

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 Dream out in the world while exploring FEAR like a treasure map to your lost Superpowers! 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 INSPIRATION and explore the fear of disappointment (and judgment).

Explore for VISIBILITY and explore the fear of trouble.

Experiment for DISCOVERY 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*



.....
.....
.....

NOTICE & JOURNAL

Results / Resistance / Reaction

.....
.....
.....

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



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.....
.....

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



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.....

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.....
.....

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



.....
.....
.....

.....
.....
.....

Notice your thoughts / reactions / beliefs:



.....
.....

Notice your desires:



.....
.....

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.

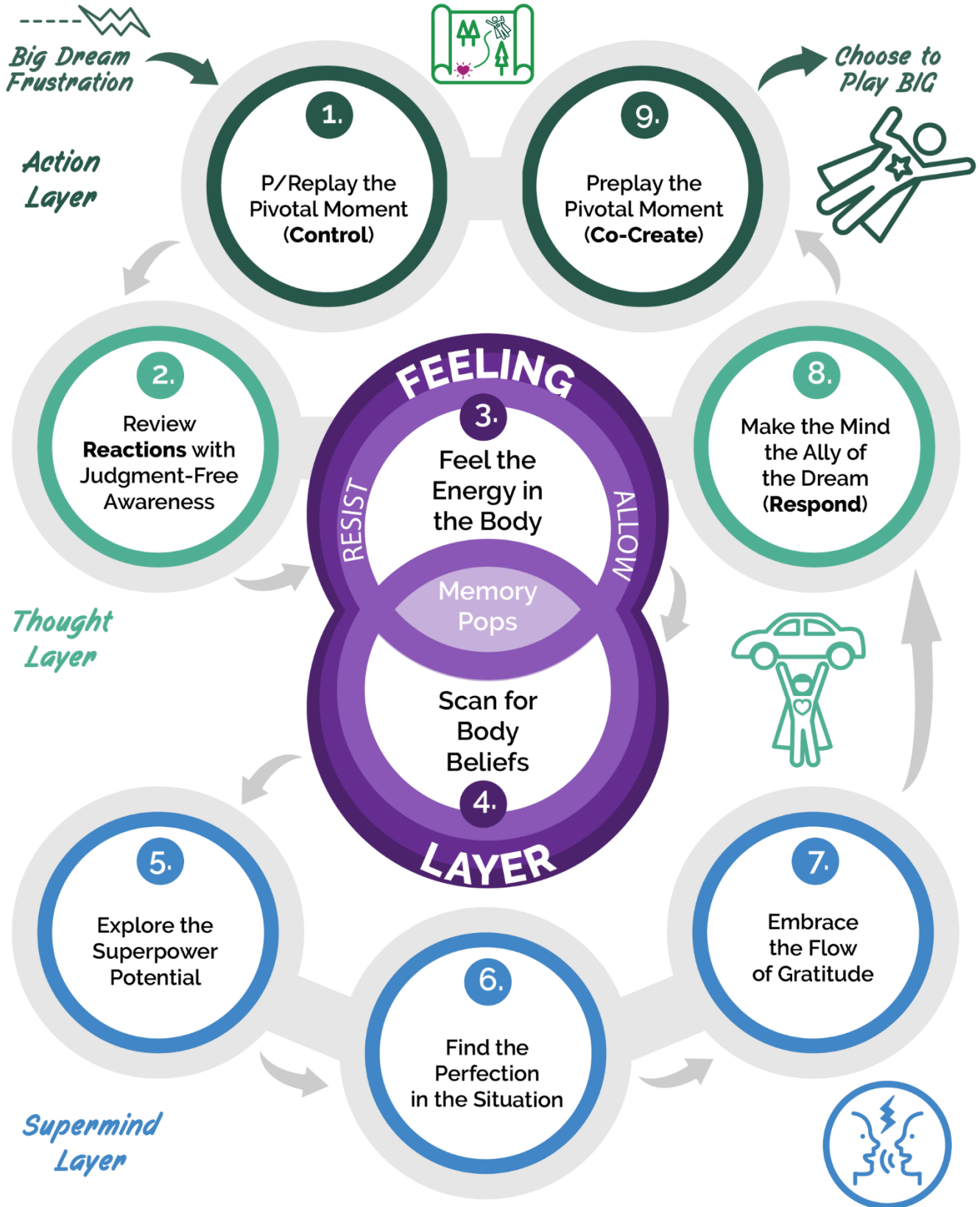


Celebrations

Date: / /

12.





Inner Freedom Coaching Session #1 Notes

Date: _____

Session: *Play with Fear*

1. WARM-UP & SPEAK YOUR BIG DREAM 

2. CELEBRATIONS 

3. GROW FROM PLAY 

4. PRACTICE PLAN: Dream Deep Dive

5. PRACTICE

A Your BIG DREAM
Describe your BIG Dream.




B Your BIG Why
Why **MUST** you play for this dream?



PURPOSE

C Results / Objectives
What are your "In the World" Results?




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



FRUSTRATION

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




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



ISOLATION

D Actions
Describe your Actions in pursuit of Results.



H Resist Taking Action
What actions are you not doing?
(resisting, avoiding, distracted, no time)



OVERWHELM

6. **Growth Zone**
What did you learn about playing for your dream?
.....



What did you learn about yourself and your superpowers?
.....

7. **PLAY PLAN: What social actions?**
.....

Inner Freedom Coaching Session #2 Notes

Date: _____

Session: *Pivotal Moment*

1. WARM-UP & SPEAK YOUR BIG DREAM



2. CELEBRATIONS / RESULTS



3. Explore Experiences for Pivotal Moments
ACTIONS NOT HAPPENING RESULTS NOT HAPPENING



4. PRACTICE PLAN: Pivotal Moment

5. PRACTICE

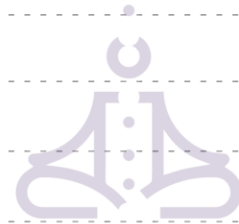
#1. PRE-PLAY THE SCENE



#2. THOUGHTS with JFA



#3. SCAN THE BODY
FEEL THE ENERGY



#4. SCAN FOR BODY BELIEFS
IT'S NOT SAFE FOR ME TO



#8. DREAM ALIGNMENT
HEART'S INTENTION



#9. PRE-PLAY THE MOMENT



6. **Growth Zone**

What did you learn about playing for your dream?



What did you learn about yourself and your superpowers?



7. PLAY PLAN: What social actions?

Inner Freedom Coaching Session #3 Notes

Date: _____

Session: *Feel the Energy*

1. WARM-UP & SPEAK YOUR BIG DREAM



2. CELEBRATIONS / RESULTS



3. Explore Experiences for Pivotal Moments
ACTIONS NOT HAPPENING RESULTS NOT HAPPENING



4. PRACTICE PLAN: Pivotal Moment

5. PRACTICE

#1. PRE-PLAY THE SCENE



#2. THOUGHTS with JFA



#3. SCAN THE BODY
FEEL THE ENERGY



#4. SCAN FOR BODY BELIEFS
IT'S NOT SAFE FOR ME TO



#8. DREAM ALIGNMENT
HEART'S INTENTION



#9. PRE-PLAY THE MOMENT



6. **Growth Zone**

What did you learn about playing for your dream?



What did you learn about yourself and your superpowers?



7. PLAY PLAN: What social actions?

Inner Freedom Coaching Session #4 Notes

Date: _____

Session: *Feel the Energy*

1. WARM-UP & SPEAK YOUR BIG DREAM



2. CELEBRATIONS / RESULTS



3. Explore Experiences for Pivotal Moments
ACTIONS NOT HAPPENING RESULTS NOT HAPPENING



4. PRACTICE PLAN: Pivotal Moment

5. PRACTICE

#1. PRE-PLAY THE SCENE



#2. THOUGHTS with JFA



#3. SCAN THE BODY FEEL THE ENERGY



MEMORY POPS



#4. SCAN FOR BODY BELIEFS IT'S NOT SAFE FOR ME TO



#8. DREAM ALIGNMENT HEART'S INTENTION



#9. PRE-PLAY THE MOMENT



6. **Growth Zone**

What did you learn about playing for your dream?



What did you learn about yourself and your superpowers?



7. PLAY PLAN: What social actions?

Inner Freedom Coaching Session #5 Notes

Date: _____

Session: *Superpower Potential*

1. WARM-UP & SPEAK YOUR BIG DREAM



2. CELEBRATIONS / RESULTS



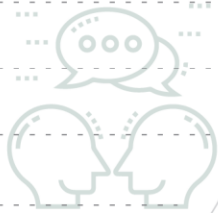
3. Explore Experiences for Pivotal Moments
 ACTIONS NOT HAPPENING RESULTS NOT HAPPENING



4. PRACTICE PLAN: Pivotal Conversation

5. PRACTICE

#1. PIVOTAL CONVERSATION



#2. THOUGHTS with JFA



#3. SCAN THE BODY FEEL THE ENERGY



MEMORY POPS



#4. IT'S NOT SAFE FOR ME TO



#5. SUPERPOWER POTENTIAL



#8. HEART'S INTENTION



#9. PRE-PLAY THE MOMENT



6. **Growth Zone**

What did you learn about playing for your dream?



What did you learn about yourself and your superpowers?



7. PLAY PLAN: What social actions?

Inner Freedom Coaching Session #6 Notes

Date: _____

Session: Find the Perfection

1. WARM-UP & SPEAK YOUR BIG DREAM



2. CELEBRATIONS / RESULTS



3. Explore Experiences for Pivotal Moments
 ACTIONS NOT HAPPENING RESULTS NOT HAPPENING



4. PRACTICE PLAN: Pivotal Moment

5. PRACTICE

#1. PRE-PLAY THE MOMENT



MEMORY POPS



#2. THOUGHTS with JFA



#4. IT'S NOT SAFE FOR ME TO



#3. SCAN THE BODY FEEL THE ENERGY



#5. SUPERPOWER POTENTIAL



#6. FIND THE PERFECTION



#8. HEART'S INTENTION



#9. PRE-PLAY THE MOMENT



6. Growth Zone

What did you learn about playing for your dream?



What did you learn about yourself and your superpowers?



7. PLAY PLAN: What social actions?

Inner Freedom Coaching Session #7 Notes

Date: _____

Session: *The Flow of Gratitude*

1. WARM-UP & SPEAK YOUR BIG DREAM



2. CELEBRATIONS / RESULTS



3. Explore Experiences for Pivotal Moments
 ACTIONS NOT HAPPENING RESULTS NOT HAPPENING



4. PRACTICE PLAN: Pivotal Moment

5. PRACTICE

#1. PRE-PLAY THE MOMENT



MEMORY POPS



#2. THOUGHTS with JFA



#4. IT'S NOT SAFE FOR ME TO



#3. SCAN THE BODY FEEL THE ENERGY



#5. SUPERPOWER POTENTIAL



#6. FIND THE PERFECTION



#7. FLOW OF GRATITUDE



#8. HEART'S INTENTION



#9. PRE-PLAY THE MOMENT



6. **Growth Zone**

What did you learn about playing for your dream?



What did you learn about yourself and your superpowers?



7. PLAY PLAN: What social actions?


Inner Freedom Coaching Session #8 Notes

Date: _____

Session: Your Mind, The Ally

1. WARM-UP & SPEAK YOUR BIG DREAM 

2. CELEBRATIONS / RESULTS



3. ACTIONS NOT HAPPENING




RESULTS NOT HAPPENING


4. PRACTICE PLAN: Pivotal Moment

5. PRACTICE


#1. PIVOTAL CONVERSATION (Role Play)




#2. THOUGHTS with JFA



#3. SCAN THE BODY FEEL THE ENERGY



MEMORY POPS



#4. IT'S NOT SAFE FOR ME TO




#5. SUPERPOWER POTENTIAL




#6. FIND THE PERFECTION



#7. FLOW OF GRATITUDE



#8. HEART'S INTENTION




#9. PRE-PLAY THE MOMENT




6. Growth Zone

What did you learn about playing for your dream?



What did you learn about yourself and your superpowers?



7. PLAY PLAN: What social actions?

Inner Freedom Coaching Session #9 Notes

Date: _____

Session: *Intentional Co-Creation*

1. WARM-UP & SPEAK YOUR BIG DREAM 

2. CELEBRATIONS / RESULTS 

3. Explore Experiences for Pivotal Moments
 ACTIONS NOT HAPPENING RESULTS NOT HAPPENING 

4. PRACTICE PLAN: Intentional Co-creation Series

5. PRACTICE

▲ *Speak the vision* ● *Embody the vision*

Relate - Create - Explore 

for **INFLUENCE - INSPIRATION - VISIBILITY** 

Action 1

for **RESULT 1**

▲ Do: _____ Feel: _____ Feel: _____ Do: _____

● Thoughts: _____ Body: _____ Thoughts: _____ Body: _____

Action 2

for **RESULT 2**

▲ Do: _____ Feel: _____ Feel: _____ Do: _____

● Thoughts: _____ Body: _____ Thoughts: _____ Body: _____

Action 3

for **RESULT 3**

▲ Do: _____ Feel: _____ Feel: _____ Do: _____

● Thoughts: _____ Body: _____ Thoughts: _____ Body: _____

Desires:



6. **Growth Zone**
 What did you learn about playing for your dream?



What did you learn about yourself and your superpowers?



7. PLAY PLAN: What social actions?

Inner Freedom Coaching Session #10 Notes

Date: _____

Session: Upgrade Environment

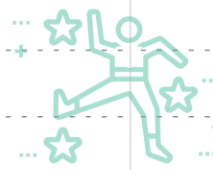
1. WARM-UP & SPEAK YOUR BIG DREAM 

2. CELEBRATIONS / RESULTS



3. ACTIONS NOT HAPPENING


RESULTS NOT HAPPENING



4. PRACTICE PLAN: Pivotal Conversation

5. PRACTICE


#1. PIVOTAL CONVERSATION (Role Play)




#2. THOUGHTS with JFA



#3. SCAN THE BODY FEEL THE ENERGY



MEMORY POPS



#4. IT'S NOT SAFE FOR ME TO



#5. SUPERPOWER POTENTIAL



#6. FIND THE PERFECTION



#7. FLOW OF GRATITUDE



#8. HEART'S INTENTION




#9. PRE-PLAY THE MOMENT



6. **Growth Zone**
What did you learn about playing for your dream?

What did you learn about yourself and your superpowers?



7. PLAY PLAN: What social actions?

Inner Freedom Coaching Session #11 Notes

Date: _____

Session: *The New Super YOU!*

1. WARM-UP & SPEAK YOUR BIG DREAM 

2. CELEBRATIONS / RESULTS



3. Explore Experiences for Pivotal Moments
 ACTIONS NOT HAPPENING RESULTS NOT HAPPENING



4. PRACTICE PLAN: Pivotal Moment

5. PRACTICE

#1. PRE-PLAY THE MOMENT



MEMORY POPS



#2. THOUGHTS with JFA



#4. IT'S NOT SAFE FOR ME TO



#3. SCAN THE BODY FEEL THE ENERGY



#5. SUPERPOWER POTENTIAL



#6. FIND THE PERFECTION



#7. FLOW OF GRATITUDE



#8. HEART'S INTENTION



#9. PRE-PLAY THE MOMENT



6. **Growth Zone**
 What did you learn about playing for your dream?






What did you learn about yourself and your superpowers?



7. PLAY PLAN: What social actions?

BIG Dream Celebration Play Sheet (Part 1)

Energy Element	Celebrations	Experiences
 <p>BIG DREAM</p> <p>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!</p> <p>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</p> <p>Relate for influence</p> <p>Create for Expression (share)</p> <p>Experiment for Change (new acts)</p> <p>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>

Inner Freedom Coaching Session #12 Notes

Date: _____

Session: *CELEBRATION!*

1. WARM-UP & SPEAK YOUR BIG DREAM



2. CELEBRATIONS / RESULTS



3. Explore Experiences for Pivotal Moments
ACTIONS NOT HAPPENING RESULTS NOT HAPPENING



4. PRACTICE PLAN: Celebration

5. PRACTICE

----- 12 weeks ago your dream was... -----

BIG DREAM



PROGRESS

Results



FREEDOM

Actions

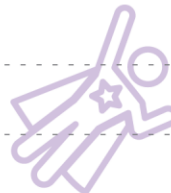
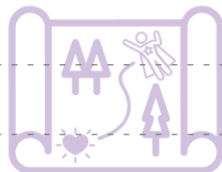
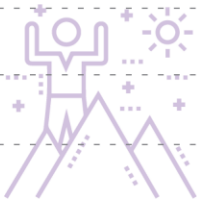


SUPERPOWERS

Challenges



HIGHLIGHTS



6. **Growth Zone**

Any disappointments?



7.

What is your next dream?

