



# PLAY *Life!*



**CoachVille Center for Coaching Mastery**



*Play Life Playbook for Players*

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## Part Two: Sessions 7-12

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

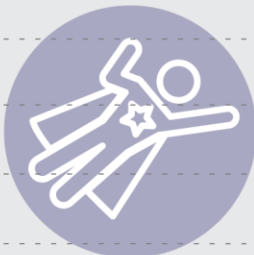


Describe your theory (BIG idea) about how to get the result(s):

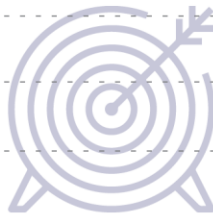


## Super YOU

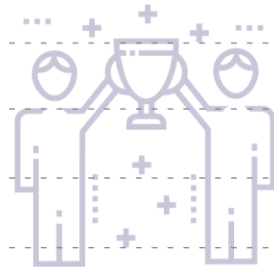
Superpowers



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

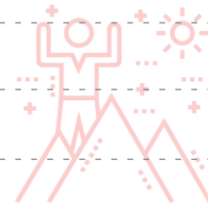


## Focus: Superpower

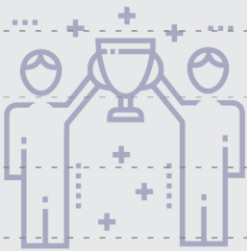


## Ah-ha Moments & Patterns

## New Picture



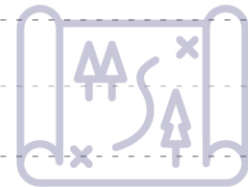
## Respond to Challenges



## 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 on 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 sooooo 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

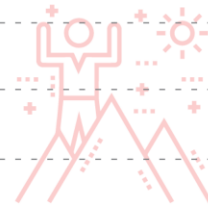


## Focus: Inner Freedom Pivotal Moment

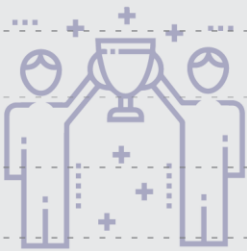


## Ah-ha Moments & Patterns

## New Picture



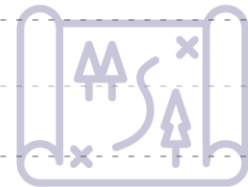
## Respond to Challenges



## 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: \_\_\_\_\_

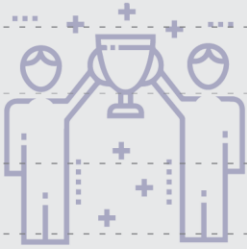
## Celebrations: Results and Experiences



## 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:



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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 #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 will 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, will and MUST transform in order to fulfill it.

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.

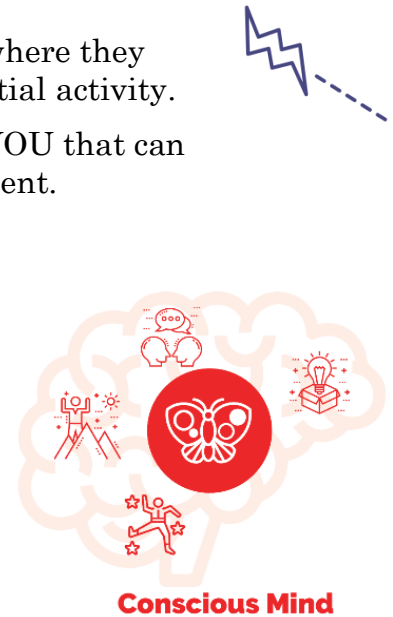
**Playful practice of activities + Aligning energy together = Transformation!**

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, Dissapointment, 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

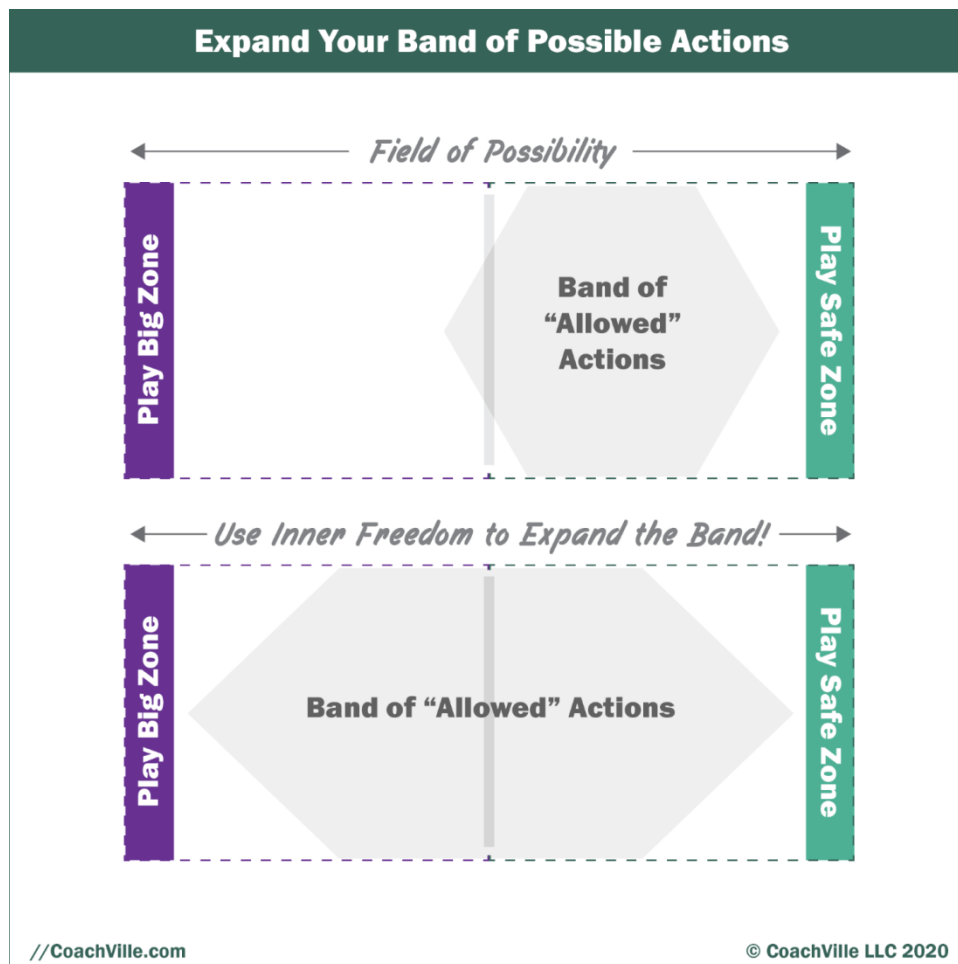


coach is very different than playing alone!

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

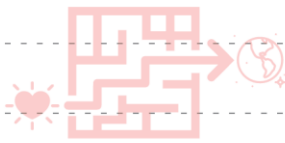


## Focus: Transformational Role Play



## Ah-ha Moments & Patterns

## New Picture



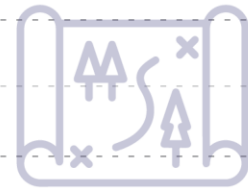
## Respond to Challenges



## 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:



## Session #11: Pursuit of Mastery ~ Activate Your Supermind Connection

[Listen to the audio to prepare for Session 11](#)

**Coach:** Understand that any person who sets out to play BIG for a dream is yearning to be seen, understood and encouraged by someone who understands what it will take to live the dream... They need A Life Coach who is the Champion of their Dreams!

**Player:** Understand that this dream and every BIG Dream... will ask you to play bigger and better in the world; it will ask you to unleash more of your YOUNique power by going deeper into your SELF. At the same time – and this is really important – it is not a path you walk alone! You can engage a coach AND you can accelerate your path by activating your Supermind Connection.

### *Pursue Your Dream ~ how to play better with a coach*

The pursuit of your dream is fueled by the desire to play better in the world; and by playing better you co-create more of the results and experiences that you envision; to co-create the better world that you imagine.

This pursuit requires a great deal of tenacity and a strong belief in the value of your Dream. You believe that your dream is worth it and you believe that YOU are the one to play your part of it.

The desire to PLAY Life Better takes several forms that you have now experienced:

- Skills need to be practiced; conversations need to be role played.
- Superpowers need to be unleashed and expressed strategically.
- Beliefs need to be revealed and upleveled.
- Environments need to be upgraded.

This will always be true... for every dream you pursue. So this experience is just the beginning of your ongoing awesome life adventure.

Now you know what Play Life Coaching is so you can always find a powerful companion for each new adventure.

Playing for your Dream - and the required pursuit of mastery - is not something you do alone. We are here to play together.

### *Remember the Performance Possibility Gap*

Remember when we started our adventure we spoke about the Performance Possibility Gap that is the essential spark of the coaching relationship.

It starts with your vision of playing bigger in the world; of becoming the next version of YOU and co-creating more impactful results in the world.

OK. You have probably realized that what transpired over the last 12 weeks is quite different than what you imagined. This is OK. Even though it almost never turns out the way we plan... start each new 12-week season with a new vision and the determination to live into it with tenacity and intention.



The key to playing BIG in life is to always look for the next Gap to play into.

Know that within every Gap there are aspects of your YOUUnique power that have been hidden to you and will emerge when they are called upon.

### ***The Supermind Connection (Energy Alignment Game)***

The Supermind is the web of Human Consciousness past, present and future 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 Play Life 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.

**Recognize the Perfection of Every Situation.**



This is one of the Coaching Proficiencies by Thomas Leonard – the founder of Professional Life Coaching (and CoachVille) - and it is an essential practice for cultivating your Supermind Connection. You have been practicing this on a regular basis with your coach when you talk about how your challenges are asking you to grow; with judgment-free awareness.

By actively speaking about how your challenges are serving you and your dream you strengthen your connection to the Supermind. This often requires strong support of a coach with an active imagination.

### **The Energy Alignment Game**

The bigger your dream in life the more important it becomes to shift from control and tasks into playing with energy. By playing with energy in an intentional way you begin to see life as your partner in fulfilling your dream; which it is!

You begin to embrace the deeper truth that while YOU are the catalyst for the dream, it is not all up to you. You and your dream are a part of something bigger, something amazing and beautiful.

All you have to do is ... **PLAY... with a Life Coach!!**

### ***The CoachVille Coaching Framework ~ Observation – Co-Creation***

You have been playing with a Play Life Coach for almost 3 months now. AWESOME. So I thought you might want to know a little bit about what coaching is from the coach's perspective.

The Industrial Age of Work brought about the extreme degree of Hierarchical Relationships; where someone is always “in charge”; where someone is the boss of those below them in the hierarchy.

The BIG Picture: The coaching relationship is the next evolution of Human Relating! The Coach Approach of co-creating is the leadership framework for the 21<sup>st</sup> Century: the Connected Age of Purpose and Play.

Many people who enjoy having a Life Coach want to learn how to coach; this makes me very happy! And it is often extremely practical because as your dreams get bigger you will need to develop and coach a team of great players for your DREAM Team.

So here you go...

Coaching happens by practicing with someone and by observing and co-creating as you guide them toward playing better. Here is the CoachVille Coaching Framework to give you a picture of what I mean.

### **We are all yearning to be seen**

For who we REALLY are.

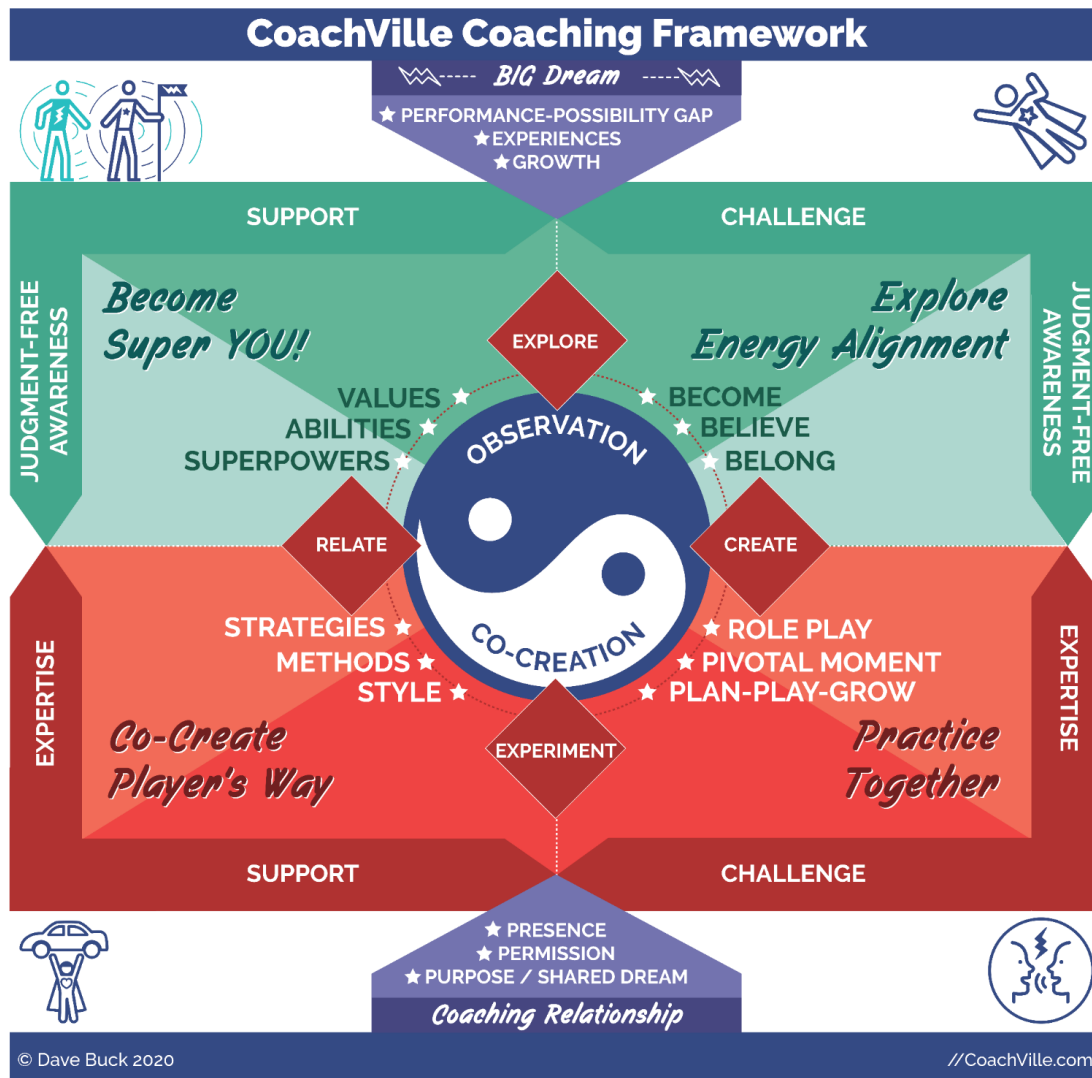
For the value we co-create with the world.

By someone who can truly appreciate what we are doing.

As you have experienced, coaching is very little about being the expert of being the “fixer”. Yes, your knowledge and experience have great value. But the value comes through when you practice together and co-create!

Coaching is SEEING your player ~ LISTENING to your player.

Here is the model for our coaching framework. There is a lot to it but much of it you will recognize.



## Observation ~ Co-creation

This is the fancy way of describing the core of the coaching relationship. The less fancy way of saying it is: Play together –Talk together -Play-Talk-Play-Talk.

As the coach and player practice together, the coach observes the player and the player observes the coach. Then you talk together in a co-creative way to grow from the experience. Then you play again and usually the player is a little better. It’s a loop that keeps the relationship growing and the player spiraling upward in mastery and confidence.

This is how coaching happens in athletic and performance art coaching and most people have an experience or an understanding of this process. At CoachVille we emphasize this framework because we want Life Coaching to become a mainstream force for

transformation in personal growth, business and leadership. Life Coaching is so much more than just talking about problems and tasks!!

## **The four ways to play life**

You will notice at the center of the model around the Observation ~ Co-creation yin/yang symbol the 4 ways of playing life: relate, create, explore and experiment. You are certainly well-versed in these 4 activities by now! A BIG part of being a Life Coach is re-introducing people to their natural playfulness AND the truth that we are here to play for our dreams. We play for experiences and results in the world. When we play for something that we cannot control but we can influence we have the opportunity to play better and better each time we play.

Coaching is co-creating and observing play.

## **BIG Dream!**

Performance-Possibility Gap ~ Experiences ~ Growth

The BIG Dream is the spark of the coaching experience and the start of every coaching session. As you know, we talk about it at the start of every coaching session... it's that important to speak it on a regular basis; and to allow it to evolve over time.

Remember back to session 1 with your Play Life Coach? Together you started to define and explore the performance-possibility Gap. This is the starting point of every coaching relationship. The player has a vision of playing better in pursuit of a BIG Dream, new experiences and personal growth in the form of expanded skills and unleashed superpowers. The gap between how the player plays now and their vision is the performance-possibility Gap.

## **Coaching Relationship**

Purpose ~ Permission ~ Presence

These are the 3 P's that are the foundation of the coaching relationship.

The coach and player must have a shared **Purpose** for being together.

The coaching relationship is a choice! The player must give the coach **Permission** to coach. And the coach should re-affirm permission on a regular basis; especially when going into new "territory".

Coaching **Presence** is a skill and a gift; especially in a world that is more distracted every day. As a coach you are **WITH** your player, observing, reflecting, guiding lightly and sharing the journey.

## **Support and Challenge**

The coach is the ultimate supporter of the player providing encouragement and energy; we all need more support than we are getting! At the same time the coach must be able to challenge the player to grow in healthy ways; I am sure you have experienced that by now! Most players are yearning for someone who can see them and show them places where they can grow. The true knack of coaching is being able to read the player and the situation and know which to provide – support or challenge - at any time.

## **Judgment-Free Awareness (JFA) and Expertise**

Judgment-free awareness is the juice in the coaching relationship. It is the essential ingredient to providing a safe space to play, practice, experiment and explore new ways of being. We all need a place where we don't need to be perfect; where we can just BE.

Expertise is the sum total of your knowledge and experience; it is knowing ways to do things and ways to approach situations. While coaches don't need to be the expert all the time, the right bit of wisdom at the right moment can really make a difference. Also, expertise is really valuable when role playing together because it helps the coach co-create realistic scenarios for the player to practice.

A Life Coach provides a healthy blend of both JFA and expertise.

## **Become Super YOU!**

Values ~ Abilities ~ Superpowers

This is the "unleash your unique power" portion of the coaching experience! This is where the coach can point out what they are seeing in the player that they probably don't see in themselves. You have experienced this a lot with your Play Life Coach.

The coach helps the player clarify their values – what is important to them – as they hone in on the details of the BIG Dream.

The player's abilities include ALL the things they have learned how to do in life. Some could be from a desire that they explored; others may be from an environment they were in. Wherever it came from, every ability has the potential to play a part in the player's dream at some point.

**Important! We are ALL yearning to be seen and known for who we really are.**

## **Explore Energy Alignment**

Become ~ Believe ~ Belong

Energy alignment is the secret sauce of Life Coaching. While plenty of attention is put on actions and skills, the more you coach you come to realize that they are just the visible tip of the iceberg; the real play in co-creating results in the world is Energy Play. Just like the bulk of the iceberg is unseen beneath the surface... the bulk of what makes things happen in the world is the unseen world of energy alignment.

When the energy is aligned, results just happen with ease and flow; when the energy is not aligned results come about only through lots of struggle and often not at all.

You will notice the 3 forces of human transformation: Become ~ Believe ~ Belong that are at the core of the Energy Alignment Game. Energy alignment happens by playing intentionally with these three forces of change. While in pursuit of BIG Dream experiences players will explore and express these forces of change within their lives. This is quite exhilarating and illuminating. As a coach you are guiding this process every step of the way.

## **Practice Together**

Role Play ~ Pivotal Moment ~ Plan-Play-Grow;

This portion of the coaching framework is ALL about playing together while observing. As the player you have experienced each of these techniques on a regular basis... and probably you have been surprised about how powerful they can be!

As you have experienced we put a lot of emphasis on role playing. This is how you guide your player to develop new relating skills; and the truth is: our success in life comes down to our ability to relate for influence; which requires a lot of practice.

When you jump into these experiences as a coach you also get better as a player. As you play roles that your player needs to practice, you become more playful and resourceful as a coach and also as a player in life. In addition as you observe your players in both Role Play and Pivotal moment exercises you expand your observation abilities.

Doing a reverse role play is an awesome way to demonstrate a new way to do something. A reverse role play is when the coach plays the role of the player and the player plays the role of the person they want to approach. It can be really illuminating.

The Pivotal Moment technique is a game-changer... specifically the Energy Alignment Game! By identifying pivotal moments of play and then replaying and preplaying them it is possible to explore the energy to create breakthroughs in perception and awareness!

The Plan-Play-Grow technique is so essential to great coaching because it provides the essential structure for each coaching session. Life is so full of limitless possibilities! It is important to have little bit of structure to combine with limitless imagination that leads to the magic of playing better!

## **Co-Create Player's Way**

Strategies ~ Methods ~ Style

The bottom left of the coaching model refers to action; the “how” of playing better.

This is where you guide your player to create their own way of doing everything they want to do; and that their dream needs them to do.

A part of this includes showing your players YOUR way. But that is just a starting point for the player, NOT the end.

You need to help your player unleash their superpowers and then use them in a strategic way to co-create results in the world; a way that is perfect for them.

You will guide your player to express themselves fully, find their voice and develop the style for who they want to become. All of this is in service of guiding your player to develop their own methods and unique way of playing better for their dream.

While we are on the subject of methods, as a coach you have the Play Life Method! And your player has the Play Life Method too. This method is a robust way to approach any BIG Dream.

As you continue to coach you will develop your own coaching style and over time you will develop your own coaching methods as well.

## **FUN!!!**

Looks like fun right!!! Well, I am sure that your coach is having great fun with you as a player. Most people who become a great coach, HAD a great coach in their lives. I know that is true for me several times over.

# Play Life Coaching Session #11 Notes

Date: \_\_\_\_\_

## Celebrations: Results and Experiences



## Pivotal Moments



## Respond to Challenges



## Focus: Pursuit of Mastery



## Play Together

## Play with the Supermind Connection

Gratitude for Challenges

Gratitude for Synchronicities

Clearly State Needs

The BIG Question



## Growth Zone

What did you learn...

About playing for your dream?

About yourself and your superpowers?



# Play Life Play Plan #11

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:



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Follow-up Actions:



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## Session #12: Celebration

**Coach:** It is important to organize your players into seasons of focused play followed by celebration, rejuvenation and plans for the next adventure. Most players don't notice their own growth so it is up to you to share with them the growth you have observed and then challenge them to play bigger.

**Player:** You are a player! You are not a machine that can keep going without a break. When the season is over take the opportunity to celebrate what you have accomplished and who you have become! Energy is so important to playing BIG in the world. To play at a high level in ANYTHING it is important to plan your rest, rejuvenation and time for reflection.

### *Celebration*

Celebration is so important in our lives! Especially for someone like you who has a BIG Dream to be a positive impact in the lives of others.

Celebrate your life, your new experiences, your accomplishments and more importantly celebrate YOU; who you have become as you have unleashed your superpowers.

Your coach has been encouraging you to notice your growth and celebrate your actions every week. Now is the time to really take a step back and reflect on the past 3 months. WOW!



### *Reflect on your BIG Dream*

Your BIG Dream was your call to adventure to express yourself in the world in a new way. How did it go? Take a look back at what you wrote down 3 months ago. You started with a vision for some tangible objectives, developing new mastery, becoming the next version of you and upgrading your environment with some new tools and toys.




Your coach is going to ask you to compare your intentions to what actually happened with judgment-free awareness. It's possible that you far exceeded your expectations in some ways and it's possible that you are disappointed in some ways. BOTH are important to notice, speak and learn from. Both achievements and disappointments can fuel your next adventure.

### *Celebration ~ Energy Alignment pages*




WHOA! The Energy alignment game is pretty awesome. I hope you enjoyed exploring the energy side of life as much as the tangible side.

On the next 2 pages I encourage you to reflect on what you have experienced and discovered about energy alignment over the last 3 months. Some aspects may be subtle while others will be super obvious. Celebrating and affirming your learning about Energy Alignment will speed your path of transformation and fulfillment of your next BIG Dream.

# BIG Dream Celebration Play Sheet (Part 1)

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

# BIG Dream Celebration Play Sheet (Part 2)

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

# Play Life Coaching Session #12 Notes

Date: \_\_\_\_\_

Celebrations: Results and Experiences



Pivotal Moments



## Celebrate 12 Weeks Together

Outcomes



Mastery



Becomings



Upgrades



## Reflections

Memorable Experiences



Disappointments



Key Celebrations



Dream for Next Season



## Growth Zone

What did you learn...

About playing for your dream?

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About yourself and your superpowers?

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## **THANK YOU!**

Thank you for choosing to play life with a Play Life coach from CoachVille. I am sure your coach thoroughly enjoyed it. Thanks also for allowing me to be your bonus companion over these 3 months.

And mostly thanks for creating a ripple effect of good by sharing your superpowers with the people in your world!

## **Your NEXT Adventure!**

Enjoy a little rejuvenation, quiet your mind and allow your heart to share your next adventure.

## **Invitation to Join CoachVille!**

Now that you have experienced playing with a Play Life Coach, we would love to have you join us at Team CoachVille. [www.coachville.com](http://www.coachville.com)

We have a compelling collection of resources for anyone with the Dream to play BIG in the world to create value for others.

And, like I said earlier... as your dream grows you will need a team. Your team will need a great coach... It's YOU!

We are the champions of dreams!!

Coach Dave