

INNER FREEDOM



Playsheet Pack
by Dave Buck, MCC



CoachVille Center for Coaching Mastery
We are the champions of dreams!

Welcome to the Inner Freedom Method!

Where you play for your BIG Dream out in the world while exploring FEAR like a treasure map to your lost Superpowers and Playfulness! SUPER FUN!

In this playbook you will find the playsheets for your 12 Session Inner Freedom Adventure.

For each coaching session there is a sheet for notes that follows the flow of the method.

- 1) A one page sheet that follows the flow of the coaching session with key words and graphics: this is a great place to write your notes from the session.
- 2) 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.

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!

Printing Instructions...

Print Page 3... 12 Copies

Print Pages 4 – 19

Enjoy your adventure. Enjoy your coach!

The world is ready for you and your dream.

Free People, FREE PEOPLE!

Coach Dave

www.coachville.com



Inner Freedom Play Plan

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 **INSPIRATION** > *Risk Disappointment*



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



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Experiment for **DISCOVERY** > *Risk Mistakes*



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Notice your thoughts / reactions / beliefs:



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Notice your desires:



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.....

Your BIG Dream



Play With Fear

Date: / /

1.

Pivotal Moments & JFA

Date: / /

2.

Feel Energy - Body Belief

Date: / /

3.

Memory Pops

Date: / /

4.

Superpower Potential

Date: / /

5.

Find The Perfection

Date: / /

6.

Flow Of Gratitude

Date: / /

7.

Mind-Dream Ally

Date: / /

8.

Intentional Co-Creation

Date: / /

9.

Upgrade Environments

Date: / /

10.

The New Super YOU!

Date: / /

11.



Celebrations

Date: / /

12.





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?

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.....
.....



What did you learn about yourself today?

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.....

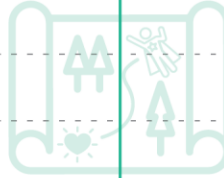
The BIG Dream:

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?

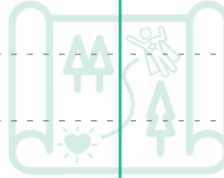
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CELEBRATIONS / RESULTS

ACTIONS NOT HAPPENING

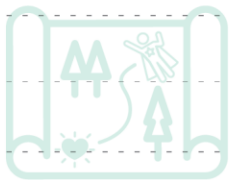
RESULTS NOT HAPPENING



Pivotal Moment

THOUGHTS

BODY SENSATIONS



IT'S NOT SAFE FOR ME TO

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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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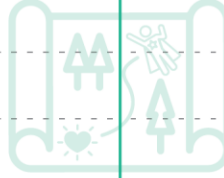
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CELEBRATIONS / RESULTS

ACTIONS NOT HAPPENING

RESULTS NOT HAPPENING



PIVOTAL MOMENT

THOUGHTS

BODY SENSATIONS

MEMORY POPS



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HEART'S DESIRE

PRE-PLAY THE MOMENT



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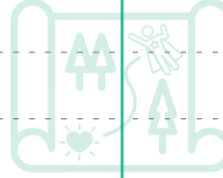
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Explore the Fear / Growth Zone for Pivotal Moments

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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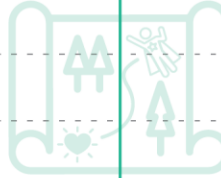
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CELEBRATIONS / RESULTS

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

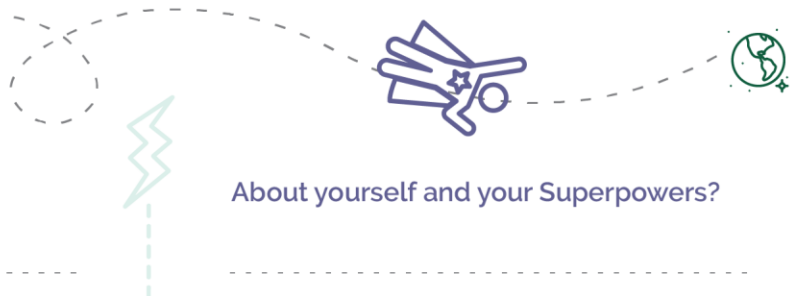
HEART'S DESIRE

PRE-PLAY THE MOMENT



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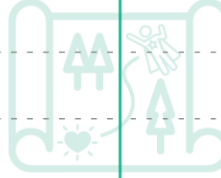
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Explore the Fear / Growth Zone for Pivotal Moments

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...

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

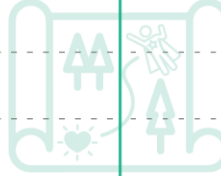
Raise the Dream:

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

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

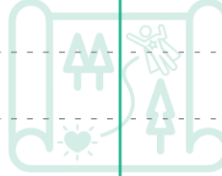
The BIGGER Dream:

Explore the Fear / Growth Zone for Pivotal Moments

CELEBRATIONS / RESULTS

ACTIONS NOT HAPPENING

RESULTS NOT HAPPENING



**INTENTIONAL
CO-CREATION SEQUENCE**

THOUGHTS

BODY SENSATIONS



I AM NOW READY TO

**SUPERPOWER
POTENTIAL**



**SUPERMIND
CONNECTION**

FLOW OF GRATITUDE

HEART'S DESIRE

**PRE-PLAY
THE SEQUENCE**



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?

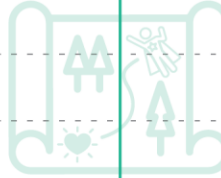
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Explore the Fear / Growth Zone for Pivotal Moments

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



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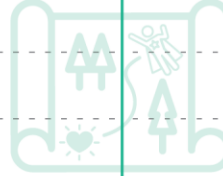
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CELEBRATIONS / RESULTS

ACTIONS NOT HAPPENING

RESULTS NOT HAPPENING



PIVOTAL MOMENT

THOUGHTS

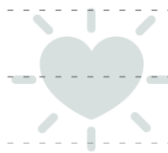
BODY SENSATIONS



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?

BIG Dream Celebration Play Sheet (Part 1)

| Energy Element | Celebrations | Experiences |
|---|---|---|
|  <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>Playful Conscious Mind Relate for influence Create for Expression (share) Experiment for Change (new acts) Explore for Visibility (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> |

BIG Dream Celebration Play Sheet (Part 2)

| Energy Element | Celebrations | Experiences |
|---|--|--|
|  <p>Non Conscious Mind Body Awareness Fears Desires Beliefs</p> | <p><i>Describe new awareness of your body, fears, desires and beliefs...</i></p> | <p><i>Describe the steps out of your Self-Preservation zone that you made...</i></p> |
|  <p>Environments People Places Things Ideas</p> | <p><i>Describe upgrades that you made to your environments...</i></p> | <p><i>Describe the growth experiences your environments afforded you...</i></p> |
|  <p>Supermind Connection Attracted Experiences Focused Intentions Expressed Gratitude Curious Questions</p> | <p><i>Describe the perfection of the challenges you attracted?</i></p> <p><i>Describe the focused intentions you developed</i></p> | <p><i>What experiences are you most grateful for?</i></p> <p><i>Describe your most potent curious questions...</i></p> |

Celebrations: Results and Experiences



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.....



12 weeks ago your dream was...



BIG DREAM

Results

Actions

Challenges

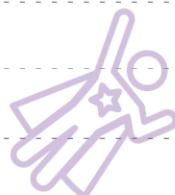
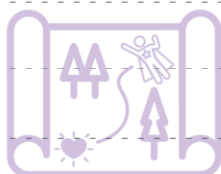


PROGRESS

FREEDOM

SUPERPOWERS

HIGHLIGHTS



Growth Zone
Any disappointments?



What is your next dream?

