



CoachVille Center for Coaching Mastery



Play Life Playbook for Players

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Part One: Sessions 1-6

Hello there! Coach Dave here with you.

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



Our vision...

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

Your coach is...

The champion of your dreams

The promoter of your playfulness

The unleasher of your superpowers

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

But, this presents an interesting question: how do we play life?

That is the point of this playbook and the audio series. I will share with you the key ideas that will guide you on the transformational journey from working on tasks to playing for your dreams! Then... your coach will guide you on your unique personal adventure; it can be in business, leadership, community, personal growth... ANYWHERE your dream needs you to play better.

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

We are reinventing life with the spirit of PLAY! And YOU are a part of it.

Coach Dave Buck and the CoachVille Team!

Table of Contents

A BRIEF INTRODUCTION TO COACHING AND PLAYING LIFE	5
What coaching is	5
We were born to play but then we were trained to work.	6
Transformation from worker to player.....	6
INTRODUCTION TO THE PLAY LIFE METHOD	9
SESSION #01) SHARE THE DREAM.....	10
Coaching starts with your dream	10
Performance – Possibility Gap!	10
The Human Journey with a Coach.....	10
SESSION #02) DESIGN THE WAY TO PLAY	ERROR! BOOKMARK NOT DEFINED.
Transform the dream into play	Error! Bookmark not defined.
An Example of playing for a Dream.....	Error! Bookmark not defined.
How the results add up	Error! Bookmark not defined.
The Plan & Practice~Play~Grow Cycle: The heartbeat of coaching.	Error! Bookmark not defined.
SESSION #03) PLAY FOR RESULTS (PLAY FOR YOUR DREAM)	ERROR! BOOKMARK NOT DEFINED.
4 Pivotal Moments of Social Play	Error! Bookmark not defined.
4 Pivotal Moments of Social Play with Social Fear.....	Error! Bookmark not defined.
How a coach helps you play better: Observation ~ Co-Creation	Error! Bookmark not defined.
To prepare for your coaching session.....	Error! Bookmark not defined.
SESSION #04) EMBRACE CHALLENGES.....	ERROR! BOOKMARK NOT DEFINED.
Embrace Challenges.....	Error! Bookmark not defined.
Judgment-Free Awareness	Error! Bookmark not defined.
Pivotal Moments.....	Error! Bookmark not defined.

YOU MATTER. Error! Bookmark not defined.

Energy Alignment Game Error! Bookmark not defined.

SESSION #05) EVALUATE WHAT MATTERSERROR! BOOKMARK NOT DEFINED.

The Paradox of Play Error! Bookmark not defined.

Life as a co-creation Error! Bookmark not defined.

SESSION #06: PRACTICE SKILLS.....ERROR! BOOKMARK NOT DEFINED.

Practice Skills Error! Bookmark not defined.

Observation ~ Co-creation..... Error! Bookmark not defined.

In looking at the 4 ways to play life... Error! Bookmark not defined.

The Power of Practice and your Playful Conscious Mind..... Error! Bookmark not defined.

BIG LIST of conversations to practice..... Error! Bookmark not defined.

MID-SEASON REVIEW.....ERROR! BOOKMARK NOT DEFINED.

A brief introduction to coaching and playing Life



What coaching is

To start our adventure together, I want to share with you a few thoughts about coaching and playing Life. .

Here is a pure definition of coaching:

Coaching Is...

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

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

Life Coaching is not about problems or tasks because life is not about problems and tasks. Life is for play and Coaching is about playing together to play better.

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

The ancient power of co-creation!

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

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

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

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

But most of us were trained in the Industrial Age to look at everything as work. School was work, jobs and business are work, but we also work on our relationships and our golf game! UGH!! Play is a better way!

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

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

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

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

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

Transformation from worker to player

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

The Endeavors of Life where play is possible

Anything that you cannot control but you can influence is an opportunity to play and play better with a coach!

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

- small business ownership,
- loving relationships,
- career development & transition into something joyful
- business growth through team play,
- leading a worthy cause
- growing a vibrant community
- spiritual quest through community participation,
- financial freedom through value creation,
- corporate leadership, and management development,
- artistic expression and performance
- health and wellness through engagement
- personal growth through self-expression and participation

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


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

You will LOVE play that is engaging, supportive, challenging, purposeful and dream fulfilling.

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

Introduction to the Play Life Method

Each of your 12 coaching sessions will have a focus.

- Session #1) Share the Dream
- Session #2) Design the Way to Play (for the dream)
- Session #3) Play for results with actions
- Session #4) Embrace challenges
- Session #5) Evaluate what matters
- Session #6) Practice Skills
- Session #7) Play Plan for your Superpowers
- Session #8) Expand Inner Freedom
- Session #9) World Power (Design a winning environment)
- Session #10) Transformational Play
- Session #11) The Pursuit of Mastery
- Session #12) Celebration!

The Play Life Playsheet – How to use it

Print the play sheet on the page above. After each coaching session write the date in the section you just did and then write a few keywords that capture the essence of the session. Use this one page to create a visual display of your progress through the “season”.

How to use this Play book

There are a few pages for each coaching session.

Content. The first 2-4 pages contain a few key ideas in words and graphics to help you prepare to get the most out of your coaching session.

Coaching Session Notes. There is a page to write a few notes about each coaching session. There is a section to write a few things you want to remember to share. There are spaces to capture a few notes during and AFTER each coaching session. Remember, it is not school! There won't be a test. Just write a few key words.

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

Session #01) Share the Dream

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

The Coach: Clarify the BIG Dream, the experiences they are playing for, the purpose of those experiences; Explore what matters. Reveal “the Gap”



The Player: This is what you are playing for! Choose a DREAM that has real purpose for you AND pulls you out into the world of contribution and adventure!

Coaching starts with your dream

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

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

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

Focus on something that you CAN do right now. It is great if you also have a “some day” dream, but your coach can only guide you toward a dream you can pursue now.

If you have a “some day” dream that is not possible now, choose a dream that will develop you in a way that moves you toward your “some day”.

Choose something that will pull you out into the world of other people; even if that is virtually rather than face-to-face. Something that you can do by working by yourself is not a BIG enough dream for playing with a coach.

Choose something that will ask you to GROW; something that will take on a life of its own and “ask” you to become the next version of YOU.

Performance – Possibility Gap!

This is an important idea that your coach will explore with you because it is an essential element of having a coach. The Gap describes both the new possibilities that you see for yourself that are beyond what you experience now; this is the “What” you want to do.

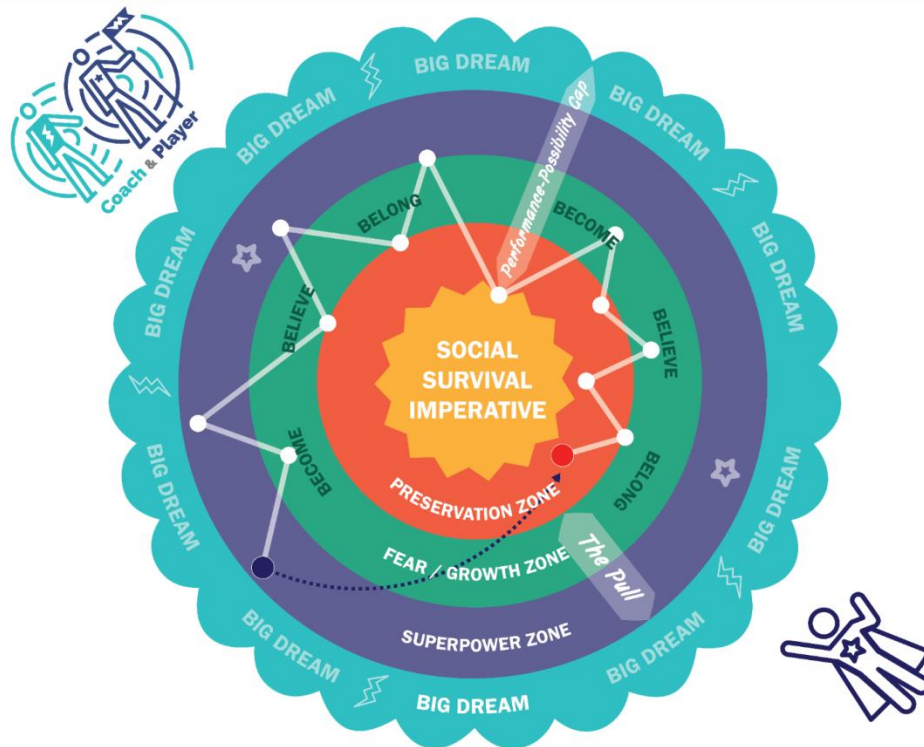
It also describes your vision for how you aim to play better – and improve your performance - and who you need to become in order to step into those possibilities

The Human Journey with a Coach

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

The Human Journey with a Coach

The Social Survival Imperative pulls the player in. The BIG DREAM pulls the player out.



The Coach guides the Player through an adventure from the Preservation Zone, through the Fear / Growth Zone, and into the Superpower Zone. Notice it is NOT a straight line!

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

The outer ring is your BIG Dream! It is your heart calling for you to step beyond your Preservation Zone and walk through the Growth / Fear Zone of the unknown and into the Superpower Zone where you discover the powers within you to live your dream. Your coach will be with your guide every step of the way on the adventure.

Notice the Performance Possibility Gap. This is the gap you cross in pursuit of your dream. Also notice “The Pull”. We will speak about this often. This is the natural tug within all of us between the desire to preserve “what is” by playing safe and the desire to pursue our heart’s Dream by playing BIG. The experience of Pull will ALWAYS be there!

The next page is a list of “Superpowers” to spark your imagination for who you want to become on the adventure! Who is your Dream asking you to become?


Super YOU! Playsheet

64 Superpowers for Change

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

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

Date: / /



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

Play Life Coaching Session #1 Notes

Date: _____

Session: Share the Dream

Focus:

Performance-Possibility Gap

*Become the
Next Version of YOU*

*Change Lives
For the Better*

*Superpowers
to Develop*



Your BIG Dream

*Activities
to Play Better*

Fears

Challenges



Growth Zone

What did you learn...

About playing for your dream?

About yourself and your superpowers?



