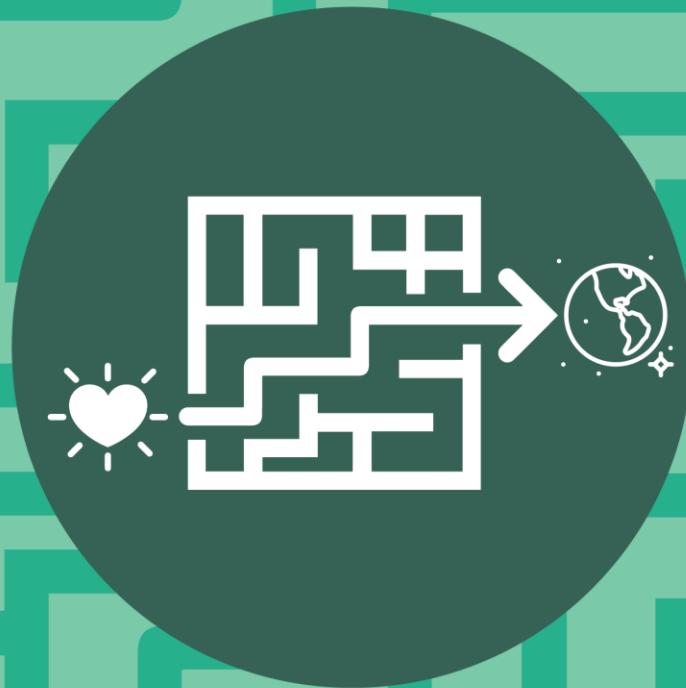




Playbook for Players



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

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Part One: Sessions 1-6

Hello there! Coach Dave here with you.

I am the co-creator – with my amazing team of coaches at CoachVille – of the Inner Freedom Method that your coach is using to guide you in pursuit of your BIG dream. While your coach is your Guide on the adventure, I will be your “Bonus Companion” with this playbook and a series of audio that I recorded to help you make the most of every session with your coach. Time is precious!



Our vision at CoachVille...

Everyone, everywhere with the courage to play BIG for their dreams, has a GREAT Coach!

Your coach is...

The champion of your dreams

The promoter of your playfulness

The unleasher of your superpowers

The true heart of coaching is playing together to play better. Just as a basketball coach helps you play basketball better or a violin coach helps you play violin better, a Life Coach will help you play life better.

The Inner Freedom Method is a unique and powerful method of Life Coaching. You probably recognize the experience when you really want to do something but it feels like there is something within you holding you back. This is a very REAL and very normal experience. While many personal growth programs talk about conquering fear we are going to do something VERY different! We are going to explore your fears – and there are probably many – like a treasure map to your Superpowers. It is going to be an awesome adventure!

When you have your superpowers and the inner freedom to use them, activities that used to seem hard, or even impossible, suddenly feel easy and in the flow of life! YES!!

Are you READY TO Play BIG for your dream AND create a ripple effect of good that deeply touches others? I know the answer is YES! The good news is that it happens naturally when you play with a Coach.

The world is a playground... so we are going out to PLAY... Together.

Coach Dave Buck and the CoachVille Team!

Table of Contents

TABLE OF CONTENTS	3
A BRIEF INTRODUCTION TO COACHING AND PLAYING LIFE WITH AN INNER FREEDOM COACH	6
Possibilities for your BIG Dream	6
The 4 things you desire! The 4 ways to Play Life.....	7
We were born to play but then we were trained to work.	9
Transformation from worker to player.....	10
Your Fears Are a Treasure Map to Your Superpowers.....	11
The Energy Alignment Game Overview	11
The 5% or the 95%.....	13
What coaching is	14
Introduction to the Inner Freedom Method.....	15
SESSION #01) PLAY WITH FEAR	18
The Human Journey with a Coach.....	18
Your Superpowers	19
No Shame in the Game.....	22
Play With Fear – Prepare for Session 1	22
How to Use the Weekly Play Plan Playsheet	25
Ready to go!.....	27
SESSION #02) PIVOTAL MOMENTS AND JUDGMENT FREE AWARENESS	29
Choosing a Pivotal Moment to play with	29
4 Pivotal Moments Of Inner Freedom.....	29
How to use the Coaching Session Notes Sheets	31
Step #1 P/Replay the Pivotal Moment	33
Step #2) Review Reactions with Judgment-Free Awareness	33

Brief review of Steps 3,4,8,9	33
SESSION #03 FEEL THE ENERGY AND BODY BELIEFS	35
Speak Your Dream! (why we do this every week)	35
Why & what we celebrate	35
Keep looking for Pivotal Moments as you play	35
The Pull!	36
Plan-Play-Grow Technique	38
Step #3) Feel the energy in the body	39
Step #4) Scan for Body Beliefs	40
The Growth Opportunity of your Play Plan	40
SESSION #04 MEMORY POPS	41
Become-Belong-Believe	41
The story of you becoming Super YOU!	42
Memory Pops	44
The Treasure Map (in brief)	44
Your non-conscious mind is always ready. (Energy Alignment Game)	44
I recommend you remove these phrases from your vocabulary	45
The Freedom to Choose!	46
SESSION #05 EXPLORE THE SUPERPOWER POTENTIAL	47
Role Play the Pivotal Conversation	47
Here is the 7-step method for a great role play:	49
BIG LIST of Relate for Influence conversations to practice	49
Relate for Influence: Practice together to play better	50
Super YOU – Energy Alignment Game	51
Your Fears are a Treasure map	52
Step #5: Explore the Superpower Potential	56

Detailed Superpower Playsheets..... 56

SESSION #06 FIND THE PERFECTION 59

Remember the Energy Alignment Game 59

The Supermind Connection (Energy Alignment Game) 59

Step #6 Find the Perfection in the Situation..... 60

Coaching Proficiency: Recognizes the Perfection in Every Situation 60

Things that don't seem perfect, yet can be seen as perfect 62

The 3 Energy Transformations of Inner Freedom 62

What Inner Freedom is..... 64

A brief introduction to coaching and playing Life with an Inner Freedom Coach



Possibilities for your BIG Dream

The first thing your coach is going to talk with you about is your BIG Dream; because going for your Dream is what playing life is all about. An important point here is that playing life with a Life Coach is MUCH different than going it alone. So I am encouraging you to think bigger than you might normally allow yourself to think.

Often we don't think too much about our dreams, we just focus on what we can control by ourselves. This approach tends to keep us pretty small; which is OK sometimes. But truly life can be MORE.

Here is an important truth: **Anything that you cannot control but you can influence is an opportunity to play and play better with a coach!** So I want you to wonder... to dream... of what you would do if you were able to increase your influence in the world around you.

You may be very clear on your Dream and already in pursuit. Or you may be a little fuzzy about the details but just know you are ready for more. Wherever you find yourself now is the perfect place to start your adventure. The purpose of this little section is to spark your imagination for what your BIG Dream can be.



Our mantra is: The world is a playground! Here is a “starter” list of the endeavors that people dream of playing better. This will spark your imagination for the many possibilities you have with your Inner Freedom Life Coach!

- small business ownership,
- career development & transition into something joyful & meaningful
- business growth through team play,
- leading a worthy cause
- growing a vibrant community or tribe
- spiritual quest through community participation,
- financial freedom through value creation,
- corporate management and/or leadership of a great team
- artistic expression and performance
- health and wellness through engagement
- personal growth through self-expression and participation (this includes co-creating relationships and partnerships)

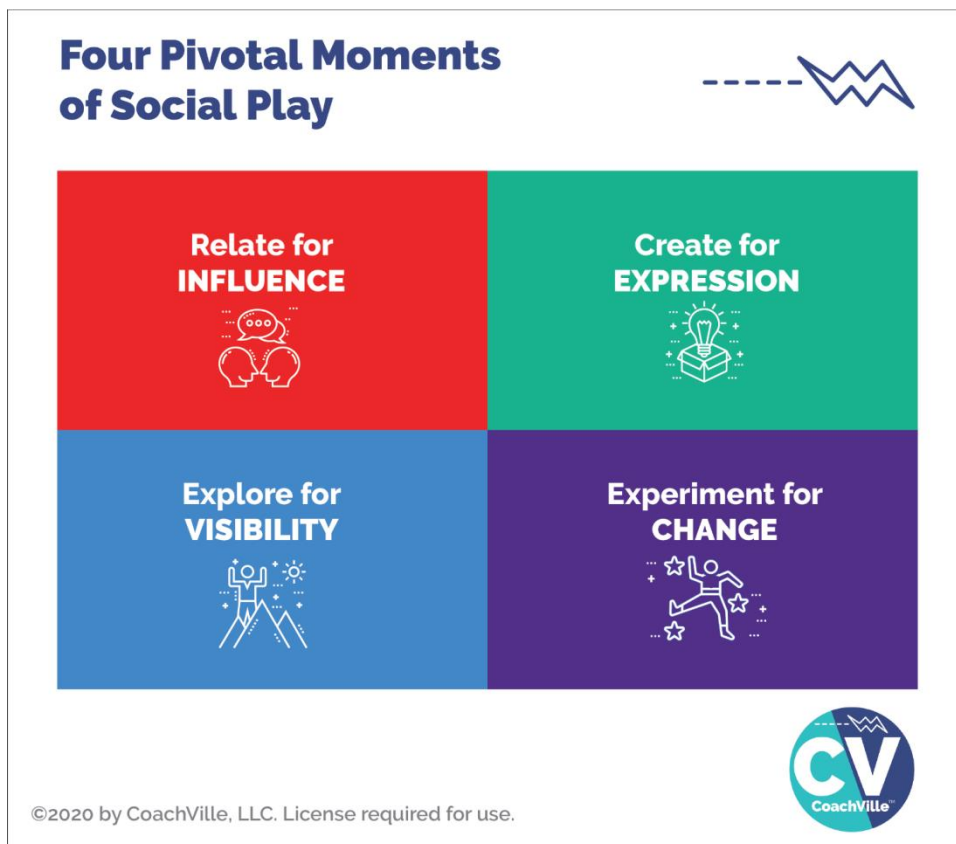
How you will grow as you play for your dreams...

- You will express your superpowers, energy and creativity
- You will enjoy the company of people on your growing Dream Team
- You will grow your skills and capabilities
- You will experience personal transformation; to become, believe and belong
- You will grow in status within a tribe
- You will change your world or THE world in a positive way

You will LOVE playing for a Dream that is engaging, supportive, challenging, purposeful and fulfilling.

The 4 things you desire! The 4 ways to Play Life

A BIG difference between playing with a coach and working in isolation is well... a focus on play... specifically Social Play. These are the four things EVERYONE playing big in the world wants more of; wants to do better or bigger in their own unique way to make a positive impact; to matter. By adding activities in these four areas into your plan each week, your coach will be able to guide you toward personal transformation.



Entrepreneurs, leaders of teams and organizations, people with a cause, people with an idea... anyone who aims to move beyond the status quo of life wants these four things: Influence, Visibility, Expression and Change. That means YOU!

These are the four essential activities of the Connected Age of Purpose. **We call them pivotal moments of social play.**

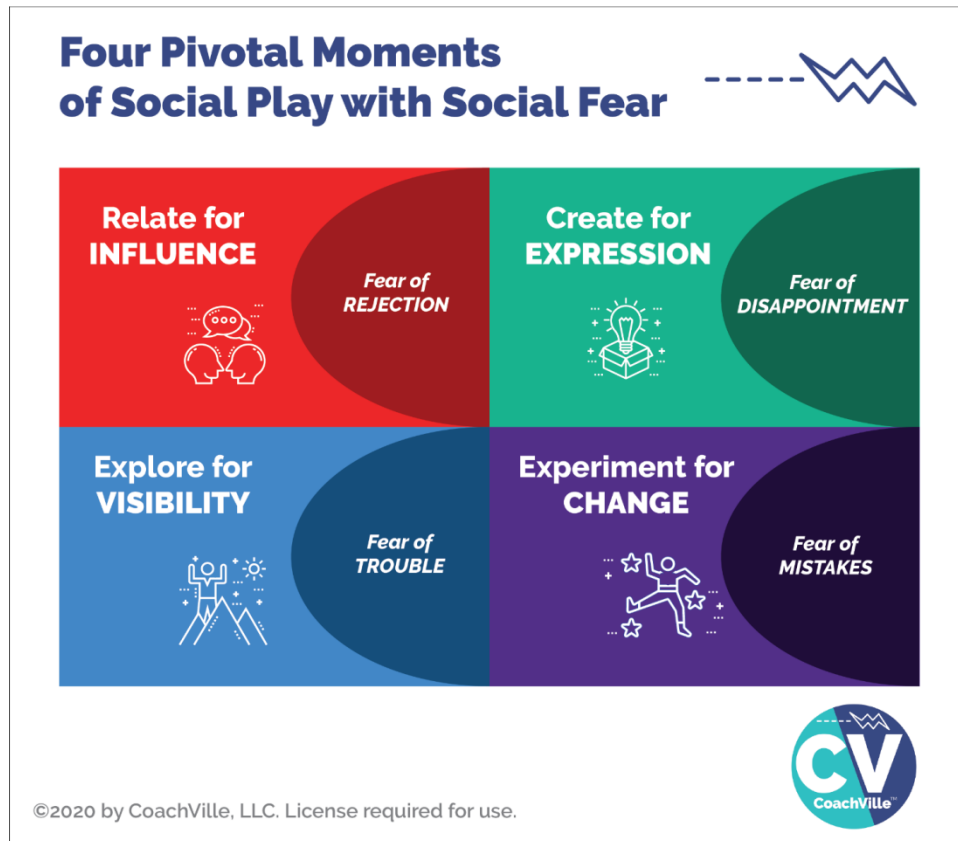
- Relate, Create, Explore and Experiment

- A pivotal moment is a coach-able moment that you can improve through practice.
- Social play means that it involves co-creating the experience with one or more other people rather than completing a task in isolation; as was the norm in the Industrial Age of Work.

And here is another BIG point: YOU have unique superpowers within you that your coach will help you unleash to become AWESOME in each of these 4 types of play.

But there is a “catch”. And here is the catch...

These four activities are absolutely immersed in four really intense FEARS!



While all of us with a BIG Dream to contribute our unique value and voice to others want these four experiences... we are all also navigating through these four intense fears; mostly on a non-conscious level and mostly with a variety of not-so-effective methods! (Hah! That is an understatement).

- Fear of Rejection
- Fear of Trouble
- Fear of Disappointment
- Fear of Mistakes

These four fears are four facets of the BIG Kahuna FEAR of almost everyone with a dream to play BIG in the world: **I am not enough.**

Side note: Pathological narcissists don't experience these fears... but they don't hire Life Coaches so we don't worry about them.

Here is a BIG idea: these social FEARS – and the beliefs that form around them - are not inherent to us, we absorb them from the culture through our life experiences. By exploring these fears with profound curiosity we can uplevel our beliefs and discover the unique superpowers - for Influence, Visibility, Expression and Change - that are deep within us waiting to be activated.

This is what we mean when we say: our fears are a treasure map to our superpowers!

More about that in a moment...

So by playing with your Inner Freedom Life Coach, who is a very capable guide of the Human Journey... out in the social world... through these intense fears... you can become very capable in Pivotal Moments of Social Play in pursuit of your BIG Dreams.

YES!

That's why you are here with us.

Here we go.

We were born to play but then we were trained to work.

You may be wondering: hey this social play thing sounds pretty awesome, why haven't I heard anything about this before?

That is a very good question. Here is the answer.

I believe that the idea of playing life is the most natural, effective and joyful way to live. I also believe that the Human Spirit of Play is the most untapped resource in the world today. It has the power to transform lives, relationships, families, communities, businesses and the sustainability of life on the planet. Yeah... it's that BIG.

But all of us were trained in the Industrial Age to look at everything as work. School was work, jobs and business are work, and we also work on our relationships and our golf game! UGH!! In the Industrial Age you were trained to work in isolation rather than play in the world. Play is a better way!

The essence of work is control. The essence of play is co-creation.

In his TED Talk Steve Kiel says that: "the opposite of play is not work. The opposite of play is depression". I agree with him.

What we are talking about here is our approach to life: we can work on it in an attempt to control it or we can play and co-create with it.

Hint: playing is more fun, less stressful and WAY more effective!!

As I mentioned at the top of this section, the Industrial Age – which started around 1880 – made work the central theme and approach to life for most humans. But in 2010 something BIG happened... suddenly almost every human had a super computer in their hands and with it the ability to connect with anyone in the world in an instant. I call this the dawning of the Connected Age. I believe that as the Connected Age unfolds there is an opportunity for playfulness to become the central theme and approach to life. WOW! WE NEED IT!

I made a little chart to help us go a little deeper and recognize the differences between The Industrial Age of Work and The Connected Age of Purpose.

Transformation from worker to player

You	Industrial Age	Connected Age
are a	Worker	Player
are seen as a	Consumer	Co-Creator / Investor
have a	Job (enjoyment optional)	Purpose and a Dream (it can take the form of a job;-) (enjoyment assumed)
do this	Complete tasks Solve problems To earn money to buy things	Co-create results and experiences Express superpowers that add value; To fulfill a purpose
buy...	Things - More is better Entertainment to get away from it all	Things that inspire you and facilitate co-creation; Experiences that expand skills and awareness
Aim to	Save some money for retirement	Create "YOU Wealth" by fulfilling your purpose in the world

The Spirit of Play

Here are a few keywords to help you identify your playfulness:

- Curious and Creative
- Resourceful and Resilient
- Explore and Experiment
- Fun! (usually, but not always)

The 3 Frameworks of Play

There are 3 areas of life where we see play all the time. One way to get into playing for your dream is to identify with one or more of these and re-imagine your dream with this framework.

1) **Performance Art**: You have talents, a "voice" or perspective and something to say or share. You practice A LOT to refine both your skills and your message. You use your talents to co-create experiences with your audience.

2) **Game / Athletics**: The urge to compete drives you to hone your body and your skills to perform at a high level. You enjoy the thrill of victory and embrace the difficulty of defeat. You enjoy the camaraderie of your team mates and the competitors. The definition of compete from the ancient Greek language is actually quite inspiring.

To Compete: to seek the best in oneself in the company of others likewise engaged.

3) **Epic Quest:** You have been “called” to adventure. There is something you **MUST** do even though it means leaving behind the comfortable of your well known surroundings and place in the world. You face great challenges in pursuit of your mission. If you are successful, you reap some great reward which you can bring back to your tribe for all to enjoy.

Your Fears Are a Treasure Map to Your Superpowers

A Superpower = A unique ability that you can practice until it is capable of making a BIG IMPACT on people or situations.

This is a major theme of the coaching program so I just want to illuminate it a little bit here.

This is a very different way to look at fear than what you are used to. In the Industrial Age the idea was to make everything a simple task where nothing would ever go wrong and everything was under control. In this life you never experience fear and if you do you must squash it immediately and carry on doing your work in isolation.

This thing is, life is not that simple. I refer to this Industrial Mindset as the “Delusion of Control”. When you start playing for your dream out in the world of people, you realize that you can’t control it (or them) and you **WILL** experience fear... A LOT! So the key is to change your relationship to it:

From: fear is a weakness that I must squash or overcome.

To: fear is my friend that is trying to keep me safe.

Here is the next BIG idea to consider that will be a recurring theme in this experience: The experiences you learned to fear the most were where you expressed your unique power and playfulness.

I know this may sound strange so I am asking you to trust me on this one and then be curious and open: the thing you fear the most is your own power!

So when you feel fear, **DON'T FREAK OUT!**

I call it a treasure map because it is not a like a road map with easy to read signs. It is an adventure with lots of challenges and quirky clues. Stay open and curious and your coach will be able to guide you on the Inner Adventure to discover the power that is hiding behind that shadow of fear.

The Energy Alignment Game Overview

NEXT we will briefly explore something that can have a profound impact on your ability to live your dream: Your Energy!!

I am going to share with you the picture and a brief overview here to get you energized and spark your curiosity. We will go into each of the elements as we move along on our adventure together. (Something to look forward to ;-)

You don’t need to “worry” about this, it will happen naturally as your coach guides you using the Inner Freedom Method.

The “Game” is to align all aspects of **YOU** with your **BIG Dream** to create a state of flow.

The Energy Alignment Game



Energy Alignment Game

SO MUCH FUN!! Learning about this concept was one of the big moments of my life.

This definitely goes in the realm of play; as in something that you cannot control but you can influence with skill, strategy, imagination and playful effort.

One little note: There are MANY MANY ways to play with Energy so this is not intended to be a definitive guide.

Super YOU:

There is a next-level version of YOU that you must express fully and become in order to fulfill this big dream.

Conscious Mind:

There is a playful version of your focused thoughts and deliberate actions that you need to use in an intentional way to uplevel your skills to align with the new dream. Your playful conscious mind responds to the urge to become the next version YOU. Play is all about becoming. In the model hopefully you recognize the 4 symbols for the Pivotal Moments of Social Play that we explored earlier.

Non-Conscious Mind:

Whoa, this is a big one. Your non-conscious mind is the power source of belief and desire within you. It is like an energetic bridge between the urge to become in your playful

conscious mind and the need to belong in the environment around you. You will need to expand your body awareness. You will need to uplevel your relationship with fear from enemy to friend and a treasure map to your Superpowers. Your dream will need you to tap into your desires for focus and fuel. You will need to cultivate belief in a whole new set of possibilities to align with your dream. The non-conscious Mind is the main focus of the Inner Freedom Method coaching... whew! We need it.

Environment:

Your non-conscious mind - which is super focused on belonging - is in constant connection with your environment. You will need to uplevel many aspects of the world around you so that the powers of belonging, believing and becoming align with your dream. And as you unleash your Superpowers, you will need to find or cultivate an environment where it is safe for you to express them. Inner Freedom will give you the courage to make those changes.

Connection to the Super Mind:

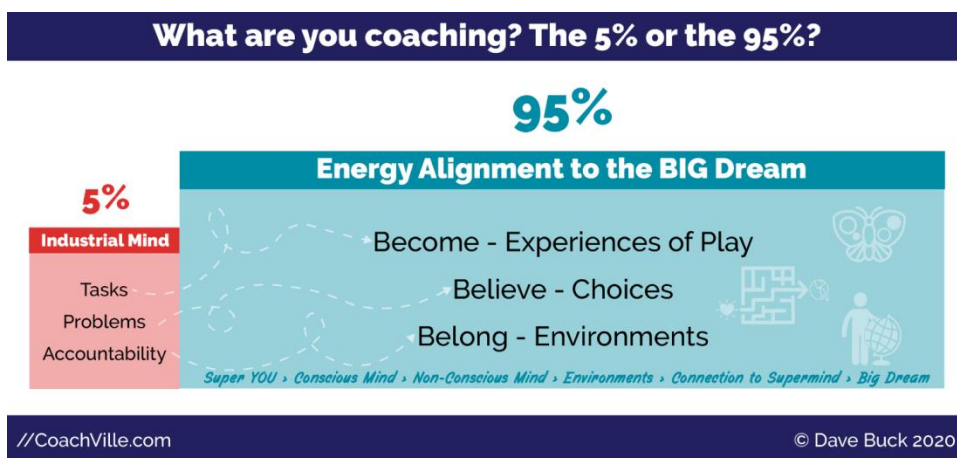
There is a timeless web of human consciousness that we are all connected to. Through big questions, gratitude and intentional thoughts your dream can become a magnet for the insights, opportunities and synchronicities that you need to live your dream. But be prepared, the Super Mind plays rough so you need to expect a tumble or two.

The pursuit of flow:

Your dream is calling you out into the world to discover a bigger contribution and more fulfilling joyful life. As you endeavor to align every part of your energy to the BIG Dream, it begins to FEEL – feel is the key word – more natural. This is called getting into the flow. It is not the ultra-safe under control routine. It is engaging, yet safe enough that the potential rewards seem worthy of the potential risks. This is when pursuing your BIG Dream feels less and less stressful and more and more fun!

That is what we are playing for!

The 5% or the 95%



The early days of Life Coaching – in the 1990’s – were greatly influenced by the culture of the Industrial Age. So as a result Life Coaching got tangled up in concepts like tasks, problems and accountability.

Life Coaching has come a LONG way in the past 20 years... and at CoachVille we have been a really big part of that evolution.

The Inner Freedom Method is focused on getting you to your BIG Dream through Energy Alignment: becoming the next version of you through playful practice, upleveling your beliefs through choices and leveraging the need to belong by designing your environments.

The idea is to play for your dream and live in the flow of energy RATHER than holding you accountable for an endless list of tasks and problems.

WOOO HOOOOO!

What coaching is

Before you start your adventure with your Life Coach, I want to share with you a few thoughts about coaching life.



Here is our definition of coaching:

Coaching Is...

1. A profound personal relationship
2. Wherein the coach guides the player
3. In pursuit of playing better for their **dreams**
4. Through perceptive observations
5. And co-creative conversations

As I mentioned, some folks have gotten the idea that coaches talk with you to help you solve your own problems. Others think that coaches tell you what tasks to do and hold you accountable.

Life Coaching is not about problems or tasks because life is not about problems and tasks. Life is for play and Coaching is about playing together to play better; also known as practice. Inner Freedom is a transformational method of Life Coaching where you practice pivotal moments of social play that lead to influence, visibility, expression and change!

You will experience this fully over the next few months and you just might be inspired to take a coach approach to many of your future pursuits in life!

The ancient power of co-creation!

In the ancient Aramaic Language there was a power phrase: **Abera Ca Dabera** – It means: “I create as I speak”. You have probably heard of it being used in the context of a magic trick but it is much more practical than that! When two people are talking together in deep conversation with purpose, permission and presence – as happens in a Life Coaching relationship – it can take on a life all its own. With your words you can speak your dream into existence and create the new version of YOU needed to fulfill your dream. This is the “magic” of co-creating that makes coaching such a powerful force in the world!

With focus and determination you can experience this transformational power with your coach over the next 12 weeks!

Introduction to the Inner Freedom Method

The Inner Freedom Method is a precise sequence of guided exploration conversations, practice experiences, visualizations and body awareness experiences.

For reasons that I will explain later in this playbook, you cannot do the Inner Freedom by yourself; it is NOT a self-help method. The Inner Freedom Method is a co-created experience that requires two people. (There is a way to do a modified version in a small group as well)

In Session 1 you and your coach will explore your BIG Dream for it’s possibilities as well as any “fear adjacent” experiences that you are aware of. From that point forward, each session your coach will guide the exploration of a “pivotal moment” of social play that you want to explore to unleash your power. I will get into the details of the life-changing concept of a “Pivotal Moment” in the next chapter of this playbook and in the audio series. (Something else to look forward to!)

Here are the 12 Sessions of the Inner Freedom Method Coaching Adventure:

- #1) Play With Fear
- #2) Pivotal Moments and Judgment-Free Awareness
- #3) Feel the Energy and Body Beliefs
- #4) Memory Pops
- #5) Explore the Superpower Potential
- #6) Find the Perfection
- #7) Flow of Gratitude
- #8) Make Your Mind the Ally of Your Dream
- #9) Intentional Co-Creation
- #10 Upgrade Your Environments
- #11 The New Super YOU!
- #12 Celebrations

How to use this Play book

There are a few pages in this playbook to prepare you for each coaching session with key ideas in words and graphics. In the playbook I show you a few of the playsheets that you need to print for reference. They are all gathered in one PDF to make it easier to print.

Inner Freedom Playsheet Pack (separate PDF)

There is a PDF with all of the playsheets that you need to print.

The Inner Freedom Adventure Log

After each coaching session write the date in the section you just did and then write a few big picture phrases that capture the essence of the session. Use this one page to create a visual display of your progress through the experience.

Coaching Session Notes

There is a page to write a few notes about each coaching session. There is a section at the top to write a few things you want to remember to share.

There are spaces to capture a few notes during or AFTER each coaching session. Remember, it is not school! There won't be a test. Write a few key words for each segment of the coaching session. Then write the big picture phrases on the Adventure Log as mentioned above.

Play Plan for the week

{Print 11 Copies of Page X}

There is a page to write a few key social actions that you intend to play with during the week. Fill this in shortly after your coaching session. This is not your big task list!! It is a play plan with a few items in the fear/growth zone to focus on. THEN as you play your week, write in a few key words about what is happening and what you are learning. This will help you prepare for your next coaching session.

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.

Session #01) Play With Fear

[Listen to this audio to prepare for Session 1.](#)

In this first session with your Inner Freedom Coach you are going to explore first your BIG Dream. Then you will get into the details of some of the Actions, Challenges and Results that are part of playing for the dream. Finally you will explore a few experiences that are caused by fear and doubt. We will get into all of that in a moment.

But first, there are a few ideas that I want to share with you.

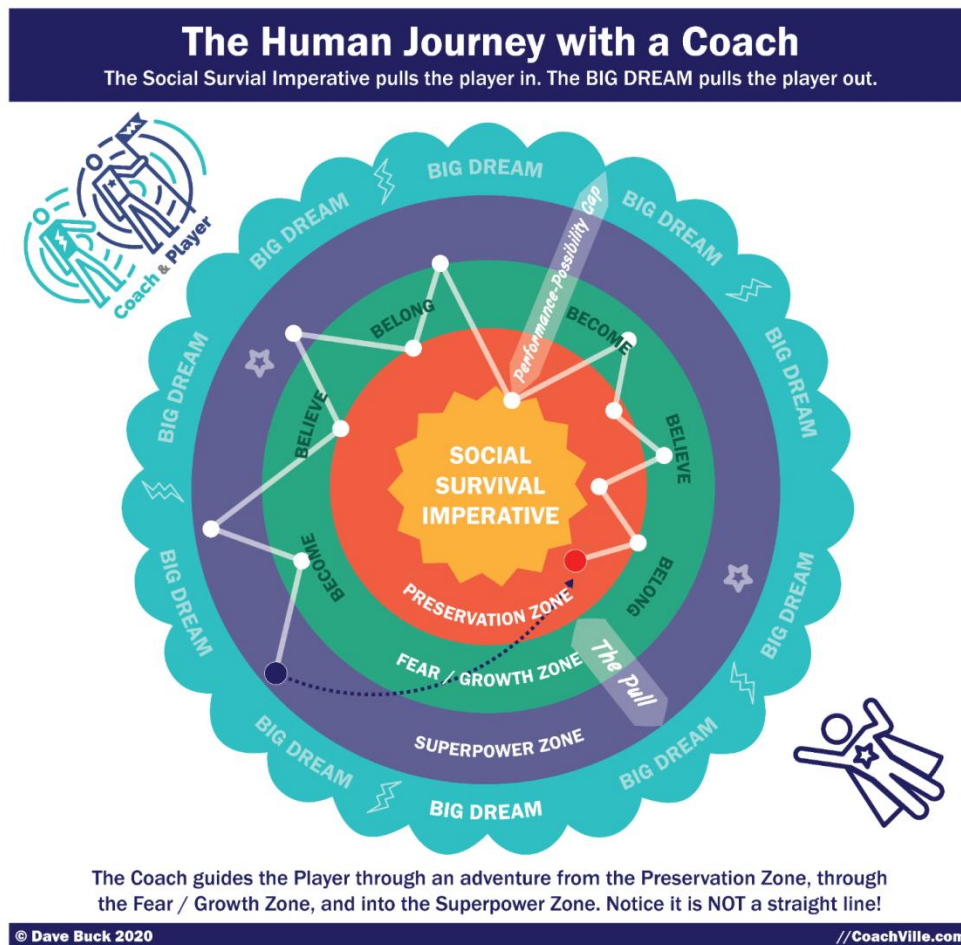
Play with Fear has two meanings:

- 1) to approach fear in a playful way.
- 2) to play **EVEN THOUGH** you are experiencing fear.

To put this notion of fear into perspective, let's explore the Human Journey...

The Human Journey with a Coach

It used to be called the Hero's Journey. We believe that **EVERY** human can choose to live a hero's life by playing for a BIG Dream to contribute to others by expressing their unique superpowers! So we call it the Human Journey.



One of the key ideas about Inner Freedom Coaching is called: your social fears are a treasure map to your Superpowers. This diagram shows this idea of travelling with your

coach starting in the Preservation Zone, through the Fear / Growth Zone into the Superpower Zone to reach your BIG Dream. Let's walk through it.

There is a “play safe” version of your life that is available to you now in the Preservation Zone. In this life you preserve who you are and where you are. You avoid any social risks. This is how most people live. But this is NOT how you live when you have an Inner Freedom Life Coach!

The outer ring is your BIG Dream that your heart is calling you to! This is where the experiences and results that you imagine and desire happen with regularity. You are in the flow of life contributing your unique value to the world in a way that is fulfilling for you. AND after some time you will be in the Preservation Zone with it and it will be time to pursue your next BIG Dream!



The Growth/Fear Zone is the unknown. This is where you will face challenges that you cannot overcome as the current version of you. You will need to become the next version of you, uplevel your beliefs and establish a new environment of belonging. This is where you face social risks in pursuit of social rewards. In the Fear/Growth Zone you see the 3 B's of transformation: Become, Believe, Belong. We will explore these in detail in Chapter 4.

The Superpower Zone is where you discover the powers and playfulness within you that have been hidden in the shadows that you will NEED to live your dream. You have Superpowers for influence, expression, visibility and change that you have not yet tapped into. OR you may be using them, but now you are being called to raise your level of mastery.

Your coach will be with your guide every step of the way on the adventure.

Notice the “Performance Possibility Gap”. This is the gap between who you are now and who you must become. You have a vision of yourself playing life at a higher level of impact. This is a good thing!

Also notice “The Pull”. We will speak about this often. This is the natural tug within all of us between the need to preserve “what is” by playing safe and the desire to pursue our heart's Dream by playing BIG. The experience of Pull will ALWAYS be there!

The Inner Freedom Method is ALL about The Pull!

Your Superpowers

Your coach is on a mission to unleash your Superpowers by exploring your social fears! It helps to know what a Superpower is AND to have some examples of phrases that can be used to describe them. When you are discovering something within yourself that has been hidden in a shadow it can be really difficult to put it into words.



A superpower is a unique ability that you practice and refine until it is capable of BIG Impact on other people and situations.

We have a list of 64 “Superpowers for Change” to spark your imagination. As you explore the list you may see one that resonates as how you want to relate for influence, explore for visibility or create to express ideas or experiences and experiment for change.

Look it over and go with your gut to choose a few that seem to overlap these two criteria:

- Who is my Dream asking me to become?
- Do I feel this Superpower inside me?

Reality check

Most people that I have coached had some awareness of a few things that they were good at doing. And some had an idea about their “strengths” or something similar from doing a self-assessment test. These inklings and readouts are valuable. But most had no idea about their Superpowers! As we will explore together in Chapter 4, over the course of our lives often our Superpowers go into the shadows to hide until we are ready to embrace the risks involved with using them. NOW is the time.

The Super YOU page is something I created that is loosely based on the ancient I-Ching (Book of Changes). It uses language that is “playful” and meant to spark your imagination.

Feel free to change words or combine a few of them to create the “superpower phrases” that really FEEL like YOU!

The more you discover and unleash your superpowers the more alive you will feel AND it might feel pretty scary sometimes... we will get to that later. **MOST IMPORTANT:** Have fun, use your imagination while you look over the list of energies and abilities and imagine yourself possessing them and using them.

For our purposes right now, just select a few and write them in the box. This is just a place to begin.


Super YOU! Playsheet

64 Superpowers for Change

- Creative Self-Expression
- Receive Higher Guidance
- Implement the New
- Pursue Answers
- Trust Inner Timing
- Maintain Emotional Balance
- Support Shared Interests
- Trusted Agent for Creatives
- Attentive Focus
- Empowered Self Love
- Espouse Ideas
- Romantic Perception
- Listen with Acceptance
- Excellence with Prosperity
- Adaptable Magnetism
- Choose then Enthuse
- Debate Opinions
- Improve Integrity
- Approach with Sensitivity
- Assured Presence
- Take Charge Naturally
- Gracious with Emotions
- Express Complex Ideas Simply
- Inventive Thinking
- Innocent Trust
- Accumulate Material Rewards
- Nourish Well-Being
- Play with Tenacity
- Commit then Persevere
- Intense Desire
- Natural Influence
- Endure by Adapting
- Mindful Narrator
- Great Power
- Seek Experiences
- Resolve Crisis
- Develop Harmonic Friendships
- Inspired Fighter
- Dynamic Activist
- Accomplish Great Feats
- Imagine Fulfilling Experiences
- Respond and Complete Things
- Breakthrough Perceptions
- Build Teams and See Patterns
- Tribal Leader
- Love of Your Body
- Figure Out How
- Depth of Natural Ability
- Wise Rebel for New Principles
- Elevate Tribal Values
- Act with Shocking Initiative
- Gain Perspectives through Stillness
- Initiate Experience
- Ambition to Advance
- Access to Spirit
- Tell Meaningful Stories
- Gentle Intuitive Clarity
- Joyous Vitality
- Penetrate Barriers to Intimacy
- Resourceful Facing Limitations
- Inspired by Wonder
- Logically Organize Details
- Inspired by Doubt
- Inspired by Possibilities

Describe the qualities and capabilities of the next version of YOU:

Date: / /



A large rectangular area with horizontal dashed lines for writing. In the top left corner, there is a dark blue starburst logo with the words "SUPER YOU!" in white. In the top right corner, there is a "Date: / /" label.

4 Pivotal Moments of Social Play and Social Fear

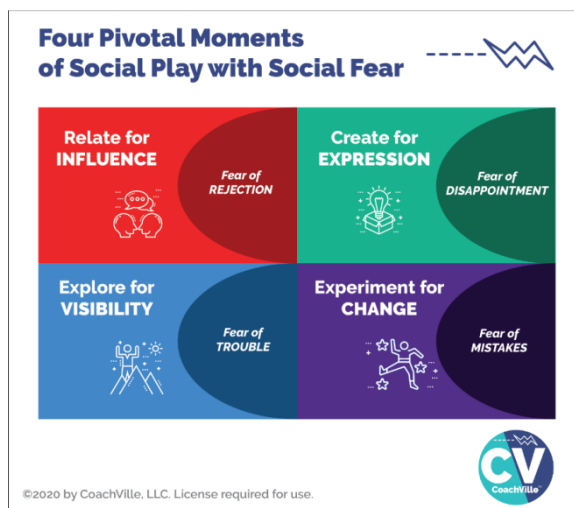
I want to a quick call back on something we covered in the Introduction: the 4 Pivotal Moments of Social Play AND Social Fear.

In this session your coach is going to explore with you your BIG Dream and some of the actions you are taking or want to take. Consider actions where you can expand your influence or visibility.

Consider ideas and experiences that you would love to create and share with others. What would you LOVE to change in your world or the world?

Allow yourself to dream of being an influencer in your world.

And when your coach asks you about what you are avoiding or resisting... allow yourself to acknowledge where you currently wouldn't even try because you have some of the social fears described on this diagram.



No Shame in the Game

After your coach asks you about your dream and some of the practical elements of playing for the dream, your coach is going to ask you about where things are not going so well; OR have not gone well in the past. The most important thing you can do is to talk about these experiences in a straight forward, open, curious, judgment-free way. Every BIG Dream will give you a fair share of troubles and sleepless nights. This does not mean that you are doing it wrong! In fact, it probably means you are ready for the kind of breakthroughs that Inner Freedom Coaching can create with you.

Play With Fear – Prepare for Session 1

The purpose of this first session with your coach is to sketch out the starting point for your adventure together. As you saw in the Human Journey Diagram there is a Performance Possibility Gap that you desire to cross.

Here is a big point: in the Industrial Age the goal was to be a perfect task completion machine; you were never supposed to have a Gap or at least never admit it.

This is different! Here, the Gap is the start of the fun. Make it big and energizing and remember that you won't be going alone.

On the next page is the Coaching Notes Playsheet for Session 1. After that page I will explain the different parts.

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?

.....
.....

Your BIG Dream

All coaching begins when you have a BIG dream and choose a coach to guide you on the adventure. As the “player” you must have a vision of experiencing something beyond what you are doing today; you must have a desire to become the next version of YOU!

We use the word Dream rather than objective or goal for a few reasons. First these are Industrial Words. Second we want you to tap into your imagination, your heart, your desire.

You may be very clear about your BIG Dream. However, if you are like most people, your dream starts out a bit “fuzzy”. If that is you, please don’t let that stop you. Start with whatever clarity you have and know that your dream can come into clarity over the next several weeks with your coach. AND it is absolutely OK to change your dream half way through the adventure.

Here are a few thoughts to help you hone in on your dream right now.

- Focus on something that you CAN do right now. It is great if you also have a “some day” dream, but your coach can only guide you toward a dream you can pursue now.
- If you have a “some day” dream that is not possible now, choose a dream that will develop you in a way that moves you toward your “some day”.
- Choose something that will pull you out into the world of other people; even if that is virtually rather than face-to-face. Something that you can do by working in isolation is not a BIG enough dream for playing with a coach.
- Choose something that will ask you to GROW; something that will take on a life of its own and “ask” you to become the next version of YOU.

Your BIG Why

The BIG why is about tapping into your deep desires. What is the driving force behind this dream for you? What is the impact you REALLY want to have on your world and on your life?

Results / Objectives

Co-creating results with the world is what makes playing for your dream the so exhilarating. The results are what happen when you perform the action with skill and focused intent. In a playable Dream, when the desired results are achieved on a regular basis they accumulate into the desired Tangible Outcomes of the dream. Your impact on the world will ripple out into the world for good.

Actions

Every playable Dream has actions that happen over and over again as you play; like shooting the ball toward the basket in basketball. When actions are taken to co-create desired results WHILE holding a vision of excellence, they grow into a new level of Mastery. Again remember that you want to focus on relating, creating, exploring and experimenting rather than completing routine tasks.

Challenges

Any dream worth playing for is full of interesting challenges; some anticipated, some unexpected! The challenges are what get in the way between actions and results. The key for you and your coach is to find the sweet spot between easy and hard. If the dream is too

easy it is not inspiring. If it is too hard (not attainable) then apathy sets in. It is through facing challenges that you become the person you desire to be.

Attempts to Control Results ~ Frustration

(what is not turning out according to plan)

Frustration is a very common experience for folks who go for their BIG Dreams in life. LOT's of the time, things don't go as planned. The key is to share what is not turning out without judging it. Often when we experience frustration we are attempting to control something that we can't control; but we can influence by playing better.

React to Challenges ~ Isolation

(forcing, powering through, bunker in)

In the Industrial Age a challenge meant that you were doing something wrong. That is not how we view it in coaching. However, since we grew up in the Industrial Age where we were trained to work in isolation, when things don't go our way often our first instinct is to "bunker in" and work harder to figure it out before anyone finds out.

Reacting in this case is referring to your thoughts and how you perceive your self and your situation when things go wrong.

Resist Taking Action ~ Overwhelm

(resisting, avoiding, distracted, no time)

This is the one that is often easiest to notice. However, again since in the Industrial Age we were trained to be perfect, when we don't do something we needed to have a good excuse. Or we needed to say that we were just too busy to do it. Being busy or overwhelmed is the go-to reason for almost everything we resist or avoid.

If there is an action that would really move your dream forward and you are not doing it, then that is something to recognize and call it what it is. This will open up a wide pathway for personal growth with the Inner Freedom Method!

How to Use the Weekly Play Plan Playsheet

Take a quick look at the Play Plan playsheet on the next page. You will use this sheet AFTER each coaching session. In the Playsheet Pack there is a sheet that you should print 11 copies of. On the following page I will share the details.

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 thoughts / reactions / beliefs:



.....

.....

Notice your desires:



.....

.....

Here are a few thoughts about how to use these sheets each week.

AFTER each coaching session...

At the top of the page write in a phrase to describe your BIG Dream. This may change and evolve as you play. Writing it out each week and looking at this page often will keep it close to you.

Write your focus of for the week in the middle section. This can be a theme or a specific action.

Write a few of your Superpowers in the right box that you aim to use. This may be a little sparse in the early weeks. But you will add more as you become aware of them.

Then there is a section for each of the 4 ways to play in the FEAR / Growth Zone. Write a few action items in each section. (at least one) Remember this is not a task list; this is a play plan. You have intentions for actions and results but you don't know what will happen.

Write what does – or doesn't happen – in the right column as you play the week. It is labeled "Results / Resistance / Reactions".

Results – it is important to separate the action from the result. What happened "in the world" remember it was not automatic so notice the details.

Resist - Write in if you had a time or thought to do the action but didn't do it. This is definitely not something you do with a task list!

Reactions – Notice your thoughts and body as you are doing the action and make a few notes if they are noteworthy.

This will give you a great summary that you can share with your coach.

The bottom section is for you to write a few notes about beliefs and desires that pop up for you as you play through the week. These are mostly non-conscious so you need to catch them when they pop up and write them down.

Remember, this is just the first week! So just play with it the best you can and know that you will gain confidence in this process over time.

Ready to go!

Allright!! That is all you need to know to jump in to Inner Freedom Coaching Session #1.

One last thing...

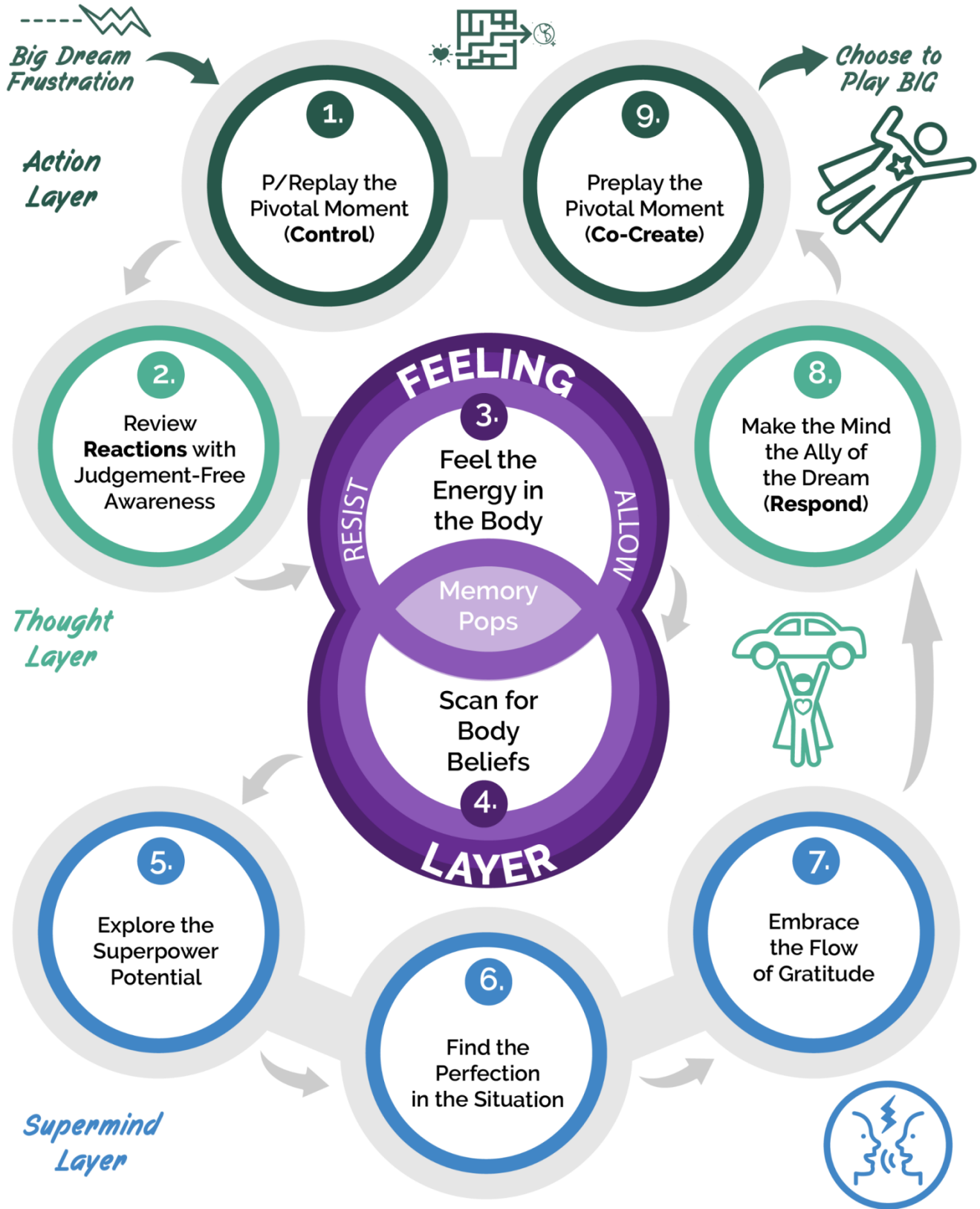
Coaching is a co-created experience. There are no right or wrong answers to questions or explorations. You don't need to prepare anything.

The point of this playbook is for you to understand some concepts that will help you dive into the co-creation; so that your coach doesn't need to take the time to explain concepts that are new to you.

Be your full on self; trust yourself and trust the experience.

It is going to be illuminating.

Enjoy it!



Session #02) Pivotal Moments and Judgment Free Awareness

[Listen to this audio to prepare for Session 2.](#)

Your coach is going to use a short version of the Inner Freedom Method for the first few sessions. On the diagram of the method this will be steps: 1,2,3,4,8 and 9

We will go over Steps #1 and 2 in detail in this chapter, Steps #3 and 4 in the next chapter.

Understanding the concept of the pivotal moment is essential to thriving with your Inner Freedom coach so we will get into this in detail. A pivotal moment is anytime you intend to make a play for your BIG Dream but it doesn't turn out as you planned.

Choosing a Pivotal Moment to play with

The first part of your coaching session each week will involve reviewing some of the events from your week of play. This weekly exploration serves several good purposes: Your coach can celebrate with you the moments that went well and explore with you the moments that didn't go so well. From this exploration you and your coach will choose a moment to focus on for the Inner Freedom Method.

A metaphor that really helps in understanding this aspect of Life Coaching is to imagine an athletic coach watching their team in a game. In a game there are MANY moments that happen. When the coach and the team gather for their next practice the coach will have selected a few pivotal moments from the game to focus on with the players. Then they will co-create ways to play better in moments like that in the next games.

This is the same idea except you need to play the key role in noticing the pivotal moments because your coach isn't watching you play. So what I aim to do in this chapter is share with you how to notice a pivotal moment when you are playing for your dream. In any week of play there will likely be several juicy pivotal moments to explore. Your coach will help you choose the ONE to focus on for the session.

Before we move onto the Steps of the Method, I want to share with you some BIG ideas about how to notice pivotal moments while you play for your dream.

4 Pivotal Moments Of Inner Freedom

As you look at the model you might notice that it is similar to some of the ideas and images from the Playsheet for Session #1 when your coach was asking you about the actions that were not going so well in playing for your Dream. A VERY IMPORTANT point for this exercise is maintaining judgment-free awareness; be open and curious; no blame, no shame.

The reason we are going into this in such detail is because MOST of the time these pivotal moments go by so fast that we don't even notice them. There is a LOT going on, but it is happening at a non-conscious level so most of the time it passes by. BUT... now that you have an Inner Freedom Coach you need to learn how to pay attention to these moments.

Four Pivotal Moments of Inner Freedom



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Resist the Action

This is typically the easiest to recognize. This is when there is an action for your dream that you intend to do and even want to do but you just don't seem to do it. You find yourself putting it off; sometime deliberately and oftentimes non-consciously by "getting busy". If it is an action that is important for your dream and you are not doing it then you are resisting it; there is some kind of fear involved...plain and simple.

Power Through the Action

Powering through is very similar to resisting except that after resisting the action for some time you eventually do it. BUT typically you have to really gear yourself up to do it. Or you just get so annoyed with yourself for not doing it that you just do it to get it over with; not the best energy for an action that is part of living your dream! ;-)

The purpose of Inner Freedom is for you to get into your actions with an easy flow!

Frustration with Results

This is when you take the action but you don't get the results that you desired. Remember with your BIG Dream we are talking about playful actions where you can't control the outcome but you can influence it. So when you don't get your desired results that is an opportunity to expand your influence.

This is situation where your energy may be impacting the outcome in a way that is not beneficial. But it is VERY difficult to notice your own energy while you are in the moment. A goal of your coach with Inner Freedom Method is create awareness of how your energy is flowing in the moment you take the action. When you shift your energy you often get better results.

Narrative Moment of Choice

This is a situation where there is a “story” involved about how or why something didn’t happen. Typically in a story like this there was a moment of choice to go one way or another. In that moment you made a choice that pulled you toward the safety zone.

How to use the Coaching Session Notes Sheets

Scroll down to the next page and take quick look at the Coaching Notes Play Sheet for Session #2. These will be pretty similar from week to week but over the course of the program new steps will be added.

BEFORE the coaching session

The top of the page is for you to make a few notes BEFORE the session with key items you want to share with your coach.

Look over your Play Plan Play sheet to gather a few key items to share with your coach and write them in the top sections:

- Celebrations and Results
- Actions Not Happening
- Results Not Happening

Celebrate any experience that was noteworthy for you! A Result is when something happens in the world as a result of your actions.

Then with judgement-free awareness not anything you planned to do but did not; and when you took action but did not get your desired results. **JUDGMENT FREE!!!!**

The rest you fill in either during or AFTER the coaching session

Then there is a section for each step of the Inner Freedom Method that you will practice in that session. The purpose of these sheets is to provide you with a basic structure where you can write in just a few key words along the way.

A coaching session is not school! You don’t need to write a lot down. It is a co-created experience so you need to be fully present and fully participating. Having the structure of the conversation in the boxes allows you to just write a few words in each section as you go that you can review after the session.

The trick is for some parts of the session you will be visualizing with your imagination and you will have your eyes closed; not an easy way to take notes!

After each visualization write a few key words in to the relevant box.

Another way – probably the best way - to do it is to fill in the sheet RIGHT AFTER the coaching session. You will remember all of the key points and create a compelling diary of the experience.

It is also very helpful to review the sheets from time to time to look for patterns. And it will be fun to review after the adventure is over to remember the key moments along the way.

The BIG Dream:

Explore the Fear / Growth Zone for Pivotal Moments

CELEBRATIONS / RESULTS

ACTIONS NOT HAPPENING

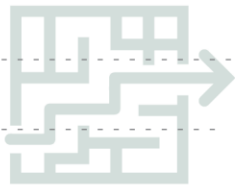
RESULTS NOT HAPPENING



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?

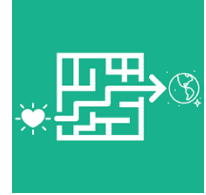
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Step #1 P/Replay the Pivotal Moment

Once you choose a pivotal moment to play with the next few steps of the Inner Freedom Method are sort of like watching game film of the moment together. Looking at the moment together from an Energy Alignment perspective... you will explore the action, thoughts in the mind and physical sensations in the body. This is the first step in getting your hearts intentions through the maze and out into the world.



To start you will bring the moment into your imagination and play the scene out and describe what is happening to your coach so that you can “look” at it together.

Often you will replay the moment that happened in the past week. However, you can also preplay a moment in the future. This is an advantage that your imagination has over actual game film in an athletic coaching situation. Your imagination is so powerful that you can preplay a moment in your future with just as much detail as you can replay a moment in your past.

Step #2) Review Reactions with Judgment-Free Awareness

Our minds are truly amazing! And we are going to tap into this amazingness in Step #2 of the Inner Freedom Method.

While you imagine yourself in the scene of the Pivotal Moment (either replay or preplay) you can also notice the thoughts that are going through your mind in that scene. We refer to these thoughts as reactions because they reveal how you are reacting to the situation; usually your non-conscious beliefs will aim to keep you safe by popping up thoughts that will keep you “in the box”. In Step #8 we will make a transformational leap from react to respond.



So, you are both in the scene and also the observer of you in the scene **AT THE SAME TIME!**

BIG WOW!

And your coach is there with you also observing as you describe the scene and then your thoughts.

The big breakthrough here is to notice your thoughts **with judgment-free awareness.**

This means that you are gentle, open and curious about every thought that you notice. No filter, no blame, no negative assessments, no ignoring some because they don't seem relevant... just notice and share each thought; they are all relevant and valuable.

Your coach will help you make sense of it all as you move along.

Brief review of Steps 3,4,8,9



Your coach will do steps 3,4,8 and 9 with you for the first time in this session.

Steps 3 and 4 are where we explore what is happening in your body (The Feeling Layer) while you are in the scene. This may be a new experience for you so just go into it curiosity. It is something that gets better with practice... so this is just the beginning. Your coach will guide you so you can just relax and enjoy the adventure.

We will explore these two steps in detail in the next Chapter. It will be easier to explain after you have experienced it.

Step 8 is where you explore how your dream wants you to respond to the situation. This will reveal the opportunity to choose between your Dream and your Social Survival Imperative. Then in Step 9 you use your imagination again to preplay the scene the way your dream wants it to go. It's fun. This is the type of guided visualization that all of the top performers in Athletics, Performance Art and Life do with their coaches on a regular basis. It is powerful and it will lead to better and better play over time. YES!!

Ready to go!

Again remember that your coaching session is a co-creation with your coach. It is not a test; it is not a counseling session to talk about your problems. It is an opportunity to explore new ways that you can play BIG for your dream. To prepare for the session all you need to do is refresh your memory of your pivotal moments from your week of play.

Session #03 Feel the Energy and Body Beliefs

[Listen to this audio to prepare for Session 3.](#)

In this chapter we are going to deep dive into this experience that we call: “The Pull” ; the pull between your BIG Dream and your Social Survival Imperative. I have a model for this that will help you understand your pivotal moments.

Also I will share with you our Plan-Play-Grow technique so that you can get into the rhythm of playing with a coach.

Finally we will explore Inner Freedom Method Steps 3 and 4 which are the heart of the method.

Speak Your Dream! (why we do this every week)

This is super important!

At the start of every session your coach is going to ask you to speak your dream. We do this for several reasons ranging from pragmatic to energetic.

On the practical side, your dream is the reason for having a life coach; it is what the coaching is all about... YOUR Dream! Speaking sets the tone for the session: it's about playing for your dream. That's it.



As you speak it each week you might say a different version or you might realize that it is evolving in some way. This way your coach can stay connected to it.

From an energetic perspective speaking your dream with someone who shares the dream with you activates the connection to the Supermind. Often in a great coaching session amazing insights and ideas will just pop in to either the coach or the player; puzzles are solved, new possibilities are sparked. Speaking the dream sort of opens the channel for these types of things.

Why & what we celebrate

Celebrating is a powerful human experience. We love to celebrate and I feel we don't do it enough in our daily lives. I notice in athletics and performance art there is lots of celebrating from the high five on the field or court to the ovation in the hall.

In the Industrial Age where everything was “allegedly” under control there was no reason to celebrate anything because everything that happened was supposed to happen; just do your job.

But playing for a dream is different! There is no control. And anytime you take the risk to play for influence, visibility, expression or change... this is something to celebrate; especially when what you are playing for happens!! But beyond the obvious celebration of positive results, you can celebrate the bold action no matter how it turns out. You can celebrate a big challenge for how it is asking you to grow. Celebrate. It's good for your soul.

Keep looking for Pivotal Moments as you play

In the next segment we are going to go deeper into understanding the experience of a pivotal moment; it is called “The Pull”. This is when you notice that your dream is pulling you one way and your social survival imperative is pulling you another way.

You will notice it most easily through the four pivotal moment experiences: resist, power through, no results and moments of choice. The more you notice these moments, the faster you will grow!

The Pull!



In the Human Journey with A Coach model that I showed you in Chapter 1 we depicted your Big Dream as an outer circle pulling you out and the Social Survival Imperative as an Inner Circle pulling you in. Here we will dive deeper into this life experience that is at the heart of Life Coaching.

There is wisdom in the creation of YOU. The dreams in your heart – including the one you are playing for now – are meant to require the playfulness and unique power that you were born to express! Yeah the wisdom of creation!

These moments of choice between playing safe and playing BIG happen many times in an ordinary day of playing for our dreams! And as we just discussed they happen at a mostly non-conscious level! You don't really notice them.

What you may notice is that you had a brief thought to take an action for your dream... then you felt a little buzzing energy somewhere in your body... and you "decided" to check your email/Facebook/Distracted of Choice instead.

Hopefully you are thinking right now: "Oh crap! That happens all the time!" Yes, it does. AND this is why I say that the success of your dreams requires that you pay as much attention to your energy as you do to your activity.

Social FEAR is learned

Remember when you did the Inner Freedom Method with your coach, you were exploring energy in your body and your coach asked you to fill in the blank: It's not safe for me to: (fill in the blank)? I want to share something with you.

I created this technique many years ago and have used it hundreds or thousands of times. One of the most common things people share is: **It's not safe to be me.**

WOW. That is a really profound thing to say and hear. And truly this is how most of us feel deep within. This is an example of a self-preservation belief. In other words I will stop expressing my power so that I can maintain a sense of belonging with the people around me. We will get into this in great detail in Chapter 4.

Often the moments earlier in life when we tried to use our power to help or contribute or create and we "got in trouble" (or worse) are the moments that impacted us emotionally the most deeply. The Social Survival Imperative is based on the need to belong. It is a strong force in our lives. The Preservation Zone is where we don't take an action that will risk our current status of belonging.

FEAR is the way your SELF tries to protect you from events and situations that seem similar to an experience in your past when you experienced trouble or even trauma.

As a result, in the FEAR / Growth Zone we feel a strong PULL between our BIG Dream and the Social Survival Imperative. "The Pull" is a natural byproduct of playing BIG for our dreams because your Dream is "designed" to require your unique powers – the ones you got in trouble for earlier in life!

This is why it is so important that you don't think of fear as an enemy or that if you are stopped by fear that means you have "issues". You don't have "issues"! You have a BIG Dream and a strong Self Preservation instinct both pulling you in opposite directions.

I encourage you to stop saying things like "Self-limiting beliefs".

"Self-limiting beliefs" make us sound foolish! Why would anyone limit themselves?

But this is not what is happening. These are self-preservation beliefs that are pulling against the needs of your BIG Dream. Self-preservation is essential for social survival and it is honorable. Your coach is aiming to empower you to cultivate the capacity to CHOOSE when to play safe and honor self-preservation and when to play BIG and honor your BIG Dream. No judgment; simply to power to choose.

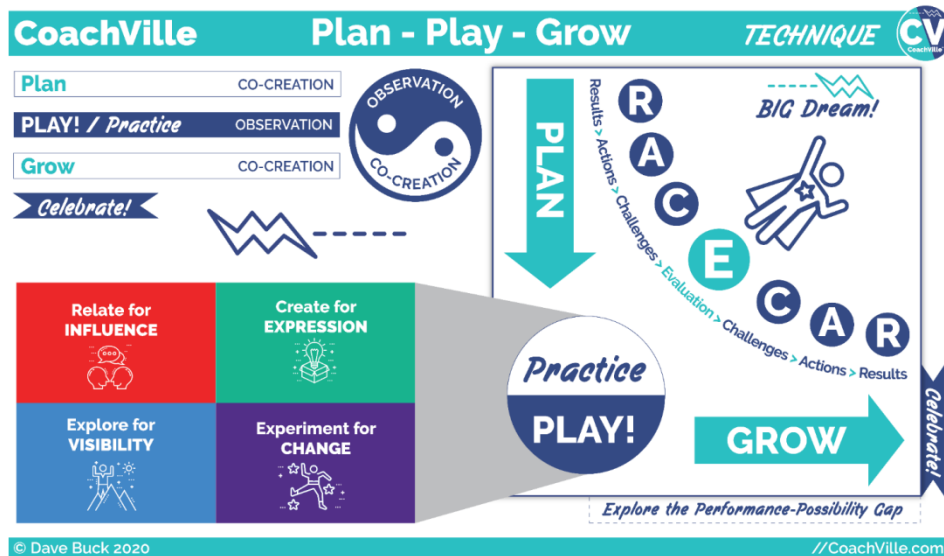
Also in the Growth / Fear zone you have the three B's of transformational coaching: the urge to Become the next version of YOU, the need to uplevel a few Beliefs and the opportunity to co-create a new environment of profound Belonging for you and your dream. We will explore this in the upcoming Chapters.

The FEAR / GROWTH Zone impacts our choices in life at a mostly non-conscious level. That is why your coach uses the body awareness technique during the Inner Freedom Method. Through this exercise you bring non-conscious fears and growth opportunities in to conscious awareness so you can observe them. I encourage you to really dive in on these moments with your coach; this is how you unleash your greatest power.

Plan-Play-Grow Technique

To help you make the most out of your coaching experience I am going to share with you how to get into the rhythm of playing with a Life Coach. There is a coaching technique we use to create this rhythm called: Plan-Play-Grow. If you have ever had an athletic coach or a performance art coach then you will recognize this technique.

On a personal note, I first learned about this technique by observing my mom who was a piano and voice coach. Her music studio was right beneath my bedroom in the house, so I heard coaching happening every day after school. Even though I wasn't tuned into the details I did notice one very dramatic thing: over time all of her students played a lot better! This is exactly how it happens... and it yields great results almost every time.



Let's explore this model together.

We start in the upper left where you see **PLAN – PLAY / Practice – GROW – Celebrate**. You also see the yin/yang symbol with the core of the coaching experience which is observation and co-creation. You may recognize those terms from the definition of coaching I shared with you and I will share more about our coaching framework as we move along.

Next, look at the right side of the diagram. You see the Plan – Play / Practice – Grow – Celebrate again but this time you also see what we call the **RACECAR** acronym: Results – Actions – Challenges – Evaluate. You will recognize the R-A-C from the Session 1 playsheet.

In every session your coach will ask you about the **R**esults you co-created, the **A**ctions you played with and the **C**hallenges you faced; then **E**valuate all of this with you.

After practicing together you go out into the world where you will face **C**hallenges, play with **A**ctions and co-create **R**esults.

Also in the lower left you see a call out from the Practice / Play circle into the 4 primary activities of playing for our dreams. You are familiar with this by now.

Let's first get clear on the coaching rhythm because it will really help you get the most out of your sessions with your coach.

In the coaching session:

You and your coach will evaluate the past week of play and then co-create a coaching **PLAN** by choosing a pivotal moment to play with.

You and your coach will **PRACTICE** together to co-create new awareness, new possibilities, new capabilities and new confidence using the Inner Freedom Method.

You and your coach will capture your **GROW**th from the session. The intention of a good coaching session is that you grow during the session... and then continue to grow as you play in the world.

You and your coach will co-create your play **PLAN** for the upcoming time frame by focusing on the 4 types of actions to play BIG for your dream. You write and track these on your play plan sheet.

YOU out in the world:

You **PLAY** for your Dream aiming to co-create **Results** by taking the 4 types of **Actions** and facing **Challenges** along the way.

You notice your **GROW**th opportunities in the form of Pivotal Moments as you play and note them on your Play Plan sheet.

In the next coaching session:

You and your coach will **CELEBRATE** your **Results** (and your challenges)

You and your coach will co-create a coaching **PLAN** for the session by first **Evaluating** what happened when you played.

You and your coach will **PRACTICE** together with a Pivotal Moment.

You and your coach will capture your **GROW**th from the session.

You and your coach will co-create your play **PLAN** for the upcoming time frame.

YOU out in the world:

The rhythm repeats from here.

!!***!!

When you get into this rhythm with your coach, you will be amazed at how quickly you feel your progress and good things start to happen. It really is fun.

Step #3) Feel the energy in the body

In the last session with your coach you experienced this part of the method. While you are playing the scene in your imagination, your coach asks you to scan your body for physical sensations. This may have been the first time anyone has guided you in a body awareness exercise.

When you look at the Inner Freedom Method model you see Step 3 is in the heart center of the model this is because feeling the energy in your body is the heart of the Inner Freedom Method.



A powerful way to understand this is to say that your body IS your non-conscious mind.

A few things to know about feeling energy:

- 1) It is an essential life skill but somehow it is not often taught. It is awesome that you have an Inner Freedom Coach! Feeling energy is the gateway to your inner awareness and intuition.
- 2) The goal of the exercise is to allow yourself to experience the energy. Just let it be there. The goal is not to get the energy to “release” although often it does.
- 3) When your coach asks you to close your eyes and scan your body from the top of your head to your waist, just be patient and notice.
- 4) The energy may feel like a buzzing sensation or heat or pressure or a whole host of other things.
- 5) The typical places where we feel energy like this is in the gut, solar plexus, heart, throat, jaw, behind the eyes and forehead. But it could show up anywhere from the waist up.
- 6) It can take a little practice to distinguish between feeling energy and some other agitation. For example: an energy in your gut vs. something that you ate agitating your stomach. You will know.
- 7) You may notice more than one sensation. In this situation your coach will ask you to choose the one that is most intense.
- 8) It is great to practice feeling energy when you are by yourself. AND the transformational potential is amazing when you are guided by a coach who is co-creating the experience with you.

The main thing is just to trust the process! With practice it will become something that expands your awareness in a way that will serve you well for the rest of your life.

Step #4) Scan for Body Beliefs

After feeling the energy, your coach is going to explore the “body belief” with you. This is a powerful way to give voice – and words - to the wide variety of social fears that have settled into your non-conscious mind. You may recall the phrase your coach used in the last session:

It’s not safe for me to: {fill in the blank}



Just allow words to come through you rather than thinking of words. The point of doing this is to bring these Social FEARS into your awareness so that you can understand them. We also refer to these feelings as: self-preservation instincts. Their purpose is to keep you safe. Their purpose is to direct you away from any social risk activity that could jeopardize your current status of belonging. You could say it is a friendly ghost. (sort of like Casper, the cartoon character from the 40’s & 50’s ;-)

After you get a little practice with this process, these feelings and body belief phrases will provide clues on the treasure map that we will use to hunt for your superpowers! The thing we learned to fear the most is expressing our playfulness and unique power.

The Growth Opportunity of your Play Plan

The last quick thing here is to encourage you to play plan activities that you KNOW will put you in the fear/growth zone. If you step out a little bigger every week, and then explore what happens with your coach, you will be amazed at how fast good things will happen.

Session #04 Memory Pops

[Listen to this audio to prepare for Session 4.](#)

I have lot's of provocative goodies for you in this chapter! We are going to explore Memory Pops. A memory pop is when you are feeling energy in your body and a memory of an earlier moment in life pops into your mind; most of the time it was an emotionally charged moment Before we do that though I am going to provide an explanation of how these emotionally charged moments got into your Non-Conscious Mind in the first place!

Then we will explore a few ideas about your non-conscious mind from the perspective of The Energy Alignment Game I shared with you in the Introduction.

Become-Belong-Believe

In the human experience there are three forces of change that you need to understand in order to play BIG for your Dream: Become – Belong – Believe.

1) **The Urge to Become.** All humans have an inner urge to become the next version of themselves; to grow and expand. We become by playing. If we stop playing we stop becoming and stay the way we are.

2) **The Need to Belong.** This is the strongest of all human needs. It operates mostly on a non-conscious level and drives almost everything in the human experience. We Humans always seek belonging and status within the environment we are in.

3) **The Ability to Believe.** Humans are believers. The ability to believe is the catalyst of all human civilization.

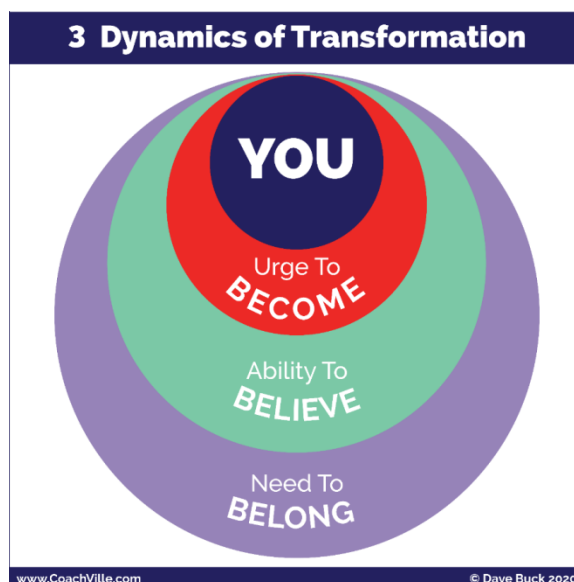
All of our beliefs – about how life works, who we are and what is possible for us – come from navigating between our urge to become and our need to belong. In other words, we get our beliefs from our environments.

Some of our beliefs are conscious and we think and talk of them often. Most of our beliefs settle into a non-conscious level within us and have a non-stop profound impact of what we do and don't do on a moment-to-moment basis.

Coaching for Change

To create change we need to tap into all three forces!

- We need to PLAY to become the next version of ourselves.
- We need to find or create a new environment where we are supported and challenged to become the next version of ourselves; where we are safe to be our Superpower selves!
- We need to explore our beliefs - by bringing them up to the surface of awareness - and choose the ones that we need to uplevel in order to live our new dream. This is the essence of the Inner Freedom Method!



The story of you becoming Super YOU!

The Co-Creation Dynamics of "you" or SUPER YOU!



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As a little person, your **Urge to Become** activates and you start to play. You play everything. As you play you grow... you become the next version of you day after day, month after month, year after year.

At the same time, as you play, your environment reacts to you and the **Need to Belong** kicks in... HARD. You naturally and automatically do whatever you feel you need to do to maintain belonging with the group (aka family) you are in.

When your environment reacts favorably to you, you come to **believe** that it is good and safe to do what you are doing and you do it more. If your environment reacts negatively to you, you come to **believe** that it is NOT safe to do what you are doing and you curtail it or stop completely.

The **Capacity to Believe** is extremely useful for learning how to get along in the world of people. You come to **believe**, for example, that people don't like it when you throw a rock at your little sister; this belief is a good thing.

However, if for example, you are crawling around following your curiosity and a BIG person yells: "NO" and puts you into the isolation pen (for some reason it is called a "playpen"), you may come to **believe** that it is not safe to be curious; this is not such a good thing.

First at home, then in Industrial school and then in Industrial jobs, your **Urge to Become** through play moves you into life. And as you do this the environment reacts to you. When the reactions are unfavorable – which happened a lot in Industrial Culture - your need for **belonging** and status are threatened; this is called getting "in trouble". As this happens you develop **beliefs** about yourself and life. Over time we come to believe a whole lot of things about ourselves; what we can do and what we can't do.

As various aspects of YOU go into the "not safe to express" category in your beliefs, you become a smaller and smaller version of you. **You come to FEAR your natural playfulness and your unique powers because at one time expressing them got you in trouble; AKA threatened your belonging.**

Also notice in the diagram that as you move from home to school to jobs your playfulness gets smaller and smaller as does your access to your unique superpowers.

Fast forward to now and urge to play BIG for your Dream...

So, when you experience inner resistance or doubt or FEAR attempting to do the any of the needed activities of your dream – which are playful and need your unique superpowers – it is not because there is something wrong with you! It is simply because you are a human being who grew up in the Industrial Age and absorbed the Industrial Culture's fear of play and unique personal power. These are the pivotal moments that you need to observe with judgment-free curiosity.



I believe that this process of losing our unique power as we grow up has been a part of the Human experience since the beginning of modern civilization. All of the Heroes Journey stories include the pattern of going out into the world, facing new challenges and discovering lost inner powers.

However, I also believe that the fear of playfulness and uniqueness was extreme in the Industrial Age of Work so most of us have become very small versions of our potential.

I also believe strongly that since all of these beliefs were established in social situations (AKA belonging) we need to explore and uplevel them in a socially safe space. This is why 1-1 personal coaching is such a powerful force for personal growth.

Memory Pops

In Step #3 Feel the Energy in the Body, your coach is going to ask you to feel into a physical sensation in your body. After you do this, your coach is going to ask you if anything came up for you.

Often while you are feeling body energy a memory will pop into your mind.

One key that I can share with you about this exercise is to just allow a memory to emerge into your mind. You don't need to force it or try to think of it. In fact, trying to think of something will block the flow.

This is about gently allowing the non-conscious awareness of the earlier moment to move into your conscious mind and imagination. We all have had many emotionally intense experiences where we experienced trouble or trauma for expressing our power; or where we were attempting to use our power to help a situation and it didn't work. These are the types of memories that will pop up when we feel the energy related to the social risks of playing for our dream.

Social risk actions evoke social fears. Actually merely thinking about a social risk action will evoke social fear!

In Step #4 Scan for Body Beliefs, your coach is going to ask you a question: It is not safe for me to {fill in the blank}. This is another situation where you are not trying to think of an answer; you just allow the words to bubble up. When the words come it will illuminate the self-preservation instinct and "the Pull" we spoke about in Chapter 2.

Often when body belief words are bubbling up, additional memories will pop up that will illuminate the situation.

The Treasure Map (in brief)

We will talk more about the concept that our fears are like a "treasure map" to our superpowers in the next chapter. The idea I want to share with you now is that every time in your life where you experienced some trouble (or trauma) when you were expressing your unique power or playfulness becomes an emotional memory that is stored in your body / Non-conscious Mind.

So there are hundreds or thousands of these emotionally intense memories in there that create the energy you feel when you contemplate a socially risky action to play for your dream. Each one has its own Body Belief / Fear.

These sensations are emotional memories and each can provide clues on the treasure map that will lead to your Superpowers and Playfulness!

Your non-conscious mind is always ready.

(Energy Alignment Game)

Remember this from the Energy Alignment Game I shared with you in the Introduction.

Your Non-conscious Mind is a big “blob” of everywhere power. Learning how to access, channel and align this power for your dream is an endless supply of fun!

In this model I am highlighting a few key elements:

Body Awareness: This is the ability to close your eyes, scan your body and notice the “energy”; often in the form of buzzing, pressure or tightness. Another smart move is to care for your body so physical ailments are few and they are clearly distinguishable from Inner Knowing signals.

Fears: your fears aim to keep you safe. They are the “friendly ghost” that aims to scare you away from socially risky actions. With practice they can also guide you toward your lost unique superpowers and playfulness.

Desires: your hearts desires light your path when you learn to trust them and act on them. Your BIG Dream is one aspect of your hearts desires.

Beliefs: everything we believe we have absorbed from the world (and people) around us. While some of your beliefs are part of your conscious thinking process, most are embedded in your non-conscious where you are not aware of them. Your dream will require that you bring them into awareness and then uplevel a few and develop some new.

As you play for your BIG Dream your non-conscious energy, fears, desires and beliefs will come to light! You will have the opportunity to explore them in deep conversations with your Inner Freedom Coach; this is SOOO powerful. Then you and your Coach will co-create awareness of new choices and new possibilities. Power Up!

I recommend you remove these phrases from your vocabulary

An important note: The experience of beliefs and fears limiting our ability to play big for our dream – which is a TOTALLY NATURAL HUMAN EXPERIENCE – has acquired a lot of blame and shame names in the personal growth movement. This is not helpful! You have probably heard or said many of these things and I highly recommend you stop saying them about yourself or anyone else!

- You are sabotaging yourself,
- You can't get out of your own way,
- You are a procrastinator,
- You have self-limiting beliefs,
- You have a gremlin inside of you
- Your EGO is causing your problems
- You need to crush your fear!

I flat out do NOT believe in self-sabotage nor any of these shaming concepts! You will not hear your coach use these judgmental phrases with you.

When you understand how these beliefs, doubts and fears got into you, it doesn't seem right to shame them.



I believe in tenacious self-love! This is where we embrace our humanness with judgment-free awareness. We embrace all of our human experiences and see everything as included in our pursuit of our dreams.

The Freedom to Choose!

The big idea of Inner Freedom is the freedom to choose when you play BIG and when to play safe. It is not that one is good and one is bad as is always portrayed in the self-help world; BOTH are honorable! Your Big Dream is honorable. Your self-preservation beliefs, acquired through a lifetime of experiences, are honorable!

There is social risk and reward with almost every activity in your Dream. That is what play is all about! In any kind of play – but especially in sports - there are constant moments of choice where you evaluate risk and reward in the blink of an eye.

The big idea here is that if you are not aware that the choice is happening, the default choice is to play safe because your body and brain will prioritize safety over fulfillment.

As you continue to practice with your coach you will begin to sense your emerging freedom to choose how you want to play in any moment; and often playing BIG – and taking the risk – will be the clear and natural choice! That is when good things start happening for you... and the people you aim to contribute to.

Session #05 Explore the Superpower Potential

[Listen to this audio to prepare for Session 5.](#)

In this chapter we are going to dive into 3 important topics.

- 1) Role Play a pivotal conversation. Ideas for conversations to role play.
- 2) How to explore your fears as a treasure map to your superpowers. (I know you have been wondering about this!)
- 3) Inner Freedom Step #5: Explore the Superpower Potential

Let's go!!

Role Play the Pivotal Conversation

Coaching is about practicing moments to help you play better!

In Inner Freedom we practice together in 2 ways.

- 1) Playing with a moment using your imagination. This is called the Pivotal Moment Technique (we have been doing this in the last few sessions).
- 2) Playing with a conversation by role playing.

A Pivotal Conversation is one where you are relating for influence:

- You might face the fear of rejection
- You might face some inner resistance or hold something back;
- You fear you may lose your clarity of words.
- You doubt that you will be able to create the influence that you desire.

Here is how it works. Usually in Step #1 you play a moment in your imagination. Here you will play the moment with your coach in a role play. Then Steps #2 - #8 are the same as you have done before. For Step #9 rather than preplaying the scene in your imagination, you jump back into the role play conversation with your coach.

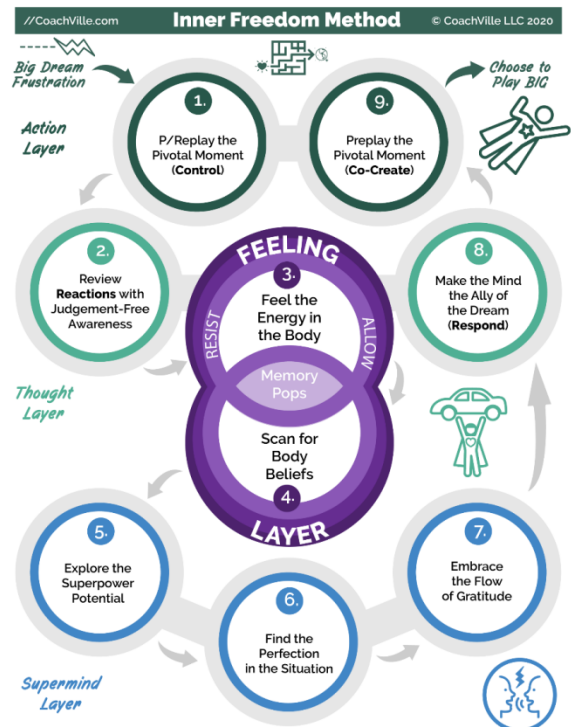
You will be amazed at how different it feels and sounds the second time!

And you will likely feel empowered to take the risk – whatever the conversation was – soon after the session.

On the next page is the Coaching Notes page for Session #5.

There are a few new things on there:

- The Pivotal Moment is now a Pivotal Conversation to Role Play
- There is a section for exploring your superpower potential: Step #5



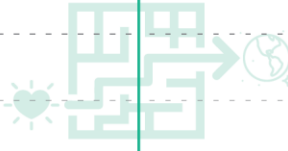
The BIG Dream:

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?

About yourself and your Superpowers?

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

Here is the 7-step method for a great role play:

- 1) You think of the person you want to influence. It can be a specific person or a type of person. Describe the persons' general characteristics in 30 seconds.
- 2) Describe in a few words the persons' point of view toward the issue/situation
- 3) Describe the positive influence that you are playing for in the conversation; what do you want the other person to say or do. Usually this means there is some offer or request that you want the other person to say "Yes" to.

Note: To play the role of another person, your coach will not change their voice. They will sound like themselves and still play the role.

- 4) Your coach will step into the role and play it out for a few minutes and observe what happens.
- 5) You or the Coach **Call time out!** Both can share your observations. Your coach may ask you for feedback on how they are playing the role and refine if necessary.

{Go into the Inner Freedom Method}

- 6) Try it again. The Coach may throw in a few twists to see how you respond.
- 7) Repeat as many times as necessary until you feel improved confidence for the conversation.

BIG LIST of Relate for Influence conversations to practice

The more you study the Dreams of life, like personal growth, business, leadership or romance, the more you realize that communication / relating is the primary activity. Playing for a dream is mostly about talking to other people and relating for influence!



Relating well has MANY underlying factors like being present, really listening and sharing authentically.

So a BIG part of your coach using Role Play with you is helping you become a skilled relator for influence through practice. In most dreams there are MANY distinct conversations – where social reward and risk are involved - that you can identify, observe and then practice.

Each unique type of conversation is a different skill

The key to a good role play is to hone in on:

A) A very specific conversational skill

OR

B) A very specific conversation situation

Examples of distinct conversation (Skills):

- Make a request for support
- Ask for something
- Make an offer to do or share something

- Ask another person to change their behavior in a positive way
- Introduce yourself in a way that sparks deeper conversation
- Invite someone to an experience with you
- Invite someone to hire you for something AKA discuss the money!

Examples of specific conversation situations:

- I want to ask my boss for the opportunity to lead the new project.
- I want to call Bill from the Chamber of Commerce and suggest that I give a talk at our next meeting
- I want to reach out to Sally and let her know that I want to be a part of the community leadership team.

There are so many possibilities!!!

Relate for Influence: Practice together to play better

Let's make the connection between role playing a pivotal conversation and Social Play activity number 1: Relate for Influence.

When you raise your game in “pivotal conversations” a LOT of big things can happen for you. When someone agrees to hire you, buy from you, participate with you, join your team, advocate for you or support you in a big way, your dream can really take off.

Practicing pivotal conversations with your coach can really pay off for you because it can help you uplevel ALL of the elements that lead to a “yes”.

Here are the elements, in order of importance:

- 1) Clarity of intent
- 2) Alignment and flow of energy
- 3) Use your Superpowers for Influence (you may not have these unleashed yet)
- 4) Flow of words

You might be surprised to see that “flow of words” is 4th. YES they are ALL important. But in terms of influence the flow of words is less than the other three. You know this because you have had many big conversations in your life where you rehearsed the words in your head a hundred times but then in the moment those words didn't come out the way you envisioned.

1) The first benefit of practicing with your coach is to clearly state your intent. Knowing exactly what you want in the conversation and why you want it is the most important thing. Your coach can help you gain this level of clarity.

2) The next one is alignment and flow of energy. This speaks to the 95% vs. 5% idea I shared with you in the Introduction. When you are talking with someone they feel your energy WAY more than they hear your words. Your energy is what moves them – or not – most of the time.

When you role play with your coach, the MAIN thing they are observing is your energy. And this is the big benefit of practicing with your Inner Freedom Coach. By using the method together you can uplevel your energy into alignment with your dream.

3) We all have a unique way of relating for influence. And as we have discussed often, many of our powers were squashed earlier in life... but especially when it comes to playing for yes. I have coached many people that have been shut down to the point where they are terrified to ask for anything. So this kind of situation is definitely an opportunity to explore for your lost power.

The great thing about role playing is that you can practice using your power in a safe space and build confidence to the point where you feel really good about being yourself and asking for what you really want or need.

4) The words will flow. Sure there may be a few key phrases that you want to plan and practice. However, the path to success is to get the first three items elevated so that you can trust yourself to speak from the heart.

After a few experiences of practicing pivotal conversations with your coach and then playing for your dream out in the world... you will realize that having an Inner Freedom Coach is an amazing investment that pays dividends!

Super YOU – Energy Alignment Game

“A Superpower = A unique ability that you can practice until it is capable of making a BIG IMPACT”

Inherent to the desire to pursue a BIG dream is the requirement to become the next version of you; which means developing your Superpowers. So Fun!!

The flying person wearing the star is the symbol of expressing unique power in the world to have a positive impact on situations and for the good of others.

This includes expanding your mastery of abilities that you have already expressed. AND it also includes discovering and unleashing aspects of you that have become hidden to you while adapting to the environments of your life so far.

This discovery process is baked into the wisdom of your BIG Dream!

You will identify your Superpower potential by exploring actions in the world required to play for your dream and noticing the fears that you experience. Using the Inner Freedom Method your coach can help you find the unique energies hidden behind your social fears.

Then, you will practice bringing Super YOU into the actions and situations of your dream. AND, during a role play you can practice the situation while specifically expressing one of your newly discovered superpowers.

SOOOOO GOOOOOD!!!!



Your Fears are a Treasure map

I have been a Professional Life Coach for 24 years – that means people pay me to help them Play Life better. I have coached over 1,000 individuals.

I have learned that EVERYONE has a dream in their heart that will call them to adventure to contribute to the world. That is why you have a Life Coach!!!

AND everyone has absorbed a lot of Social FEARS from their environment throughout the course of their life time.

I have coached many people to reclaim and unleash their superpowers on our Human Journey together. A big insight I have developed is the idea that our fears are a treasure map to our superpowers.

It is a quirky concept. Here are a “baker’s dozen” ideas to help you understand it and embrace the adventure.

1) Your Superpowers = your voice, your value, your impact

A superpower is an energy or ability that you can practice to become capable of a big impact on people and situations. You are here to contribute your value and use your voice to uplift the Human Family in some unique way. There is a reason you are here. And that reason may evolve many times in your life time.

2) It’s a treasure map not a road map

The Industrial Age hyper focus on logic - there is a right way to do everything; there is a correct answer to every puzzle – has gotten us out of balance with life. Logic has its place; but most of life does not run on logic nor should it. There is not a step-by-step task list for most things you want to accomplish in life and there is definitely not one recovering your Superpowers.

A treasure map is about looking for clues, reading mysterious signs, solving puzzles without enough information and trusting your inklings and intuition. When a challenge comes your way, there is probably a purpose for it. Look deeper. Pay attention to any sleeping dreams that you remember. Allow yourself space and time to just “Be” so that flashes of insight can come to you.

3) You have a LOT of energy and abilities and possibilities that you are not currently aware of

You were born with a host of energies and abilities. All of them have value for you to share with others and a few of these have Superpower potential; Aka the potential for BIG impact. The need to belong with family, friends, teachers, communities and then co-workers often causes us to hide our uniqueness. This is part of every human story! The



purpose of your BIG Dream is to call you out into the bigger world to discover your power and find the people who want and need the WHOLE you... SUPER YOU!

4) You are allowed to change

You don't need to be consistent. You don't need to stay the way you have always been. These notions are artifacts of the Industrial Age mindset where everyone was supposed to be "like a machine". You are not a machine. You are a Human and beyond being allowed to change... you are SUPPOSED to change as you gain wisdom from life's challenges. You can evolve the way you see the world. You can change your perspective. Most likely, some people won't like this. See Point #6

5) You CAN change / uplevel

You CAN change. You can become the next version of you. You can add capabilities and make more powerful use of the capabilities you are using already. However in order to add new capabilities you are going to have to PLAY... try new things... experiment... take risks. The reason most people stop changing is because they stop playing. People mostly stop playing because of the risks of social play: rejection, mistakes, trouble, disappointment... and failure. The key is to tap into your inner urge to become and allow yourself to play: relate, create, explore, experiment. Remember anything that you cannot control but you can influence is an opportunity for play.

6) Some people won't like you becoming Super YOU...

You have to embrace the notion that some people that you care about don't want you to change. Or if they do want you to change it is according to their standards; not the changes your dream needs.

Always remember there are two transformational power sources inside of you: the urge to become and the need to belong. If someone in your life doesn't want you to change – take more social risks; become more powerful – the need to belong is going to pull you back. It's going to hurt.

I have coached so many people who started into an adventure with the belief that their spouse/child/parent/friend supported them 100%, only to find out that this was contingent upon them not changing in any way. This created a lot of pull back.

So part of your adventure is going to include influencing the people in your life to get on board with your Dream and who you will become in the process. Be prepared to lots of real conversations. Hint you can role play these with your coach.

Also be prepared to find new people to play bigger roles in your life; people who ENCOURAGE you to become Super YOU and embrace who you are becoming. We call this your Dream Team.

A quirky related note...

I have coached players who were holding on to a version of themselves that a parent / friend/ teacher wanted them to be... even when that person was no longer in their life (or even on the Earth) That person from their life history wanted or needed my player to be a certain way... so they adapted to please them and maintain belonging with them. They found themselves staying that way to honor their memory. They had to find a new way to honor the memory and trust the calling of their dream.

7) You are wasting a LOT of energy holding your power back

Have you ever been in a situation where you were looking after some young humans (say 2-5 years old) and you were trying to contain them; to keep them “safe”... from everything? It takes a tremendous amount of energy to contain the playful energy of a 4 year old wielding their creative power! This is a great metaphor for what is happening inside of you.

Your playful self is eager to take action to co-create your dream in the world. Meanwhile your preservation instincts are trying to keep you “safe”... from everything... by curtailing your playfulness and your unique creative power. Your inner self feels fear because you got “in trouble” for using that power when you were small.

Now you find yourself in an inner “tug of war” that is quite exhausting!; needing sugar and/or caffeine to power you through the day. Because safety and self-preservation are the default priority, your non-conscious energy is pumping up your mind with ways to distract your focus so that you don’t take any social risks; and to keep your power in check

What your coach is doing with the Inner Freedom Method is to focus as much of YOU as possible onto your Dream so that it can attain equal footing with self-preservation.

As you become more at ease within your Self, you will recoup so much energy that you can use for your Dream!!

8) Moments when your unique power got you in trouble

Because the Industrial Age mindset got everyone so hyper focused on control our playfulness and self-expression got us into trouble a lot... at home, at school (for sure) and in jobs (double sure).

All of these moments hurt, but ...

**Your moments of unique creative self-expression
where you got in trouble for “being yourself”
are traumatic moments that hurt the most
and become the deepest fears.**

These were intense experiences. But the good news is that these experiences leave clues in your non-conscious mind; clues that you can explore to find and restore the power that you lost!

9) Moments when your power failed you

Another pattern that I have seen in many players is this: an earlier moment when someone (or something) they cared about was suffering or in some kind of trouble. And they attempted to use their power to help them, but it didn’t work. They tried so hard, but they failed to have the impact they wanted to have.

These are also intense moments when our power can go into the shadows. But again, these experiences leave clues... they are on the treasure map... and you will find them when you adventure out to live your dream.

10) Where there is fear... there is desire.

If you make fear your enemy it will defeat you.

If you make fear your friend it will guide you.

You've heard the expression: "where there is smoke there is fire".

This is exactly like that: where there is fear there is desire.

When you move into action for your dream and experience the pull back to safety... the pull of fear... this is a Pivotal Moment. This is a moment where you have the desire to use your power... so you feel the fear of using your power.

When you explore one of these "pull" / pivotal moments with your coach, you are following the treasure map together. Each time you will learn more and more about the fears you have absorbed, the desires urging you forward and the Superpower potential that is within you.

11) Follow your hunches and inklings about actions for your dream...

The more you focus on living your dream, the more you will experience inklings and intuitions about what you need to do. This is the Supermind in Action: when you THINK and IMAGINE your dream it activates the Supermind Connection and these inklings pop into your mind.

Follow these hunches and inklings... try new things and take social risks. Your dream is calling you into the world of people to contribute your voice and value. Expand your self!

Quite often these hunches will pull you into a Pivotal Moment where you experience fear. It can feel like logic trying to "talk you out of it". Your Dream is not dependent upon logic nor control. It is dependent upon play and growth. Notice the fears that come up... be super curious... explore with your coach.

12) Trust Your SELF and Honor all parts of YOU

One of the big side effects of these earlier moments where we experience trouble while being ourselves... in addition to our power going into the shadows... we often lose trust in ourselves at the same time. This lack of self-trust leads to all sorts of dilemma, an underlying sense of anxiety and low self-worth being the most troubling.

A big step back to Super YOU is when you honor all parts of YOU... including your doubts and fears! Understand that you got them from your environment and they are based in the need to belong which is essential and honorable. Be curious and cultivate judgment free awareness toward everything you are feeling and experiencing.

Trust yourself first to notice and consider the actions you desire to take in pursuit of your dream. By practicing with your coach you will gain respect for your ability to play with your power AND to respond powerfully to the challenges that will inevitably arrive.

13) Expect a lot of back and forth; go and stop

Some days you will move powerfully into the Growth Zone toward your dream. Other days the FEAR feels big and the Social Survival Imperative pulls you back into the Preservation Zone.

The path through the Superpower Zone to your BIG Dream is not a straight path; not by a long shot. Expect to zig zag all over the treasure map!

AND... with your coach by your side you will make more and more moves into the Superpower Zone! AWWW Yeah! That's how you live the dream. Thanks Coach!

Step #5: Explore the Superpower Potential

Understanding the nature of the treasure map gives us a foundation to explore Inner Freedom Step #5. You are playing with a Pivotal Moment where you experience the Pull. You have the moment alive in your imagination; you notice your thoughts, you feel the energy in your body.



Often while feeling the energy or shortly after you will have a memory pop of an earlier event in your life. We now know how that emotionally intense memory got in you!!

Your coach will ask you to explore the body belief: It's not safe for me to {fill in the blank}. This gives language to the feeling. Just let the words pop up; don't try to "think" of the words.

Step #5 is to explore both the memory pop and the self-preservation instinct to look for clues about the power or playfulness that you were expressing or trying to express in that moment.

Clues from the memory pop

- What was going on?
- What were you doing?
- Someone didn't like your behavior or attitude; what didn't they like?
- If you were trying really hard to help someone or make a bad situation better, what were you trying to do?

Don't expect crystal clear answers from this exploration; though sometimes that will happen. Most of the time you will have a feeling about it and the clarity will come later.

In the next section I will introduce you to a more detailed version of the Superpower playsheet we used in Chapter 1. There are a lot of provocative words and phrases for Superpowers for change. Often by scanning this page after a session a phrase will jump out at you to articulate the power you were using or trying to use in that moment.

It's fun!

Detailed Superpower Playsheets

In the first Chapter, I shared a playsheet with 64 Superpowers for change listed on it. I encouraged you to read it over and pick out a few Superpowers that you want to "become" in the next version of you.

Now that you know more about your dream, more about YOU and more about how came to fear your most unique powers.... Let's take a deeper look at this list. On the next page is a more detailed version of the 64 Superpowers for Change; It is loosely based on the "I-Ching" (book of changes).

There are a few ways to use this chart.

- 1) Read it over a few times to look for the unique powers you are noticing within you
- 2) Look at it after each session to see if there is a Superpower that relates to the pivotal moment or memory pop you just explored.

1) Read it over and choose 3 Superpowers you KNOW you have inside of you AND your Dream needs you to develop them and express them NOW.

2) Consider the 4 areas of Social Play and consider this

- You have Relate for Influence Superpowers
- You have Create for Expression (to share) Superpowers
- You have Explore for Visibility Superpowers
- You have Experiment for Change Superpowers

Look for them on this page!

3) After each coaching session when you play with a pivotal moment (or conversation) consider the memory pops and body beliefs that came up. Feel into the earlier experience. You were expressing SOMETHING. What was it? Look at this page of superpowers to find a phrase that resonates with you.

Feel free to mix and match words and phrases to create the phrase that really feels true for you.

What are your Superpowers?

Step 1: On your first pass, place a dot next to all Superpowers that feel resonant for you.

Step 2: Contemplate the energies you selected.

Step 3: Circle the 3 Superpowers most needed by your dream. Write them in the three boxes.



--	--	--

- | | | |
|---|---|---|
| <p>01 Creative Self-Expression
◆ Aligning with universal expansion</p> <p>02 Receive Higher Guidance
◆ And all support</p> <p>03 Implement the New
▣ Using principles of organizing</p> <p>04 Pursue Answers
▽ That create understanding</p> <p>05 Trust Inner Timing
▣ Attuned to the natural world</p> <p>06 Maintain Emotional Balance
◀ In intimacy and conflict</p> <p>07 Support Shared Interests
◆ The guide at their side</p> <p>08 Trusted Agent for Creatives
▣ Impresario of style</p> <p>09 Attentive Focus
▣ Fascinated by features</p> <p>10 Empowered Self Love
◆ And appreciation of life</p> <p>11 Espouse Ideas
▽ That promote harmony</p> <p>12 Romantic Perception
▣ For a better future</p> <p>13 Listen with Acceptance
◆ Appreciate uniqueness</p> <p>14 Excellence with Prosperity
▣ Commitment to becoming skillful</p> <p>15 Adaptable Magnetism
◆ Friends at all levels</p> <p>16 Choose then Enthuse
▣ Develop versatile skills</p> <p>17 Debate Opinions
▽ For future well-being</p> <p>18 Improve Integrity
▶ Review everything for flaws</p> <p>19 Approach with Sensitivity
▣ Inner drive to connect</p> <p>20 Assured Presence
▣ Anticipate the right moment to act</p> <p>21 Take Charge Naturally
▣ Authority for common good</p> <p>22 Gracious with Emotions
◀ With beauty and affection</p> | <p>23 Express Complex Ideas Simply
▣ Find what is essential</p> <p>24 Inventive Thinking
▽ Review and rationalize</p> <p>25 Innocent Trust
◆ Accept universal love</p> <p>26 Accumulate Material Rewards
▣ Artfully balance needs</p> <p>27 Nourish Well-Being
▣ In many forms</p> <p>28 Play with Tenacity
▶ Meet life's challenges</p> <p>29 Commit then Persevere
▣ Never give up</p> <p>30 Intense Desire
◀ With total engagement</p> <p>31 Natural Influence
▣ Provide guidance and instruction</p> <p>32 Endure by Adapting
▶ Balance continuity and change</p> <p>33 Mindful Narrator
▣ After retreat and recharge</p> <p>34 Great Power
▣ Fueled by inner balance</p> <p>35 Seek Experiences
▣ Learn from everything</p> <p>36 Resolve Crisis
◀ Ride the emotions</p> <p>37 Develop Harmonic Friendships
◀ Community foundation</p> <p>38 Inspired Fighter
▣ For freedom and underdogs</p> <p>39 Dynamic Activist
▣ Embrace the world mirror</p> <p>40 Accomplish Great Feats
▣ With unshakable resolve</p> <p>41 Imagine Fulfilling Experiences
▣ Emptiness leads to fantasies</p> <p>42 Respond and Complete Things
▣ Enjoy growth as a benefit</p> <p>43 Breakthrough Perceptions
▽ Assimilate new concepts</p> | <p>44 Build Teams and See Patterns
▶ Alert to instinctive clues</p> <p>45 Tribal Leader
▣ Provide wellbeing for your people</p> <p>46 Love of Your Body
◆ Delight and determination</p> <p>47 Figure Out How
▽ Transcend through transmuted fear</p> <p>48 Depth of Natural Ability
▶ Keeping fresh becomes wisdom</p> <p>49 Wise Rebel for New Principles
◀ Timing waves of change</p> <p>50 Elevate Tribal Values
▶ Traditional or novel with merit</p> <p>51 Act with Shocking Initiative
▣ Arousing alternative possibilities</p> <p>52 Gain Perspectives through Stillness
▣ Show restraint</p> <p>53 Initiate Experience
▣ Pressure and desire to expand</p> <p>54 Ambition to Advance
▣ Independent when subordinate</p> <p>55 Access to Spirit
◀ Emotional waves trigger creativity</p> <p>56 Tell Meaningful Stories
▣ Travel to find stimulation</p> <p>57 Gentle Intuitive Clarity
▶ Vibrational sensitivity to truth</p> <p>58 Joyous Vitality
▣ The spark to engage with life</p> <p>59 Penetrate Barriers to Intimacy
▣ Establish union</p> <p>60 Resourceful Facing Limitations
▣ Practical magic</p> <p>61 Inspired by Wonder
▣ Search for a bigger "why"</p> <p>62 Logically Organize Details
▣ Precision planning</p> <p>63 Inspired by Doubt
▣ Critical perception and inquiry</p> <p>64 Inspired by Possibilities
▣ Seeking a perfect answer</p> |
|---|---|---|

These 64 Superpowers are loosely based on the I Ching (Book of Changes).



Session #06 Find the Perfection

[Listen to this audio to prepare for Session 6.](#)

In this chapter we start our transition into the deeper parts of the Inner Freedom method.

- 1) We will explore the Supermind Connection which is part of the Energy Alignment Game.
- 2) Step #6 Find the Perfection in the Situation
- 3) A Coaching Proficiency called: Recognize the Perfection in Every Situation
- 4) The 3 Energetic Transformation of Inner Freedom

Remember the Energy Alignment Game

Over the 2nd half of the program we are going to explore the Energy Alignment Game that I shared with you in the Introduction.

The BIG idea is this: the results we co-create in life are only partially caused by our actions; the energy behind our actions is mostly responsible for how results are co-created. Steps 1,2,3,4,8,9 that we have played with so far are focused on the Non-conscious Mind and Playful Conscious Mind.

In the Inner Freedom Method Steps 5, 6 and 7 are part of what we call the Supermind Layer. In these steps we intensify our treasure hunt for Super YOU!

So let's explore a few details about the Supermind Connection before we dive into Inner Freedom Step #6.

The Supermind Connection (Energy Alignment Game)

The Supermind is the web of Consciousness that we all have access to. It is sometimes referred to as "The Universe" or "The Field".

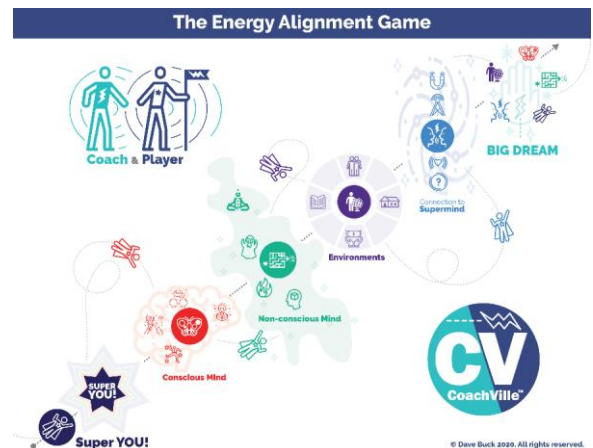
This is another aspect of life that will provide an endless supply of insight and fun when you approach it with a sense of wonder.

The Supermind is responsible for spontaneous insights, synchronistic events and profound inspirations. The Supermind is essential to the coaching relationship!

When you think of someone who you haven't spoken to in a while and then shortly after they call you seemingly "out of the blue", this is the Supermind in action.

There are many ways to play in this realm to get into alignment with your BIG Dream.

The "?" symbol indicates living by BIG questions and staying open to "answers" as they come to you.



The **emanating heart** is the symbol for the well-known process of gratitude which is an essential practice for Supermind Connection.

The **radio tower** is the symbol of the power of thinking about and speaking your Dream and intentions; putting them “out there”.

The **magnet** is the symbol of attracting experiences that move you toward your dream as long as you stay open to the perfection of each situation. People and experiences are drawn to you by the magnetic power of your BIG Dream.

As your Supermind Connection gains strength it feels like you are co-creating with Life Force Energy. It feels like events are happening in favor of your dream; it feels like the Supermind WANTS your dream as much as you do.

The AWESOME thing is that expanding your connection with The Supermind is baked in to the Inner Freedom Method that your coach is using! The talking heads with the lightning bolt is the symbol for our Coaching Relationship model at CoachVille.

When you share your dream with a coach it amplifies your connection to the Super Mind! This is why your coach asks you to speak your dream at the start of every session; sharing your dream with your Coach and your Dream Team amplifies your connection to the Supermind because we are all connected to it.

When your coach asks you a provocative question that sticks with you for a few days... and then insights start coming to you, this is the Supermind Connection in action.

Step #6 Find the Perfection in the Situation

Find the perfection in a situation is a transformational process that can take many forms. The essence of it is this: Each experience serves a meaningful purpose in your life; and in addition is possibly providing some value in your ability to live your dream. Finding the perfection in situations dramatically expands your connection to life which is a huge confidence booster... but it takes some practice. This is where your coach comes in!



By the time we arrive at Step #6 in the Inner Freedom Method you and your coach are playing with 2 distinct and related moments. The first is the Pivotal Moment of Choice in the present that you are playing with. The second is an earlier moment in life that may have “popped” up while feeling the energy in your body.

As we move deeper into the method over the next few sessions your coach will explore both moments with you for “perfection”. The idea is that your BIG Dream is a magnet that draws experiences to you. Many of these experiences are awesome and fun while some seem really difficult or even troubling BUT they are exactly what you need to experience to step into your power and live your dream.

This perspective is often difficult to see on your own, but with your coach with you it becomes much easier and clearer.

Coaching Proficiency: Recognizes the Perfection in Every Situation

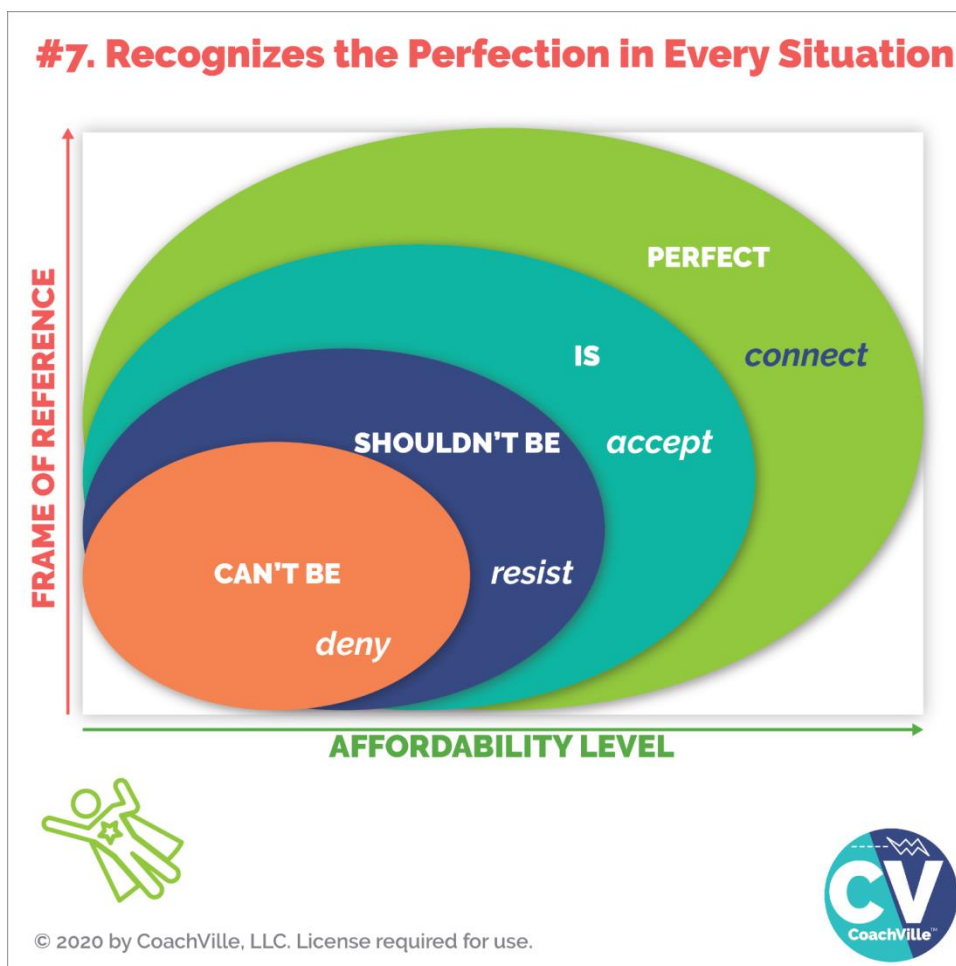
I love sharing ideas from our Coaching Programs with you as part of your experience of having an Inner Freedom Life Coach.

CoachVille founder Thomas Leonard (and the inventor of professional Life Coaching) was really big on the idea of a Life Coach and Life Player (YOU!) looking together for perfection in situations. He wove it into almost every program he created and we have continued along that path.

From Thomas...

“One way of looking at life is to believe that everything happens for a perfectly good reason, even if we cannot always see or know that reason within our own lifetime. The point here is to look for and find how a player's event, problem, situation or trait is perfect, even if it's clearly not. Seeking to understand and recognizing perfection first, instead of offering tips, techniques and solutions as a knee-jerk reaction, is what the Great Coach does naturally.”

“Recognizing perfection doesn't mean that things are "ideal" or the way the player would have consciously chosen it. It does mean being able to identify different possible meanings, seeing multiple realities. You may need to transcend your own bias against the word ‘perfect’”.



When you can recognize the perfection of the situation you feel a deep connection to life, the Supermind and to the meaning of your dream.

Here is a list that Thomas created to compliment the model above:

Things that don't seem perfect, yet can be seen as perfect

- Failure
- Resistance
- Missed opportunity
- Frustration
- Confusion
- Dislocation
- Sliding backward
- Mistakes
- Financial loss
- Stress
- Difficult relationships
- Competitive threats

The 3 Energy Transformations of Inner Freedom

Next I have one more model for you that displays the energy transformations that you have experienced in the first few sessions with your Inner Freedom Coach.

Again recalling the Inner Freedom Method model:

The Action Layer: Transform Control into Co-create

The Thought Layer: Transform React to Respond

The Feeling Layer: Transform Resist to Allow

As you experience these energy transformations you get into the flow of the connections between you, your dream, your life and the world you aim to impact.

From Preservation and Avoid Social Risk to Inner Freedom and Choice

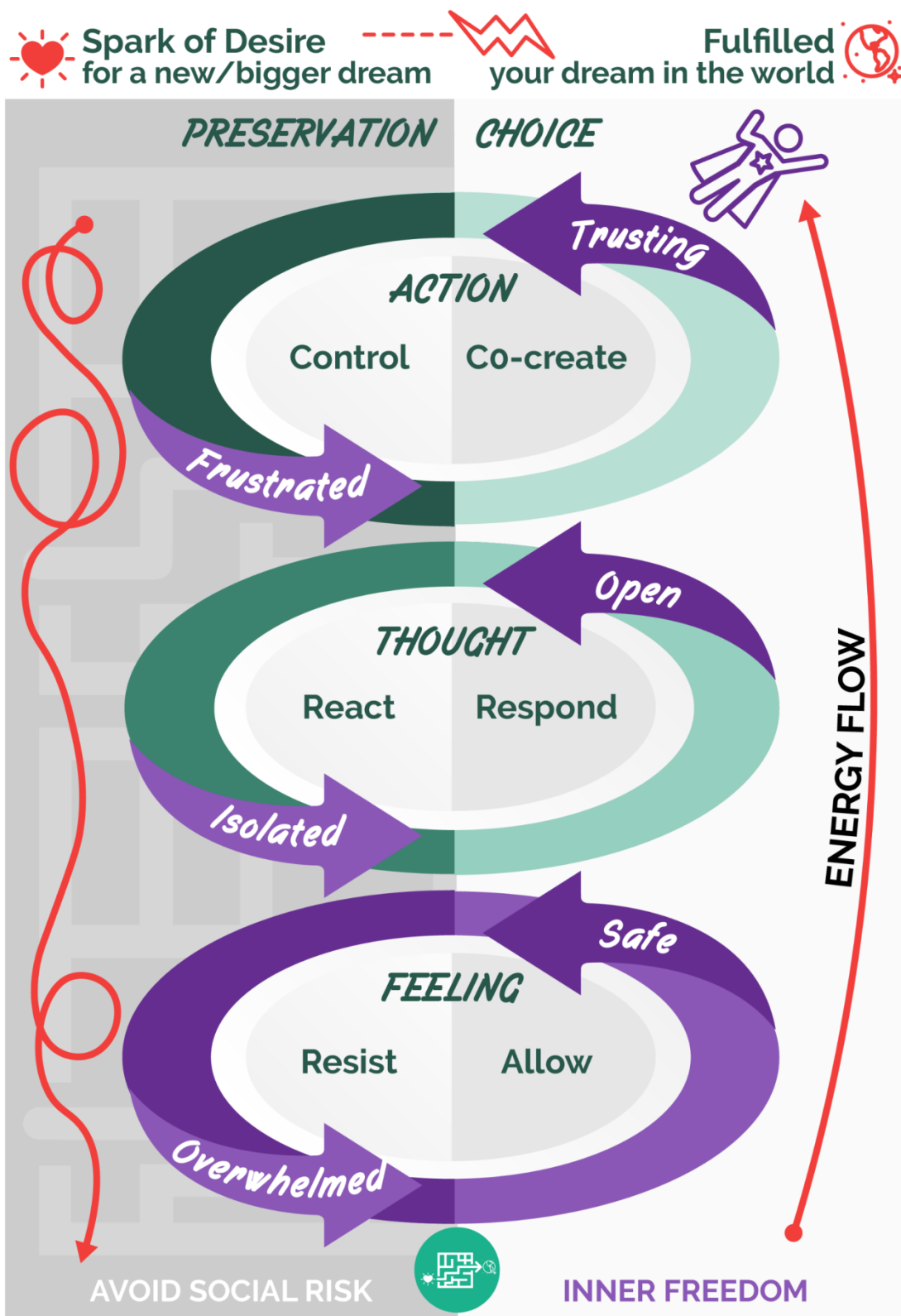
Remember the Human Journey with a Coach Model and The Pull.

The transformation we are playing for together is to go from being stuck in the Self-Preservation zone where we avoid social risk to the experience of Inner Freedom and the ability to choose when to play BIG for our dreams by using our Superpowers.

This is a deep challenge because the need for belonging is such a powerful force in our Inner World.

Add to it the hyper-control and perfection trap of the Industrial Age and it is easy to see why we avoid social risk.

This model will show how the Inner Freedom Method with a coach is guiding your toward the needed shifts in 3 layers of your experience.



We come into the Inner Freedom experience with a sense of frustration about our actions or our results. We are attempting to control something and it is not working. This is revealed in Step #1.

Often in this state of frustration we have reactive thoughts that something must be wrong with our situation or with ourselves. We resort to the Industrial Age formula: work harder in isolation. This is revealed in Step #2

From Resist to Allow in the Feeling Layer

There are actions that we want to take in the world but they involve social risk. These social risk activities almost always bring about a sensation in the body somewhere. If we resist or ignore these sensations we feel overwhelmed; often we start an activity to distract ourselves.

This brings us to Step #3 where we scan the body for physical sensations.

By feeling into the energy and allowing it to be there in the safe space of belonging provided by your coach you begin to feel safe within your body.

From React to Respond in the Thought Layer

When you feel safe within your body everything changes! Your mind opens up to new possibilities. This brings us to Step #8 where you can now respond to your situation with creativity and enthusiasm. Your mind can now align with your dream and come up with actions that are clear and brave.

From Control to Co-Create

After your mind opens up you move into a space of trust. You can trust yourself. You can trust life. You can trust your dream. **You can trust that the situation you are facing is here to propel you into your dream.** You can trust in the value of what you are aiming to do in the world. From this state your imagination can move into a powerful co-creative place and you can pre-play the pivotal moment with ease and power; you can imagine yourself as Super YOU.

YOU out in the world

After the Inner Freedom experience the pivotal moment that felt so difficult suddenly seems easier. Your actions flow with clarity of purpose; often requiring very little time. With the energy aligned the results start to happen; often in magical ways. Now this doesn't mean that everything happens as planned every time. But over time it does get easier and better and most importantly YOU feel more connected to life... this is Inner Freedom.

What Inner Freedom is

Now that we are half way through the experience, let's do a quick recap on the Inner Freedom Method

Inner Freedom is the ability to choose when and how to get your hearts dream out into the world – through the maze of non-conscious beliefs and fears that are trying to keep you safe.



The symbol of the Inner Freedom Method is the heart moving through the maze toward the world.

This is a transformational experience:

From: fear, emotions and “limiting” beliefs are something you "power through"; the non-conscious mind is dark and mysterious and must be avoided.

To: you can play with fear and emotions; you can uplevel your beliefs; and the non-conscious mind is a vast resource of wisdom and power.

The BIG idea is that you can approach fear with the spirit of play and explore it with curiosity. This brings deep understanding to the self-preservation patterns that are creating conflict with your desire to play BIG for your dream. With expanded awareness we can transform inner conflict into positive energy, joyful self-expression and deep confidence. This leads to the freedom to choose playful actions that require social risk and the ability to co-create your desired **results and experiences with the world!**

Ready to play...

For this session with your coach, choose a pivotal moment that you know has great potential to unleash your Superpowers! In other words, a moment where you are experiencing a lot of fear. ;-)

To be continued...