)	Humans are collaborative creatures. We are at our best when we engage others in our initiatives. People love to contribute, play along and give feedback.
Do it the same way every time to make it routine and eliminate mistakes	Routine is the enemy of your brain! Challenge your mind to find creative ways to approach your initiative in a new way every day.