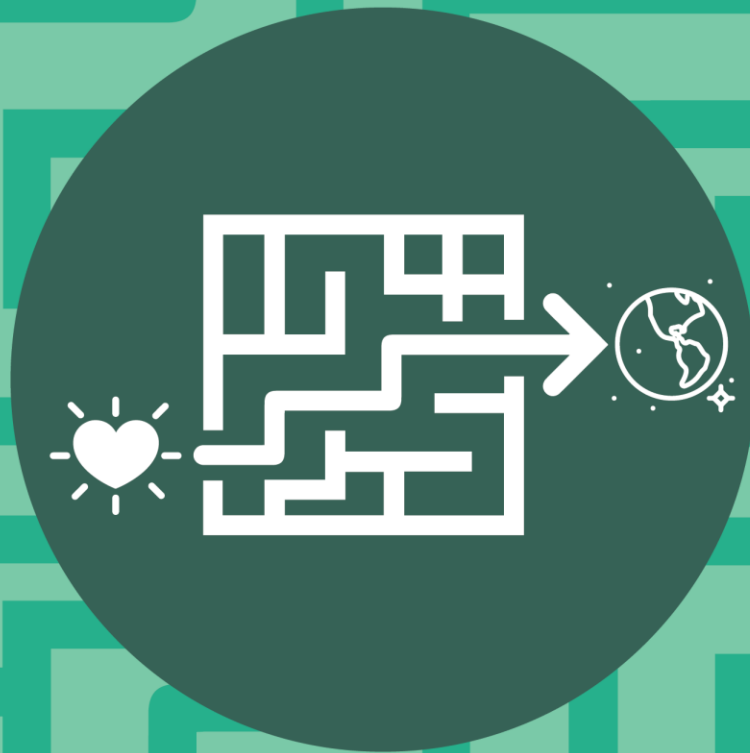




INNER Freedom

CoachVille Center for Coaching Mastery



Inner Freedom Method Playsheets

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Welcome to the Inner Freedom Method!

In this playbook you will find the playsheets for your 12 Session Inner Freedom Adventure where you play BIG for your dream... out in the world... and along the way discover your lost superpowers!

For each coaching session there is a one page sheet that follows the flow of the coaching session with words and graphics: this is a great place to write your notes from the session.

On the next page there is a 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.

We are playing in the Connected Age!

Relate for INFLUENCE and explore the fear of rejection.

Create for EXPRESSION and explore the fear of disappointment (and judgment).

Explore for VISIBILITY and explore the fear of trouble.

Experiment for CHANGE and explore the fear of mistakes.

This practice will help you get into the flow of noticing your “pivotal moments” of play... where you are in the growth/fear zone that you can explore with your coach. This will also mark your trail on the treasure map to your superpowers. FUN!

Enjoy your adventure.

Enjoy your coach!

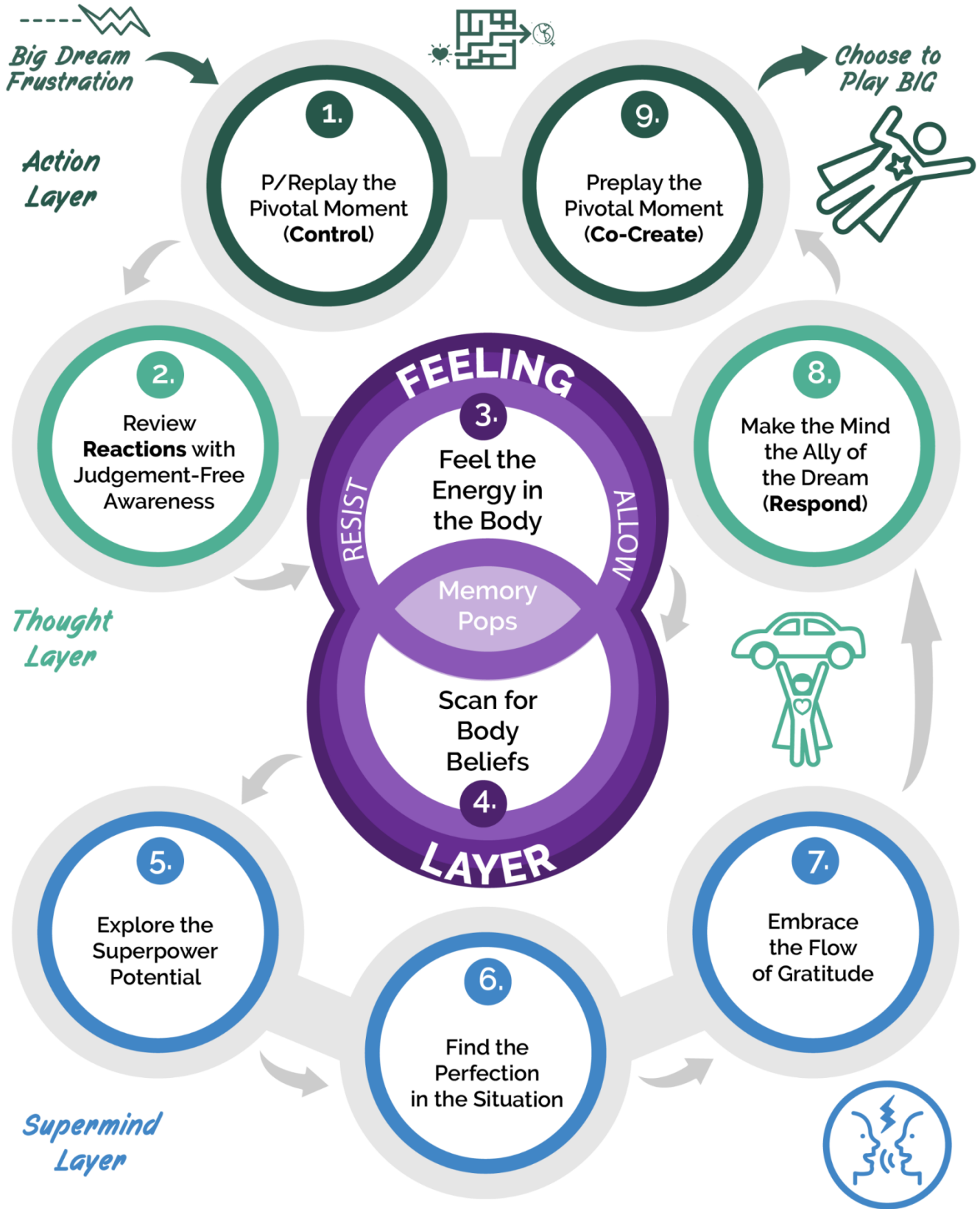
The world is ready for you and your dream.

We are the champions of dreams!

Coach Dave

www.coachville.com





Your BIG DREAM

Describe your BIG Dream.



Your BIG Why

Why MUST you play for this dream?



PURPOSE

Results / Objectives

What are your "In the World" Results?



Attempts to Control Results

What Results / Objectives are NOT happening? (What is not turning out according to plan?)



FRUSTRATION

Challenges

Describe some of the challenges that are asking you to grow.



React to Challenges

How are you reacting to the challenges? (forcing, powering through, bunker in)



ISOLATION

Actions

Describe your Actions in pursuit of Results.



Resist Taking Action

What actions are you not doing? (resisting, avoiding, distracted, no time)



OVERWHELM



Growth Zone

Is your dream big enough?



What did you learn about yourself today?

Inner Freedom Play Plan #1

Date: _____

Your **BIG Dream**:



Your **Focus this week**:



Your **Superpowers**:



PLAY IN THE FEAR / GROWTH ZONE

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



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NOTICE & JOURNAL

Results / Resistance / Reaction

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Create for **EXPRESSION** > *Risk Disappointment*



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



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



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Notice your **Beliefs**:

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Notice your **Desires**:



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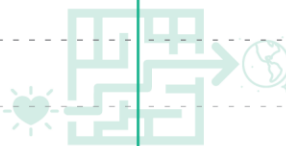
The BIG Dream:

Explore the Fear / Growth Zone for Pivotal Moments

CELEBRATIONS / RESULTS

ACTIONS NOT HAPPENING

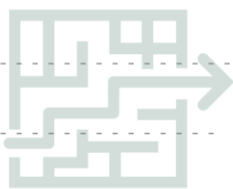
RESULTS NOT HAPPENING



Pivotal Moment

THOUGHTS

BODY SENSATIONS



IT'S NOT SAFE FOR ME TO

HEART'S DESIRE

PRE-PLAY THE MOMENT



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?

Inner Freedom Play Plan #2

Date: _____

Your **BIG Dream**:



Your **Focus this week**:



Your **Superpowers**:



PLAY IN THE FEAR / GROWTH ZONE

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



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NOTICE & JOURNAL

Results / Resistance / Reaction

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Create for **EXPRESSION** > *Risk Disappointment*



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



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



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Notice your **Beliefs**:



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Notice your **Desires**:



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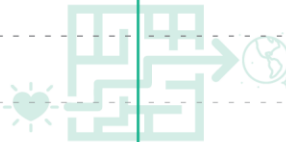
The BIG Dream: _____

Explore the Fear / Growth Zone for Pivotal Moments

CELEBRATIONS / RESULTS

ACTIONS NOT HAPPENING

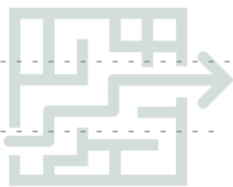
RESULTS NOT HAPPENING



Pivotal Moment

THOUGHTS

BODY SENSATIONS



IT'S NOT SAFE FOR ME TO

HEART'S DESIRE

PRE-PLAY THE MOMENT



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?

Inner Freedom Play Plan #3

Date: _____

Your **BIG Dream**:



Your **Focus this week**:



Your **Superpowers**:



PLAY IN THE FEAR / GROWTH ZONE

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



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NOTICE & JOURNAL

Results / Resistance / Reaction

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Create for **EXPRESSION** > *Risk Disappointment*



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



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



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Notice your **Beliefs**:



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Notice your **Desires**:



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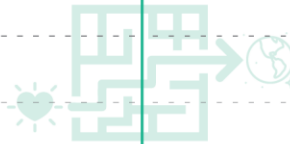
The BIG Dream:

Explore the Fear / Growth Zone for Pivotal Moments

CELEBRATIONS / RESULTS

ACTIONS NOT HAPPENING

RESULTS NOT HAPPENING

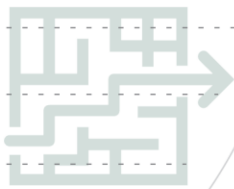


PIVOTAL MOMENT

THOUGHTS

BODY SENSATIONS

MEMORY POPS



IT'S NOT SAFE FOR ME TO

HEART'S DESIRE

PRE-PLAY THE MOMENT



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?

Inner Freedom Play Plan #4

Date: _____

Your **BIG Dream**:



Your **Focus this week**:



Your **Superpowers**:



PLAY IN THE FEAR / GROWTH ZONE

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



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NOTICE & JOURNAL

Results / Resistance / Reaction

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Create for **EXPRESSION** > *Risk Disappointment*



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



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



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Notice your **Beliefs**:



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Notice your **Desires**:



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The BIG Dream:

Explore the Fear / Growth Zone for Pivotal Moments

CELEBRATIONS / RESULTS

ACTIONS NOT HAPPENING

RESULTS NOT HAPPENING



PIVOTAL CONVERSATION

THOUGHTS

BODY SENSATIONS

MEMORY POPS



IT'S NOT SAFE FOR ME TO

SUPERPOWER POTENTIAL

HEART'S DESIRE

PRE-PLAY THE MOMENT



Growth Zone

What did you learn...

About playing for your dream?

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About yourself and your Superpowers?

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

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Inner Freedom Play Plan #5

Date: _____

Your **BIG Dream**:



Your **Focus this week**:



Your **Superpowers**:



PLAY IN THE FEAR / GROWTH ZONE

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



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NOTICE & JOURNAL

Results / Resistance / Reaction

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Create for **EXPRESSION** > *Risk Disappointment*



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



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



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Notice your **Beliefs**:



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Notice your **Desires**:



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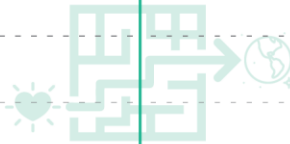
The BIG Dream:

Explore the Fear / Growth Zone for Pivotal Moments

CELEBRATIONS / RESULTS

ACTIONS NOT HAPPENING

RESULTS NOT HAPPENING

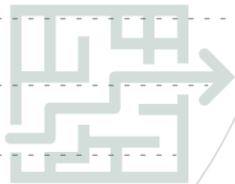


PIVOTAL MOMENT

THOUGHTS

BODY SENSATIONS

MEMORY POPS



IT'S NOT SAFE FOR ME TO

SUPERPOWER POTENTIAL

HEART'S DESIRE

PRE-PLAY THE MOMENT



Growth Zone

What did you learn...

About playing for your dream?

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About yourself and your Superpowers?

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

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Inner Freedom Play Plan #6

Date: _____

Your **BIG Dream**:



Your **Focus this week**:



Your **Superpowers**:



PLAY IN THE FEAR / GROWTH ZONE

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



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NOTICE & JOURNAL

Results / Resistance / Reaction

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Create for **EXPRESSION** > *Risk Disappointment*



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



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



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Notice your **Beliefs**:



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Notice your **Desires**:



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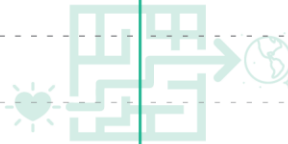
The BIG Dream: _____

Explore the Fear / Growth Zone for Pivotal Moments

CELEBRATIONS / RESULTS

ACTIONS NOT HAPPENING

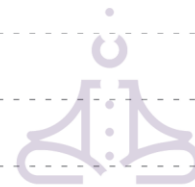
RESULTS NOT HAPPENING



PIVOTAL MOMENT

THOUGHTS

BODY SENSATIONS



MEMORY POPS

IT'S NOT SAFE FOR ME TO

SUPERPOWER POTENTIAL



FIND THE PERFECTION

FLOW OF GRATITUDE

HEART'S DESIRE

PRE-PLAY THE MOMENT



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?

Inner Freedom Play Plan #7

Date: _____

Your **BIG Dream**:



Your **Focus this week**:



Your **Superpowers**:



PLAY IN THE FEAR / GROWTH ZONE

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



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NOTICE & JOURNAL

Results / Resistance / Reaction

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Create for **EXPRESSION** > *Risk Disappointment*



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



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



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Notice your **Beliefs**:



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Notice your **Desires**:



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Raise the Dream:

Explore the Fear / Growth Zone for Pivotal Moments

CELEBRATIONS / RESULTS

ACTIONS NOT HAPPENING

RESULTS NOT HAPPENING



PIVOTAL CONVERSATION

THOUGHTS

BODY SENSATIONS



MEMORY POPS

IT'S NOT SAFE FOR ME TO

SUPERPOWER POTENTIAL



FIND THE PERFECTION

FLOW OF GRATITUDE

HEART'S DESIRE

PRE-PLAY THE MOMENT



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?

Inner Freedom Play Plan #8

Date: _____

Your **BIG Dream**:



Your **Focus this week**:



Your **Superpowers**:



PLAY IN THE FEAR / GROWTH ZONE

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



NOTICE & JOURNAL

Results / Resistance / Reaction

Create for **EXPRESSION** > *Risk Disappointment*



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



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



Notice your **Beliefs**:



Notice your **Desires**:



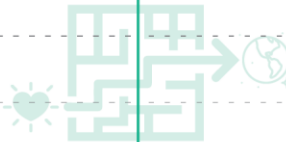
The BIGGER Dream:

Explore the Fear / Growth Zone for Pivotal Moments

CELEBRATIONS / RESULTS

ACTIONS NOT HAPPENING

RESULTS NOT HAPPENING



INTENTIONAL CO-CREATION

THOUGHTS

BODY SENSATIONS



MEMORY POPS

I AM NOW READY TO

SUPERPOWER POTENTIAL



FIND THE PERFECTION

FLOW OF GRATITUDE

HEART'S DESIRE

PRE-PLAY THE MOMENT



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?

Inner Freedom Play Plan #9

Date: _____

Your **BIG Dream**:



Your **Focus this week**:



Your **Superpowers**:



PLAY IN THE FEAR / GROWTH ZONE

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



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NOTICE & JOURNAL

Results / Resistance / Reaction

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Create for **EXPRESSION** > *Risk Disappointment*



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



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



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Notice your **Beliefs**:



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Notice your **Desires**:



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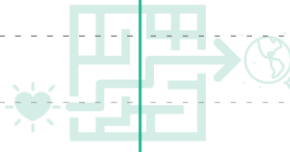
The BIGGER Dream:

Explore the Fear / Growth Zone for Pivotal Moments

CELEBRATIONS / RESULTS

ACTIONS NOT HAPPENING

RESULTS NOT HAPPENING



THE BIG ASK

THOUGHTS

BODY SENSATIONS



MEMORY POPS

IT'S NOT SAFE FOR ME TO

SUPERPOWER POTENTIAL



FIND THE PERFECTION

FLOW OF GRATITUDE

HEART'S DESIRE

PRE-PLAY THE MOMENT



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?

Inner Freedom Play Plan #10

Date: _____

Your **BIG Dream**:



Your **Focus this week**:



Your **Superpowers**:



PLAY IN THE FEAR / GROWTH ZONE

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



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NOTICE & JOURNAL

Results / Resistance / Reaction

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Create for **EXPRESSION** > *Risk Disappointment*



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



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



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Notice your **Beliefs**:



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Notice your **Desires**:



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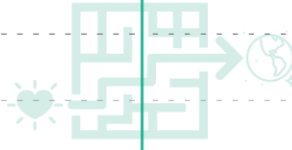
The BIGGER Dream:

Explore the Fear / Growth Zone for Pivotal Moments

CELEBRATIONS / RESULTS

ACTIONS NOT HAPPENING

RESULTS NOT HAPPENING



PIVOTAL MOMENT

THOUGHTS

BODY SENSATIONS



MEMORY POPS

BODY BELIEF

SUPERPOWER POTENTIAL



FIND THE PERFECTION

FLOW OF GRATITUDE

HEART'S DESIRE

PRE-PLAY THE MOMENT



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?

Inner Freedom Play Plan #11

Date: _____

Your **BIG Dream**:



Your **Focus this week**:



Your **Superpowers**:



PLAY IN THE FEAR / GROWTH ZONE

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



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NOTICE & JOURNAL

Results / Resistance / Reaction

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Create for **EXPRESSION** > *Risk Disappointment*



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



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



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Notice your **Beliefs**:






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Notice your **Desires**:



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BIG Dream Celebration Play Sheet (Part 1)

Energy Element	Celebrations	Experiences
 <p>BIG DREAM</p> <p>BIG DREAM The Call to Adventure to contribute yourself to the world</p>	<p><i>Describe your expanded clarity about your BIG Dream</i></p>	<p><i>Describe your BIG DREAM experiences...</i></p>
 <p>Super YOU! Expand and Unleash Your Superpowers</p>	<p><i>Describe the Superpowers you discovered or expanded?</i></p>	<p><i>Describe moments when you expressed your Superpowers?</i></p>
 <p>Conscious Mind</p> <p>Playful Conscious Mind Relate (influence) Create (share) Experiment (new acts) Explore (See + be seen)</p>	<p><i>Describe experiences relating for influence...</i></p> <p><i>Describe experiences creating and sharing...</i></p>	<p><i>Describe a few experiments and what you learned...</i></p> <p><i>Describe explorations and new visibility..</i></p>

Celebrations: Results and Experiences



12 weeks ago your dream was...



BIG DREAM

Results

Actions

Challenges

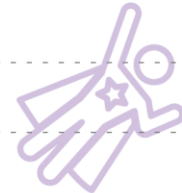
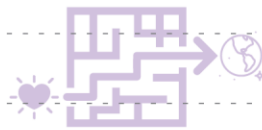


HIGHLIGHTS

PROGRESS

FREEDOM

SUPERPOWERS



Growth Zone
Any disappointments?

What is your next dream?

