



CoachVille Center for Coaching Mastery



Play Life Playbook for Players

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Part Two: Sessions 7-10

Hello there! Coach Dave here with you.

Our adventure continues!!



I hope you are enjoying your BIG Dream coming alive in your life.

In the first half of the Play Life experience we get into playing for your BIG Dream.

In the second half we get deeper into playing BETTER for your BIG Dream AND you will experience the power of Energy Alignment!

Always remember that life is played in two realms: the Physical world and the Energy world. To play BIG you need to engage in both at the same time.

You got a taste of the “World of Energy” when you experienced the Pivotal Moment Exercise with your coach.

Your Coach will be your capable guide as you adventure deeper into the Energy Alignment Game.

Together we will:

- 7) Play Plan for your Superpowers ~ Activate Super YOU
- 8) Expand your Inner Freedom ~ Activate your Non-Conscious Mind
- 9) Expand your World Power ~ Activate your Environments
- 10) Explore Transformational Play ~ Further Activate your Playful Mind
- 11) Explore the Pursuit of Mastery ~ Activate your Supermind Connection
- 12) Celebrate your new experiences!

The world is our playground!

Let's Play

Coach Dave Buck and the CoachVille Team!


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1. Share the Dream

Player Name: _____

Date: / /



Name the Dream

Date: _____

Purpose & Values

Spirit of Play

Outcomes

Date: _____



Mastery



Becomings



Upgrades



2. Design the Way to Play

Results

Date: _____



Actions




Challenges

Date: _____



Evaluate

Date: _____



3. Play for Results

4. Embrace Challenges

5. Evaluate Performance

Superpowers

Date: _____



Role Play

Date: _____



Fears

Date: _____



Environments

Date: _____



7. Play Plan

6. Practice Skills

8. Inner Freedom

9. World Power

Play Big

Date: _____



Play Big

Date: _____



Highlights

Date: _____



Next Dream



10. Transformation

11. Mastery

12. Celebrate and Co-Create

Session #07: Play Plan for Your Superpowers

[Listen to the audio to prepare for Session 07](#)



Coach: Co-create the strategies and approaches with the player that leverage and unleash their superpowers.

Player: Think about your approach to co-creating the results and experiences that you desire: Make the most of your abilities; Be open to discovering your hidden Superpowers. Be smart about how you go for the results you want.

Super YOU! (The 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 Pivotal Moment Technique your coach can help you find the unique energy hidden by the fear.

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 GOOOOOOD!!!!

Your FEAR of playfulness and using your Superpowers

To play BIG for your dream you need to restore your Superpowers AND your Playfulness. Every week your coach is guiding you in how to do this. But you may be wondering: how did I lose my Superpowers and Playfulness? In this chapter I am going to share with you how these fears got into you. Knowing this will set you on the path to renewed freedom and power to be a positive impact in the world!



Become – Believe – Belong

In the human experience there are three forces of change that you need to understand in order to play BIG for you 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 the power of profound belonging pulls us toward becoming who we must become to fulfill our dream.

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.

How you lost your Superpowers and Playfulness and how to get them back!!!

This is a really big deal. I am going to share this with you so that you can understand where many of your challenges come from when you aim to play bigger than we have in the past.

Here is the basic story of YOU! (and all of US who lived in the Industrial Age Culture)

You were born onto the Earth to experience the Human Journey! You were born with a collection of unique abilities and a dream in your heart to express and share with the people of the world.

You were born into an environment of people, places things and ideas. This is also sometimes referred to as a culture.



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. As this happens you develop **beliefs** about yourself and life. Over time we come to believe a whole lot of things about ourselves; many of which limit our possibilities in life.

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.



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.

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!

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.

64 Superpowers for Change

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 wanted to explore as part of your new adventure. By now you are familiar with the “Pull” that you experience often when you aim to express your Superpowers.

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 that I created; It is loosely based on the “I-Ching” (book of changes).

Feel into this more detailed list and choose 3 Superpowers you KNOW you have inside of you AND your Dream needs you to develop them and express them NOW. Your coach is here to help you design and become the next version of you... the version of YOU that can fulfill your BIG Dream.

Strategic Play Plan Play Sheet

On the pages that follow the Superpowers Play Sheet you will find 2 sheets to THINK about your weekly Play Plan in a slightly more methodical way. The exercise will encourage you think look at Super YOU to find every aspect of you that you could use to play BIG for your dream. Then there is a section that will encourage you to look around at your environments for possible resources and supports. THEN... think about how you can play for your Dream with more power by using more of YOU and everything around you. **Do this before your coaching session. Your Dream is worth it!!!**

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.



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- | | | |
|---|---|--|
| <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 transmuting 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).



Strategic Play Plan Play Sheet (page 1)

Date: _____

Your **BIG Dream**:

Key Recurring Result(s):

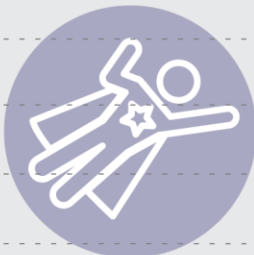


Describe your theory (BIG idea) about how to get the result(s):

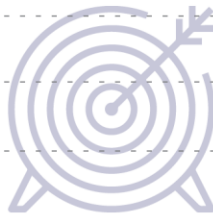


Super YOU

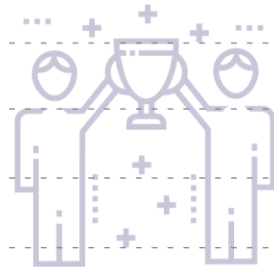
Superpowers



Skills



Experiences



Resources in Your Environments



People | Everyone You Know and Networks



Places | Physical and Virtual Spaces



Things | Tools, Technology and Finances



Ideas | Knowledge and Information



Strategic Play Plan Play Sheet (page 2)

Actions to Co-Create Results Utilizing Super YOU and Resources

Strategic Actions

Utilize Super YOU and Resources



RELATE for Influence



CREATE and Share



EXPLORE to See and Be Seen



Growth Zone

What did you learn...

About playing for your dream?

About your superpowers and environments?



Play Life Coaching Session #7 Notes

Date: _____

Celebrations: Results and Experiences



Pivotal Moments

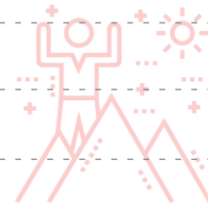


Focus: Superpower

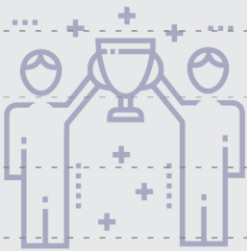


Ah-ha Moments & Patterns

New Picture



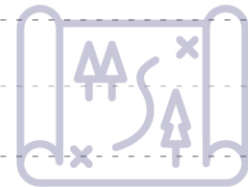
Respond to Challenges



Playful Use of Assets



Strategy for Results



Growth Zone

What did you learn...

About playing for your dream?

About yourself and your superpowers?

Play Life Play Plan #7

Date: _____

Your **BIG Dream**:



Your **Focus this week**:



Your **Superpowers**:

RELATE for Influence

Challenges / Results / Insights:



CREATE and Share



EXPLORE to See and Be Seen



EXPERIMENT to Try New Ways



Environment Upgrades:



Follow-up Actions:



Session #08: Expand Inner Freedom

[Listen to the audio to prepare for Session 08](#)

Coach: Teach awareness of fear and the dance between the need to preserve belonging and the urge to become by playing BIG in the world. Know that we have all absorbed fears of our playfulness and power. We call this “The PULL”.



Player: Step out of your preservation zone: Learn how to play with fear; learn how to choose when to stay safe and when to play BIG for your dream. Embrace fear as a treasure map to your superpowers.

What Inner Freedom is

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.

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 Inner Freedom Method is a 12 week coaching experience similar to the Play Life experience you are having right now; you can think of it as the “Next Level”. We bring a few ideas from it into the Play Life Method. 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 your actions and the ability to co-create your desired **results and experiences in the world!**

Your non-conscious mind is always ready.

(Energy Alignment Game)

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: caring for your body so that the inner knowing signals are clearly distinguishable from physical ailments.

Fears: your fears aim to keep you safe. They can become your “friendly ghost” and guide you toward your unique



superpowers and playfulness.

Desires: your hearts desires light your path when you learn to trust them and act on them.

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 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 fears, desires and beliefs will come to light! You will have the opportunity to explore them in deep conversations with your Dream Team and your Play Life Coach; this is SOOO powerful. Then your coach will use the Pivotal Moment Technique with you to create awareness of new choices and new possibilities. Power Up!

Your Fears are a Treasure map

Remember this model from Chapter 1? Now that you are deep into your adventure it may make a bit more sense to you.

I want to introduce you to one of my most provocative ideas: Your fears are a treasure map to your superpowers.

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 Play Life Coach!!!

AND everyone has absorbed a lot of FEARS from their environment.

A big insight I have developed is that Fear has gotten a bad reputation like it is some kind of monster. But I suggest it is the exact opposite. Fear is your Friend!

AND The thing we have learned to fear the most is expressing our unique power; as I explained in Chapter 7.

Your moments of self-expression where you got in trouble are traumatic moments that hurt the most and become the deepest fears.

This explains why the path to your BIG Dreams is NOT a straight path.

If you make fear your enemy it will defeat you.

If you make fear your friend it will guide you.

By now you can relate to the experience of “The Pull”. Some days you move powerfully into the Growth Zone toward your dream. Other days the FEAR feels big and pulls you back into the Preservation Zone. AND... with your coach by your side you make more and more moves into the Superpower Zone! AWWW Yeah! Thanks Coach.



Every time you explore one of these “pull” pivotal moments with your coach, this is like following a treasure map. You learn more and more about the fears you have absorbed, the desires urging you forward and the Unique Power that is within you.

Let’s go deeper!



The Pull ~ Social FEAR is learned

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

You know how when you are doing the Pivotal Moment exercise with your coach it comes to a place where you are exploring energy in your body and they ask 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 this power so that I can maintain a sense of belonging with the people around me.

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 the most deeply. The Social Survival Imperative based on the need to belong is a strong force in all of our lives.

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, FEAR 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”.

Remember last chapter I encouraged 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 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 call 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 your Environment in the next chapter.

The FEAR / GROWTH Zone is impacting our choices in life an a mostly non-conscious level. That is why your coach uses the body awareness technique during the Pivotal Moment exercise. Through this exercise you bring non-conscious fears and growth opportunities in to conscious awareness. I encourage you to really dive in on these moments with your coach; this is how you unleash your greatest power.

Notice Your Pivotal Moments

~ Get the most out of your coaching sessions.

Speaking of Pivotal Moments...

I want to amplify this a bit more with you.

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 in your throat... 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.

The BIG idea in Life Coaching is that your coach doesn’t get to watch you play like a basketball coach gets to watch their players in the game.

So as you play for your dream every day, YOU have to notice when you choose the action for your dream and when you choose not to.

These moments of choice are the Pivotal Moments of your day.

A basketball coach doesn’t attempt to replay the whole game with their players in practice sessions; the coach notices the pivotal moments and then creates practice scenarios to help the players play better in moments like these.

In Life coaching YOU notice the pivotal moments of play and then your coach can help you explore them and find ways to play better. This includes practicing your skills and unleashing your superpowers by exploring your choices and fears.

YES!!! It is soooo powerful.

So I am encouraging you here to really pay attention to what happens – and what doesn’t happen - when you play. Notice the four types of play and recognize the typical fears of playfulness:

- Relate for Influence : Fear of Rejection.
- Create and Share : Fear of Disappointment.
- Explore to See and be Seen: Fear of Trouble
- Experiment to Try New Ways: Fear of Mistakes

When you experience these fears notice them with Judgment-Free Awareness! Be curious and even excited because you know you are about to explore the next segment of the treasure map with your coach.



Play Life Coaching Session #8 Notes

Date: _____

Celebrations: Results and Experiences



Pivotal Moments

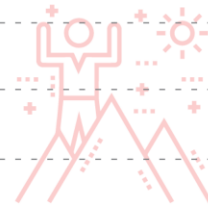


Focus: Inner Freedom Pivotal Moment

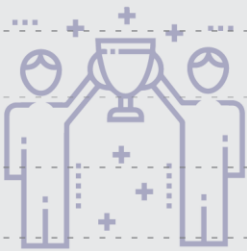


Ah-ha Moments & Patterns

New Picture



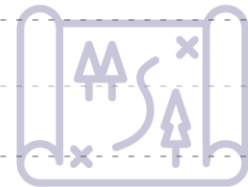
Respond to Challenges



Playful Use of Superpowers



Strategy for Results



Growth Zone

What did you learn...

About playing for your dream?

About yourself and your superpowers?

Play Life Play Plan #8

Date: _____

Your **BIG Dream**:



Your **Focus this week**:



Your **Superpowers**:

RELATE for Influence

Challenges / Results / Insights:



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CREATE and Share



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EXPLORE to See and Be Seen



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EXPERIMENT to Try New Ways



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Environment Upgrades:



Follow-up Actions:



Session #09: Expand World Power

[Listen to the audio to prepare for Session 09](#)

Coach: Design a winning environment. The environment always wins because the Need to Belong is the most powerful force in the Human experience; Co-create with your player the conditions for sustainable success.



Player: Seek the best in yourself in the company of others likewise engaged; Surround yourself with other players who pull you toward greatness; acquire the resources that you need to play well.

Shift from willpower to World Power!

The symbol of World Power Method is the human with the globe. The aim is to leverage the most powerful of the 3 forces of human transformation: the NEED TO BELONG!

By now you have a strong understanding of what a powerful force the Need to Belong is in our lives. So far you have experienced how when we are young the Need to Belong creates the Social Survival Imperative which becomes the Self-Preservation Zone.

Often it can feel like the Need to Belong is pulling you back while the Urge to Become is pulling you forward into the Superpower Zone and the ability to live your dream. You are not wrong to feel this way. This is how it is for most people. And often it feels like you need a lot of willpower to move toward your dream against the gravitational pull of the Social Survival Imperative.

But what if...

What if we could somehow use the powerful Need to Belong to also pull us in the direction of our Dreams?? What if we could get the Urge to Become and the Need to Belong to pull in the same direction: toward our BIG Dreams!!

WHOA!!! That would be amazing! That is exactly what World Power is all about.

The key to sustainable success in any endeavor is to design an environment that utilizes the powerful Need to Belong to pull you toward your dream.

What if you were often around people who were really good at the activities you wanted to master? And your “Need to Belong” with them had you observing and learning and practicing so that you could fit in with them.

What if you spent time in a place that all the tools you needed to play for your Dream?

What if you had easy access to just the right ideas and information need by someone playing for your Dream?

This is what the Olympic Team Academy is like for the elite players of sports.

This is what the Julliard Academy is like for highly ambitious musical performers.

We sometimes call this a winning environment. This is what YOU can create to become an elite performer for a Dream like yours.

The World Power Method is a 12 week coaching experience to co-create your own success academy. It is similar to the Play Life experience you are having right now; you can think of it as another “Next Level”. We bring a few ideas from it into the Play Life Method.

Environments (Energy Alignment Game)

While your environments are a tangible thing, they have a major impact on your energy. This is because your non-conscious mind is in constant communication with your environment taking cues and clues about your belonging and status. This is how the energy of your environment gets into you so deeply without any active participation on your part.

When we are young we don't have much choice about our environments and a lot of energy gets into us. This isn't good or bad... it just is. But mostly the energy aims to have you become a person who can fit in with what is already all around you. Most likely, this will not be a good fit for the dream you have today.

And there have been times in your life when belonging and becoming have joined forces in your life. An example would be in High School when you joined a sports team or a singing group and you had friends that inspired you. Or if you were lucky enough to join a business with people who inspired you to grow in a way that you aligned with.

The BIG point here is that we have a 2-way relationship with our environments. While we are always adapting to the environments we are in, we are also creating our environments by choosing where we go and who we spend time with.

Again, these adaptations are mostly non-conscious and so are most of our choices.

Now that you are playing for this BIG Dream, you will need to proactively design and uplevel the **people, places, things and ideas** around you to align with your dream. This way you use the force of belonging to pull you toward your dream. This is an accelerated way to become the next version of you that your dream needs you to be.

- **People:** Everyone you know and networks
- **Places:** Physical and virtual spaces
- **Things:** Tools, technology and finances
- **Ideas:** Knowledge and information

First of all, your Play Life Coach and emerging Dream Team are your new environment. AWESOME!!! With your team you can share about your ideas for experiments and explorations and learn from the experiences of your team members!

Next as you endeavor to align your environments with your dream you will need to have a lot of BIG conversations with people in your environment; both people close to you AND people in your network who you don't know yet but want to collaborate with. You can role play these conversations with your coach and then explore the fears with the Pivotal Moment Technique. This will make a huge difference.

Upleveling our close relationships can be one of the hardest things in the world to do; even with folks who are supportive of your dream. While the people who care for you want you to pursue your dream, they are human and will also have strong self-preservation instincts that want to keep you safe; and most of the time they just want you to stay the way you are now. Practicing with your dream team will help you approach these conversations with clarity and confidence.



Another big part of playing BIG for your dream is this: you are surrounded by resources that can make your dream come true! But you will have to ASK! And if you are like most people who grew up in the Industrial Age you absorbed the belief that it is not safe to ask for what you want. This is one of the hardest beliefs to uplevel. But with practice and the Pivotal Moment Technique you will soon be able to do it. Then... look out world!

Remember this key point: To get to the next level of any endeavor will require a new environment. In the pursuit of your BIG Dream there will likely be several next level / “need a new environment” experiences.

There are two World Power techniques that your coach is going to explore with you: Zap tolerations and the 7 Most Influential People.

Zap Tolerations

Having tolerations drains your vital energy. Zapping tolerations restores your energy.

The idea is that every THING around you – the people, places, things and ideas – has an energetic impact on you. It can give you energy or drain your energy. No THING is neutral. A “toleration” is any THING or situation that drains your energy AND you are not doing anything about it; you are tolerating it. We all learned to do this in the Industrial Age: Don’t ask for too much; you can make do with what you have.

There are three main categories of tolerations:

- Messes
- Things that are broken
- Needed items that are missing

We can see messes in our physical space. And we can have messes in our relationships.

We understand the impact of a broken thing that bugs us every time we try to use it and it doesn’t work right... like having a broken windshield wiper on your car. And we can also have broken promises with a friend.

We understand the impact of something that is missing like when you have a button missing from your coat. It’s annoying! And we can also need a good friend to share our ideas with but not have anyone around we trust enough to do that.

Do a scan of your people, places and things and look for tolerations draining your energy.

7 Most Influential People

Playing BIG for your dream is a team play; NOT a solitary act. You are here to contribute to the lives of others AND to be supported and inspired by other people as well.

We have been talking a lot during this program about the importance of the people who have the most influence on you. These are the people you spend the most time with and also folks that you know who are potentially very influential for your dream.

We call this your Dream Team!

To prepare for your coaching session think of the 3-4 people you spend a lot of time with among your family, friends and colleagues.

Think of 2-3 people that you know who could potentially have a positive impact on your dream if you asked them for support and they were enrolled to act on your behalf.

Play Life Coaching Session #9 Notes

Date: _____

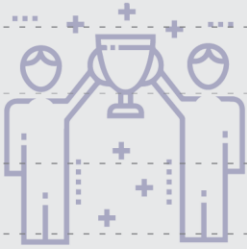
Celebrations: Results and Experiences



Pivotal Moments



Respond to Challenges



Focus: Winning Environment



Zap Tolerations

The 7 Most Influential People



Name	Talk About	Energy	Assets	Request	Support
------	------------	--------	--------	---------	---------

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Growth Zone

What did you learn...

About playing for your dream?

About yourself and your superpowers?



Play Life Play Plan #9

Date: _____

Your **BIG Dream**:



Your **Focus this week**:



Your **Superpowers**:

RELATE for Influence

Challenges / Results / Insights:



CREATE and Share



EXPLORE to See and Be Seen



EXPERIMENT to Try New Ways



Environment Upgrades:



Follow-up Actions:



Session #10: Transformational Play

[Listen to the audio to prepare for Session 10](#)

Coach: You co-create safe practice situations with your player where they can explore the practical side AND the energy side of any essential activity.

Player: You deeply believe that you can become the version of YOU that can live your big dream through playful actions and energy alignment.

What is transformational Play?

Transformational Play is pursuing your BIG Dream knowing that you can and will and MUST transform in order to fulfill your dream.

On the playsheets of this play book you see the butterfly chrysalis and the butterfly... these are the symbols of transformation.

You need to cultivate a new DEEP Belief: who you are is not fixed by who you have been; rather, YOU are an ongoing co-creation between your Urge to Become and the world around YOU; a world that YOU can choose.

I have said this earlier in this book but I want to restate it here: the Dream in your heart has profound wisdom in it. IT knows that when you pursue the dream in earnest, it will urge you to become the next version of YOU; the version of YOU who can change the world for the better.

By having a Play Life Coach as your guide on your BIG Dream adventures you create a fertile environment for transformation.

Your Play Life Coach activates your Playful Conscious Mind to engage with both the physical world (Relate, Create, Explore, Experiment) and energy alignment (Super YOU, Non-conscious Mind, Environments, Supermind, Your Dream) with judgment-free awareness.

Playful practice of activities + Aligning energy together = Transformation!

For example, when it comes to relating for influence, your energy is often more important than your words. This why transformational practice includes both Role Play AND the Pivotal Moment exercise.

Transformational Play is Fun!

Every week your coach encourages you to bring these 4 aspects of play into how you play for your dream. So as you know by now when you play BIG you experience the four Social Fears: Rejection, Disappointment, Mistakes and Trouble. I can hear you saying: Coach Dave these feelings are not too much fun!

Hah! I know you are right about this. But remember, all of these fears got into your non-conscious mind BEFORE

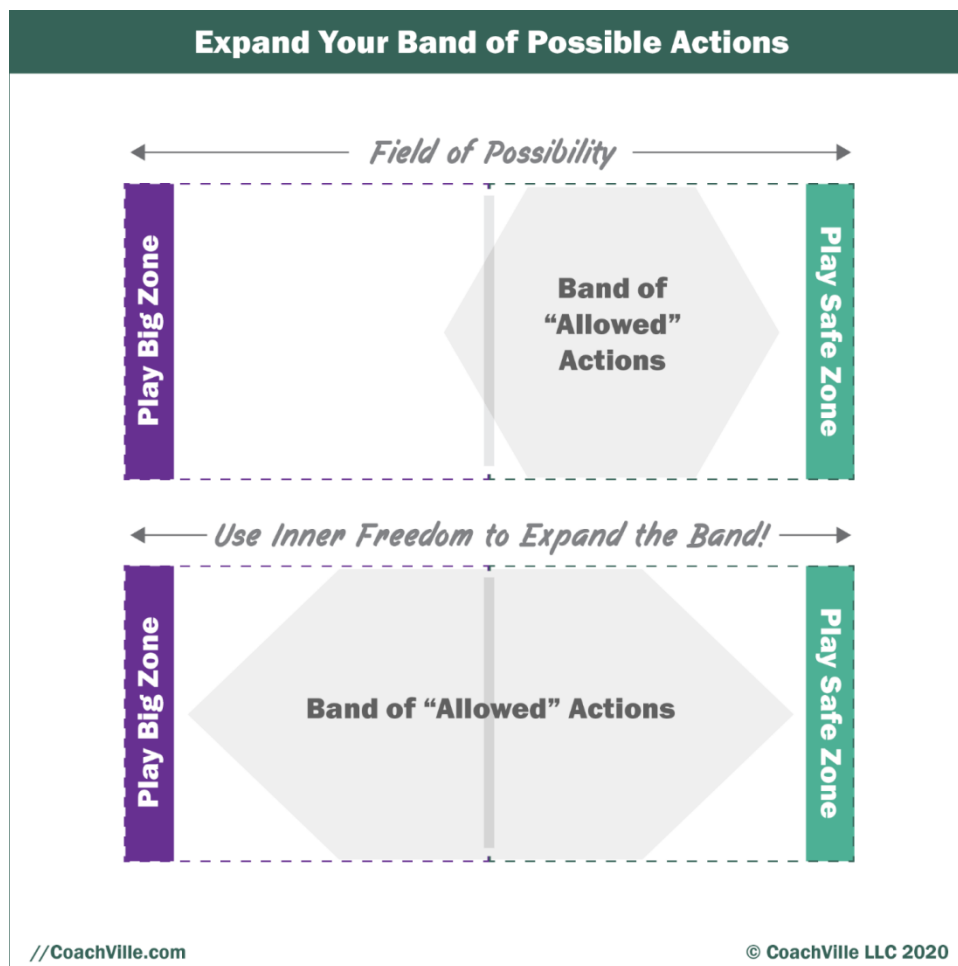


you had an amazing Play Life Coach! Playing life with a coach is very different than playing alone!

I know that in the moment these feelings can be intense. They are intense again when you explore them with your coach. But you can think of it like a good physical work out. It is a challenge but when you feel the energy and power growing in your body, it does feel really good. Then when you are able to use your new power for good out in the world... Whoah! It is all worth it. That is fun.

I encourage you to continue to imagine ways to bring your emerging Superpowers into your playful actions. Practice them with your coach and then express out in the world. Growing into your power is transformational fun!

Expand Your Band of Possible Actions



This is a model from our Inner Freedom Coaching Method that is illuminating.

“The Band” refers to the range of activities that you feel you are “allowed” to do.

Allowed is an interesting word here because the way Non-conscious restriction operates in our daily lives feels like we want to do something BUT we are not allowed to do; it’s like being young again and if you do the activity you will get “in trouble”.

The intention of Transformational Play is to bring each non-conscious boundary to the surface so that you can explore it from the perspective of your Dream and what your Dream needs you to do.

Another way of describing this phenomenon is this: a great player in any endeavor is one who can “see the whole field (of possibility)” and choose any action in the field at any time. Lesser players can only see what is right in front of them and are not capable of making plays in certain parts of the field.

With your coach using the Pivotal Moment Technique (from the Inner Freedom Method) you can explore more and more actions within the field of possibility and choose the best action in the moment for your BIG Dream.

Common Deflections - Transform disappointment into FUEL for growth

Here is a powerful shift that will help you thrive with Transformational Play: allow yourself to feel the disappointment when things don't go the way you wanted them to.

We all grew up in the Industrial Age where everything is supposed to be under control and nothing is supposed to go wrong and failure is not an option. So to cope with this nonsensical and literally impossible view of life we developed what I call deflections.

These give you a quick way to avoid feeling and stay in the delusion that everything is under control.

Examples include:

- Well, it wasn't meant to be.
- It's all a numbers game so I am on the next one.
- It has nothing to do with me, it just wasn't right for them.

The key to transformational play and transformational growth is to be WILLING to FEEL the disappointment. Don't just deflect it away but also don't let it take you down. Use it as fuel. You can practice the actions more intentionally. You can go deeper into the energetics to look for ways to play better the next time.

It's your dream! It matters. Keep playing... Keep growing.

Again, this doesn't mean that things can or will always go your way. But it does mean that you can courageously move toward mastery in every activity needed for your dream.

We will go deeper into the pursuit of mastery in the next chapter.

Play Life Coaching Session #10 Notes

Date: _____

Celebrations: Results and Experiences



Pivotal Moments

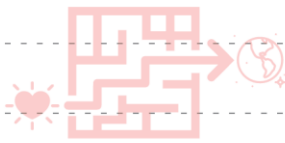


Focus: Transformational Role Play



Ah-ha Moments & Patterns

New Picture



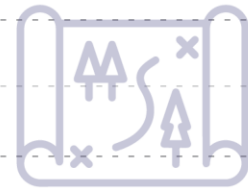
Respond to Challenges



Playful Use of Superpowers



Strategy for Results



Growth Zone

What did you learn...

About playing for your dream?

About yourself and your superpowers?

Play Life Play Plan #10

Date: _____

Your **BIG Dream**:



Your **Focus this week**:



Your **Superpowers**:

RELATE for Influence

Challenges / Results / Insights:



CREATE and Share



EXPLORE to See and Be Seen



EXPERIMENT to Try New Ways



Environment Upgrades:



Follow-up Actions:



Chapters 11 and 12 Coming Soon!