

# PLAY LIFE



*Playbook for Players*  
*by Dave Buck, MCC*

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

# Play Life Coaching

## Player Playbook

By Coach Dave Buck, MCC

# Welcome!

Hello there! Coach Dave here with you.

I am the creator of the Play Life Method that your coach is using to guide you play your dream.

While your coach is your Guide on the adventure, I will be your “Bonus Companion” with this playbook and a series of audios that I recorded to help you make the most of every session with your coach.

You may never have had a Life Coach before; and probably not a CoachVille Transformation Coach. It’s different. It’s AWESOME!



## 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 practicing together to play better. Just as a basketball coach will help you practice basketball or a violin coach will help you practice, a Transformation Life Coach will help you practice life.

But, this presents an interesting question: how do we practice life? And 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 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 takes you.

In this playbook I will share with you insights about HOW your coach is going to practice life with you.

**THE BIG IDEA:** The more you understand what your coach is doing, the more empowered you will be a powerful co-creator of the whole experience!!

**Are you READY TO Play BIG for your Dream AND create a ripple effect of good that deeply touches others?** I know the answer is YES!

At CoachVille, we have a Dream to uplift the human family with the spirit of PLAY! And YOU are a part of it.

Coach Dave Buck and the CoachVille Team!

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## **Introduction**

To playing life with a Coach

## ***IN-01) The Play Life Station***

**The world all around us is a Play Life Station!**

### **PLAY YOUR DREAM – what does it mean?**

One of the BIG ideas of Transformation Coaching is to live a Dream-Centered Life.

This is a BIG Transformation

**From:** Work toward a goal (like it is an objective for some day)

**TO:** PLAY your Dream (like a game you plug in to the “Play Life Station” every day)



Working toward a goal is a common notion. Your goal is something that is off into the future; something you accomplish someday by completing tasks every day.

### **Your Dream is a “game” in the Play Life Station**

PLAY YOUR DREAM is a totally new idea. The best way to explain it is with a metaphor.

You are most likely familiar with the various game consoles where you plug a game into the console and the screen comes alive with a new world that you explore, face fun challenges and develop new abilities.

Imagine that this amazing world that we live in is a fully alive “Play Life Station”!

Your Dream is like a game that you plug into the game console.

After you activate your Dream, the world around you comes alive in a new way. Everything that happens is connected to your Dream. You PLAY your Dream every day.

And yes, you can pop the game out of the Play Life Station any time if you need a rest. 😊

### **THIS IS SUPER IMPORTANT...**

You will LOVE playing for a Dream that is engaging, supportive, challenging, purposeful and fulfilling... **even if right now in your life you only have 20 minutes per day** to play your Dream, it will light up the rest of your life. And hopefully soon more and more of your day can be playing your Dream time. AWWWW Yeah!

### **Possibilities for your Dream**

Your Dream can be an elaborate vision. OR it can be a simple statement of desire. Either is an awesome way to start our adventure together.

Elaborate: I want to host a podcast where people share their defining moments in life.”

Simple: I want to feel more energy when I am at work.

Simple: I want to have a closer relationship with my friends and neighbors.

We typically capitalize the D to represent that your Dream takes on a life of its own, almost like a character in your adventure.

Playing our Dreams is what coaching is all about. An important point here is that playing life with a Transformation Coach is MUCH different than going it alone. So, I am encouraging you to think bigger than you might normally allow yourself to think.

### **Why Dream... rather than objectives or goals?**

- Your Dream includes your imagination.
- Your Dream includes your vision.
- Your Dream includes your heart's desires.
- Your Dream includes how you want to contribute to life.
- Your Dream includes who you want to become.
- Your Dream includes the peak experiences you want to co-create.
- Your Dream includes the spirit of play.
- Your Dream includes a sense of wonder and mystery.

Often, we don't think too much about our dreams, we just focus on what we can control by ourselves. This is how we were trained to think in the Industrial Culture. (We will get to this later) This approach tends to keep us pretty small, which is OK sometimes. But truly, life can be MORE.

I have often heard a saying that life is a school, and we are here to learn lessons. And there is often this sarcastic notion that if you "don't learn the lesson", then life will give you the same lesson, over and over again, until you learn it.

I say: "NO WAY" to that idea.

### **My mantra is: The world is a playground... A Play Life Station... Let's Play Together.**

Here is a "starter" list of the endeavors that people dream of playing better. This will spark your imagination for the many possibilities you have with your Transformation Coach!

### **Aspects of Life you can play better with a Coach.**

- small business ownership,
- career development & transition into something joyful & meaningful
- business growth through team play
- leading a worthy cause or movement
- growing a vibrant community
- spiritual quest through community participation
- financial freedom through value creation
- corporate management and/or leadership of a great team

- artistic expression and performance
- health and wellness through engagement
- personal growth through self-expression and participation (this includes co-creating relationships and partnerships)

### **How you will grow as you PLAY YOUR DREAM...**

- You will express your superpowers, energy and creativity.
- You will enjoy the company of people by growing your Dream Team.
- You will grow your skills and capabilities, especially your Human Connection Super Skills.
- You will experience flow with your Human Nature Superpowers: to dream, be free, befriend, become, believe and belong.
- You will grow in status within your community.
- You will co-create your world - and THE world - in a positive way.

### **Peak Experiences (and objectives)**

Peak Experiences are essential to playing your Dream every day. A peak experience is when you rise up to a challenge and something awesome happens. Usually, you then feel the urge to put your hands in the air for a high five or a fist pump. LOVE THOSE!

When you play your Dream every day, every day there is a possibility for a peak experience; sometimes more than one! It doesn't mean that one will happen... just that there is the opportunity for it to happen.

A peak experience often includes using a new skill or expressing a personal superpower in a new way. It is often the result of lots of practice doing something to develop a new ability or approach.

The feeling is: **WOW! I (We) just did that. And it was awesome.**

### **Growth-oriented Challenges**

If you put a new game into your game console and everything that happened was something you have seen before and knew exactly what to do, (like, the way we were taught to live in the Industrial Culture) you would quickly become bored with the game and stop playing.

When you play your Dream, rather than go through the motions of another day of habits and tasks, you WILL experience challenges. You will face the unknown and opportunities to fail.

It is growth-oriented challenges that make playing your Dream fun every day.

The key is to embrace this truth and enjoy the challenges that come your way.

**Here is the approach:**

When you play your Dream, you look at EVERY situation in your life as if it is somehow part of the adventure. Everything is happening for YOU to grow as a player in this Dream. Even events or situations that happen and seem to have nothing to do with your Dream, you assume that they do, and you look at them from this perspective.

Even recurring issues from BEFORE you were playing this Dream, most likely the ones that led up to your wake up call, you can look at them in a new way once you start playing your Dream.

**The way to do it is simply to wonder: mmm.**

I wonder how this situation is part of my Dream?

I wonder how this event is asking me to grow so that I can play my Dream better.

I wonder how this situation is trying to show me something that I didn't see before?

It's a powerful, fun and dynamic way to live.

You will LOVE playing a Dream that is engaging, supportive, challenging, purposeful and fulfilling... even if right now in your life you only have 20 minutes per day to play your Dream, it will light up the rest of your life. And hopefully soon more and more of your day can be playing your Dream time. AWWWW Yeah!

Let's play.

## ***IN-02) The Butterfly Moment***

The Butterfly is a symbol of transformation.



The butterfly begins its life as a caterpillar. Crawling around slowly with a daily routine of consuming a lot of vegetation.

Let's say the caterpillar is a task-oriented consumer!

Sounds familiar.

But then, something stirs within the caterpillar; its butterfly nature is calling to it and it knows...

**It's Butterfly Time!**

So, it finds a safe place and spins itself into a cocoon.

Then it liquifies it's body and forms a new body with a set of wings

Then it uses the cocoon as an exercise station to build the wing strength needed to fly.

Then... it breaks free... and flies!!

Now as a butterfly it appears to be at play.

Dancing with the breeze.

Co-creating – by pollenating – the flowers and vegetables. It plays a vital role in the ecosystem while bringing delight to all who have the opportunity to see it in action.

## **A Transformation Coach with the Play Life Method**

Let's explore a few elements the butterfly's true story as a metaphor for Transformation Coaching.

Transformation

**From:** Task-oriented consumer

**To:** Playful co-creator

While the butterfly does its transformation once in a lifetime, we humans can transform many, MANY times.

We find ourselves in a routine with a lot of tasks that we have done before; and consuming a lot. (Social updates? Or Entertainment perhaps?) You know what it is for you.

Then something stirs within you. A new Dream is calling to you from your Human Nature... It's butterfly time! For us, it's transformation time.

**This is where your Transformation Coach comes on to the scene.**

You need a safe space: (a cocoon of sorts)

To liquify your inner self = to explore and uplevel your intentions, desires, beliefs and social fears.

To exercise and PRACTICE with your new set of wings = your social play actions and your emerging superpowers.

To play in the breeze and pollenate the flowers = engaging in social play to relate, create, explore and experiment while contributing to the ecosystem around you.

Meanwhile, inspiring everyone who has the opportunity to see you at play!

### **The butterfly as a metaphor for Transformation coaching using the Play Life Method**

1) The caterpillar does NOT become a butterfly by trying to fix their caterpillar problems! The Caterpillar trusts and expresses its butterfly nature every step of the way. In our lives as Humans, we don't focus on our problems to transform. Instead, we focus on trusting and expressing our YOUUnique Superpowers!

2) The Human version of the cocoon is the safe space of practice with a transformation coach. The difference is that while the butterfly is in there once, exercising until it is ready to set itself free to play in the world, we Humans do this on a regular basis. We go into our practice space for a short period of time and then out to the world to express what we practiced. We go back and forth between practicing in a safe space and playing in the world.

3) As Humans, we start out as butterflies; playing and delighting all who have the opportunity to see us in action. Then the Industrial Control Culture devolves us into caterpillars: task-oriented consumers. Transformation Coaching with the Play Life Method is a way to reclaim your butterfly nature: our YOUUnique Superpowers.

4) We have all heard of the story of the human who intervenes in the process by cutting open the cocoon, so the young butterfly doesn't have to "struggle" to get free. Then the poor creature falls to the ground...***all butter... no fly!***

Play Life Coaching is about being in the cocoon!

Liquifying = reforming intentions, desires and beliefs and

Exercising = practicing the activities of Social Play.

A Transformation Coach embraces with you the challenges, strong emotions, failure and feedback that you will experience on your transformation journey.

They won't cut open the cocoon when they think you are struggling! You aren't struggling... you are exercising!

If you feel the stirring of your Awesome Human Nature inside of you...

**YES! It's butterfly time!**

### 3 Transformation Examples

I am so excited to share this book with you. I am even more excited to be your bonus companion on this adventure with your Play Life Coach!!

There is so much I am going to share with you but I want to get your curiosity pumping with a few BIG TRANSFORMATIONS; that's why I am going to use a BIG Font. (Lol, symbolism!) These might not seem big to you at the moment, but they will in a few weeks.



The symbol of the Play Life Program is the butterfly; which is the universal symbol for transformation.

Here we go:

## 1) From Worker -> To Player

You were born to play.

You can play life.

You can play your Big Dreams.

You can play better with a coach.

## 2) From Do-it-yourself -> TO Co-creator

You were born with awesome co-creation skills.

You will co-create with your coach.

You will co-create with the people in your world.

You will co-create with life! (Life Force Energy)

## 3) From Task Focus -> To Energy Flow

You were born connected to the energy of life.

You can unleash the Super YOU version of you.  
You can claim your Human Nature and playfulness Superpowers.  
You can tap into your Non-Conscious Mind (it's full of wisdom).  
You can uplevel your Environments to make everything easier.  
You can elevate your connection to the Supermind.

**Your coach is going to guide you; I will be your bonus companion!**

### ***IN-03) Prepare for your Exploratory Coaching Session***

You may be reading this playbook before or after your exploratory session with your coach. Either way is OK!

If it is before, then consider these Introduction pages as motivation to say: “YES”!

If it is after, then these pages are here to get you prepped and ready to play.

Even if you already had the exploratory conversation and said: “Yes”, I still recommend that you listen to the prep audio. A few of the ideas will energize your experience with your coach.

The first step in a coaching relationship is what we call an “Exploratory Conversation”. The main purposes are to:

- A) Get you excited about having a Transformation Coach with the Play Life Method
- B) Make sure that you and the coach are a good fit for each other.

[Listening to this audio will help you prepare for the session.](#)

Reading this playbook introduction will also help you prepare to get the most out of it AND to make a good choice for yourself.

Well, you don't really need to “prepare” in the traditional sense.

But your potential coach is going to bring up a few topics that you may never have been asked about before. So, if you want to give them a moment of thought before the session you can.

Your Coach is going to ask you about:

- 1) Your current version of your Dream. Your Dream can be an elaborate vision or **it can be a simple statement of desire.**
- 2) What success looks like for you over the next 3 months... we are talking about success on YOUR terms!



- 3) How do you imagine yourself playing bigger or better for your Dream?
- 4) Describe your BIG growth opportunity, BIG Challenge or BIG Drama of this epic adventure. Have fun doing this!
- 6) What are some unique abilities... or superpowers... that you want to more fully explore and express?

This can be a really fun conversation!!!

Enjoy your exploratory session with your – potential – coach.

It could be the start of something BIG!

**Free people. FREE PEOPLE!**

### ***IN-04) The Real-world benefits of having a coach!***

## **The Practical... The Problems ... The Purposeful... The Playful**

YES!

As your bonus companion on your adventure with your Transformation Coach, my role is to prepare you for each leg of the journey so that you can really LOVE it and thrive.

In this exploratory chapter, I have a few provocative ideas to share with you... that will shift how you see yourself, the world around you and your opportunity to thrive in a joyful way. AWWW Yeah.

The first thing I want to do is share with you a few of the “real world” benefits of playing with a Transformation Coach in the form of practical benefits, “problems” solved and bigger purpose and aspirations.

### **The Practical**

- If your Dream or purpose feels fuzzy or lost, it will come into focus and gain energy.
- Positive actions that used to seem hard will start to feel easy.
- You will have more fulfilling experiences with people you enjoy, in ALL aspects of your life!
- You will gain awareness of where your doubts and fears are coming from... and you will feel more and more FREE!



- You will greatly expand your “body awareness” and “emotional awareness” which will increase your intuition, inner knowing and self-trust. << ***THIS IS A BIG ONE!***
- You will feel more ALIVE... and feel like your life is more vibrant than it used to be!

## The Problems

Something happened in your life to spark this new adventure, or some situation has led you to the conclusion that NOW is your time. It is possible, even likely, that whatever happened seems like a problem to you now. This is normal in our culture.

But it is important to know that Coaching is NOT an intervention for problems! It is about playing life better.

BUT...

**Coaching and playing our dreams is an amazing kind of “Slow Magic”, over time problems disappear!**

But... your coach is not going to do anything to you or for you! You are going to be an equal co-creator of the experience.

As you play better with your Transformation Coach, many of life’s situations that are commonly perceived as problems will gradually lessen or disappear completely.

- You will experience LESS stress... and depression.
- You will experience LESS procrastination... and self-doubt.
- You will experience LESS loneliness... and isolation.
- You will experience LESS “self-absorbed Ego” ... and frustration.
- You will experience LESS “self-sabotage” ... and disharmony.
- You will experience LESS limiting self-talk... and anxiety.

We won’t focus on any of these problems, they just disappear on their own. You have to admit... this will be awesome!

## The Purposeful... and Aspirational

- You will gain visibility. You will feel more courage in being seen and owning your value.
- You will gain influence. You will begin to see yourself as powerful and capable of having a profound positive impact on the lives of others and in the world!
- You will gain creativity. You will gain clarity on the YOUUnique qualities that you have within you that you can use to co-create the results and experiences you desire.
- You will make discoveries. You will feel more confident in taking risks that can bring about positive rewards for your dream.
- You will develop the ability to tap into your body wisdom to make bold choices.
- You will develop the ability to tap into your AWESOME Human Nature for needed insights and possibilities... and then ACT on them.

## The Playful and Transformational

A BIG difference between playing with a coach and working in isolation is well... a focus on play... specifically Social Play, and practice.

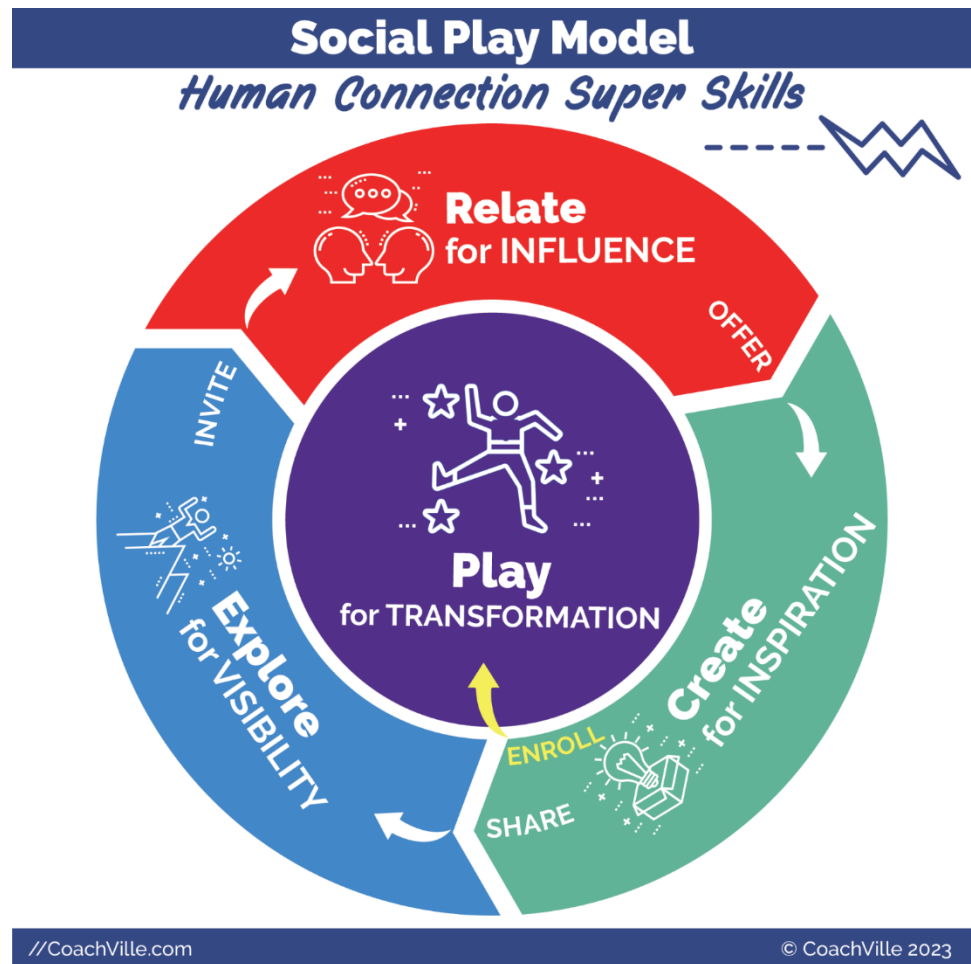
We have a little model to help you shift your mindset from worker to player: Relate, Create, Explore, and Play (also Experiment).

These are your Human Connection Super Skills! You need these to play your Dream.

Your coach will encourage you to add activities in these four areas into your plan each week; this will guide you toward the experiences you desire, the impact you desire and personal transformation **AT THE SAME TIME!**

Here is an important insight to consider: **Anything that you cannot control but you can influence is an opportunity to play and play better with a coach!**

So, I want you to wonder... to dream... of what you would do if you were able to increase your positive connection in the social world around you.



These are the four types of activities: **Moments of Social Play.**

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

These are the four essential activities of the Connected Culture of Co-Creation.

**We call them pivotal moments of social play.**

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

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

### **The Four “Things” people playing life want more of...**

Entrepreneurs, leaders of teams and organizations, people with a cause, people with an idea... anyone who aims to move beyond the status quo of life wants these four things:

- Inspiration
- Visibility
- Influence
- Transformation (new experiences of discovery and capability).

That means YOU!

### **Create for Inspiration > to SHARE**

Creating is when you have an idea or make something you want another person to experience by sharing with them; for examples: writing, recording, designing, planning. In our current world of written words and recorded media, we can create something for others to experience at a later time with the intention to inspire them. You have the inspiring experience of making it and they have the inspiring experience of engaging with it.

The sharing part is all about participation and contribution and our innate human desire to inspire each other and feel valued by them. This is very much in line with the idea that “Life is Performance Art”; which is a concept we talk about a lot in coaching.

The Peak experience is when they engage with you and your idea.

### **Explore for Visibility > to INVITE**

Exploring is when you go into a new territory; you are stepping into the unknown (hopefully with a sense of wonder) It can be a physical place, a social media platform or even a new idea. You explore to see and experience new people and new places; and also to BE SEEN and KNOWN by new people.

Exploring also includes sharing new ideas with people you already know.

When Exploring for Visibility goes well, it leads to meeting someone that you want to get to know better. This leads to an invitation to meet again where you can Relate for Influence.

The Peak Experience is when they say YES and commit to meeting to continue the conversation.

### **Relate for Influence > to OFFER**

Relate means talking to other people! This is pretty much what we do all the time in life. We love talking with people and when it is playful and self-expressed it is really fun.

It becomes playful when we are discovering each other and finding areas of commonality and aspects of uniqueness about the other person. Also when we express new ideas and discover new ideas from the other person’s perspective.

The influence part is when you ask someone to do something with you and they might say “yes”, but they might say “no”.

The Peak Experience is when they say “YES” and you make a plan to do something together in a shared experience. When someone wants to do something with us we feel valued.

### **Co-Create for Inspiration > to ENROLL and to SHARE**

Co-Create for Inspiration is when two or more people do something together to have an inspiring experience. These experiences can be designed or spontaneous and most likely a combination of both.

Shared experiences are how we grow both as individuals and how we grow our relationships, our experience of feeling valued and our experience of belonging. It's BIG!

The aim of doing things with new people or doing something new with someone you already know, is to find the people that we want to spend more time with; the people that we want to “adventure” with; the people that we want to Play for Transformation with.

The Peak Experience is when they say “YES” to ENROLL to participate in what you are doing next to Play for Transformation.

When someone SHARES about their experience with you to another person, this creates a new visibility opportunity. It also creates a feeling of being valued which is essential to our Human Nature.

### **Play for Transformation > to GROW and to SHARE**

Playing for Transformation with other people that we enjoy is what we yearn to do with the days of our lives. We want to do activities that we enjoy with people we enjoy, to love life and grow personally and together.

Playing for Transformation often includes an element of experimenting and discovery. Experimenting is any time you do something that you have not done before OR you do something that you have done in a new way. Often when we experiment we have an idea or a hope of what will happen but we don't actually know. We aim to discover something new about life, ourselves or the people we are with.

A key to success with play is to start with an intention, be open to new possibilities AND keep track of what happens; and most important is to not look at any outcome as a failure but as learning.

When we play together, our ultimate aim is to GROW because we love growing.

Also, in our social world, we love when the people we are with SHARE about their experiences in a positive way, so that our social value grows as well.

Hopefully you are getting energized about playing for transformation!

### **The BIG Picture...**

Play Life is a form of Transformation Coaching where you practice pivotal moments of social play that lead to inspiration, visibility, influence, and transformation!

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

AWWWW Yeah!

### ***IN-05) What coaching is***

Before you start your adventure with your Transformation Coach and the Play Life Signature Series, I want to share with you a few thoughts about Transformation Coaching because there is a lot of confusion about this.

Here is our definition of coaching:



# **Transformation Coaching Is...**

1. A personal, egalitarian relationship
2. of safe space, playful co-creation and guided **PRACTICE**  
**for the player...**
3. to become the next version of themselves
4. in pursuit of playing their **Dreams** better

## **Words Matter**

Another important idea here:

*Lawyers have clients.*

*Doctors have patients.*

*Coaches have players.*

Words matter. Words like play, player, and practice are essential for the field of coaching. They set the tone for the experience; they honor its origins and its greater purpose in the Human Family.

Let's go a little deeper into each of the elements.

### **A Coach**

A coach is an accomplished, energized and wise partner with special skills and techniques dedicated to guided PRACTICE to play Dreams Better.

### **A Coaching Session**

A time where the player and coach put EVERYTHING else to the side and focus on playful co-creation and guided PRACTICE to play a Dream Better.

IT is so liberating and SOOOOO much fun.

### **Version 1 Life Coaching**

Version 1 of the Life Coaching Movement was essentially a mashup of three concepts from 1990's Industrial Culture. It was good. I coached this way for 10 years!!!

Let's call it AAA Coaching!

Help the client achieve their goals with:

1. **Awareness** - Questions and Empathetic Listening
2. **Action** - Creative Problem Solving
3. **Accountability** - Enthusiastic Task Management

The focus of the coaching session was on Awareness.

Awareness is fun!

Ah-Ha! Now I know what to do to solve my problem.

Ah-Ha! Now I know what to do to achieve my goal.

There were two flavors of coaching for awareness: expert authority and humanistic servant.

**Expert Authority:** The coach tells their clients how to solve their problems and what tasks to do because they had "cracked the secret code".

**Humanistic Servant:** The coach talks with clients to help them solve their own problems and come up with their own tasks.

Most coaches were a hybrid of these two styles.

Either way, the focus was solving problems, to get a situation under control, and completing tasks leading to goal achievement. And it was hierarchical. Either the authority coach was above the client, or the servant coach was below the client.

Like I said, it was pretty good. But, it is missing essential elements of what coaching is all about!

### **Transformation Coaching is the Next Generation**

Transformation Coaching is the Next Generation of Coaching. It is coaching for the emerging Egalitarian Connected Culture. The Egalitarian Connected Culture is a Coaching Culture where we uplift each others powers of human connection rather than putting each other under control!

It is about dreams, transformation and the heart of what EVERYONE knows coaching is all about: guided PRACTICE. And specifically... practicing Human Connection Skills!

Let's go a little deeper into each of the elements.

#### ***1. A personal egalitarian relationship***

Coaching is a personal relationship. The Coach and Player care about each other as individuals. It is a significant upgrade from the ideas we got about the "Industrial Age Professional" that was robotic, impersonal and transactional.

This also rules out of the coaching field several Industrial Concepts of coaching such as:

- a "coaching" program of watching expert videos, or
- a "coaching" watch that tells you how fast you are running;

neither of these situations would qualify as coaching.

**Coaching is NOT hierarchical..**

- The coach is not a servant who is below the client
- The coach is not an authority who is above the client

Coaching is NOT a service, it is a co-created experience. Coaching is a vibrant and growing part of the "Experience Economy".

Coaching is Egalitarian because the coach and player are equal partners in the relationship even though they have different roles.

Guiding another person on an adventure is a real artform. It is not the same as directing or controlling; but it is much more than a passive companion.

Coaching is profound because it goes beneath the surface of life into feelings, emotions, beliefs, values, desires, possibilities, fears, visions, ideas... the important stuff.

Think about the guide on a hero's journey like Star Wars Obi Wan Kenobi to Luke Skywalker. They are on the adventure together, they are both actively involved. Obi Wan is demonstrating skills and sharing observations with Luke BUT... Luke makes his own choices about what to do.

Another way to think of this is the Olympic Coach. They are in the Training Center with the athlete every day sharing the dream together. Olympic athletes deeply thank their coach when they win a medal; they know that they could not have done it alone.

This is vitally important for the Human Family because we must co-create and demonstrate relationships that are NOT controlling. Coaches can lead the way to an Egalitarian Culture where EVERYONE feels connected and valued!

## **2a. Safe Space**

Talking together is a big part of how coaching happens.

A key in Transformation Coaching is to co-create a safe space for deep and provocative conversations.

When people are talking together in deep conversation with purpose, permission, and presence – as happens in a Coaching relationship – they have the opportunity to “get real” about life. We all need a space where we can be seen and heard. Coaches create this space.

On social media, everyone is excited, delighted and living like a rock star. Meanwhile, most of the time we are not that excited, nor delighted and there are very few true rock stars. Coaching is a space where we can put the happy mask down. Which feels great AND allows us the opportunity to reflect and grow.

One “challenge” with this aspect of coaching is that a) Several other professions, such as counselors, therapists and many healers, also feature the safe space and b) many coach education programs teach ONLY this and call it coaching. This combination leads many people to confuse coaching with these other professions.

When you understand that coaching must also include playful co-creation and guided practice then the confusion disappears.

## **2b. Playful Co-creation**

This brings me to one of my favorite things to share with Coaches and Players!

### **The ancient power of co-creation!**

Through the millennia the wise Humans created a power phrase: **“I create as I speak”**.

It illuminates the power of the spoken word to shift the energy between two or more people. When people are talking together in deep coaching conversation it can take on a life all its own.

With our words we can speak our Dreams into existence and create the next version of OURSELVES needed to fulfill our dreams.

This is the “magic” of co-creating that makes coaching such a powerful force in the world!

A coach and player will playfully co-create many “things” together:

- ideas,

- plans,
- approaches,
- awareness,
- learning,
- insights,
- and more.

We co-create by sharing intuition, knowledge and personal experiences.

A BIG key to this aspect of coaching is that both the player and the coach must be fully engaged. Both must be fully open, generous, curious and sharing. The type of coaching that comes from “authority” generally lacks the openness and curiosity. The type of coaching that comes from “only asking questions”, lacks the generous sharing of experiences that makes co-creation so powerful.

## 2c. Guided PRACTICE

Guided PRACTICE is the true essence of coaching. (This is why it is in all CAPS in the definition).

A key in Coaching is to co-create a safe space for practice.

Together we can practice situations, conversations, pivotal moments and peak experiences. We can practice skills, using our Superpowers and expressing ourselves in new ways.

Practicing together is how we grow in capability and awareness.

Guided practice means the coach is providing techniques, experience and knowledge to benefit the player.

Through practice the player can experience the new version of themselves or a new ability before they bring it out to the world.

**Practice is powerful!**

**Embodiment** - we can FEEL ourselves in a new experience.

**Imagination** – we can envision an experience or situation which creates confidence, clarity and courage.

**Awareness** – we see that new ways of being and responding are possible.

EMBODIMENT is the key because when an activity FEELS natural in our bodies, we are capable, confident and creative in similar situations.

In athletics and arts this is known as “muscle memory”.

## WHAT to practice

In Transformation Coaching we can practice ANY life situation! But they all have the core of Human Connection Skills:

- Creating for Inspiration to SHARE
- Exploring for Visibility to INVITE
- Relating for Influence to OFFER
- Playing for Transformation

## Observation and Conversation

A BIG part of practicing together is **observation** and the experience of being SEEN.

We are ALL yearning to be seen by someone who knows what they are looking at! This is different than being seen by someone who doesn't really know and just thinks everything you do is awesome. We need both in our lives.

At the same time we develop abilities so much faster when we observe someone else doing something that we want to do.

In guided practice, the coach observes the player AND the player observes the coach!

As a coach you are going to share what you see in a judgment-free way that provides outside perspective. As a player you weave the coach's observations with your own insights and choose your own path.

We all have blind spots in our thoughts and actions because we can't see ourselves very clearly...with a trusted outside observer a player can really accelerate growth.

At the same time, the player is observing the coach and absorbing their wisdom. This does NOT mean the coach needs to be perfect or have all the answers! Far from it. What it means is that the coach guides by being playful, curious and a touch vulnerable sometimes.

This is the way life is meant to be played; we are meant to co-create life with others; we are meant to be SEEN and valued by others. We are meant to generously lift up each other.

## For the player...

### 3. To Become the next version of themselves

Becoming is the transformation part of transformation coaching.

Coaching is always riding on parallel tracks.

One track is focused on the outer experience of what the player is co-creating and accomplishing in the world around them.

The other track is focused on the inner experience of growing and becoming; especially becoming the version who can live the dream the player is imagining.

Becoming includes

- New or expanded skills
- Deeper expression of Human Nature
- Deeper abilities for Human Connection
- Deeper expression of the players YOUUnique superpowers
- Feeling more capable,
- Feeling more confident
- Feeling more free to fully express oneself.

We become the next version of ourselves through:

- guided practice in coaching sessionis
- and then by having new experiences in the world;
- and then by co-creating meaning from those experiences in coaching conversations!

#### *4s. In pursuit of playing*

Pursuit means moving outward, exploring, adventure and quest. It is more than just “doing the work”.

Playfulness is an awesome Human Nature Superpower. Restoring and maximizing playfulness is a big part of Transformation Coaching.

Qualities of playfulness include:

- Curious and Creative
- Resourceful and Resilient
- Exploring and Experimenting
- Fun! (usually, but not always)

#### *4b. their dreams*

All coaching begins when a player has a dream.

A Dream is a desire for new experiences, it is much more than a goal and certainly more than surviving in the status quo.

A BIG transformation in Transformation Coaching is the transformation to a Dream Centered life; as apposed to a survival-centered, obligation-centered or even a goal-centered life. We play Dreams, we work toward goals.

Playing a Dream is like putting a game into the Play Life Station. A Dream is ALIVE!

A Dream includes

**Desire** – there are new peak experiences that you are yearning for.

**Vision & Imagination** – you can “See” it and now you want to LIVE it.

**Adventure** – The path is not laid out in advance. There will be unknowns. There will be challenges, puzzles and mystery.

**Accomplishment** – There is something tangible that is claimed, created or experienced. Often it is a positive impact on the lives of others that will live on and ripple out.

**Becoming** – There is a confident new version of YOU who DID THAT!

#### **4c. BETTER!**

The key word “Better” brings us back to the essence of coaching from the first part of our definition.

Playing better is the focus of coaching. We practice to play better and then to have the peak experience of doing something better than we have ever done it before. AWESOME!

Playing better means having our desired outcomes happen more often than they did before.

The pursuit of BETTER – and knowing that better is always possible and evolves over time – gives our lives a delicious, uplifting growth orientation.

As players we get to choose what Dream to play.

We get to choose the direction of our growth-orientation.

AND... when we play, we also grow in unexpected and unplanned ways.

Ahhhh... the wonderful mystery of life.

#### **The Play Life Edge**

In the Play Life program you will learn how to PRACTICE any life situation! And we will do a deep dive into the Superskills of Human Connection and the Superpowers of Human Nature.

SO. MUCH. FUN.

# IN-06) Introduction to the Play Life Method

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## Play Life Adventure Log

<div style="background-color: #2c3e50; color: white; padding: 2px;"><b>1. Share the Dream</b></div> <div style="padding: 5px;">                 Player Name:                  Date: / /  </div>	<div style="background-color: #2c3e50; color: white; padding: 2px;"><b>Name the Dream</b></div> <div style="padding: 5px;">                 Date:             </div>	<div style="background-color: #2c3e50; color: white; padding: 2px;"><b>Purpose &amp; Values</b></div> <div style="padding: 5px;">                 Date:             </div>	<div style="background-color: #2c3e50; color: white; padding: 2px;"><b>Spirit of Play</b></div> <div style="padding: 5px;">                 Date:             </div>
<div style="background-color: #e74c3c; color: white; padding: 2px;"><b>Outcomes</b></div> <div style="padding: 5px;">                 Date:  </div>	<div style="background-color: #e74c3c; color: white; padding: 2px;"><b>Mastery</b></div> <div style="padding: 5px;"> </div>	<div style="background-color: #e74c3c; color: white; padding: 2px;"><b>Becomings</b></div> <div style="padding: 5px;"> </div>	<div style="background-color: #e74c3c; color: white; padding: 2px;"><b>Upgrades</b></div> <div style="padding: 5px;"> </div>
<div style="background-color: #95a5a6; color: white; padding: 5px; border-radius: 10px;"> <b>2. Design the Way to Play</b> </div>			
<div style="background-color: #2c3e50; color: white; padding: 2px;"><b>Results</b></div> <div style="padding: 5px;">                 Date:  </div>	<div style="background-color: #2c3e50; color: white; padding: 2px;"><b>Actions</b></div> <div style="padding: 5px;"> </div>	<div style="background-color: #2c3e50; color: white; padding: 2px;"><b>Challenges</b></div> <div style="padding: 5px;">                 Date:  </div>	<div style="background-color: #2c3e50; color: white; padding: 2px;"><b>Evaluate</b></div> <div style="padding: 5px;">                 Date:  </div>
<div style="background-color: #95a5a6; color: white; padding: 5px; border-radius: 10px;"> <b>3. Play for Results and Peak Experiences</b> </div>	<div style="background-color: #95a5a6; color: white; padding: 5px; border-radius: 10px;"> <b>4. Embrace Challenges</b> </div>	<div style="background-color: #95a5a6; color: white; padding: 5px; border-radius: 10px;"> <b>5. Evaluate Feedback</b> </div>	
<div style="background-color: #27ae60; color: white; padding: 2px;"><b>Superpowers</b></div> <div style="padding: 5px;">                 Date:  </div>	<div style="background-color: #27ae60; color: white; padding: 2px;"><b>Role Play</b></div> <div style="padding: 5px;">                 Date:  </div>	<div style="background-color: #27ae60; color: white; padding: 2px;"><b>Fears</b></div> <div style="padding: 5px;">                 Date:  </div>	<div style="background-color: #27ae60; color: white; padding: 2px;"><b>Environments</b></div> <div style="padding: 5px;">                 Date:  </div>
<div style="background-color: #95a5a6; color: white; padding: 5px; border-radius: 10px;"> <b>7. Play Plan</b> </div>	<div style="background-color: #95a5a6; color: white; padding: 5px; border-radius: 10px;"> <b>6. Practice Skills</b> </div>	<div style="background-color: #95a5a6; color: white; padding: 5px; border-radius: 10px;"> <b>8. Inner Freedom</b> </div>	<div style="background-color: #95a5a6; color: white; padding: 5px; border-radius: 10px;"> <b>9. World Power</b> </div>
<div style="background-color: #2c3e50; color: white; padding: 2px;"><b>Play Big</b></div> <div style="padding: 5px;">                 Date:  </div>	<div style="background-color: #2c3e50; color: white; padding: 2px;"><b>Play Big</b></div> <div style="padding: 5px;">                 Date:  </div>	<div style="background-color: #e74c3c; color: white; padding: 2px;"><b>Highlights</b></div> <div style="padding: 5px;">                 Date:  </div>	<div style="background-color: #e74c3c; color: white; padding: 2px;"><b>Next Dream</b></div> <div style="padding: 5px;"> </div>
<div style="background-color: #95a5a6; color: white; padding: 5px; border-radius: 10px;"> <b>10. Transformation</b> </div>	<div style="background-color: #95a5a6; color: white; padding: 5px; border-radius: 10px;"> <b>11. Mastery</b> </div>	<div style="background-color: #95a5a6; color: white; padding: 5px; border-radius: 10px;"> <b>12. Celebrate and Co-Create</b> </div>	

## The Play Life Adventure Log

The Play Life Adventure Log is included in the Playsheet Pack that you will print. I share it with you here to give you a visual of the 12 sessions outlined below. After each coaching session write in the date and then write a few big picture phrases that capture the essence of the session for you. Use this one page to create a visual display of your progress through the adventure.

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 Feedback
- Session #6) Practice Skills
- Session #7) Play Plan for your Superpowers
- Session #8) Expand Inner Freedom
- Session #9) Expand World Power (Design a thriving ecosystem)
- Session #10) Transformational Play
- Session #11) The Pursuit of Mastery
- Session #12) Celebrate and Co-Create!

The Play Life Program is a 12-Session Coaching program designed to guide you on an adventure of transformation: becoming the next version of you... and the next version too.

**From:** Worker mindset

**To:** Player mindset.

And maybe more importantly...

**From:** Stressful

**To:** Playful

And one more:

**From:** Consumer

**To:** Co-creator

OK, one more...

**From:** Fighting against change

**To:** Flowing with growth

It's all about embracing ongoing transformation. You can always become the next version of you; to live life more fully, or to more joyfully adapt to changes happening around you.

We have all been fully indoctrinated into the Industrial Culture of Control where we are supposed to do the same things day after day while distracting our minds by consuming entertainment and all sorts of numbing addictions.

We believe that REAL LIFE can be an amazing growth-oriented adventure... EVERY DAY. But to live our Dreams every day we need to transcend the mindset of control.

On a regular basis we can transform from who we are to our next version... and the next version and the next one. Becoming an inspiration for everyone around us.

This will take some effort... BUT it is not something you do alone. For Humans when our "Butterfly Moment" arrives, this is when we need a Transformation Coach.

This is the purpose of Transformation Coaching with the Play Life Method!

Each session with your coach will build upon the last so that your self-expression grows, your spirit of play returns and your connection with your coach builds as you become powerful companions and co-creators.

## ***IN-07) Team Play for Transformation***

Your coach and I are co-creating “Team Play for Transformation” for YOU and your dream!!

In each chapter I will share with you a few ideas about playing your Dream. And I will give you a preview of any coaching techniques your coach will practice with you.



## **Why this is awesome...!**

You probably have never had a CoachVille Transformation Coach before, and probably never any kind of Personal Coach. The more you know about what to expect in the session, the more you can be a co-creator rather than a passenger. This is super important because Transformation Coaching is a co-created experience, it is NOT a service.

It takes a village to raise the world.

It takes a village to play your dream.

A Coach Village! Hah. (Couldn't resist)

It takes a village to co-create the next version of YOU!

## **The Saying...**

There is a saying, often attributed as an Ethiopian or African Proverb, that says: It takes a village to raise a child.

This is profound wisdom about the power of culture.

In this program we will learn about the enormous influence that culture has on us and our ability to play our Dreams and transform into the next version of ourselves.

Your coach is part of a team (a village!) of coaches who are co-creating team play for transformation. For YOU and your Dream!!

At CoachVille we have co-created a culture for Dreams and Transformation that you can be a part of.

Our culture includes Coaching, Concepts and Community.

### Coaching

Coaching is guided practice and playful co-creation. You are about to experience this with your coach.

The practice techniques that you will use with your coach have some life-expanding ideas built into them.

### Concepts

Concepts are life expanding ideas that can shift your mindset and expand your awareness. When you know the concepts, your coach doesn't need to spend precious time explaining them. This way you can dedicate your time together to PRACTICE!

When you share unique experiences with others you build a strong bond of community.

### Community

Community is a place of profound belonging where your growth is nurtured and encouraged. For this we have a CoachVille App with a group for players with a Transformation Coach! Here you can access all of the resources and also connect with other amazing humans who are also participating in the Transformation Coaching Program.

The community part is vital because you will feel that you are a part of something bigger, rather than just being the only person that you know with a Transformation Coach. Experiencing a positive culture will empower you to "ripple" your experience out to other communities that you are part of!

When you feel that you are being championed as an individual within a group it expands your energy to step into the next challenge in your Dream. Your coach is ready to explore this challenge with you.

### *CoachVille App and Player Membership*



Here you can access all of the concept in articles on any device. In addition there are a series of audios, so you can immerse in ideas that will make living your Dream easier and more fun!

Player Resources available in the CoachVille Player Community & App:

- Player prep audio to prepare for each session.
- Player playbook explaining the key concepts for each session.
- Playsheets for Coaching Notes for each session.
- Coaching Demo Audio for each session so they can observe and feel more comfortable with the techniques in action.
- Technique Sheets so they can co-create practice with you.
- Zoom events for all the players around the world. Engage in powerful conversations and connect with amazing players like YOU.

### **90 Day Free Trial to the Player Membership Community and CoachVille App**

The CoachVille Player Membership is just \$20 / month.

AND... if you are new to CoachVille, your coach can give you a link for a **90 Day Free Trial** that you can use for your first coaching engagement!

You can access the community on CoachVille.net AND... most importantly... on the CoachVille App. The App makes it especially easy to access the audio content.

**\$20 / month can save you \$\$HUNDREDS!**

Here is the BIG IDEA... When you play your Dream everyday you consume a lot less entertainment and other stuff!

Seriously you do. When you start playing – and living – your Dream everyday, you can unsubscribe from most of the entertainment services you are currently paying for.

You don't have time to watch too many shows when you play your own life Dream

And... when you play, you are not stressed at the end of the day needing to unwind with some entertainment... or worse.

When you experience belonging with other players and your coach, you won't need to buy "stuff" to fill the void.

Seriously, hiring a coach, joining CoachVille and playing your Dream will save you a ton of money and uplift your life at the same time!

Try it for 90 Days Free... and you will see.

**SEE YOU THERE!**

**If you are a little hesitant to join at first...**

If you are hesitant to sign up for the 90-Day Free Trial of the CoachVille Player Membership, we provide you with a PDF of the playbook that includes the Introduction and the first 4 sessions. (You are reading that now!) Hopefully after four sessions you will feel comfortable enough with us to take the leap to join the free trial of the CV Player Membership.

### ***IN-08) The Coaching Agreement***

Your coach and I are part of an international community of coaches called the International Coaching Federation.

As a member of this community, we abide a set of Coaching Ethics.

Your coach will send you an agreement to sign after the Exploratory Conversation.

### ***IN-09) Quick Introduction to Me (Coach Dave)***

I was one of the first professional Life Coaches in the world when I started in 1997.

Prior to becoming a Life Coach I was deeply involved in the personal growth movement that really took off in the 1980's. I did most of the programs offered by Landmark Education and listened to hundreds of Nightingale-Conant programs many times each. I spent a lot of time in "New Age" book stores.

While growing up my Mom was a piano and voice coach. Her music studio was right below my bedroom in the house so I heard a lot of coaching every day. That experience shaped what I did as a Life Coach... and now Transformation Coach

I was always the freedom seeking, ambitious entrepreneur type as a teenager (I still am! LOL) I delivered newspapers. I cut grass. I raked leaves. I shoveled snow. I bought my first personal computer as a junior in college and started writing programs for local businesses. After college I worked as a computer programmer for a few giant companies. Then I got my MBA. I did a lot of talking with people to try to figure out what they wanted the computer programs to do.

I have been an avid soccer player since the age of 12. A few years prior to starting as a Life Coach I landed a dream gig as the Assistant Soccer Coach of the Men's soccer team at Seton Hall University with Head Coach Manny Schellscheidt. Coach Manny is in the US Soccer Hall of Fame and you will hear more about Manny in a few places in this book. Coach Manny's life wisdom is all over the Play Life Method.

When a good friend of mine from the Landmark community told me about Life Coaching in late 1996 I had an immediate knowing that that was what I was meant to do! I just knew.

It has been a wild adventure every day since then.

By combining business skills, years of listening to my mom piano coach, soccer coaching and deep study of personal growth concepts, I took off as a Life Coach.

Shortly after starting my Life Coach training my ambition kicked in and started calling Thomas Leonard – the person who invented Professional Life Coaching. Through a quirky set of events, he and I became close friends. I was coaching so many people he was always curious about what I was doing and learning.

When he started CoachVille in 2001 I was his right-hand man. That was fun! In February 2003 Thomas died of a heart attack. I inherited the business, the community and more importantly the Cause of CoachVille: To lead the Global Coaching Movement to Uplift the Human Family. Thomas' wisdom is baked into this program as well.

Over the years I have Life Coached over 1,000 people! Through those experiences I came to the big insights that 1) people have so much more power than they realize, and 2) life is for PLAY, not for work!

I have taught Life Coaching – and now Transformation Coaching - to the thousands of students in our Coach Education program at CoachVille. Those experiences led me to the insight that to do something well, you need a method. Thanks also to one of my most impactful coaches ever, the great Marshall Thurber, for showing me that truth.

It was those experiences combined that led me to create the Play Life Coaching Method that you are about to experience.

## **Let's Play!**

Whoa! We have come a long way together already and our adventure is just beginning.

Look out world... here we come!

If you have already signed on with your Play Life Coach, that is AWESOME

Below are a few quick instructions to help you get fully prepared.

If you haven't signed on yet but now you really want to,  
**CALL THE COACH WHO SENT YOU THIS!!!**

## **Session #01 - Share the Dream**

Activate your game in the Play Life Station

## 01-01) Prepare for Session #01 – Share the Dream

**The Coach:** Activate the players Dream, the peak experiences they are playing for and the purpose of those experiences; Explore what truly matters to your player. Reveal “the Gap” they aim to grow into.

**The Player:** Activate your Dream in the Play Life Station! Choose a DREAM that has real purpose for you AND pulls you out into the world of contribution and adventure! Have fun imagining the peak experiences that you are playing for and then practice one with the Peak Experience Technique.



### Quick Verbal Agreement to your Coaching Agreement.

If your coach has a coaching agreement, they will do a quick walk through at the start of Session 01.

On the right is a mini version is the Coaching Notes Sheet for Session 01.

#### 1. Warm Up

#### 2. Celebrations

Come prepared to celebrate something from your life.

#### 3. Grow from Play

This will be short in this session, but it will become a bigger part as we move along.

#### 4. Practice Plan

Activate the Dream & Practice a Peak Experience

#### 5. Practice Dream Activation

Your Dream is the centerpiece of the session. And then your coach will explore with you 4 different topics related to playing this dream.

Investing a few moments to contemplate each section prior to the coaching session can be a great way to get your imagination warmed up!

AND always be prepared to speak from the heart while co-creating with your coach. It is not a test and there are no correct answers!!

Here is a quick overview and then a few details:

Remember to write a few keywords for each section while you are with your coach.

**Play Life Coaching Session #1 Notes**    Date:

Session: *Share the Dream*

---

**1. WARM-UP & SPEAK YOUR BIG DREAM**

---

**2. CELEBRATIONS**      **3. GROW FROM PLAY**

---

**4. PRACTICE PLAN: ACTIVATE THE DREAM**

---

**5. PRACTICE Challenges**  
Growth opportunities

C

**Becoming**  
The next version of you

B

A

**D Spirit of Play**  
Make it fun

**E Peak Experiences**  
Meaningful moment

---

**5. Peak Experience Technique**

Do:	Feel:	Feel:	Do:
Thoughts:	Body:	Thoughts:	Body:
THOUGHT?	BODY?	THOUGHT?	DESIRE?

---

**6. Growth Zone**

What did you learn about playing for your dream?

What did you learn about yourself and your superpowers?

---

**7. PLAY PLAN: What is your transformation for this week? What social actions?**

**FROM:** \_\_\_\_\_ **TO:** \_\_\_\_\_

- A. Your Dream: Describe your Big Dream. (in the circle in the middle; every else revolves around your Dream) This is your vision.
- B. Becoming: Describe the next version of YOU including your emerging Superpowers.
- C. Challenges: Describe the challenges on your Hero's Journey (challenges are the catalyst to growth).
- D. Spirit of Play: How can you activate the Spirit of Play to your dream? (don't turn it into a task list!)
- E. Peak Experiences: What are some of the peak experiences that you are playing for?

### 5B. Peak Experience Technique

You and your coach will choose one of the peak experiences of your Dream and practice together.

The Peak Experience Technique has three phases: Plan – Play - Grow

Plan: Describe the social play action and results you will practice.

Play: Your coach will guide you in a visualization exercise to imagine and feel the actions and results.

Grow: You and your coach will explore what you both observed while you were practicing.

This exercise will likely be new for you. The key for you is to simple stay open and enjoy the experience. Your coach will guide you.

### ***6. Growth Zone***

In the last few minutes of the session your coach will move with you into what we call the Growth Zone. This is where you take a moment to reflect on the coaching session to share about what you learned; about yourself and about your dream.

So much of what we learn occurs at a non-conscious level. So you might not be aware of something that you learned until you say it.

Playing your dream will present you with MANY growth opportunities. The key to growth is to let go of the Industrial Age mindset that you need to be perfect. Allow yourself to not know how to do things and see the opportunity to grow as a positive rather than an indicator that you are not good enough. **YOU ARE DEFINITELY MORE THAN GOOD ENOUGH.** Your coach will guide you as you step into these situations.



### ***7. Play Plan***

Your coach will also ask you to share a few thoughts about actions you intend to play with out in the world. You didn't talk about this in this in too much detail in this session, but

you will starting in session #2. For this session, share a few actions that come to mind related to the Peak Experiences you desire.

Your coach will ask you to name a transformation that you can play for. This is intended to be both growth-oriented and fun.

## Here a few bonus thoughts to prepare for the session.

### *B. Become the Next version of YOU*

This might feel strange at first because we are really used to talking about what we are doing and what we are going to do, but we rarely talk about who we are becoming or who we desire to become. It will get easier with practice.



### *D. Spirit of Play*

This brings us to a BIG topic in Play Life Coaching: the *Spirit of Play*. I shared with you a bunch of ideas about play in the Introduction to this playbook. The point I want to share with you here is this: the Spirit of Play IS inside of you. You were born to play. ALL humans play. **Play is: creativity, curiosity, resourcefulness, resilience, exploration, experimentation, imagination and innovation.** You are capable of all of these things. All we need to do is promote them to the front of your mind. We all have the inner urge to grow and become... and the way we grow and become is through play.

Your coach is going to ask you about the Spirit of Play a LOT! The key is to think about it with your imagination rather than the “get the right answer” mind that dominated our lives in school and work. With imagination your dream can come alive with new possibilities.

## Ready to go!

A few reminders

- 1) If you haven't listened to the prep audio please do it before your session with your coach.
- 2) Have a printed sheet for the Coaching Notes and Play Plan
- 3) Enjoy your coaching session – write a few notes on the Coaching Notes Play Sheet
- 4) AFTER the session write a few playful actions on your Play Plan sheet
- 5) During the week look at your play sheet and engage in playful actions when you can; as you take actions write notes on your playsheet.

...

- 6) Get ready for Session #2

A) Read the Chapter and Listen to Player Prep Audio #2...

You get the idea.

We are ready to go.

Let's Play... Together!

## **01-02) A Coaching Session: Before - During - After**

### **BEFORE the Session**

This playbook, plus a set of playsheets, audio, and an online community and APP are designed to help you become a powerful co-creator with your coach. All of the key ideas are explained here, so you and your coach can dive right into co-creating and practicing together; rather than your coach using precious time explaining these concepts to you.

- 1) Print the Coaching Notes sheet.
- 2) Read – **or scan** - the chapter.
- 3) Listen to the Player Prep Audio.
- 4) BONUS: Listen to a recorded coaching session.



#### **1) Coaching Session Notes**

You saw an example in the last section.

Use these sheets to write a few key word notes during each coaching session. The sheets are set up with words and symbols to follow the flow of the session; like creating a mind map. Writing a few notes will help you remember different parts of the experience and then capture your growth from the session.

Remember, a coaching session is not school! There won't be a test. You don't need copious notes. Write a few key words for each segment; again, like a mind map.

#### **2) Read the Playbook**

This item is optional based on if you are a comfortable reader or not. If you are not a comfortable reader, then you can listen to the player prep audio. If you are a comfortable reader then a quick scan of the chapter will prepare you with an overview of the session and a few concepts and techniques

The playbook is available on the web on the CoachVille Social Site (CoachVille.net) or on your phone on the CoachVille APP.

#### **3) Listen to the Player Prep Audio.**

You can either listen to the prep audio on the CoachVille Social Site or App.

Listening to the “player prep” audio will help to create an “immersion experience” for your Dream. We have all had thousands of “repetitions” about working on tasks in isolation... so it will take quite a few reps before you can fluidly PLAY your dream. But together... we will do it.

#### **4) BONUS Recording of the Coaching Session**

I have a recording for each session in the series that I made with the amazing Player Steve Smyth. Listening to these audios – each about an hour – will expand your comfort level with being coached and expand your understanding what Play Life Coaching is all about.

Think about it, before you wanted to be coached in any athletic activity or performance art activity, you saw it played MANY times. So, you had a comfort level going into the coaching experience. These recordings are our attempt to give you that comfort with playing and coaching social play in life / business / leaderships etc.

AND, listening to Steve play his Dream is SUPER inspiring. It's like a serial podcast where the story unfolds with each episode. I think you will really enjoy it.

## **DURING the Session**

### **The Warm Up**

Your coach will start the session with a warm up.

A coaching session with your coach is something special!

A transformation coaching session is a unique experience; it will be different than other conversations that you have on a regular basis.

If you have ever played a sport with a coach or had a performance art coach, then you know about warming up. Warming up is essential to the coaching experience. With many coaches that I have had the warmup becomes a sort of ritual.

### **How to have an awesome coaching session**

The most important thing is to be in a place where you can be fully present with your coach.

Come prepared to share your celebrations and observations from your week of play.

Your coach will guide the session, so all you have to do is engage fully and playfully.

The focus of each session will be to co-create awareness and / or practice something.

Your coach will ask you a lot of questions to spark reflection, awareness and possibilities! When you share your thoughts, speak from the heart... there are no right or wrong answers to coaching questions.

Practice!! In each session your coach will use a coaching technique with you to expand your Human Connection Skills.

## **NOTES**

You can take a FEW notes if that helps you stay present.

A coaching session is not a class! You don't need to remember it word for word. But there are times when something memorable happens that you want to remember.

Also it can help to write a few key words down along the way so you are not wasting mental space trying to remember things that you don't want to forget after the session.

Use the Coaching Notes Playsheet to write just a FEW notes during the session.

OR you can fill in a few notes after the session.

Use whatever method helps you focus on the session with your coach.

## AFTER the session

### 1) Fill in your Transformation Coaching Adventure Log

Write the date and a few high-level key word notes to capture the essence of the session for you on the Transformation Coaching Adventure Log.

Use this page to create a visual display of your progress through the program.

Just a few key words for each session will allow your amazing mind to store and recall the important moments of your adventure.

### 2) Use the Inner Freedom Play Plan

Write out your play plan for the week on the Inner Freedom Play Sheet. This sheet is organized for social play in the growth zone. Keep the sheet in view in between coaching sessions so you remember to play!

### How to use the weekly Play Plan Playsheet every week.

The top of the page sets your focus for the week. This is super important and empowering!

In the left section write a phrase or two to describe your BIG Dream. This may change and evolve as you play; or you may write the same thing every week. Either way... writing it out each week and looking at this page often will keep it close to you. The palm with the lightning bolt is the symbol for the mystical power of your dream.

In the middle section write your focus for the week. This can be a theme or a specific action. The symbol is the illuminated heart! This is from the Inner Freedom symbol for experiencing your hearts desires on the treasure map. Giving a theme to your week will keep your energy vibrating at a high level.

The image shows a 'Play Life Adventure Log' grid with 12 numbered sections. The header includes 'CoachVille.com', 'Play Life Adventure Log', and '© CoachVille 2023'. The sections are:

- 1. Share the Dream (Player Name, Date, lightning bolt icon)
- 2. Design the Way to Play (Outcomes, Mastery, Becomings, Upgrades)
- 3. Play for Results and Peak Experiences (Results, Actions, Challenges, Evaluate)
- 4. Embrace Challenges (Challenges)
- 5. Evaluate Feedback (Evaluate)
- 6. Practice Skills (Role Play)
- 7. Play Plan (Superpowers)
- 8. Inner Freedom (Fears)
- 9. World Power (Environments)
- 10. Transformation (Play Big)
- 11. Mastery (Play Big)
- 12. Celebrate and Co-Create (Highlights, Next Dream)

In the right box write a few of your Superpowers that you aim to play with this week. This may be a little sparse in the early weeks. But you will add more as you become aware of them. Remember this is your intention. By writing a few power phrases in there and then reviewing the sheet every day, you will be amazed at how often you will feel the urge to use your Superpowers!!

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

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

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

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

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

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

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

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

### **3) PLAY!**

Do the actions you intended to do PLUS any social actions you feel inspired to do. Notice new events and situations that come into your life.

Keep your play plan near you as you play for your dream in between coaching sessions to remind yourself to play.

Use it like a journal to make a few notes about your experiences of playing with each item. Note your thoughts, feelings, experiences and even resistance; if you find yourself looking at the item every day and thinking: "oh, I will do that tomorrow".

This will help you prepare for your next coaching session.

## 4) Participate and share

Participate in the online community via the web or use the CoachVille App to share about your experiences and connect with Transformation Players around the world!

SUPER FUN.

Share about...















- 1) Your insights from any of the content
- 2) Your highlights from your coaching session
- 3) Your experiences playing for your dream in the world!

We are so excited to read about your adventure as it unfolds!!!

Read, Comment, Co-Create Belonging

Read about what your fellow adventurers are doing and share your encouraging words.

Profound belonging is something we can co-create together by using our amazing Superpowers The Need to Belong and the Love to Befriend.

Play Life Play Plan # _____		Date: _____
Your <b>BIG Dream:</b> 	Your <b>Focus this week:</b> 	Your <b>Superpowers:</b> 
<b>PLAY IN THE FEAR / GROWTH ZONE</b> Create for <b>INSPIRATION</b> > SHARE > Risk Disappointment		<b>NOTICE &amp; JOURNAL</b>
 ..... ..... .....		
<b>Explore for VISIBILITY</b> > INVITE > Risk Trouble		
 ..... ..... .....		
<b>Relate for INFLUENCE</b> > OFFER > Risk Rejection		
 ..... ..... .....		
<b>Co-create for INSPIRATION</b> > ENROLL > Risk Disappointment		
 ..... ..... .....		
<b>Play for TRANSFORMATION</b> > Risk Mistakes		
 ..... ..... .....		
<b>Desires on the Adventure:</b> ..... .....		<b>Environmental Upgrade Ideas:</b> ..... ..... 

## The Warm-Up

Let's go into more detail about the warm up.

With your Transformation Coach, the warmup is EXTRA important because coaching happens in a conversation, usually a scheduled conversation. If you have lots of other scheduled conversations in your week, this can seem like just another conversation.

We don't want that! So, we will do a few things at the start to set the stage for something much different!

For this reason, your coach will do a Warmup with you at the start of every session.

In session #1 your coach is going to do an intentional breathing exercise with you to warm up your wisdom and an imagination warm up. Then in Session #2 they will add one more short exercise that are perfect to warm up for a coaching session. The whole thing will take about 3-5 minutes. And it can go a little longer if you are feeling extra stiff and need a little more warm-up time ;-).

- #1 The Connected Breath Technique to warm up your wisdom.
- #2 A Visualization to activate your imagination.
- #3 The Share Your Dream Exercise to warm up your Human Nature Superpowers

#1) The Connected Breath Technique will very quickly get you into a state of coherence where your heart and brain are in sync with each other. And you and your coach feel connected to each other. This is essential for the kind of reflective, pro-active and ACTIVE conversations we do in Transformation Coaching.

#2) The Peak Experience visualization is where you use your ACTIVE imagination to put yourself into a situation where you see and feel yourself engaging in a playful action for your Dream and something awesome happens.

#3) The Share Your Dream exercise is where you speak your vision for your BIG Dream in 30 - 60 seconds. This is a powerful step to align your energy with your dream and connects you and your coach to the purpose of Transformation Coaching: you living your Dream!

I will share with you more about #3 in Chapter 2.

## **The Connected Breath Technique – Activate Your Wisdom**

The Connected Breath Technique is so simple and so powerful. I use it ALL the time.

The basic technique is to simply breath intentionally for three breaths where you breath out longer than you breath in.

That's it!

When you do this three times it brings your heart and brain into energetic alignment (AKA Coherence)

Your coach will guide you in the rhythm of the breath with a big breath in and a slow breath out.

Doing this exercise with another person has a bonus benefit of creating an energy alignment between the people. This opens a pathway for deeper expression, deeper awareness and more playful co-creation. AWESOME!

### **Pro Tips**

It works even better when you:

- a) Close your eyes (only if you are in a safe physical space)
- b) Place your two feet flat on the floor
- c) Place one or both hands over your heart
- d) Intentionally feel your gratitude for life

### **Visualization – Activate your Imagination**

The basic version is to simply imagine yourself engaging in an action that you feel good about. The key is to really SEE it and FEEL the moment. While you are in the scene allow your imagination to flow; it will take you on a little adventure.

As we get a little more advanced you can use the warm up to imagine a peak experience.

So what is a peak experience?

A Peak Experience is what playing for our Dreams is really all about. It is a moment when you feel alive! It is a moment when your abilities and energy rise up to a situation and

challenge and you do something AWESOME! Often the “something” is a result in the world that you really desire.

To give you the idea I will share with you some peak experiences from my Dream right now.

### **In no particular order:**

- I am sitting with my computer writing this little book and I am enjoying being in the flow of words. My mind is buzzing and flowing with clarity and my fingers are tapping the keys to keep up. I am feeling the moment when you are reading this and feeling energized about your journey with your coach. (Whoa! I am having a peak experience right now ;-)
- I am being interviewed by an influencer for a podcast. We are having so much fun talking back and forth about Transformation Coaching. I can feel that they are enjoying the interview. I envision several listeners being inspired to reach out to us at CoachVille to learn more about becoming a Transformation Coach.
- I am reading an email from one of our coaches sharing with me about a breakthrough experience they had with a player. They are thrilled that they have made a difference in the life of another person and grateful that they made the bold move to become a Transformation Coach. My heart warms with joy as I read it.
- I am teaching a class for our Coach Education program. The new students in the class from all over the world are buzzing with possibilities as we talk together. I can feel their courage to go out in the world and practice what they are learning.
- I am looking at the transactions screen for my online banking. I can see a few new deposits came in from folks who have signed up for our program. Cash flow feels good. We are earning just rewards for all we do to co-create a better world.

Can you feel the emotional words I use to describe these moments?

Can you feel that I am putting myself in the scene in the present moment?

Did you notice that I included other people in the moments? They are co-creations.

Did you notice that these are moments that I can't control? I can influence situations in pursuit of these experiences. But I can't MAKE them happen by myself. They are co-creations with other people.

These peak experiences are what I aim for as I play for my Dream every day. These are the moments that bring me joy. Some days they happen, some days they don't. But either way, the possibility of having these moments energizes me every day to wake up and play some more.

You will create a few of these with your coach. Your heart and your imagination will have them for you. Over time you will gain clarity on how to see them in your imagination, feel them in your body and share them with your coach.

## **01-03) 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 “someday” dream, but your coach can only guide you toward a dream you can pursue now.

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

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

Remember we are going to focus on Social Play. Imagine what you would do if you became much more capable and confident in influencing other people? What if you had more visibility? What if you felt free to share what you create? What if you were bolder in how you created change?

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

### **Your Dream will take on a life of its own**

You may notice that most of the time when I am writing about your Dream I use a capital “D”. I know this is quirky. The reason I do this is because your Dream will take on a life of its own when you play for it. It’s like it becomes a character in your Human Journey story. Sometimes it will seem like it is calling to you or encouraging you or even asking you to take action.

Seeing and feeling your Dream this way will give it energy and aliveness. Enjoy it.

## **01-04) Growth 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 what you want to do that you are not doing yet (Yet, being the keyword ;-).

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.

Again, put this in the picture of Social Play. Imagine relating with confidence. Imagine exploring to see and be seen. Imagine expressing yourself fully in everything and experience that you co-create. Imagine being able to try fun, new experiments on a regular basis in pursuit of your YOUUnique approach to life!

## 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 by expressing their unique superpowers! So we call it the Human Journey.



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

**The most important thing: You are NOT ALONE!!!**

### BIG Dream

The outer ring is your BIG Dream! It is your heart calling for you out into the world of the unknown. Your coach will be with your guide every step of the way on the adventure.

## **Social Safety Instinct**

This is the intense need within all of us to find a place of belonging and then hold onto it.

## **Preservation Zone**

This is all about avoiding any social risk that could threaten your status or the status quo. You may have heard this called the “comfort zone”. Often it is not very comfortable to stay where you are. But the pull is often strong to do so.

## **Fear/Growth Zone**

This is where you take social risks in pursuit of your Dream... you embrace the fear. By doing so you can experience growth; you become the next version of YOU!

BE Free ~ Befriend ~ BEcome ~ BElieve ~ BElong: along with the Ability to Dream, these are the Superpowers of Human Nature.

## **Superpower Zone**

This is where you discover the powers within you that you will need to live your dream.

## **Performance-Possibility Gap.**

This is the gap between who you are now with your current skills, abilities, experience and your vision of who you want to become. This is the gap you cross in pursuit of your Dream.

## **“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! You will explore this with your Coach on a regular basis. IMPORTANT: playing safe is not bad, and playing BIG is not good. They are both valid choices. Wisdom is having the freedom to choose in the moment.

## **An Adventure – Not a straight line!**

Notice that the path with the coach zig-zags all over the place. That is the nature of an adventure. The path straight up to success is an Industrial Age fantasy!

## ***01-05) Your Superpowers and Becoming the Next Version of YOU***

**Superpower:** An ability that is refined and practiced until it is capable of making a BIG Impact on other people and situations.

Speaking of Superpowers! This will be a recurring theme in this program... and in fact if every CoachVille program. Coaching always includes two tracks: 1) what you do out in the world and 2) who you become as a person on the journey.

I have coached over 1,000 individuals in 20+ years as a Life Coach. One thing that I have found is that most people have only a vague idea about their superpowers: the abilities

they have to make an impact on other people. Most people are aware of their technical skills – the resume stuff - but not much else.

An important idea here is to let go of the idea that you should know this already. You are in the perfect place AND you are not a fixed entity! As long as you keep playing, you can keep becoming the next version of YOU. Discovering your Self and creating your Self, is one of life’s most rewarding experiences.

The purpose of this section is to open your vision and new possibilities.

I will share with you two ideas about Superpowers:

A) The Superpowers of Human Nature that we all share

B) A page of Superpower Language that you can play with to discover your YOUUnique powers.

## A) The Superpowers of Human Nature

We all have the Superpowers of Human Nature:

- To Dream
- The Drive to BE Free
- The Love to Befriend
- The Urge to Become
- The Ability to Believe
- The Need to Belong

Your coach is on the adventure with you to live your dream now AND to activate your Human Nature Superpowers! Awesome. AND if you are like most people, you don’t have great clarity about what these Superpowers are. No worries. Your coach and I will guide you together.

Here is a quick overview to spark your curiosity.

After To Dream, they all have a “BE” to make them easy to remember:

### To Dream

- Choose your Desire (your focus for the next period of your life)
- Self-Love = I honor my unique being



- Self-Worth= I am worthy of living my dream; My Dream is worthy of support in my community.

### **The Drive to BE Free.**

- Choose your adventure (every day)
- Self-trust = I trust my inner knowing
- Self-determination = I can choose to do it; I don't need permission.

### **The Love to BEfriend**

- Choose your companions
- Co-create = Two or more people creating together
- Care (give and receive) = We attend to each other's well-being

### **The Urge to BEcome**

- Choose your playful practice; anything you want to “get good at doing”
- Self-expression = I can do it in my unique way
- Spirit of play = Curious, Creative, Resourceful, Resilient

### **The Need to BElong**

- Choose your environments
- Self-Value = your contributions to others are appreciated
- Social Safety Instinct = avoid disrupting your status in the group

### **The Ability to BElieve:**

- Choose your beliefs.
- Self-Confidence = I believe that I can do it
- Self-Preservation = I believe that I should stay safe

### **Connecting a few dots**

Let's look at this model as three columns.

The left column – The Drive to Be Free and The Urge to Become – are superpowers of individuality.

The right column – The Love to Befriend and The Need to Belong – are superpowers of relating with other individuals and within the culture. These are our superpowers of Culture absorbing and culture co-creating.

The center column – To Dream and The Ability to Believe – are superpowers that create the connection between our experience of individuality and our experiences of being part of collective. The superpowers of the middle column are the Super Glue that holds the whole thing together!

## **YOUUnique Superpowers**

The next page is a list of “Superpowers” to spark your imagination for who you want to become on the adventure! I created this sheet based on my experiences and study of the ancient wisdom in the I Ching (Book of Changes) I reworded the 64 Changes into Connected Age Capabilities to Create Change that you can relate to.

Look it over!

- 1) Who is your Dream asking you to become? ...
- 2) Who do you know yourself to be deep within?

Feel free to mix and match words on the page to create phrases that you are energized about. This is not a test! This is free flow creation.

I suggest you print this page and keep it near you. Look it over often.

Words have a way of “jumping out at you” when you need them. If a phrase catches your eye, write it down. Contemplate how you would use this power in the situations you are in right now. As you imagine it, you will get a feeling if it resonates inside of you... or not.

Choose / create a few that give you a place to start. Have FUN exploring these possibilities with your Coach!! Prepare to evolve a LOT during the next 12 weeks.

Always remember, the Superpower to BECOME the next version of you is part of your Human Nature. Through playful practice you can develop any of these powers and use it to live the peak experiences of your Dream.

AWWW Yeah. I love this part.

# What are your Superpowers for Play?



Imagine who your dream needs you to become. Choose one Superpower for each aspect of Play.

Explore for **VISIBILITY**

Create for **INSPIRATION**

Relate for **INFLUENCE**

Play for **TRANSFORMATION**

- 01 Creative Self-Expression**  
◆ Aligning with universal expansion
- 02 Receive Higher Guidance**  
◆ And all support
- 03 Implement the New**  
▣ Using principles of organizing
- 04 Pursue Answers**  
▽ That create understanding
- 05 Trust Inner Timing**  
▣ Attuned to the natural world
- 06 Maintain Emotional Balance**  
◀ In intimacy and conflict
- 07 Support Shared Interests**  
◆ The guide at their side
- 08 Trusted Agent for Creatives**  
▣ Impresario of style
- 09 Attentive Focus**  
▣ Fascinated by features
- 10 Empowered Self Love**  
◆ And appreciation of life
- 11 Espouse Ideas**  
▽ That promote harmony
- 12 Romantic Perception**  
▣ For a better future
- 13 Listen with Acceptance**  
◆ Appreciate uniqueness
- 14 Excellence with Prosperity**  
▣ Commitment to becoming skillful
- 15 Adaptable Magnetism**  
◆ Friends at all levels
- 16 Choose then Enthuse**  
▣ Develop versatile skills
- 17 Debate Opinions**  
▽ For future well-being
- 18 Improve Integrity**  
▶ Review everything for flaws
- 19 Approach with Sensitivity**  
▣ Inner drive to connect
- 20 Assured Presence**  
▣ Anticipate the right moment to act
- 21 Take Charge Naturally**  
▣ Authority for common good
- 22 Gracious with Emotions**  
◀ With beauty and affection

- 23 Express Complex Ideas Simply**  
▣ Find what is essential
- 24 Inventive Thinking**  
▽ Review and rationalize
- 25 Innocent Trust**  
◆ Accept universal love
- 26 Accumulate Material Rewards**  
▣ Artfully balance needs
- 27 Nourish Well-Being**  
▣ In many forms
- 28 Play with Tenacity**  
▶ Meet life's challenges
- 29 Commit then Persevere**  
▣ Never give up
- 30 Intense Desire**  
◀ With total engagement
- 31 Natural Influence**  
▣ Provide guidance and instruction
- 32 Endure by Adapting**  
▶ Balance continuity and change
- 33 Mindful Narrator**  
▣ After retreat and recharge
- 34 Great Power**  
▣ Fueled by inner balance
- 35 Seek Experiences**  
▣ Learn from everything
- 36 Resolve Crisis**  
◀ Ride the emotions
- 37 Develop Harmonic Friendships**  
◀ Community foundation
- 38 Inspired Fighter**  
▣ For freedom and underdogs
- 39 Dynamic Activist**  
▣ Embrace the world mirror
- 40 Accomplish Great Feats**  
▣ With unshakable resolve
- 41 Imagine Fulfilling Experiences**  
▣ Emptiness leads to fantasies
- 42 Respond and Complete Things**  
▣ Enjoy growth as a benefit
- 43 Breakthrough Perceptions**  
▽ Assimilate new concepts

- 44 Build Teams and See Patterns**  
▶ Alert to instinctive clues
- 45 Tribal Leader**  
▣ Provide wellbeing for your people
- 46 Love of Your Body**  
◆ Delight and determination
- 47 Figure Out How**  
▽ Transcend through transmuting fear
- 48 Depth of Natural Ability**  
▶ Keeping fresh becomes wisdom
- 49 Wise Rebel for New Principles**  
◀ Timing waves of change
- 50 Elevate Tribal Values**  
▶ Traditional or novel with merit
- 51 Act with Shocking Initiative**  
▣ Arousing alternative possibilities
- 52 Gain Perspectives through Stillness**  
▣ Show restraint
- 53 Initiate Experience**  
▣ Pressure and desire to expand
- 54 Ambition to Advance**  
▣ Independent when subordinate
- 55 Access to Spirit**  
◀ Emotional waves trigger creativity
- 56 Tell Meaningful Stories**  
▣ Travel to find stimulation
- 57 Gentle Intuitive Clarity**  
▶ Vibrational sensitivity to truth
- 58 Joyous Vitality**  
▣ The spark to engage with life
- 59 Penetrate Barriers to Intimacy**  
▣ Establish union
- 60 Resourceful Facing Limitations**  
▣ Practical magic
- 61 Inspired by Wonder**  
▣ Search for a bigger "why"
- 62 Logically Organize Details**  
▣ Precision planning
- 63 Inspired by Doubt**  
▣ Critical perception and inquiry
- 64 Inspired by Possibilities**  
▣ Seeking a perfect answer

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



## **01-06) Human Nature Superpower: To Dream**

In this session with your coach, they are going to ask you about your Dream.

Remember in the Introduction we explored ideas for your Dream.

Playing for your Dream is all about loving life and feeling alive... EVERY DAY!



### **Choose Your Desire**

For each of the Human Nature superpowers we focus on one aspect of our power to choose. With the power to Dream you exercise the power to choose your desire. YOU have this power.

The power to choose your Desire does not mean you will only do one thing. But it can mean that you find a way to connect everything you are doing to your Dream like a wildly creative mosaic. FUN!

### **Self-Worth**

Part of the Dream Human Nature Superpower is Self-Worth. This means that you KNOW that you are worthy of living this dream. AND that your Dream is worthy of support from the people around you.

I believe that there is real wisdom in our waking Dreams. If we have a Dream, something within us knows that we are ready – and worthy - to live it.

### **Self-Love**

Finally, Self-Love is an essential Human Nature Superpower connected to your Dream. Self-Love means that you embrace every aspect of YOU; everything serves a purpose. This is super important because as you pursue your Dream you will be called upon to express parts of you that may have been dormant for a while; or possibly have never come out before. Embrace the mystery of YOU and enjoy all of it as YOU emerge.

## **Your BIG Dream**

Our Dreams are a mystery!

Why do some people want to lead teams in business projects and others want to drive fast cars around a track? Who knows!

Our Dreams come about usually when we experience something in the world around us and something inside of us kind of jumps! “Oh, I want to do that!”

I think the key is to embrace the mystery of our Desires and find a way to live them.

Finding the way to live our dreams is a big part of what Transformation coaching is all about!

All coaching begins when you have a 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!

“BIG” means big for you. That’s all.

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

You may be very clear about your 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.

“I create as I speak” (The Ancient Power Phrase). Your Dream will get clearer and more energized every time you speak about it with your coach AND the other folks on your Dream Team.

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

## **Session #02 - Design the Way to Play**

How to move around in the Play Life Station

## 02-01) Prepare for Session #02 – Design the Way to Play

**Coach:** Identify the Objectives: Outcomes, Mastery, Becomings and Upgrades; Then explore the Social Play activities – and Human Connection Skills – that are part of playing this Dream.

**Player:** You have a vision of what you want to accomplish in the world. Next you can craft your personal approach to co-creating it with the people around you. Make it PLAY; not tasks and work.

In this session you and your coach are going to explore your BIG Dream from both practical and aspirational perspectives so you can get out there and play it. My aim here is to explain a few of the concepts that your coach will talk with you about.

Remember that we all learned the way of the task list in the Industrial Culture. So, it is an easy trap to fall into to think you can task list your way to your Dream. You can't! But learning how to play plan is going to take some practice.

Notice the 7 sections of a coaching session. This will be consistent for every session.

### 1. Warm Up

We start every session with a Warm Up!

As part of the warm up your coach will ask you to share your dream; the 30 second version. It is so important to speak your dream out loud to your coach. This is how you ACTIVATE your Dream in the Play Life Station.

### 2. Celebrations

Celebrations from your recent experiences of playing in the world come next. This can take some practice because we are not accustomed to celebrating ourselves.


### 3. Grow from Play

Then you and your coach will co-create awareness together by talking about your actions and results from the past week of play. You may not have too much to share here since we are just getting started. That is OK.

### 4. Practice Plan

Design the Way to Play your Dream

### 5. Practice & Explore the Growth Gap

Play Life Coaching Session #2 Notes			Date:
1. WARM-UP & SPEAK YOUR BIG DREAM 			<i>Session: Design the Way to Play</i>
2. CELEBRATIONS 	3. GROW FROM PLAY 		
4. PRACTICE PLAN: DESIGN THE WAY TO PLAY			
5. PRACTICE & EXPLORE THE GROWTH GAP			
<b>Outcomes</b> 	<b>Mastery</b> 	<b>Becomings</b> 	<b>Upgrades</b> 
<b>Play</b> 			
<b>Create</b>  SHARE	<b>Explore</b>  INVITE	<b>Relate</b>  OFFER	<b>Co-create</b>  ENROLL
5. <b>Peak Experience Technique</b>			
Do:	Feel:	Feel:	Do:
Thoughts:	Body:	Thoughts:	Body:
THOUGHT?	BODY?	DESIRE?	
6. <b>Growth Zone</b> What did you learn about playing for your dream? 		What did you learn about yourself and your superpowers? 	
7. <b>PLAY PLAN:</b> What is your transformation for this week? What social actions? FROM: TO:			

Next you and your coach will walk through each of the sections on the playsheet one at a time:

First the big picture:

- Outcomes – this is what you aim to accomplish
- Mastery – these are the actions you want to get REALLY good at
- Becomings – these are the qualities you aim to acquire; or aspects of you and your superpowers that you want to express more fully.
- Upgrades – these are changes to your environment to make it more supportive, fulfilling and fun.

This is your vision, to set the direction of your Dream. It does NOT have to be precise.

It is NOT a “SMART” goal.

Then into the playful details:

- Play for Transformation (> to SHARE)
- Create for Inspiration > to SHARE
- Explore for Visibility > to INVITE
- Relate for Influence > to OFFER
- Co-create for Inspiration > to ENROLL

These are the Peak Experiences of playing for your dream.

### **Play for Transformation:**

This is the ultimate peak experience that you are playing for in this Dream. This is what you aim to do with people that will be valuable (and fun) for you and for them.

This is not on the diagram, but often you would love for others to share their transformational experiences with people they know. This will lead to new visibility for you.

The next four activities are the way to grow the relationships we have with others to build up to the ultimate peak experience. Each of these has its own peak experience as well.

### **Create for Inspiration > to SHARE:**

This is an idea about what you want to do with others as you play your Dream. An idea is something you share. It can often be put into some form of content.

### ***Explore for Visibility > to INVITE:***

This is how you will be seen and known by new people. This is where and how you are going to meet new people to share your idea. OR how you will share your new idea with people you already know. Then you can INVITE them to a conversation where you can get to know each other better.

### **Relate for Influence > to OFFER**

This is how you connect with people so you can get to know each other better. You are looking for two things:

- What do we have in common?
- What is unique about you that I admire?

If you like or enjoy each other, or experience a good connection, you can OFFER the opportunity to do something together. This leads to the co-created experience.

### **Co-Create for Inspiration > to ENROLL**

This is doing something with a person or group to co-create an experience. Shared experiences is how people grow together. This is usually a “next level” or “doing level” of the relate for influence conversations. You are both engaging to figure out if you want to ENROLL into the Play for Transformation level together.

### **6. Growth Zone**

In every session your coach will debrief the session with you. Often you don't realize insights until you have a moment to step back and talk about them.

### **7. Play Plan**

When your coach asks you about a transformation for the week, you can choose the same one as the week before OR you can play with a new one.

### **NOTES**

It is a good idea to look over your notes after the session. Make sure you can read everything you that wrote! (this is often a challenge for me)

Fill in anything that is missing.

Then take a moment to put a few items on your Play Sheet for the week while it is fresh in your mind.

Have fun playing your dream!

## ***02-02) Your Dream includes a vision of YOU in the future.***

One of our most awesome Human Nature Superpowers is our ability Dream, as we explored in chapter 1. We can envision ourselves into the future:

- Having accomplished new ourcomes and peak experiences
- With mastery of new skills
- After becoming a new version with new mindset and beliefs
- In an uplevelled environment with new tools or new people in a new place

Designing a dream into something fun and playable that moves you toward that vision is a highly co-creative process. After years of being told to work on everything, this will require some practice! Learning how to do this well is truly a transformational opportunity for individuals and organizations.

### **1) Identify the recurring Results that grow into the desired Outcomes.**

Co-creating results with the world is what makes playing for your Dream both exhilarating and purposeful. The results are what happen when you



play the social action with skill and focused intent. In a playable Dream, when the desired results and peak experiences are achieved on a regular basis, they accumulate into the desired Outcomes of the dream. Your impact on the world will ripple out into the world for good.

## **2) Identify the recurring Social Actions that grow into acquired Mastery.**

Every playable Dream has social actions that happen over and over again as you play; like shooting the ball toward the basket in basketball. When actions are taken to co-create desired results WHILE holding a vision of excellence, they grow into a new level of Mastery. The pursuit of mastery starts with practice. Practice happens in a safe space and improves your ability to get the results you desire while playing out in the world.



## **3) Identify the recurring Challenges that grow into Becomings.**

Any dream worth playing for is full of interesting challenges; some anticipated, some unexpected! The key for you and your coach is to find the sweet spot between easy and too hard. If the Dream is too easy it is not inspiring. If it is too hard (not attainable) then apathy sets in. With your coach you must continually expand the Dream to include stepping into bigger and bigger challenges. It is through facing challenges that you become the next version of YOU with new beliefs, mindset and superpowers ... Super YOU!



## **4) Environmental Upgrades.**

Environmental upgrades include acquiring resources that help you play better AND fun things you want to acquire as a reward for playing well.

One way to remember this is: Tools and Toys!

Your environment also includes people, places and ideas.

This means you may have some new friends, customers, advocates, team members and partners.

You may change or upgrade your home, office or places you “hang out”.

You may find yourself reading different books or exploring the content of different online influencers.

## **5) Scan your situation for anything that will negatively impact your ability to play.**

Your Dream of life should not be compartmentalized. Everything impacts everything else. Make sure it is playable and attainable in the context of your real life, right now, the way it is. Make adjustments if it is not.



## 02-03 The Social Play Examples

The player prep audio has a walk through of a few examples of the Social Play Model with the Human Connection skills.

This model is valuable for several reasons, but one is that it honors the natural growth of a relationship between two people or within a small group of people.

Another benefit is that every step along the way is an action that you can practice with your coach.

### Example 1: A player with a Dream for more vibrant health

#### Play for Transformation

This is the ultimate outcome of the Dream. Everything builds up to these peak experiences.

The player has a Dream for more vibrant health. And this player has been learning about the “Blue Zones” where people often live to the age of 100 with vibrant health and happiness. So, the Dream is to find a few people to become friends and enjoy outdoor activities and healthy meals together, like they do in the Blue Zones.

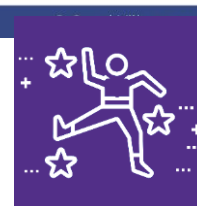
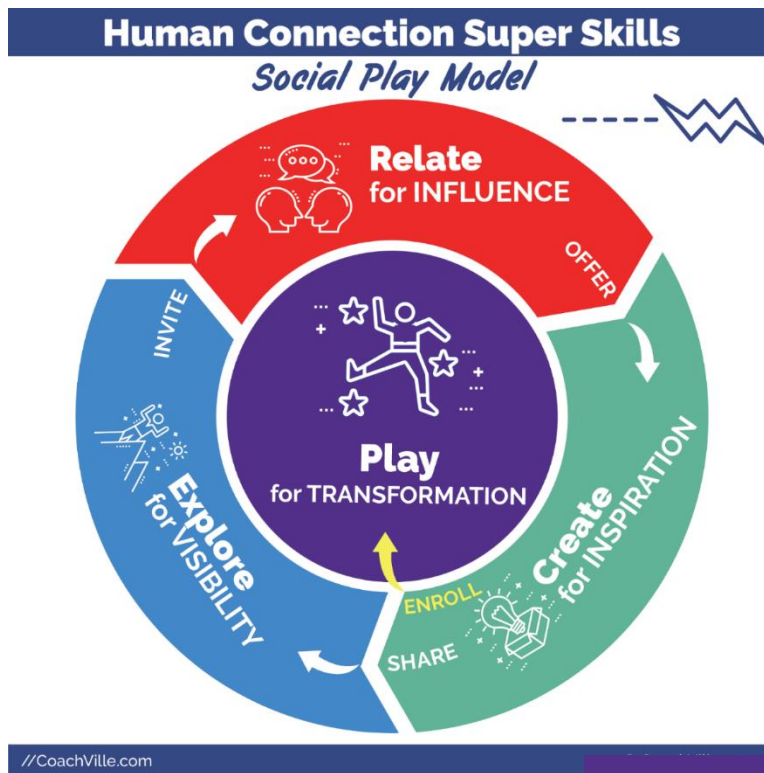
#### Create for Inspiration > SHARE

The idea comes straight out of the Dream. Create a group of friends who enjoy meeting for outdoor exercise like hiking and preparing and eating healthy meals together. This is an idea that the player wants to SHARE by talking about it.

#### Explore for Visibility > INVITE

The player then explores places and groups where there are people who are likely candidates for friendship, outdoor activities and preparing and eating healthy meals together. Perhaps a yoga studio or a gym with a more social focus like “Orange Theory”

While interacting with a fellow participant they can INVITE the person to get to know each other better over a green smoothie.



If the person says “YES”, it is a peak experience!

## Relate for Influence > OFFER

While enjoying green smoothies together, you can ask about their health and happiness goals or approaches. The player can share what they are learning from the Blue Zone book and documentary. The player can notice aspirations that they have in common.



If they seem to have a good connection the player can OFFER that them meet for a hike at a local park to continue the conversation.

The conversation itself is a peak experience and if the other person says: “Yes”, it is an even better peak experience!

## Co-Create for Inspiration > ENROLL

Now the player and the new friend are doing something together. A shared and co-created experience is enjoyable and bonding.

If they both have a good experience and feel the desire to do this again, the player can ENROLL the new friend in additional activities like more hikes or sharing healthy meals.



ENROLLing into a growing friendship is usually a gradual thing and it builds through a shared commitment to create the time to do things together.

The player can also meet additional new friends and start to organized group friendship activities. This will be the players Dream coming true!

## Example 2: A player with a business Dream for more clients

In this situation the “player” is a coach, but it can be any type of transformational experience or service-based business.

## Play for Transformation

The Dream is to find and attract new paying clients for their coaching program which is focused on joyful personal growth.

The ultimate peak experiences are great coaching sessions and the client (AKA player) doing amazing new social actions in the world. Also, the client sharing a “Thank You” will be icing on the Peak Experience Cake!

## Create for Inspiration > SHARE

The idea of the business owner coach is that personal growth, especially in Human Connection Skills, is the pathway to new experiences of enjoyment and success.

This is an idea the business owner can SHARE via conversations. But also in posts and video shared on social media platforms.

## Explore for Visibility > INVITE

The coach attends business networking events and personal growth seminars.

While talking with someone they meet there they bring up personal growth topics to see if the other person seems engaged.

If they are, they INVITE them for a coffee or tea to meet and get to know each other better.

If they say “YES”, it is a peak experience!

## Relate for Influence > OFFER

Over a coffee or some other beverage, the coach can ask about and share their favorite personal growth books or concepts. They can delve into their Dreams, aspirations and growth oriented challenges. FUN! The coach can notice what they have in common and also what they admire about the other person.

If the connection feels good, they can OFFER the person their Exploratory Coaching Session. The conversation itself could be a peak experience and if they say “YES”, it is an even better peak experience!

## Co-Create for Inspiration > ENROLL

In a business situation, the ENROLLment process is more definitive. It is called becoming a paying client.

During the co-created experience of the Exploratory Coaching Session both the coach and the potential player get the feeling that they would value working together.

When the player says “YES”, it is a peak experience for BOTH!!

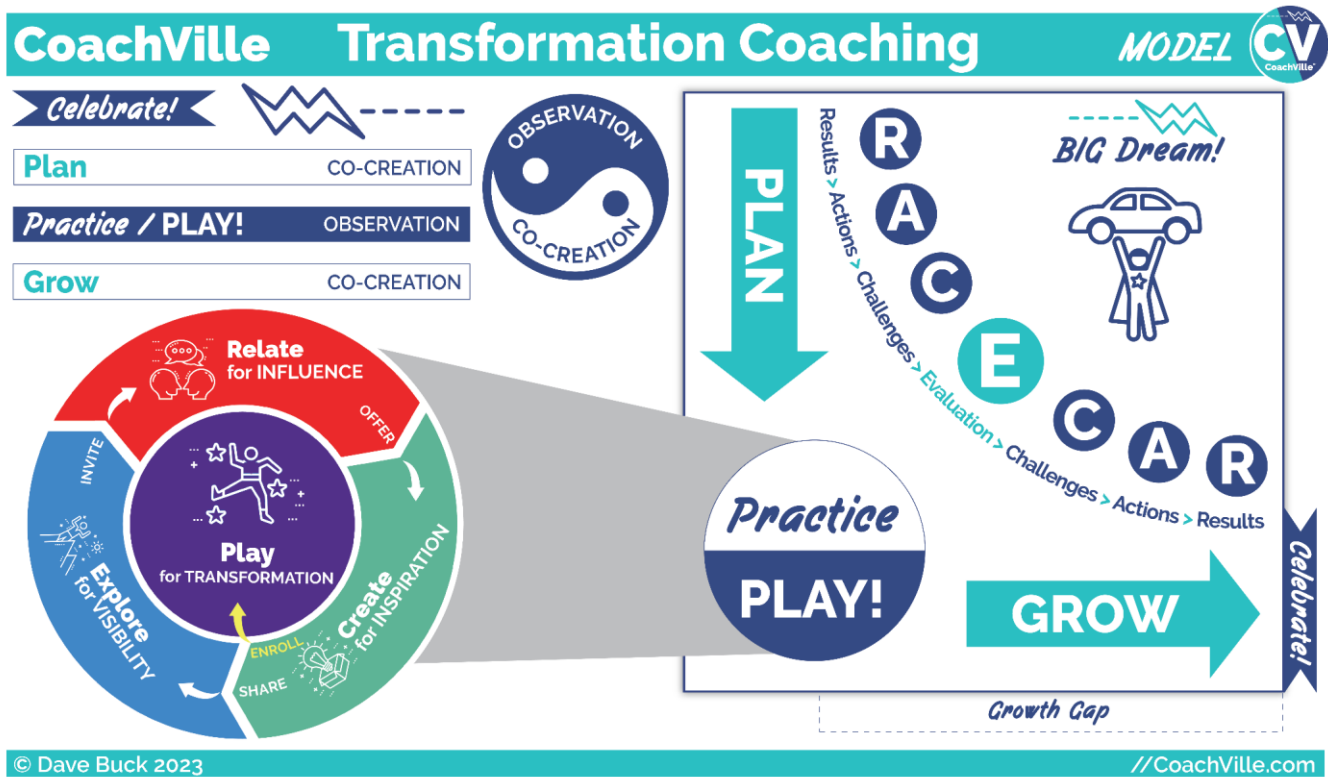
Then the coaching engagement begins which is a Play for Transformation experience for both the coach and the player.

Yeah team!

## ***02-04) The Transformation Coaching Flow***

To help you get ready for Session #2, I want to share with you how to get into the rhythm of playing with a Transformation Coach. There is a coaching flow to create this rhythm called: Plan-Play-Grow. If you have ever had an athletic coach or a performance art coach, then you will recognize this technique.

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



Let's explore this model together.

We start in the upper left where you see

- Celebrate
- Plan
- Play / Practice
- Grow

You also see the yin/yang symbol with the core of the coaching experience which is observation and co-creation.

Next, look at the right side of the diagram. You see the Plan – Play / Practice – Grow – Celebrate again but this time you also see what we call the RACECAR acronym: Results – Actions – Challenges – Evaluate. We will get into that in a few moments.

Also in the lower left you see a call out from the Practice / Play circle into the 4 primary activities of playing for our dreams; AKA Social Play. You saw this in the Playbook Introduction. (It's all coming together!)

Whew! We have a lot to talk about here.

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

In the coaching session:

- You and your coach will warm up, then celebrate the notable experiences since your last session; especially moments of play where something good happened... possibly even a peak experience!
- You and your coach will then explore the growth opportunities from what you experienced by first EVALUATING what happened when you played. And you will share specifics about key playful actions and the results in the world in a way that sparks new awareness. This will lead to you and your coach co-creating a coaching PLAN for the session
- You and your coach will PRACTICE together to co-create new awareness, new possibilities, new capabilities and new confidence. We will explore a variety of practice techniques in this program. Most of the time this is where you will get into some kind of ACTIVE conversation.
- You and your coach will capture your GROWth from the session. (The Growth Zone in the Coaching Notes Play Sheet) The intention of a good coaching session is that you grow during the session... and then continue to grow as you play in the world. Make a few notes on your coaching notes sheet as you talk together.
- You and your coach will co-create your play PLAN for the upcoming time frame. Focusing on the 4 types of actions to play BIG for your dream.
- You will write out the most important items on your Play Plan Playsheet.

Then...YOU go out in the world to play:

- You PLAY for your Dream aiming to co-create RESULTS and peak experiences by taking the 4 types of social ACTIONS and facing CHALLENGES along the way.
- You notice your GROWth opportunities as you play.
- Make a few notes on your playsheet about what happens as you play (or avoid playing).

In the next coaching session:

- You and your coach will warm up, CELEBRATE your RESULTS (and your challenges)
- You and your coach will co-create a coaching PLAN for the session by first EVALUATING what happened when you played.
- You and your coach will PRACTICE together in an ACTIVE conversation.
- You and your coach will capture your GROWth from the session.
- You and your coach will co-create your play PLAN for the upcoming time frame.

YOU go out in the world to play:

The rhythm repeats from here.

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

## **02-04) Quick Prep for the full warm up.**

As I shared with you in Chapter 1, the full warm up for each Play Life Coaching Session consists of 3 steps:

- #1 The Connected Breath warm up – To activate your wisdom
- #2 The imagination warm up
- #3 The Share Your Dream Exercise – To align your energy

The whole things should take LESS than 5 minutes.

### **#1 The Connected Breath Warm Up**

This is a great thing to practice every day; especially when you want to feel connected like before a conversation or before creating something you intend to share with other people.

It might feel strange doing a technique like this while guided by another person. This is because most of us haven't practiced this in our lives; in many circles it is known to co-create aligned energy.

### **#2 The Imagination Warm Up**

For the second part of the warm up your coach is going to ask you to choose one peak experience to actively play in your imagination. You probably have a few of these written down from coaching session #1 and thinking about it during the week.

The key is to practice using your imagination to bring a desired future moment into the present. In your imagination it is always NOW. Reclaiming and tapping into the power of your imagination will move your dream forward faster.

To help the warm up go smoothly and quickly, come prepared with a Peak Experience Moment to play with.

Your coach will ask you to bring the scene into your imagination for 30 seconds. You can do a lot in 30 seconds in your imagination!!

Have fun with it. You can share with your coach what you saw if you choose to; and you don't need to.

### **#3 The Share Your Dream Technique**

Your coach is going to ask you to share your Dream in 30 seconds or so. It is super powerful to speak your Dream out loud in the presence of your Transformation Coach. Doing this amplifies the energy of your dream and your connection to the Supermind which is part of Energy Alignment.

There are two ways you can go about doing this.

One is to just speak it from the heart each time.

The other is to write out a few key phrases that are important to you and then practice every day. Practicing this each day – or a few times each day – can really move you toward clarity. Be open to noticing when you say it in a new way that sounds and feels even better; update your written version.

Both ways have merit so choose the one that feels best for you. Or switch back and forth each week. Have fun with it.

Now you can dive into the rest of the coaching session with real creative energy and connection.

My players LOVE this warm up. I hope you will too. Often during the session we notice more desired Peak Experiences to play with in future sessions. It really sets a tone for co-creation.

Whew! We are rocking and we are only 3 – 5 minutes into the session.

## ***02-06) Quick Prep for Celebrations, Actions and Results***

It is SUPER important to celebrate!!!

WHAT to celebrate? ... as a player... LOT's of things.

Think of the basketball players... they High Five after every basket. Even though this happens 100 times every game... even though they practice making baskets night and day. They still celebrate every time!

Be creative in finding the actions and results worthy of celebration.

Just like the players get an acknowledgment even after a missed free throw... you can acknowledge and celebrate a challenge or a place where you feel stuck... this is pointing you toward a growth opportunity.

Remember... In Transformation Coaching your coach doesn't get to watch you play most of the time. So you need to fill them in on the details worthy of highlighting.

YOU need to do your best to break out of reporting like you would to a boss.

You want to get more into a flow of reflecting: "this is what happened and this is what I learned; and this is what I want to celebrate; and this is the challenge I want to explore".

"And this is something I didn't do and I am really curious about what happened here."

Your coach is not your project manager! They are your coach. Their aim is for you to play for your dreams, co-create peak experiences and grow, grow, GROW!

Side note: I am not saying that there won't be any tasks to complete as part of your dream! Of course there will be. BUT... completing tasks is not what makes your dreams come true... how you play in the world of people determines that; and this is where the growth opportunities are. So that is why we focus on this in Transformation Coaching.

**BIG DEAL:** Something that happened to me many times in my early days as a coach is when a player reached out and wanted to postpone our session because they didn't finish their tasks. This is one of the experiences that inspired me to create this Play Life Method! Transformation coaching is not about tasks; and not about task management. Coaching is about practicing and playing life better. No matter what you do or don't do in a given week, there is growth that can be pulled from the experience by exploring it with your coach, even if you avoided playing. In other word, don't postpone your coaching session because of what you didn't do!

***02-07) Peak Experience Technique Quick Prep***

***02-08) Human Nature Superpower: The Drive to BE Free***

***02-09) Human Nature Superpower: The Love to Befriend***

## **Session #03) Play for Results (and Peak Experiences)**

Your Dream / Game is asking you to grow

## 03-01) Prepare for Session #03 – Play for Results

**Coach:** Discover how your player responds to the “challenge” of creating results vs. just getting it done. Jump in and play WITH them (AKA Role Play) so that you can observe them in action. Discover what your player needs from you to grow toward their Dream.

**Player:** Find the fun in every experience that is part of your dream. Enjoy practicing pivotal conversations with your coach. Experiment with new ways of being. Be aware of your desired results while you keep your focus on playing.

The joy, the fun, the self-expression, the growth, they all happen in the experience of PLAY! And remember: the purpose of your coach is to guide you to PLAY BETTER.

### 1. Warm up

We will start the session with the warm up. Come to the session knowing the Peak Experience that you want to visualize. And be prepared to share your Dream by speaking from the heart. Hopefully you are thinking about it often – and even sharing about it - and can share about it with some ease.

### 2. Celebrate

Come prepared with a few celebrations to share; your coach will love this!

### 3. Grow from Play

Look over your Play Plan Play Sheet to gather the highlights from your actions and results.

Find and/or notice your DESIRE for personal growth!

### 4. Practice Plan

Explore how we can play for results, peak experiences and growth.










Practice a key conversation with the Role Play Technique.

### 5. Practice!

Actions, Results, Growth.

Another way to think about Results and Actions is that these are the Peak Experiences of playing for your dream. The desire for peak experiences sparks the desire for personal growth. Practice is how we co-create personal growth.

**Actions:**

Play Life Coaching Session #3 Notes		Date:
1. WARM-UP & SPEAK YOUR BIG DREAM 		Session: <i>Play for Results</i>
2. CELEBRATIONS 	3. GROW FROM PLAY 	
4. PRACTICE PLAN: PLAY FOR RESULTS		
5. PRACTICE & EXPLORE THE GROWTH GAP		
<b>Actions</b>	<b>Results</b>	<b>Growth</b>
		
5. Relate for Influence & Role Play 		<b>Ah-ha Moments from Practice</b>
6. <b>Growth Zone</b>		
 What did you learn about playing for your dream?	What did you learn about yourself and your superpowers?	
7. PLAY PLAN: What is your transformation for this week? What social actions?		
FROM:		
TO:		

*Actions:* This is doing something! Usually in the 4 Actions of Social Play.

### **Results:**

A result is when something happens in the world as a result of your actions; In the world means: other people. There are probably several results that you want to co-create and experience like for example: another person says “Yes” to doing something or another person enjoys something you create and share.

### **Growth:**

Personal growth is a BIG pursuit in Life Coaching! It is through personal growth that we become the next version of ourselves. And transformation – like with the butterfly – is an accumulation of personal growth to the point where the new version seems very different than the earlier version.

The flow usually goes something like this:

**Dream – Play:** Your Dream sparks you to go and play in the world.

**Play Experiences:** You have a variety of experiences, some peak and some challenges.

**Personal Growth Desire:** Many of these experiences, spark your desire for personal growth; I want more of this and less of that.

**Guided Practice:** Guided Practice is how we simulate situations and experiences.

**Personal Growth Experience:** While practicing we grow!

**Play again!** We go out in the world and play some more... more capable of co-creating the peak experiences that we desire.

## **Ways to Grow with Coaching**

- Strategy
- Skills
- Superpowers
- Playful conscious mindset
- Inner Freedom & feeling
- Environment of better support and healthy challenge
- Supermind Connection
- NEW AWARENESS

## **Role Play ~ Relate for Influence**

If you have an idea of a conversation that you want to role play that will definitely make the session flow more smoothly. At the very least, come to the session with a few Relate for Influence options to explore.

After the role play take a moment to write down a few ah-ha moments.

### **6. Growth Zone**

Then you will get into the Growth Zone near the end of the session.

Share anything that comes to mind about what you experienced from the Role Play.

And anything you see about how you can play better for your Dream.

The point of ACTIVE conversation and practice is that you grow while you are doing it. But often you don't recognize the growth until you talk about it after.

OR when you notice that something that seemed hard now seems easier.

I LOVE when that happens!

### 7. Play Plan

Have fun naming a few social actions and a transformation focus for the week.

Remember, you can always choose the same actions and/or transformation as the week before if they need a little more time and attention.

## 03-02) Separating Actions and Results

Remember this image from the Introduction?

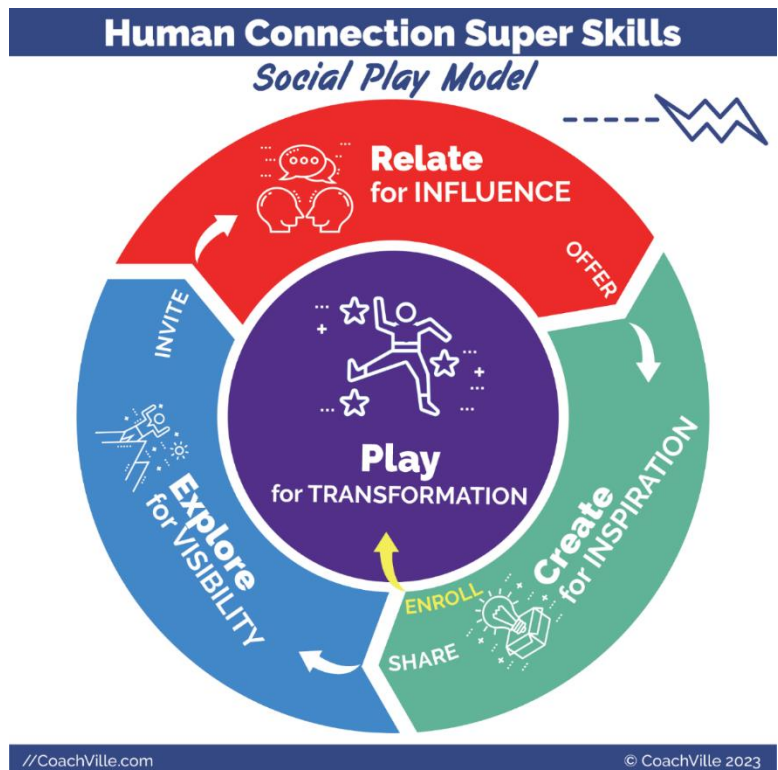
In this session we will go deeper into how you Play Life out in the world with actions for results. We call this: pivotal moments of social play.

The world is a playground. Life is for play! And your coach is here to help you play better. A key distinction about play that is always helpful is recognizing the shift from control to influence.

Any time you are doing something where you have 99% control of the outcome that is more like work. In work anyone can accomplish the same outcome by following the instructions and doing it the right way.

In the Industrial Age we were all taught to be task-oriented; to only focus on what we can control. This is a dreary way to live which is why the Industrial World is so... dreary!

Play is when you are doing something and you DON'T have control of the outcome but you can influence the outcome with your energy, creativity, strategy and skill. This is what makes it engaging and fun. **This is when you feel alive.**



**When you do something playfully, YOU – and your unique abilities - matter.** This is what having a coach is about; helping you develop and grow into your unique abilities so that you can co-create your desired results in the world.



## **A Few Social Play Examples**

When you are engaged in Social play you have an idea about what you want to happen, but you don't know IF it will happen.

Also, when you play, sometimes something will happen that you didn't expect at all BUT it was awesome and better than you imagined.

## **Relate for INFLUENCE**

Relating for Influence is when you are engaging with another person and the intended Action is to make them an offer, invitation or request. The desired result is usually a "Yes" response. You are co-creating the experience with the other person. You don't know if they will say "Yes" or not.



So you could have a feeling of hopeful anticipation or wonder. You could have a feeling of playing your best as you set the stage or build up to the influence play.

The key point here is that everything you do is the Action. What they do is the influence / the result.

These two things are different but connected. The result is a co-creation between you and the other person.

## **Create for INSPIRATION**

Creating for Inspiration is when you create a thing or an experience that is a self-expression for you AND that you intend to share to have a positive impact on another person or people.

Writing or recording something that you intend to share with people is an example.

Orchestrating an outing or event to do with a person or group of people is another example.

Making art or crafting a performance or giving a talk, these are all examples of Creating for Expression.

When you create for inspiration you can put a LOT of your personal energy into it. AND you don't know if it will have the desired impact on the other person or not. The result is a co-creation between you and the other person.

## **Explore for VISIBILITY**

This is when you explore a new venue or a new network with the intention to see and be seen by new people.

Your energy and spontaneity can influence how many people you meet, but you can't control what happens.

## **Experiment for CHANGE**

This is when you do something new or do something in a new way with the intention to change the experience. You intend for it to be better than it has been before. And there is a chance that you will make a mess!

A key to successful play is to start with an intention, be open to new possibilities AND keep track of what happens; and most important is to not look at any outcome as a failure but as learning.

## **Often the Result is a Peak Experience**

{explain}

### **Conclusion**

Hopefully you are getting more energized about playing for your Dream!

Now let's go a little deeper into the real challenge and the real growth opportunity of orienting your life around social play... Social FEAR!!!

All of us who grew up in the Industrial Age have to realize that we have absorbed A LOT of fears of our playfulness and our uniqueness. So next let's look a little deeper into the common fears that are associated with Social Play.

## ***03-03) Ways to Grow with your Coach***

I love coaching so much! Both having one and being one.

One of the most powerful experiences of having a coach is rapid, sustainable and JOYFUL personal growth!

We LOVE to grow! We love to expand our awareness. We love to develop new capabilities.

The idea of coaching is that in each session you grow in some way that then helps you to play your Dream better in the world around you... in your Play Life Station.

### **The fundamentals...**

Now that we have a few coaching sessions together, let's do a quick review of how coaching creates personal growth. (for BOTH the player and the coach!)

### **Safe Space**

A safe space is where you feel free to experiment and you don't fear mistakes or judgment.

A safe space is where you will be seen, heard and valued... SO NEEDED!

A safe space is where you can:

- Explore new possibilities, purpose and ideas.
- Explore the meaning of recent and past experiences.
- Express parts of your Self: joys, fears, doubts, vulnerabilities, hidden power, thoughts, feelings, emotions, desires, EVERYTHING.
- Try new ways of doing things.

## **NEW AWARENESS**

The AH-HA moment!

This is a vital part of the coaching experience.

- Ah-ha... now I see what to do
- Ah-ha... now I see the cause of this problem
- Ah-ha... now I see a better way to approach this situation
- Ah-ha... now I see the pattern

An “Ah-ha moment” can come during a coaching session, or it can come after the coaching session.

An “Ah-ha moment” can come from something you say that you have never said before, or it can come from something your coach says that you have never heard before.

In some personal growth programs, when you see a recurring pattern in your life that has been holding you back in some way, it is referred to as a “blind spot”.

The BIG point about new awareness is that it is very difficult, or uncommon, for it to happen “by itself”. Usually it is a co-created experience with another person. This is one of the reasons why coaching is so valuable.

### **Guided Practice**

After you have an awareness of a new way to approach a situation or a new activity you want to try, the next step is to practice.

Guided practice is trying something with your coach who is practicing with you, and also observing you to offer feedback about what they see. As I have said a few times already, guided practice is what coaching is mostly about. You can’t do something AND watch yourself do it at the same time! DUH! That is why coaching is so valuable.

So far in this program you have experienced the Peak Experience Technique. There are a few more techniques that your coach will do with you in the upcoming sessions.

- You can practice approaching a situation in a new way
- You can practice doing a skill in a new way
- You can practice using one of your Superpowers in a new way or new situation
- You can practice applying a new belief of mindset to a situation.

SO MANY POSSIBILITIES!

### **Enthusiasm**

This is one of my favorite coaching superpowers! While as players we often have doubts or hesitation about trying something new, or exploring a situation that feels hard – for good reasons! – your coach will bring the enthusiasm!

That “let’s try it” energy from your coach is often enough to break through our resistance.

The important thing about this is that this dynamic comes with the roles of player and coach. This is not personal. Playing life, playing our Dreams is challenging... it’s hard

sometimes. Sometimes we need another person to urge us forward. We need support. We need healthy challenges.

Together we play better!

## Ways to Grow with your Coach

There are so many ways! But here is a quick list of ways that we will explore in this Play Life Method program.

- Strategy
- Skills
- Superpowers
- Playful conscious mindset
- Inner Freedom & feeling
- Environment of better support and healthy challenge
- Supermind Connection

Strategy, skills and superpowers are the practical side of Life Coaching.

While Playful conscious mindset, Inner Freedom and feeling, Environment and the Supermind Connection are the energy side of coaching, which is also practical, but in a different way.

Let's go a little deeper into each of these here. And then we will go much deeper into each in the upcoming chapters.

### Strategy

Strategy is the way you approach a situation, an opportunity or a challenge.

Often while you are practicing a situation you or your coach will have an idea for a new way to approach it. Often with the right strategy you get much better results.

### Skills

In playing our Dreams with social play we are primarily focused on the broad category of Human Connection skills: create, explore, relate, and co-create. And for each of these there are almost infinite sub-skills. For example, think of all the unique skills associated with creating. With your imagination, and your coach guiding you, you can literally practice ANY skill.

### Superpowers

A superpower is a unique ability that can be practiced until it is capable of BIG impact on specific situations. An example of a superpower is intuition. Everyone has intuition. But some people have next level intuition. They see and sense things that most other people don't. While you are practicing and playing in the world often your hidden superpowers will be revealed!

## **Playful conscious mindset**

Conscious mindset is sometimes referred to as attitude and it has a MAJOR impact on what you do and what happens when you do it. When your mindset is playful you have more curiosity, creativity, resourcefulness, and resilience. And you tend to have a lot more fun!

In coaching we emphasize the playful mindset which is also sometimes referred to as growth mindset. We all are born with playful growth mindset! But the Industrial Culture squashes it so a big part of transformation coaching is restoring and cultivating your playful mindset.

## **Inner Freedom & feeling**

It is wildly underestimated how important inner freedom and feeling are in how we play life.

When we plan to do something but it doesn't feel good, usually we don't do it.

If we attempt to do something by overriding our bad feelings, usually it doesn't turn out the way we intended.

And sometimes, something doesn't feel right, but it's a "false alarm" and if we forge ahead, it turns out well or even awesome.

Confusing!

This is why it is so valuable to explore our feelings while we practice so we are free to play in the world... the Play Life Station.

Another big point is that we can't CONTROL how we feel. Our feelings emerge from our body – our non-conscious mind – that can't be controlled, but it can be influenced! (Just like other people).

The body awareness portion of the Peak Experience Technique, and the Pivotal Moment Technique that we will practice in Session #04, is all about exploring and influencing our feelings. Going deep into our Inner World is the focus of our Inner Freedom Method program.

We can influence our feelings with our playful conscious mind, our environment and our connection to the Supermind.

## **Environment of better support and healthy challenge**

We are social creatures who are always adapting to the people, places, things and ideas around us. At the same time we are culture / environmental designers who can upgrade the people, places, things and ideas around us to influence what we are adapting to.

A big part of having a coach is to have an outside perspective to help us "see" - gain awareness of - the environment that we are in. And then make a play plan to upgrade it to match our new Dream, OR move to a situation that suits our Dream better.

We will get into this a little bit during Play Life. And for future reference, this is the focus of our World Power Method program.

## Supermind Connection

The Supermind is the web of human consciousness that we are all a part of and connected to. The Supermind is the source of those sudden insights that pop into our minds often while we are walking or doing something that doesn't require much thought or attention. Also, it can pop in while we are in a connected conversation with another person – like in a coaching session. It is quite mysterious and awesome.

There are some practical techniques for upgrading our connection to the Supermind which we will practice in Session #06.

## 03-04) Social Play with 7 Social Fears

You will probably recognize all of these fears. As I will share often in this playbook: we all absorbed the FEAR of our natural playfulness in the Industrial Culture. I can tell you that little children do not fear any of these activities.

You may have noticed some of these fears popping into your thoughts while doing the Peak Experience Technique with your coach. That is one of the intentions of practice is to bubble our fears – in the form of feelings and body sensations - up to the surface so that we can explore them.

If you aim to play for your Dream at a high level you need to embrace and explore these fears.

Within the nature of play is the presence of risk and reward. This is especially true for Social Play. With all of these activities there is a social reward that you desire for your Dream, BUT in order to experience the reward you must face some risk. The risk is where the fear comes in. Your Fear is trying to keep you safe and preserve your social status which is important and honorable.

The power of coaching is that you can practice the activity to lessen the risks and expand your ability to influence the desired outcome and experience the reward!

Here is a really BIG point about social reward and social fear: **it is almost impossible to transcend social fear by playing alone.** But together we can do it! This is why



Transformation Coaching is so important. We will talk more about this in future chapters. For now, YOU have a Transformation Coach... that is wise!

### **Relate for Influence => Fear of Rejection**

To play for impact in the world – even with just a few people - you need to cultivate a high level of ease with approaching people and talking with them. And then you need to invite them to a next step. This is where the fear of rejection comes in. BIG TIME.

### **Create for Inspiration => Fear of Disappointment**

Playing BIG for your dream will include creating and sharing experiences or content in a variety of forms; it's actually an amazing time in Human History in this regard. Also every time you have an opportunity to speak in front of people you are creating and sharing an experience. The fear that we might disappoint someone or BE disappointed by someone's reaction to what we create can be a BIG block to creating and sharing.

### **Explore for Visibility => Fear of Trouble**

In order to contribute your gifts to others you need to find people (customers, colleagues or partners) to participate in what you are creating. You need to “get out in the world” either physically or virtually.

The world of people is an amazing but potentially “dangerous” place; at least at an emotional level. The potential for trouble in the unknown is why most people stay where they are and spend their time with the same people. However, it is almost impossible to pursue your dream this way.

### **Play for Transformation => Fear of Mistakes**

Do you resonate with this one? I sure do. This is a big remnant of the Industrial Culture mindset that everything you need to do: a) there is a right way to do it b) you should be able to do it the right way every time and never make mistakes.

Of course this is nonsense! But the residue of this mindset from school and jobs keeps us locked into a perfection trap. This makes it sooo hard to experiment and find our unique way to play for transformation.

BONUS FEARS! LOL

### **Fear of Judgment**

This is a core Industrial Age fear: that if we do something in a public way we will be judged harshly. We can all recognize the intense and ever present judgment from the Industrial Age culture: if you step up to do something BIG there will always be someone aiming to cut you down. Your coach is going to attempt to neutralize this fear with judgment-free awareness.

### **Fear of Failure**

This is a second core Industrial Age fear: that if we attempt to do something that we cannot control, we might fail; AND failure is the worst possible thing that can happen. It's

not hard to understand where this fear came from: the Industrial School System. Together we are going to explore the paradoxical idea that the potential for failure is actually what makes you feel alive!

## **Fear that I am Not Enough**

The BIG Kahuna FEAR of almost everyone with a dream to play BIG in the world: **That I am not enough.** We have all lived through painful experiences where we tried to help someone we cared about but were unable to make the difference. These experiences add up and make us feel that we are not enough.

The good news is that you have more power and more wisdom than when your power failed you in the past; AND you have a Transformation Coach this time. AWWWWW YEAH! Look out world... here you come!

## **BIG OPPORTUNITY**

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

You can cultivate the capacity to PLAY and transcend these Industrial Age fears.

You can restore your natural human playfulness. When you do, you will thrive and you will have more fun living.

Your coach is on this journey for themselves! And they are equipped to guide you.

## ***03-05) How a coach helps you play better: Observation, Co-Creation and Guided Practice***

Your coach is going to help you find ways to bring the elements of social play into your daily life. And then together you will look for ways to play better through observation and co-creation and guided practice.

Think about an athletic coach for a moment... they help you play better by practicing with you and then sharing what they observe and talking with you about ways you could play better. Your Transformation Coach will do the same thing with you.

The way our Dreams come true is through social play. A major aspect of social play is talking with people to share, invite, offer and enroll. To make a bigger contribution in the world you are going to need to talk with people to co-create a “YES”.

One technique that your coach will use with you is Role Play. DON'T FREAK OUT! This is not the weird role play you did in a corporate training. This is going to rock your world! There are so many pivotal conversations that you can practice and improve... with new confidence you are going to love the results you can co-create with other people.

**Becoming highly capable in Human Connections skills will transform your life in almost every area!!!**

Connecting well has MANY underlying factors like clarity of intent, energy alignment, being present, deep listening and sharing authentically. So, a BIG part of using Role Play is to become a more skilled connector through practice.

## **Examples of conversations you can role play**

Human Connection is not just one skill. In most dreams there are MANY distinct connecting situations that you can identify, observe and then practice. Each unique type of conversation can be seen as a different connection skill.

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

A) A recurring relating skill

OR

B) A very specific conversation situation

### **Examples of recurring relating skills:**

- Introduce yourself in a way that sparks deeper conversation; you can practice a business situation or a personal situation.
- Share your truth
- Share an idea or a new possibility
- Request feedback on something you created and shared
- Invite someone to meet with you
- Make a request for support
- Ask for something (an emotional challenge for almost everyone)
- Make an offer to do or share something together
- Enroll someone to hire you for something and discuss the money!

### **Examples of a specific conversation situation:**

- Ask another person to change their behavior in a positive way
- I need to ask my boss for the opportunity to lead the new project.
- I want to call Bill from the Chamber of Commerce and offer to give a talk at a future meeting
- I want to reach out to Sally and enroll her to be a part of the community leadership team.

There are so many possibilities!!!

## 03-05) Quick Prep for the Role Play Technique

On the right is a detailed graphic that will help you prepare.

Role Play is a form of ACTIVE Conversation. This is when Transformation Coaching gets dynamic!

To do a great role play only takes a few minutes. In this session with your coach you are going to do a quick practice, but in future sessions you will get into more elaborate practice.

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

### 1) Define the Situation

First you decide upon a conversation that you would love to play better.

Describe the positive influence that you are playing for in the conversation; what do you want the other person to say or do. Usually this means there is some offer or request that you want the other person to say "Yes" to.

### 2) Define the Role

You think of the person you want to influence. It can be a specific person or a type of person. Describe the persons' general characteristics in 30 seconds.

Describe in a few words the persons' point of view toward the issue/situation

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

### 3) Advanced Prep

In a more detailed role play you would define how you want to approach the situation.

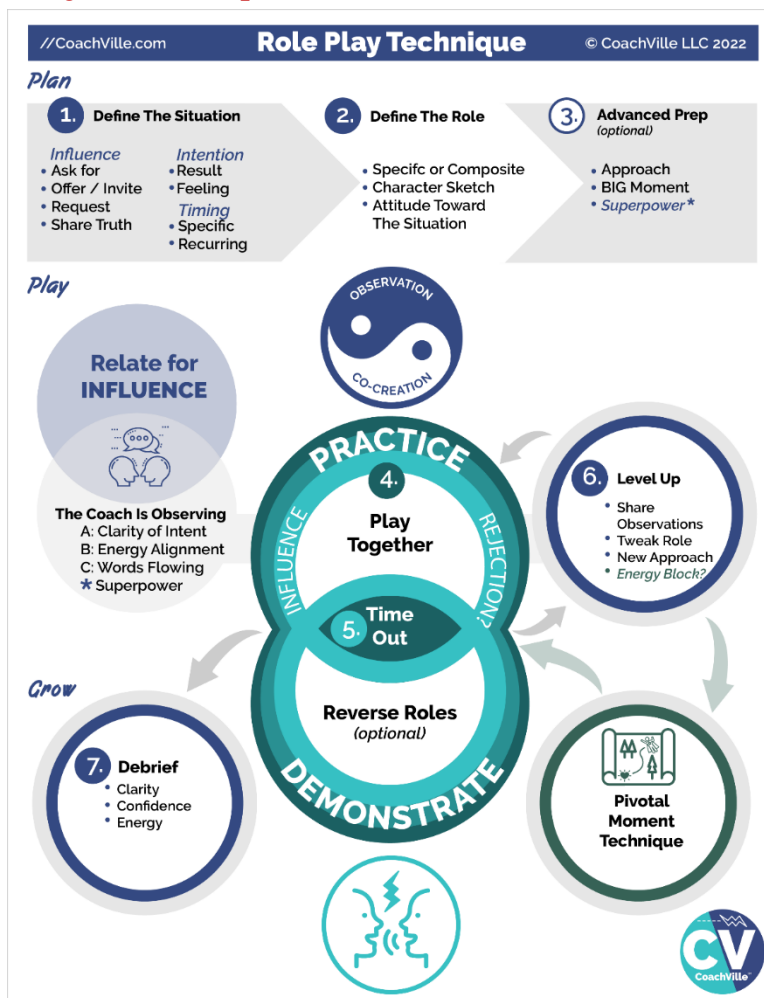
### 4) Play together

Your coach will step into the role and play it out for a few minutes to see what happens.

### 5) Time Out!

You or the Coach **Call time out!**

### 6) Level Up



Both can share your observations. Your coach may ask you for feedback on how they are playing the role and refine if necessary.  
Repeat.

#### **4) Try it again.**

The Coach may throw in a few twists to see how you respond. Repeat as many times as necessary until you feel improved confidence for the conversation.

#### **Options**

Your coach can offer to do a reverse role play where they play YOU in the conversation to demonstrate an alternative way to approach the conversation.

If you are experiencing some resistance while you are in the conversation, your coach can do the Pivotal Moment Technique with you.

We will explore that for Session #4

#### **7) Debrief**

You and your coach will talk it over to capture your clarity, confidence and energy.

##!##

The big point of this is to get into ACTIVE conversation where you can grow by practicing with your coach. Then you can go out into the world and play for your dream with more confidence.

### ***03-06) Human Nature Superpower : The Urge to Become***

From transformation coaching

### ***03-07) We were born to play but then we were trained to work.***

One last thing before we conclude this Chapter.

You may be wondering:

- Why am I at this point in my life and I have no idea about the Superpowers of Human Nature,
- Why am I at this point in my life and I have no idea that I can PLAY my Dream everyday rather than work on tasks for someone else?

These are a GREAT QUESTIONS.

With an important answer.

BECAUSE...

The Industrial Control Culture is designed for you to become an obedient worker who can follow the directions given to you by authority.

It is NOT designed for you to become a joyful co-creator who contributes YOUUnique value to the culture and community.

Let's explore...

{tweak this}

{Then replace the chart}

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

But all of us were trained in the Industrial Culture to look at everything as work; as something that needs to be controlled. School was work, jobs and business are work, and we also work on our relationships and even our golf game! UGH!! In the Industrial Culture we were trained to work in isolation rather than play in the world.

**The essence of Industrial Culture: hierarchy control and neglect.**

**The essence of Connected Culture: egalitarian co-creation and care.**

In his TED Talk Steve Kiel says that: "the opposite of play is not work. The opposite of play is depression". Remember all those problems I mentioned in the Introduction? They start when we stop playing. And we stop playing because we were made to feel shame for being playful at school, often at home and then on the job.

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

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

I often say: you may have to go to the office, but whether you play or work when you get there is your choice!

Play is a better way!

The "Industrial Control Culture" made work the central theme and approach to life for most humans. It was built upon the de-humanizing hierarchical control structures of Monarchs and Warlords that emerged over the past few thousand years.

We humans are amazing culture creators with diverse ways of living emerging all around the world. It seems that for the past few thousand years a divergence has emerged between mostly Egalitarian cultures where people care for each other and mostly Authoritarian cultures where great inequality emerges.

It appears that most of our Hunter Gatherer ancestors created cultures with a fierce egalitarian vibe. But over the past few thousand years many Authoritarian Cultures have emerged and are now dominant. There are several theories about how Authoritarian

Inequality become so dominant that have been debated for the past few hundred years. But there are no definitive answers.

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 Culture.

I believe that as the Connected Culture unfolds there is an opportunity for playfulness to become the central theme and approach to life. We can restore the free-spirited playfulness and fierce egalitarianism that is our Human Heritage and combine it with the security of well-organized shelter and food production that our ancestors lacked.

WOW! SO GOOD.

I made a little chart to help us go a little deeper and recognize the differences between The Industrial Culture of Control and The Connected Culture of Co-creation and Play.

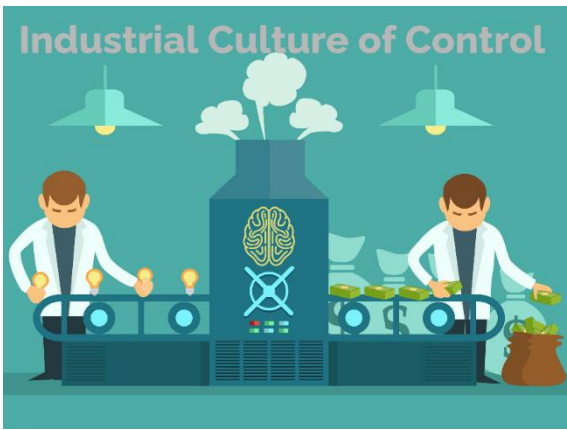

The important thing to notice is how the Industrial Culture of Control culture created a HUGE need for Life Coaching!

Life Coaching subverts hierarchical control because no one is in charge. It is a co-creation by equal partners with different roles.

**We Free Each Other!!**

**And we RE-Humanize each other.**

## The Transformation from Industrial Control to Connected Play

	 <p><b>Industrial Culture of Control</b></p>	 <p><b>Connected Age of Play</b></p>
<b>Time frame</b>	1880 – ~2030	~2010 - ????
<b>The Framework</b>	Everything – schools, businesses, communities - is run by authoritarian control like a military operation.	Most things are run like a talented performance art or athletic team co-creating inspiring experiences.
	Dehumanizing Authoritarian Control & Neglect	RE-Humanizing Egalitarian Freedom & Co-creation
<b>Who</b>	Good intentioned teachers, managers and business owners become	Inspired Life Coaches and coach-approach teachers, entrepreneurs and

	unwitting henchmen for the dehumanizing top-down hierarchy.	leaders play to unleash the best of Human Nature.
<i>The Approach</i>	<b>OBEY Authority</b> Follow the rules / authority	<b><i>PLAY your Dream</i></b> Choose your Desires ~ Self-Love ~ Self-Worth
	<b>CONTROL</b> Do it the way I tell you to do it Don't do anything against my rules <b>DOMINATE</b> I have the power to control you physically, economically or emotionally <b>COMMAND</b> Do what I tell you to do <b>COMPLIANCE</b> Do it right or you are IN TROUBLE <b>MANIPULATE</b> You believe what I tell you to believe	<b><i>Drive to BE free</i></b> Choose adventure ~ Self-trust ~ Self-determination <b><i>Love to Befriend</i></b> Choose your companions ~ Co-create ~ Care (give and receive) <b><i>Urge to Become</i></b> Choose your playful practice ~ Self-expression ~ Spirit of play <b><i>Need to BELong</i></b> Choose your environments ~ Social-Value ~ Social Safety Instinct <b><i>Ability to Believe</i></b> Choose your beliefs Self-Confidence ~ Self-Preservation
<i>The Power</i>	The Boss and the "system"	In the YOUUnique Superpowers of Individual Players in an uplifting environment
<i>Where we learn</i>	<b>In School.</b> Sitting silently at a desk memorizing the right answers working alone completing tasks preparing for the test	<b>Life (and Online)...</b> Learning from the world co-creating, sharing, connecting playing online games with global friends pursuing the next level
<i>Memes</i>	Sit down, shut Up and do as you are told  Do it right the first time or don't do it at all;  Do your own work if you help your neighbor you are a cheater	Together we play better  After you fail, play again Feedback is the breakfast of champions  Get to the next level We free each other

<i>You are a</i>	Worker / servant Consumer	<b>Player Co-Creator / Investor</b>
<i>You have a</i>	Job with a Manager / Boss (enjoyment unlikely)	Dream / Purpose with a Coach (enjoyment assumed)
<i>What you do</i>	Complete tasks Fix problems	Co-Create Results and Experiences Express Superpowers to add value
<i>Why?</i>	To earn a living	To live your dream and GROW
<i>The Feeling?</i>	Suppressed & Traumatized Dreams squashed Playfulness shamed Unique voice and power silenced	Rewarding and challenging experiences and opportunities to contribute make every day a fulfilling adventure
<i>The Path to Success...</i>	Do it right Don't make mistakes Fit in by being like the others Don't try to be special Mind your own business	Play big to make a difference Risk failure, learn fast and grow Find a place / group that embraces ALL of who YOU are Own your value.
<i>You buy...</i>	Things - More is better Things will make you happy (NOT)  Entertainment to “get away” from meaningless or repetitive work	Things that inspire you and tools for creation;  Experiences that expand your skills and awareness; <b>Coaching</b> to play better and pursue your Dream
<i>You aim to</i>	Save some money for retirement; then you can enjoy life.	<b>Co-Create a freedom-filled lifestyle</b> <b>economic freedom</b> <b>creative freedom</b> <b>emotional freedom</b> <b>spiritual freedom</b> <b>location freedom</b>

I know this chart paints a pretty bleak picture of our current culture in the left column. You may be an optimistic person and think: “it’s not that bad”. I understand. I am an optimistic – make the best of any situation – kind of person myself. However... for most people in the world it IS bad. AND we have normalized it so that we have become numb to it. AND most importantly we have been taught that we are powerless to change it.

I have been a professional Life Coach for almost 25 years for over 1,000 amazing individuals. I can tell you: even folks who are optimistic, investing in themselves and

aiming big are boxed in by social fears caused by a life of Hierarchical Control. They have no idea what their REAL powers are and their capacity to engage in social play activities is severely stunted.

Meanwhile, the situations we face as a human family demand that we stop “making the best of it” and start reclaiming our Human Superpowers to make change! Especially when we consider that most of the trauma, pain and suffering that is happening... we are doing it to each other without even being aware of it!

**Together we can change the experience of life for the better... for everyone.**

Let's talk about how we RE-Humanize.

## **Session #04) Embrace Challenges**

## 04-01) Prepare for Session #04 – Embrace Challenges

**Coach:** Cultivate resourcefulness in the face of challenge. Ask questions. Explore your players’ choices and fears to co-create awareness. Help your player see the growth opportunity in every challenge.

**Player:** Get the best result possible from the situation. Notice the fears that you experience while playing. Embrace what you are feeling; know that every challenge you overcome will make you a better player; that is the real purpose of this challenge in your Dream.

### 1. Warm Up

We will start with the usual warm up. FUN! It is especially important to warm up your imagination before every session.

### 2. Celebrations

Then we will do the usual sharing of celebrations,

### 3. Grow from Play

Share your actions and results in a reflective way to gain awareness.

### Actions without Results ~ Challenges ~ Actions Avoided

In this session your coach will go deeper into exploring challenges with you.

This includes actions without results and actions avoided.

The BIG Key here is to ENJOY and embrace this conversation. See it as a fun exploration for growth opportunities rather than seeing it as something going wrong.

Look over your Play Plan Play Sheet and be curious about anything that didn’t happen the way you wanted it to.

### 4. Practice Plan

We will practice a moment with the Pivotal Moment Technique.

### 5. Practice!

#### Pivotal Moment

From the judgment-free exploration of challenges you and your coach will choose a moment to explore with the Pivotal Moment Technique.

Play Life Coaching Session #4 Notes		Date: _____
<i>Session: Embrace Challenges</i>		
1. WARM-UP & SPEAK YOUR BIG DREAM 		
2. CELEBRATIONS 	3. GROW FROM PLAY A) ACHIEVED Results 	
3. GROW FROM PLAY, CONT. B) ACTIONS without Results 	C) CHALLENGES GROWTH SUPERPOWER SPIRIT OF PLAY	D) ACTIONS Avoided 
4. PRACTICE PLAN: NAME THE PIVOTAL MOMENT >		
5. PRACTICE TOGETHER Pivotal Moment 	THOUGHTS _____	SUPERPOWER POTENTIAL _____
	SENSATIONS _____	DREAM'S INTENT _____
	NOT SAFE FOR ME TO _____	THE NEW PICTURE _____
	6. Growth Zone 	
What did you learn about playing for your dream? _____		
What did you learn about yourself and your superpowers? _____		
7. PLAY PLAN: What is your transformation for this week? What social actions? FROM: _____ TO: _____		

On the play sheet there are little spaces for each of the steps in the method. Write a few keywords for each section as you go along.

### **6. Growth Zone**

When you get into playing with a Pivotal Moment it can get pretty intense. It is ACTIVE conversation after all.

You will experience growth while you are in the technique.

It is valuable to take a step back to see and share the growth you experienced.

### **7. Play Plan**

Write a few notes about your Play Plan of transformation and social action on this sheet during the session.

Then, remember to write out your Play Plan for the week as soon as you can after the session.

By now you are seeing the value of playing with intention and keeping a journal of notes as the week unfolds. This will make your coaching experience more rich and life affirming.

## **04-02) Embrace Challenges**

EMBRACE means: you welcome the challenge; you enjoy the challenge; you engage with the challenge; you are grateful for the challenge... you SEEK new challenges!

Challenges are what make playing your dream worthwhile! Without interesting challenges to stand between your actions and the desired results and peak experiences the activity becomes boring work. When you have 100% certainty that the action will create the desired outcome, then it is no longer play.



When you are playing there are challenges between you and the results you desire; AND there are surprises that make every day a unique experience. These are opportunities to make the most of the situation, to make adjustments to your plan or approach obstacles with energy in pursuit of your desired results and Peak Experiences. Often the joy of play itself can pull you through challenges where they would normally stop.

### **Judgment-Free Awareness**

This is a BIG topic that you will explore frequently with your coach. Being judgmental – especially within ourselves – is an artifact of the Industrial Age. We all absorbed it. A premise of the Industrial Age was that for every action that must be done, there is one right way to do it. If you are not doing it perfectly then there is something wrong with you.

This mindset is antithetical to playfulness!! So, we must notice it and let it go.

Judgment-Free Awareness – or JFA – means to look at everything from a place of pure observation and curiosity. Learn from everything. Hold your vision of how you see yourself

playing while also appreciating that you are not there yet; you are on a journey to mastery.  
**Curious Question:** How is this challenge asking me to play better?

## **Healthy Challenge vs. Unhealthy Challenge**

It is important to recognize the difference here.

I want you to embrace healthy challenges by playing with them in pursuit of growth.

But unhealthy challenges usually call for you to make a move to get out of a situation. Which is a challenge also, but one that you don't "play" with. This is one that may require urgent attention.

Examples of unhealthy challenge are usually when a situation is physically, emotionally or mentally abusive or dangerous.

Don't embrace the challenge of playing soccer on a field with potholes where you can break your ankle.

Don't embrace the challenge of a workplace with a toxic culture where people in power are abusive toward you or others.

You get the idea.

## ***04-03) YOU MATTER.***

When we separate the action from the result, and recognize that your unique contribution co-creates the result, something awesome happens in your life: YOU MATTER!

You are a player for your Dream with YOUUnique Superpowers, energy and ideas making things happen in the world in your own way... You are NOT a replaceable cog in the wheel of industrial production.

Your mastery matters. Your joy matters. Your results in the world matter...

AND... so does your experience of the world!

Are you willing to RISK caring about what happens even when you can't control it?

It is vital that you experience the difference between "getting it done" and "playing for results" where YOU MATTER!

A few points to be aware of:

- enjoy the feeling of taking action
- avoid looking at your Dream actions as a glorified task list
- avoid task obsession - getting it done at all costs - remember to enjoy your Dream AND your life
- avoid the job mentality: I HAVE to do this even though I don't enjoy it

- be sensitive to the level you can play right now while keeping your vision on the great player you desire to be
- **keep your sights and intentions on the desired results of the Peak Experiences of Play! (but don't obsess about them)**

### **An example: Writing an article**

**An Industrial worker:** Gets it written and posted somewhere = checks the task as complete.

### **An Inspired Player:**

- Writes the article to engage participation with readers;
- Tracks participation on the blog about it,
- Jumps into the online conversations about it,
- Makes connections with readers who are inspired or provoked by it,
- Makes invitations to talk on the phone,
- Gets a few appointments.

The desired **RESULT** of the article was to engage readers and get appointments.

### **The BIG Upside!**

The key point is that the desired results of your actions don't just happen "automatically" because you took the action.

This is actually great news!

Because what it really means is that YOU matter!

The way YOU approach the action will create different results than the way another person does it.

Your energy matters. Your skill matters. Your ideas matter.

You are a player with a Dream with YOUUnique skills, energy and ideas making things happen in the world in your own way...

## ***04-04) The Triple Play - Results - Mastery - Joy***

Results + Mastery + Joy is the Triple Play!

Industrial workers just want to get the job done.

Purposeful players are in a bigger game!

1) Play for Results - Something happens in the world

- 2) Pursue Mastery – Take actions to become a better player and grow
- 3) Enjoy the Peak Experiences - Enjoy the moments of living your dream

## ***04-05) Pivotal Moments***

### **The Background**

The Pivotal Moment is one of THE most important concepts in playing and coaching life. Understanding this will help you make the most of your relationship with your Transformation coach. It will accelerate your personal growth and the realization of your BIG Dream.

Here is a BIG idea about playing life that is different from playing athletics for example. In athletics the coach watches the game. Then in practice they can't replay the whole game with you, so they pick out a few pivotal moments from the game to practice. A moment is pivotal if it happens often OR it had a big impact on the outcome.

In Transformation coaching your coach can't watch you play your whole life! So it is up to YOU as the player to notice your own pivotal moments and then explore them with your coach.

I am going to help you do this right now.

### **The “Pull” between Play Safe and Play BIG**

Remember in the Human Journey with a Coach model I shared with you in Chapter 1. There is “The pull” between playing safe and playing BIG? You will experience it often as you play big for your Dream. You may notice a little doubt, fear, hesitation or full on avoidance! This is when you need to be curious and open AND make a note of it on your Play Plan Play Sheet so that you can explore it with your coach!

Pivotal Moments of Choice happen ALL THE TIME when we aim to play BIG. But we rarely notice them because they happen so fast; and mostly at a non-conscious level, one of the themes of this chapter!

A Pivotal Moment of Choice is when you have the opportunity to do something that will move your BIG DREAM forward, but at the same time it involves social risk and stepping into the unknown.

When this happens we face a brief but powerful inner “struggle” between playing safe and playing BIG; between preservation and dream action.

This is the main type of pivotal moment that I want to bring to your attention.

This is when you have an urge to take action for your dream. It can be a planned action you have on your play sheet, OR it can be a spontaneous opportunity that pops into your life.



## **Your Dream wants you to do it.**

Remember in Chapter 1 I told you that your Dream will take on a life of its own and it will ask you to do things? Have you noticed this happening? But then, something else happens within your body and inner being that brings up an uncomfortable feeling. This usually leads to thoughts about why it is NOT a good idea to do this now; maybe tomorrow!

This is known as resistance. Often the time between the urge to act and the resistance is so FAST that you don't even notice that your Dream was calling you.

When you start playing for your dream these kinds of moments will happen... A LOT... everyday.

The spontaneous urges to act are very similar to the spontaneous BIG opportunities that I mentioned before; will you go for it? Or will you hold back?

**These are the moments that make playing for your dream so dynamic and fun. But when you are resisting an action it doesn't always feel fun. (Hah! Understatement)**

In Session #4 your coach is going to do a really powerful and profound coaching technique with you called: The Pivotal Moment of Choice (Pivotal Moment for short). To set this up I am going to share with you a few really provocative and empowering ideas.

### **Pivotal moments are coach-able moments.**

In addition to the experience of the "Pull", there are a few more typical examples:

- 1) A BIG choice that you are making.
- 2) A BIG opportunity that you have in front of you.
- 3) A recurring action that – if you got better at it – would accelerate your progress.

#### **1) The BIG Choice**

There are some big choices in life that can change the trajectory of your life. Should you go for the new job? Should you leave your job and start a business? Should you stay in the partnership or move on / let it go?

You may have heard the classic song by "the Clash: "Should I stay or should I go?"

The lyrics are: "Should I stay or should I go now. If I go there will be trouble and if I stay it will be double." Classic.

Your coach can help you play with the scenarios to expand your inner awareness about each choice. Then you can choose with confidence and clarity.

#### **2) The BIG Opportunity**

Sometimes you are aware of these moments and you are in an inner debate about if /when to make the move. Example: calling an influential friend to ask them to support / promote you. Your coach can help you practice this moment to uplevel your actions and your energy alignment.

Sometimes these moments just happen. And the question is: will you seize the moment or not? Like the time I found myself sitting on a plane next to one of the BIGGEST icons in



the history of Coaching: Timothy Galway. Note: I sat there in a daze and didn't say anything to him for 5 hours! I still remember that flight as clear as day 15 years later. DANG!!!!

After the experience you can replay the moment with your coach to reclaim your power and be more prepared for the next spontaneous opportunity.

### **3) The Recurring Action**

This is an action that is vital for playing for your dream. For example: if you have a business, you talk to potential clients often and how well you play in these conversations has a big impact on your business dream. If you are playing in a career you have opportunities to introduce yourself or speak up with influencers in your organization on a regular basis. What do you do in these moments?

Your coach can practice these moments with you with role play AND with the Pivotal Moment Technique we are going to practice this week.

Playing these moments with clear intention, positive energy and familiar words can really impact your results. And if you get positive results more often they accumulate into your dream becoming reality! Remember: Peak Experience Results accumulate into Ultimate Experience Outcomes.

## **The Quick Guide to Noticing Pivotal Moments**

There are three SUPER common experiences that can reveal a Pivotal Moment

- 1) You have the urge or plan to do something but then you resist doing it
- 2) After resisting for a period of time, you eventually power through the resistance and force yourself to do it. This is honorable... AND... it is worth exploring as a pivotal moment so that you can do it without expending so much energy the next time.
- 3) You are taking an action but you are not getting the results that you expect or desire. Remember we don't have control, but we do have influence. You can practice these moments to reveal ways to improve your results.

There are many possible scenarios for a pivotal moment of choice:

- Talking to someone at a network event ~ should I share my dream? Or just say that I work at the bank. (or whatever)
- Thinking of sharing something on FB Live ~ should I just Go Live and share my idea? Or wait until it is perfectly planned some day in the future.
- Thinking of making a follow up call to someone you met ~ should I pick up the phone and invite them for coffee? Or wait until I have everything together perfectly.
- I have this time on my calendar to write a blog post/article/chapter ~ should I sit down and write something right now? Or should I wait until I feel inspired; or wait until my office is perfectly organized?

These are phrased to sound a little but funny. But in truth we need to honor that these moments are more provocative than they appear on the surface because fear and social risk are involved.

## **The AMAZING power of your imagination**

When you do the Peak Experience Technique with your coach, you are warming up your Imagination!

The Pivotal Moment Technique is the Transformation Coach version of the way performers and athletes watch video of their performances with their coach and then use guided visualization techniques to envision new possibilities. You and your coach are going to use your imagination in a very powerful and practical way.

### **Instant Replay**

Using your imagination you can recall and focus on a recent moment that didn't go the way you desired; and while doing this you will experience very similar thoughts and physical sensations as when it actually happened. This is very much like when athletes and performing artists watch video with their coach to look for ways to play better.

### **Powerful Pre-play**

This is another tool used by elite performers and athletics and performance arts. Another option is to pre-play a moment that is coming up in the near future. Using your imagination you can bring the future experience into your mind... AMAZING. And even more amazing, you will experience thoughts and feelings as if it was happening now. Then your coach will guide you through an exploration of the moment to find ways to play better.

### **Co-created Experience NOT Self-Help**

A key point I always like to share about the Pivotal Moment Technique is that it is NOT a self-help technique; you can't do it by yourself. It is a guided technique; a co-created experience. It is the experience of belonging between the coach and player that allows it to work as well as it does.

This often disappoints folks because we have been so indoctrinated into the belief that everything should be done alone; or its better when you can do it yourself. You probably know by now that I do not share in that belief!! LOL.

## 04-06) Quick Prep for the Pivotal Moment Coaching Technique

You are probably wondering... how is my coach going to help me practice these pivotal moments? I understand how they can practice conversations with me. But how can we practice creating, exploring or experimenting?

There is a way, which I will share with you now. Then your coach is going to do this with you in your session.

Pivotal Moments is a powerful Transformation Coaching technique that utilizes your imagination and body awareness. Your coach will use it to practice moments with you. It is very similar to visualization techniques that athletes and performance artists use to co-create magical moments.

This is a form of ACTIVE conversation that I shared with you in the Introduction.

Here is a brief walk through to pique your curiosity before you experience it with your Coach.

### Set Up)

Identify a VERY SPECIFIC moment to play with together. It will most likely be a moment where you are experiencing at least a little bit of frustration, doubt, fear, stress, overwhelm or hesitation.

#### 1) P/Replay the Pivotal Moment (Control)

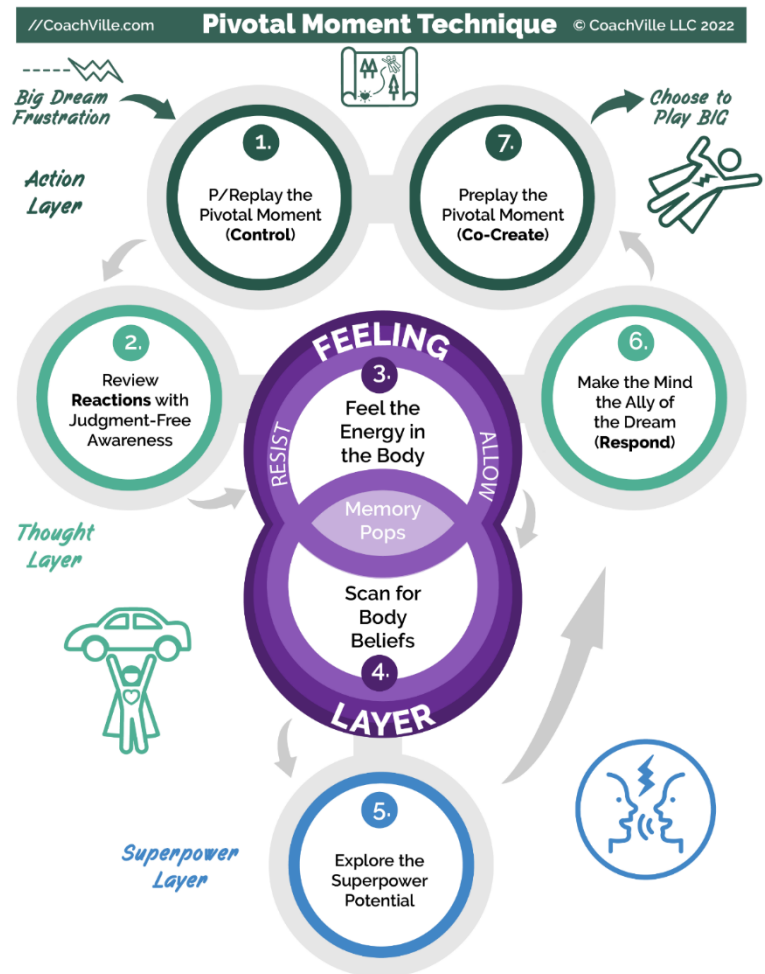
Your coach will invite you to activate your imagination and visualize yourself IN the moment and share the scene with them.

We use the funny looking word – P/Replay – because you can play with a moment from the recent past (replay) or an anticipated moment in the near future (preplay).

#### 2. Review Reactions with Judgment-Free Awareness

Your coach will ask you to describe the thoughts in your mind WITH judgment-free awareness and curiosity. Often these are your reactions to what is happening or not happening.

This creates an experience of profound belonging; they are WITH you in the experience. This is super powerful!!



### **3) Feel the Energy in the Body**

Your coach will invite you to explore the body sensations that you experience while you are “in the moment”.

Feeling the energy in your body brings you more fully into the present moment. Body awareness in the presence of another person (your coach) with whom you feel safe is the pathway to transformation. Whenever we are in a pivotal moment our body will react to the situation with physical sensations; sometimes they are intense, sometimes they are subtle. If you are new to the practice of body awareness be patient and allow it to arise!

This step is also known as Somatic Experiencing (meaning: of the body). It will open up awareness to what is happening at the Non-Conscious level of the Energy Alignment Game. It creates a Feeling Layer shift from Resisting to Allowing which creates an experience of safety.

#### **Memory Pop)**

Because the physical experience you are feeling is related to an emotionally intense moment (or many moments) from the past, often a memory will pop into your mind.

At your discretion, this moment can be explored briefly while maintaining judgment-free awareness for the people and the situation.

### **4) Scan for Body Beliefs**

Your body is attempting to alarm you about the potential for social risk. It’s intention is to keep you safe; to preserve something. In this step you will give voice to the self-preservation belief.

Your coach will use the power phrase: *It’s not safe for me to {fill in the blank}* to invite you to give voice to the belief or fear. What is the fear trying to preserve or protect? There is great wisdom in the voice of the body. Honor this wisdom completely. The key is to NOT THINK about it; just allow the words to come through.

### **5) Explore the Superpower Potential**

ALL of us lose access to our unique powers – our superpowers – through troubling experiences in life. The pursuit of our Dreams in the world is an opportunity to discover and reclaim these powers. This truth is the essence of every Hero’s Journey story.

Very often in the moment that originated the belief or fear, you were doing something or expressing something that was essential to who you are; a unique ability. And either you “got in trouble” for expressing it OR you tried to use your power to assist someone you cared about and it didn’t work.

Often you will have an inkling about what that unique ability was. This can provide a valuable clue that you and your coach can explore to reveal your hidden superpowers.

### **6) Make the Mind the Ally of the Dream (Respond)**

After feeling the energy in your body - in the presence of profound belonging with your coach – your mind will “feel safe” and open up to new possibilities. This is BIG.

Your coach will ask you what your Dream is encouraging you to do. This is the “Dream Request.” Together co-create a simple phrase to describe it.

This creates a Thought-Layer shift from reacting to the situation (in Step #2) to responding to life (in Step #6).

The BIG Ah-Ha moment comes when BOTH playing safe AND playing big are honored as valid choices. The key is that it is now a conscious choice.

### **7) Preplay the Pivotal Moment (Co-Create)**

Your coach will guide you back to the original scene using your imagination to visualize yourself taking the action while holding the Dream Request in your heart and mind.

This creates the Action-Layer shift from attempting to Control which leads to frustration, to Co-creating with life which leads to freedom.

Now you can freely choose how to play the next time you are in this situation.

**What often happens is that an action that seemed full of struggle, suddenly feels easy; it just happens. SWEET!!!**

### **Time to experience it**

OK. Most likely reading this gives you more questions than answers. That is OK. You will get a little taste of this in your upcoming session and then a few more times as your adventure continues with your coach.

It's good to understand what is going on, but at the same time, don't THINK about it too much. When you are in your coaching session just jump in and play.

The BIG Idea is that using this technique you can practice pivotal moments with your coach; doing this will improve your clarity and confidence.

## ***04-07) The Human Nature Superpower: the Ability to Believe***

## ***04-08) The Human nature Superpower: the Need to Belong***

## **Session #05) Evaluate What Matters**

## 05-01) Prepare for Session #05 – Evaluate What Matters

This session is also called: Evaluate – Embody

**Coach:** Guide your player to evaluate results and feedback with judgment-free awareness; Highlight opportunities for growth. Celebrate! Then spritz in a little Supermind Elevation Technique just for fun. :->) Guide your player on the path of becoming an avid co-creator.

**Player:** Seek feedback in the pursuit of growth as you play for your dream. Be willing to look at anything and learn from results, messes, mistakes, failure and success. Celebrate! Enjoy the technique to elevate your connection to the Supermind. Embrace your transformation from isolated worker to playful co-creator!

In this session we are going to do several fun segments.

### 1. Warm up

We will begin with the warmup.

### 2. Celebrations.

AWWW yeah!

### 3. Grow from Play

Your coach will explore what you have experienced since the last coaching session to co-create awareness. Then BOTH of you can evaluate how well you are playing so far and build the desire and energy to play better.

### 4. The Practice plan

The Elevate the Supermind Technique and then co-create ways to play better.

### 5 Practice!

### Embodiment Your Dream












#### Plan

Plan a sequence of three social play action scenes that lead to the ultimate peak experience of your Dream.

#### Practice

Your coach will guide as you visualize the scenes while paying attention to both your thoughts and body sensations.

#### Grow

Play Life Coaching Session #5 Notes		Date: _____
1. WARM-UP & SPEAK YOUR BIG DREAM 		Session: Evaluate
2. CELEBRATIONS 	3. GROW FROM PLAY A) Achieved Results 	
3. EVALUATE B) ACTIONS without Results 	C) RESIST ACTION 	D) FEEDBACK 
4. PRACTICE PLAN: EMBODY YOUR DREAM		▲ Speak the vision ● Embody the vision
5. Explore - Relate - Create 		for VISIBILITY - INFLUENCE - INSPIRATION
Action 1		for RESULT 1
▲ Do: _____	Feel: _____	Do: _____
● Thoughts: _____	Body: _____	Thoughts: _____
● Body: _____		Body: _____
Action 2		for RESULT 2
▲ Do: _____	Feel: _____	Do: _____
● Thoughts: _____	Body: _____	Thoughts: _____
● Body: _____		Body: _____
Action 3		for RESULT 3
▲ Do: _____	Feel: _____	Do: _____
● Thoughts: _____	Body: _____	Thoughts: _____
● Body: _____		Body: _____
 THOUGHTS	 BODY SENSATIONS	 DESIRES
6. Growth Zone		
What did you learn about playing for your dream? 		What did you learn about yourself and your superpowers?
7. PLAY PLAN: What is your transformation for this week? What social actions?		
FROM: _____		TO: _____

You and your coach will explore your thoughts, body sensations (feelings) AND desires for growth opportunities.

## ***6. Growth Zone***

Finally it is time to step back for a moment and take a breath. Whew! That was a fast moving, wide ranging exploration. What did you learn about yourself?

Remember to fill in your Play Plan as soon as possible to capture all of the ideas that were flowing.

## ***7. Play Plan***

Describe your transformation for the week.

Share a few social play actions for your play plan.

## ***05-02) Learn and grow with judgment-free awareness***

Always remember that one reason to pursue your dream is to grow.

What matters? ...BIG Question.

- Enjoying the peak experiences of living your dream matters.
- The results matter.
- Gaining skill matters.
- Who you become matters.
- Discovering your Superpowers matters
- The feedback of others matters... SOMETIMES.

Feedback is the breakfast of champions!

There are so many things that could matter. When you play for results and peak experiences in the world you create and receive a lot of feedback. Some of it matters while some does not. It is up to you, with your coach, to figure out what matters most. And then look at it with judgment-free awareness and use it to create insights that help you play better.

### **Where to look...**

Your coach will help you explore these three categories.

- 1) Experiences where you played and created the results you desired or better.
- 2) Experiences where you played and did NOT create the results you desired.
- 3) Experiences where you avoided the playful action you intended to take.

The essential ingredient here is to realize that there will always be successes and failures in any pursuit. One of the BIG jobs of your coach is to transform “losing” experiences into learning experiences. If you lose and you are playing alone, often you feel like a loser. If you lose and you have a coach, you become a fast learner. BIG DIFFERENCE.

## **05-03) Evaluating is “the way” of the player.**

Evaluating has become a very touchy subject for many of us because of our traumatic experiences of being evaluated and shamed in the compulsory education SYSTEM and Industrial jobs. So we need to put this on the table before we can explore the fun, judgment-free player version of evaluation.



Education is certainly a thorny issue at best.

On one hand if you do not have access to education or only have access to under-resourced education you are at a serious disadvantage in pursuit of a “good life” in the Industrial World.

At the same time, being exposed to compulsory Industrial Age Education is traumatizing for most Humans, which can greatly deter the pursuit of our Dreams in the Connected Age.

### **A shared dream for co-created learning**

Here is my vision for a human-nature powered learning environment.

Free, highly-resourced and readily available for any child anywhere ages 4-12.

The learning is self-directed, co-created and highly egalitarian where every child has a voice in the guidelines and organization of the community; a safe space with light adult presence for support, guidance, lessons that the children request and look out for danger.

Mixed age groups of children co-create games, challenges, projects, adventures, stories, shows, studies and pursue whatever they want to learn about and for the most part teach each other.

The goal is for every child to reach the age of 12 with a profound appreciation for their human nature and the value of their unique abilities; an experience of belonging within the community; a deep respect for the uniqueness of all other people; knowing they have a voice in how groups of people co-create together; and the ability to read, write and solve basic math problems at what is now considered the 5<sup>th</sup> grade level; and most children in this environment will far surpass this level by 8 years of age.

From here they are set to thrive in the Connected Age.

At this stage of Human Evolution, it is absolutely possible to create an egalitarian education environment that is truly focused on liberation AND what children and all of us are born to do... Play Together for our Dreams.

As you may have figured out by now, I am all about a co-creating a world that fully embraces and nurtures our AWESOME Human Nature.

### **This is not what happens in the present-day Compulsory Education SYSTEM**

You may find these thoughts disturbing because they challenge common customs. These ideas are the next level of the conversation we started in the Introduction when we compared the Industrial / Hierarchical Control with the Connected Age.

**If you think this part will agitate you too much, skip down to this: !###! >**

A quick point before we dive in is that I am talking about the current Compulsory Education SYSTEM, NOT the teachers or school principals etc. who are just doing what they were taught / told to do.

First off, little children under the age of 12 should never be subjected to testing or ranking of any kind; but ESPECIALLY NOT based on their intellectual capabilities. Stressing and shaming related to answering questions on a test is an absurd and dehumanizing practice.

Children do not learn much at all by sitting still, being silenced and listening to adults talk. As children we learn by being self-directed, following our curiosity and playing with – co-creating with - other children of various ages.

I am not going to go into a big rant here... just a small rant. There is the history that most people don't know about "public education".

While it is pitched as the great liberator of people, the underlying purpose was quite sinister (in my view). The Education system as we practice it today in most countries – where children are forced to sit down, shut up and listen to lessons enforced by an adult teacher – was created by the "Puritans" and "Pietists"; both protestant Christian groups in Western Europe in the 17<sup>th</sup> Century and later in New England.

Its purpose was simple: A) teach children how to read so they could read the Christian Bible; B) transform free spirited co-creative children into obedient servants. They called their purpose: **"To break the will of the child"**. YIKES!!! In other words, get the children *under control*.

Monarchs and then Oligarchs (people who obtain great wealth and use it to rule others) have all promoted the current Compulsory Education SYSTEM because it is an effective way to get people under control and into a mindset of servitude. And so it continues to this day.

All of us had our "wills" broken by this SYSTEM. Hopefully this helps you understand what happened to us; why there is so much anger, depression, distrust and bullying in the world.

Testing and ranking both thwarts learning (creativity, curiosity and self-determination) AND cultivates segregation and discord among the children. It creates stress and feelings of inadequacy and shame. It normalizes bullying; which is what we see all around the world today among adults.

Meanwhile what children need most to cultivate from ages 4 – 12 is curiosity, mutual respect and a sense of belonging and value among their peers and in the community at large.

Nor is it a good idea for little children under 12 to participate in competitive and ranked athletics or performance arts. Participating in athletics and arts with light adult supervision has its place for sure; just skip the rankings. This practice of ranking children in ANY endeavor – voluntary or involuntary - is dehumanizing. Contrary to the pervasive adult myth, it does NOT build character. In fact, it destroys humanness.

Once children reach Age 13 or so, they have the emotional capacity to understand competition; and hopefully the autonomy to choose where to focus their efforts based on their passions.

Then in corporate work we have the torment of the “annual performance review”; a practice derived from the degrading Education System. This is where we find out what we are doing wrong and what interventions will be required to fix our issues. UGH! And let’s not even discuss the dehumanizing forced ranking systems many organizations employ.

My vision for the purpose of Transformation Coaching in the world is to restore the “will” – the Playfulness and Human Superpowers to Become, Believe and Belong - of Humans everywhere. I have been doing this for many years now and it is awesome.

You have a Transformation Coach now, so you are on the path of restoring your Humanity!

*!!###! > End of rant about the compulsory education SYSTEM <*

### **Going back to Evaluation...**

There is a lot of power in evaluating for your life as a player. But it is important to understand the contrast of the de-humanizing traumas of the Industrial Hierarchical Control Culture and School System. Understanding what happened to you and me and all of us will help you find a place of peace with it; and hopefully find the determination to live and play in a new way. This is also called post-traumatic growth.



Evaluation is simply YOU assessing how well you are playing based on your own vision of what is possible for you; always with judgment-free awareness. This is where you embrace the Growth Gap and are eager to play for the next level.

When you play something that you care about – like your DREAM – you always want to play better; you desire growth and becoming the next version of you. This is difficult to do while alone; but easy to do when you have a coach who is observing you, sharing what they see, and empowering you to TALK THROUGH what you see and feel.

### **Embrace Feedback**

Feedback is the breakfast of champions.

When we talk about feedback we are mostly talking about feedback from “life”; feedback from what is happening around you.

In the Industrial Age of Control – where there was supposed to be a right way to do everything – feedback meant you were doing it wrong.

But when you play, you develop ways of doing things that are unique to you. Yes, you can learn by observing others, or by listening to what your coach is observing when you practice together, but you also put your energy into it. It’s YOUR way.

So, feedback is how you navigate the results in pursuit of co-creating your way with the world around you.

My mentor, Hall of Fame Soccer Coach Manny Schellscheidt, used to say: “If your eyes are open and you want to learn, the game will teach you everything you need to know as you play it”.

When you observe what is happening – and not happening – with judgment-free curiosity, you can learn a LOT.

You and your coach have been engaging in conversations like this every week. Are you starting to feel that they can be engaging, fun and valuable?

This is what the Co-Create Awareness Technique is all about. Let’s give this a little more clarity right now.

### ***05-04) Life as a co-creation***

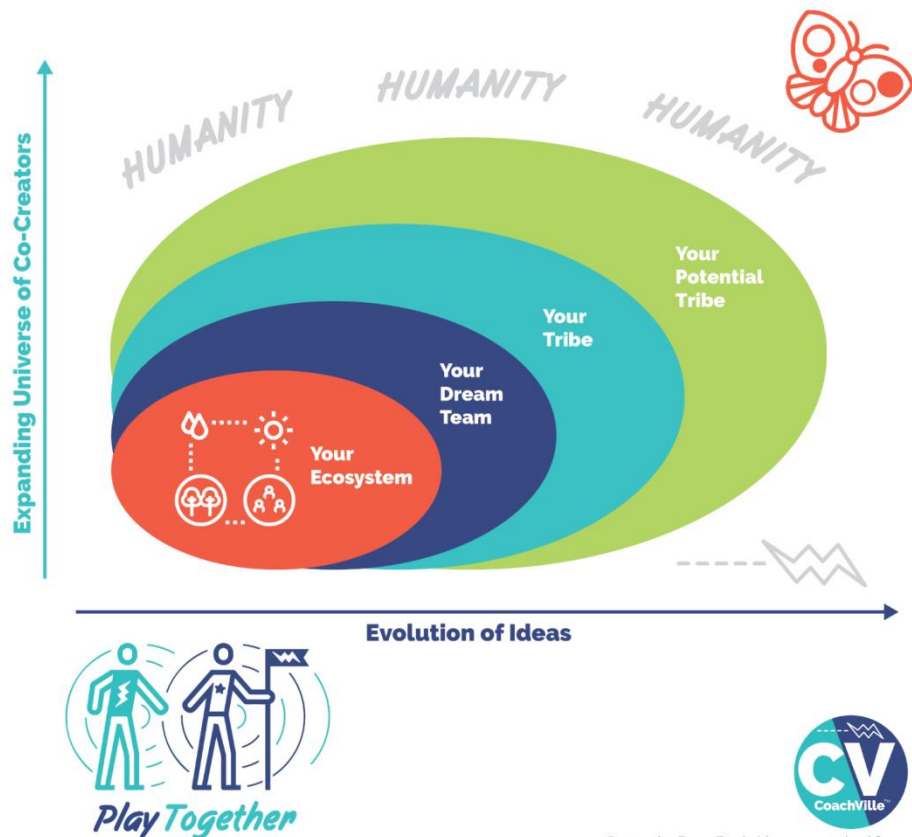
**Co-creating is how we are meant to live.**

We are all natural co-creators until we are subjected to the Industrial Culture which forces us into isolation. I mentioned some of the mantras in the chart in the Introduction. In particular: “do your own work, if you help your neighbor you are a cheater”; and “sit down, shut up, and do as you’re told”. The Industrial Culture of Hierarchical Control aims to make us isolated workers and servants.

Your Transformation Coach aims to FREE you from the Industrial Mindset so you can become the joyful, playful co-creator that you were born to be! And then you can free others.

Your Transformation Coach has been co-creating experiences with you and then urging you out into the world to co-create with your community and with life; and to find your place of belonging where you can be your Powerful SELF! Hopefully this is beginning to feel more and more natural to you.

# Play Life Co-Creation Universe



Another powerful way to evaluate feedback is to imagine that everything happening as you pursue your dream is a co-creation between YOU and “Your World”

The essence of your BIG Dream adventure is to contribute your YOUNique Superpowers to create value in the world for others. FUN!

## **Your Ecosystem:**

You start by seeing yourself and your dream as part of an ecosystem rather than an isolated entity. Look for the holistic picture. You are a part of something bigger and your contribution is essential to your thriving ecosystem of colleagues, partners, advocates and customers. You want everyone and everything in your ecosystem to thrive.

## **Your Dream Team:**

This is your trusted inner circle and includes your Coach!

## **Your Tribe:**

These are the folks that you aim to serve / contribute to / participate with as part of your BIG Dream. Anything that happens or doesn't happen when you engage with your tribe is essential feedback to evaluate.

## **Your Potential Tribe:**

As you grow in capability and confidence in whatever you are doing there is an expanded circle of people and possibilities that you can explore.

## Humanity:

While you aim to create value with and for your tribe, it is good to hold the intention that your contribution is for the betterment of Humanity and The Earth!

### The BIG Idea

The point of this view of the world is to realize that you and your dream are an essential part of a bigger picture; you are a part of something!

## 05-05) Coaching Technique: Co-create Awareness

A big benefit of playing with a coach is the opportunity to talk about your experiences and your plans with someone who is really good at listening to you and SEEING YOU!

You have experienced this a few times now. At the start of each session your coach asks you some questions to spark conversation about your week of play.

Remember from the Introduction when we talked about the 5 types of conversation? Here is an important distinction. Talking about what happened can either be type #2 Reporting or type #3 Reflections.

Our aim is to make it type #3 where you talk with the intention to gain awareness.

These explorations have the potential to create some big “Ah – Ha” moments because of what we call “I create as I speak” Effect.

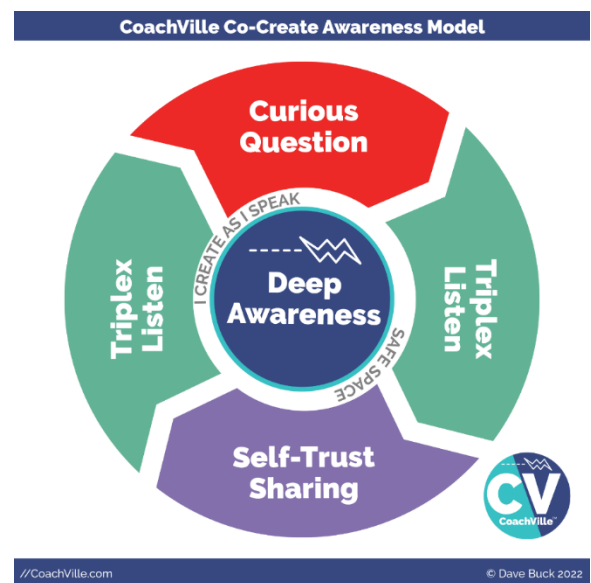
### I create as I speak.

This is an ancient power phrase that describes the magical power of co-creative conversations. When you talk with someone who is listening to your powerfully, you speak more powerfully! This leads to expanded awareness and new possibilities. It's AWESOME!

**Here is the BIG KEY:** when you talk with your coach, they will ask you a lot of curious questions. These questions are not about giving the right answer! **They are openings for exploration together.**

### Awareness = Your “YOUUnique” view of the world

As a player in pursuit of a dream, the more you can understand yourself and see what is happening around you the more choices you have and the better you play. Becoming “aware” while playing is almost impossible, because while you are playing your focus is on the action. What the coach does is help you “see” yourself and the situation better through



conversations and practice. In athletics you can think of this as practice time and during a “time-out”.

### **The Cycle of a Co-Creative Coaching Conversation**

Your coach always wants to know how you “see” it.

As you share about what you experienced while you were playing, your Coach - is “*Triplex*” listening. This means that they are hearing what you say, what you don’t say and the energy and beliefs coming through what you are saying.

As they Triplex listen to you, they will have thoughts and feelings “pop” into their awareness. Often they will ask permission to share what they are sensing: feedback, an idea, an insight about what might have happened, a related experience that adds value. Sometimes these thoughts will really ring true. Other times they will spark your imagination to a new awareness.

If you don’t resonate with what they are saying just let them know. They won’t be attached to what they share. It’s not about being “right”.

It’s also important for you to feel safe to share anything that pops into your mind... even if you can’t explain it. These vague inklings often contain profound insights as you try to put them into words. This is *abera ca dabera!*

As you engage with your coach while they are asking curious questions, triplex listening to you and sharing via self-trust, opportunities will arise to *Go Deep* into the situation. This is where your coach will ask a more revealing question or share a more provocative insight. You will know that it is “deeper” by the way you feel about it... a little edgy. Often these deeper conversations will enter some new territory in your relationship: which will be powerful for both the coach and the player. Going deep is the real juice of transformation coaching and where most new awareness happens.

When your coach asks you about your week of play, these are not simple questions with straightforward answers! These are openings for exploration that could go in many directions and reveal many opportunities for growth. Often awareness of a pivotal moment that you can play with will come to light. Also many seeds for future explorations will be sewn.

### **What is there to become aware of?**

This is a big question and there is a range of compelling answers: one would be everything; another would be only what is most important to see right now to make the next improvement.

Your coach will help you become aware of:

- What were the results of your play and what can be learned from the experience?
- What were the challenges and what did they “ask” of the you?
- What resources do you have available that can be leveraged in pursuit of the dream?
- How did your choices while in the action impact the results; what other options were available?

- Patterns of choices that you make; and how they could be maximized or improved?
- What is your current skill level in an action?; what are your Superpowers?
- What is the best way to improve a skill to get better results?

### **Talking about what happened after playing in the world**

There are two fundamental coaching scenarios:

- 1) Where the coach directly observes you while you are playing out in the world
- 2) Where the coach does not observe you while you are playing out in the world but talks with you afterward.

If you are someone who makes public appearances or performs in situations that are recorded then your coach will have opportunities in scenario #1.

MOST life, business and leadership coaching is based on the second scenario so your coach helps you become aware by talking with you about what happened as you describe the experience. In this case they will use the Co-Create awareness Technique to “see” the moments through your eyes by what you share. It is intense. It is truly awesome when you both really dive into it.

### **Blind Spots**

The reason coaching is such a powerful form of relationship is because as players we cannot see ourselves play while we are playing. The coach is an “outside observer” who can help you see what you cannot see as a gateway to better play and better results.

The deeper version of this concept is that beyond seeing what is happening – or not happening - we don’t see ourselves or even know ourselves as fully as we could. When we don’t see something about ourselves, like a habit or a pattern of choices or a belief, this is referred to as a blind spot. Coming to know ourselves more fully is one of the most profound experiences of being alive!

Playing for a worthwhile Dream in pursuit of results with a great coach is one of the best ways to come to know yourself in this way – to see into your “blind spots”. Often it is the great challenges that spark these awareness opportunities.

### **I Create As I Speak**

As you know this an ancient power phrase With practice it can become one of the most powerful things you do as a player with your coach.

Your Transformation Coach is creating a safe space of belonging and judgment-free presence for you that enables you to speak powerfully. With this power you can:

- Speak your peak experiences after you imagine them
- Say things you have never said before
- Speak your dreams into existence
- Speak your vision for the next version of yourself
- Speak your plans that will make your dream a lived experience!!

A key to the “I create as I speak” experience is that it is not just the player who creates as they speak! When you co-create belonging with your coach, the coach will feel empowered to speak powerfully into the safe space. Often amazing insights will come through... and you step back and realize: “wow, no one has ever said anything like that to me before.”

Not only will this provide great value for you, often your coach will say something and in the moment you realize: “Whoa! This is also for me. I need to pay attention to what I just said!”

## ***05-06) Embody the Dream Technique – Quick Prep***

### ***05-07) The Paradox of Play***

**If you can't lose, the dream is not worth playing for; when you really play, you always win.**

This is a juicy thought to ponder from time to time. What does this mean to you?  
How do you make sense of these two seemingly opposite ideas?

Here is another deep conversation to consider...

**If you want to feel fully alive... make failure an option.**

We were trained in the Industrial Age to avoid failure! However, consider the notion that the “opportunity for failure” is actually what makes you feel MOST alive.

For sure you can enjoy doing something when you know exactly how it is going to turn out. However, when you feel MOST alive... there is almost always some mystery...the opportunity that it won't turn out “as planned” is present. Remember control v. influence?

When you don't know for sure if what you desire is going to happen or not, this is when you are most engaged. (Hint: this goes back to the idea that **YOU MATTER**; because when failure is possible, your unique contribution can create success).

### ***? 05-08) The Treasure Map of Problems***

**Pull from Transformation Coaching**

## ***05-09) The Energy Alignment Game***

Hopefully this collection of ideas has you energized about playing life with your Life Coach by your side!!

The transformation from worker mindset to player mindset can transform your life and the lives of everyone around you. It might feel strange at first... but it will light up your mind and your life over the next few months. I have seen this happen SO MANY TIMES!

The reason I am painting this picture for you goes back to the definition of coaching: to guide someone in pursuit of playing better.

**In order for your Life Coach to coach you, YOU need to be playing your life (or your business, career, leadership, personal growth, etc.).**

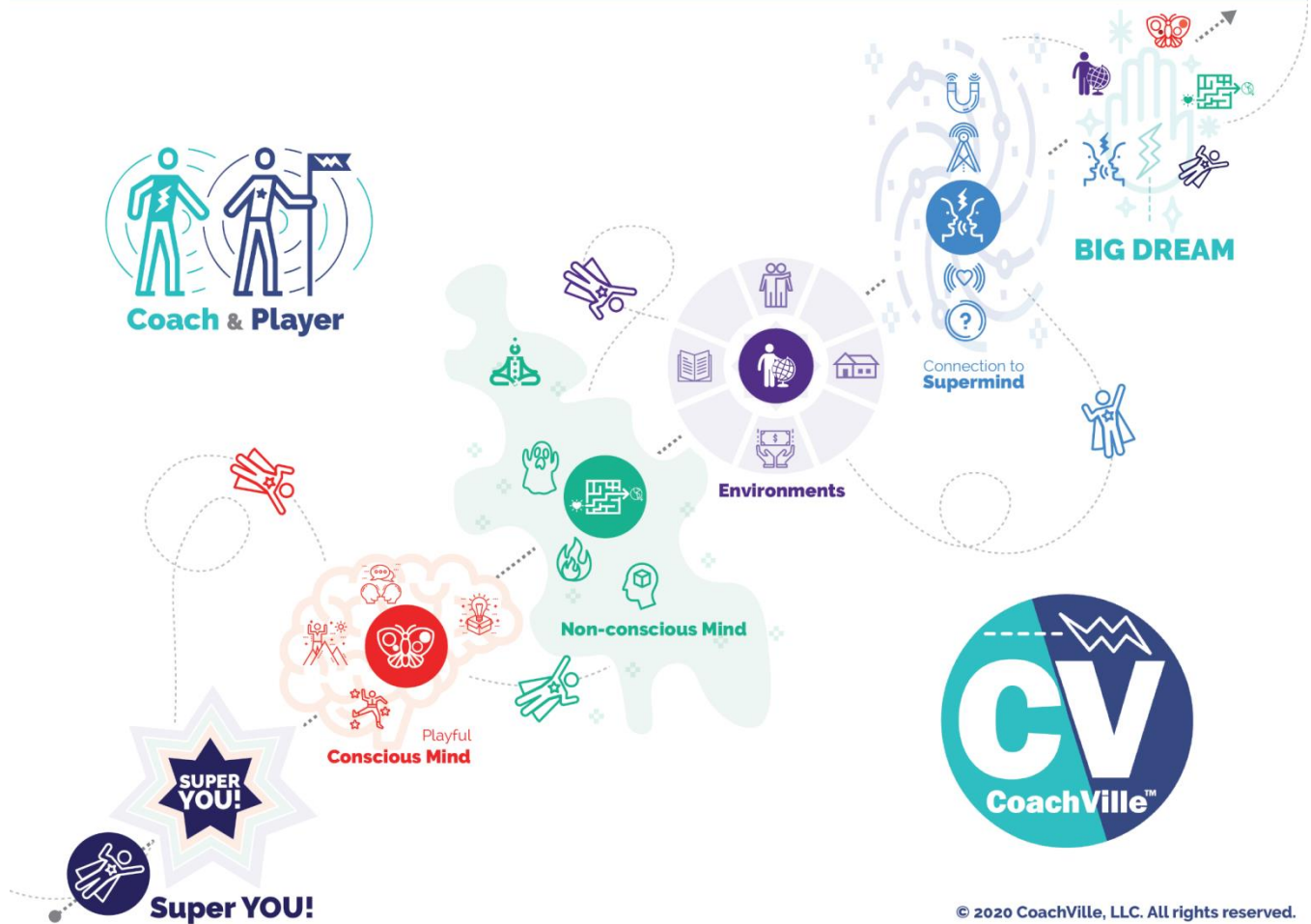
Next I want to share with you a little bit of the secret sauce to Play Life better: The Energy Alignment Game.

The Energy Alignment Model

You know how... often the most technically capable artist or athlete often doesn't create the most compelling performance? What is that about?... **It's Energy!!**

There is SOOO much more to life than meets the eye! (and ear etc.)

# The Energy Alignment Game



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## Welcome to the Energy Alignment Game!

This is the way you go from struggling hard to being in the flow. And it's really FUN!

Over the next 12 weeks, as your Coach is guiding you to play better, I will share with you – in this playbook and the accompanying audio – about how to align your energy with your Dream. **This is playing “in the growth zone”**. It's GOOD!

Each time in your life that you uplevel your dream, and the impact you aim to have in the world, you also need to re-align your energy. Most people don't do this and this is why life becomes more and more of a struggle over time; when it should be getting easier.

## Your BIG Dream

This is your vision of what you aim to accomplish, experience, express or co-create in the world. Your Dream comes from your hearts desires but is often sparked by what you see – or don't see – in the world around you.

Often our hearts dreams are a little mysterious; even to the one who has the dream.

Most BIG Dreams include an essence of contribution.

Next we will go to the lower left to explore all of the energies that we can align with your dream.

## **Super YOU**

There is a next-level version of YOU that you must express fully and become in order to fulfill this big dream. This is a major focus of the Activate Your Superpowers Program.

One of the reasons your Heart has dreams is so that you can discover and express more of your abilities.

## **Playful Conscious Mind**

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

## **Non-Conscious Mind**

Whoa, this is a big one. Your non-conscious mind is the power source of belief and desire within you. It is like an energetic bridge between the urge to become in your playful conscious mind and the need to belong in the environment around you. You will need to expand your body awareness; this is where your intuition and inner knowing live.

You will need to uplevel your relationship with fear from enemy to friend and a treasure map to your Superpowers. Your dream will need you to tap into your hearts desires for focus and fuel. You will need to cultivate belief in a whole new set of possibilities to align with your dream.

The non-conscious Mind is the main focus of the Pivotal Moment Coaching Technique that we will explore in Chapters 4 and 5... whew! We need it.

## **Environment**

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

## **Connection to the Super Mind**

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

## **The pursuit of Flow**

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

potential rewards seem worthy of the potential risks. This is when pursuing your BIG Dream feels less and less stressful and more and more fun!

That is what we are playing for!

## Mid-Season Review

In the playsheet pack is a playsheet that you can use for a mid-season review. (Mini version on the right)

Playing for your BIG Dream is probably a new experience for you. We are almost half way through the 12 coaching sessions so now that we are a few weeks into the adventure, it is a good time to take a little step back and review.

This is a valuable self-reflection exercise.

Look back on the playsheet you filled out after Session 2.

Do you feel on purpose with your objectives?

Is there anything you would like to change?











Maybe you have already accomplished some of these and now is a good time to raise the bar!

Or perhaps you can see that something was too ambitious and you can scale it back to make it achievable over the next 6 weeks.

Are the actions and results you are playing with leading you toward the peak experiences you are imagining every week with your coach?

This is YOUR DREAM!

It is up to you to say what you are playing for.

Play Life Mid-Season Review		Date: _____	
<b>Big Dream</b> ..... ..... ..... 	<b>Superpowers</b> ..... ..... ..... 		
<b>Update Your Dream Objective and Social Play for the Second Half of Your Season</b>			
<b>Outcomes</b> 	<b>Mastery</b> 	<b>Becomings</b> 	<b>Upgrades</b> 
<b>Explore</b> 	<b>Relate</b> 	<b>Co-create</b> 	<b>Play</b> 

**Action:**

Write out a new version of your BIG Dream that you can energize around for your remaining coaching sessions.

Write out the primary social play actions you will play with over the next 6 weeks. Add in the desires you discovered or voiced in the Embody Your Dream Technique.

Share any significant updates with your coach in your next session.

## Session #06: Practice Skills

## 06-01) Prepare for Session #06 – Practice Skills

**Coach:** Role Play conversations! Embrace ACTIVE conversation and jump in and be whoever your player needs you to be so that they can practice. Co-create with your player a way to practice every action essential to the Dream. Then spritz in a little Supermind Elevation Technique just for fun. ;- ) Guide your player on the path of becoming an avid co-creator.



**Player:** Learn every skill your dream requires; Have a vision of awesomeness. Practice. Practice. Practice. Enjoy the process even when you are not good at something yet. Enjoy the technique to elevate your connection to the Supermind. Embrace your transformation from isolated worker to playful co-creator!

### 1. Warm up

We will start the session with the warm up. Come to the session with a conversational Peak Experience that you want to visualize.

### 2. Celebrations

Come prepared with a few celebrations to share; your coach will love this!

### 3. Grow from Play

Your coach is going to do a more detailed grow from play exercise with you.

Look over your Play Plan Play Sheet to gather the highlights from your actions and results.

The focus of this session is to co-create practice plans for each activity of your Dream

### Challenges












Always come to your session prepared to explore your challenges with your coach. In this case bring special attention to any conversations that presented a challenge.

### 4. Practice Plan

Social Play; Starting with Role Play

### 5. Practice!

### 5A) Role Play ~ Relate for Influence

Play Life Coaching Session #6 Notes		Date:	
<i>Session: Practice Skills</i>			
1. WARM-UP & SPEAK YOUR BIG DREAM 			
2. CELEBRATIONS 	3. GROW FROM PLAY A) Achieved Results 		
3. B) PIVOTAL MOMENTS	C) RESPOND TO CHALLENGES		
4. PRACTICE PLAN: SOCIAL PLAY			
5. PRACTICE TOGETHER A) Role Play 	B) Ways to Practice Social Skills 		
C) 1. Gratitude for Challenges 	2. Gratitude for Synchronicities 	3. Clearly State Needs 	4. The BIG Question 
6. Growth Zone What did you learn about playing for your dream? 			What did you learn about yourself and your superpowers? 
7. PLAY PLAN: What is your transformation for this week? What social actions? FROM: TO:			

If you have an idea of a conversation that you want to role play that will definitely make the session flow more smoothly. At the very least, come to the session with a few Relate for Influence options to explore.

After the role play take a moment to write down a few ah-ha moments.

### **5B) Ways to practice**

Bring clarity about a few activities for each of the types of Social Play: (Share) Explore-INVITE, Relate-OFFER, Co-Create-ENROLL and Play.

You and your coach will have fun talking about ways that you can practice them both with your coach and with your Dream Team.

### **5C. Elevate.**

Then you will dive into the Elevate the Supermind Connection technique together.

Remember... speak from the heart. Be spontaneous.

## **6. Growth Zone**

Here you will notice a big open pathway to growth! As a player for a Dream YOU can choose to become really good at doing ANYTHING your Dream and your Heart desires.

For real.

### **7. Play Plan**

You are only limited by your imagination and by now you are probably recognizing that your imagination is AMAZING!

**You are a player.**

**You can become a great player through practice.**

**YES!!! You have the power.**

## **06-02) Practice Skills**

EVERY Dream has specific skills and techniques associated with the activities of the pursuit. In the game of basketball one skill is shooting the ball so that it goes IN the basket. In the game of business a key skill is connecting with potential customers so that they say “YES” to buying what you offer.

You and your coach have been co-creating the way to play for your dream; hopefully having a lot of fun doing it! You have also experienced the coaching techniques for practicing life with ACTIVE conversations: Role Play and Pivotal Moment. Now is the time to go deeper

into how to PRACTICE each activity and situation. This is a super fun and co-creative process.

### **What is Practice?**

While there are many definitions, here is one that we will use: Practice is creatively experimenting with an activity in pursuit of skill. A skill is the ability to produce a desired result often while performing the activity. When you become very skillful, you can perform the activity and get the desired results with greater ease. When you practice together with your coach you create growth “in the moment” that leads to even more growth out in the world.

You should think of your time with your coach each week as a fun time where you use ACTIVE conversation to practice playing for your dream! This is BIG because we rarely think that we can practice life, but we can!! And it’s fun.

A BIG part of practice is the idea of a “safe space”. A safe space is a space where you feel free to experiment; where you are not overly concerned about making a mistake. In Transformation Coaching a safe space is a judgment-free space where you can express yourself fully; where you can experiment with aspects of you that you normally don’t share.

In session 3 you did a role play with your coach to practice relating for influence (one of the 4 ways to play life). In this session you will do another role play and go a little deeper into it. An example would be doing a role play where you express your assertiveness or your ambition (**fill in any attribute you want here**) in a way that you wouldn’t normally do.

Beyond the role play, you will also explore together ways to practice each of the essential activities of your dream. Remember... anything that you cannot control but you can influence is an opportunity for practice. As you practice you will co-create your desired results in the world more often.

### **Observation ~ Co-creation**

We explored this notion briefly before Session #3. In athletic and performance art coaching – like soccer or singing - observation is assumed. But in life it is a little more complex; the coach can’t watch you play your whole life! So you need to choose the most important relating for influence conversations to practice with a Role Play; or you can share a few examples and together choose which one to practice. Similarly you have to choose the most pivotal moments of creating, exploring and experimenting to practice with your coach using the Pivotal Moment visualization technique.

**As a player...**  
**YOU WANT TO BE SEEN!**

Observation~Co-Creation is profound because what performers and creators like YOU want more than anything is to be seen and known by someone who

appreciates what they are doing AND can guide them to do it better!

When we talk about coaching as a profound personal relationship, this is what we are talking about. It is so personal when a coach can really see you and know you. Your coach is someone who knows everything that you have overcome, faced, have bounced back from, have grown from in the pursuit of your BIG Dream.

This is a BIG WOW in life and has a lasting impact.

### 06-03) Ways to observe

In looking at the 4 ways to play life...

There are 3 primary techniques your coach can use with you to observe and help you improve your results: Role Play Conversations, Pivotal Moment Visualization and Show & Review.

Relate for Influence ~ Role Play

Create for Expression ~ Pivotal Moment + **Show & Review**

Explore for Visibility ~ Pivotal Moment Or Role Play if you are presenting to a group.

Play for Transformation ~ Pivotal Moment

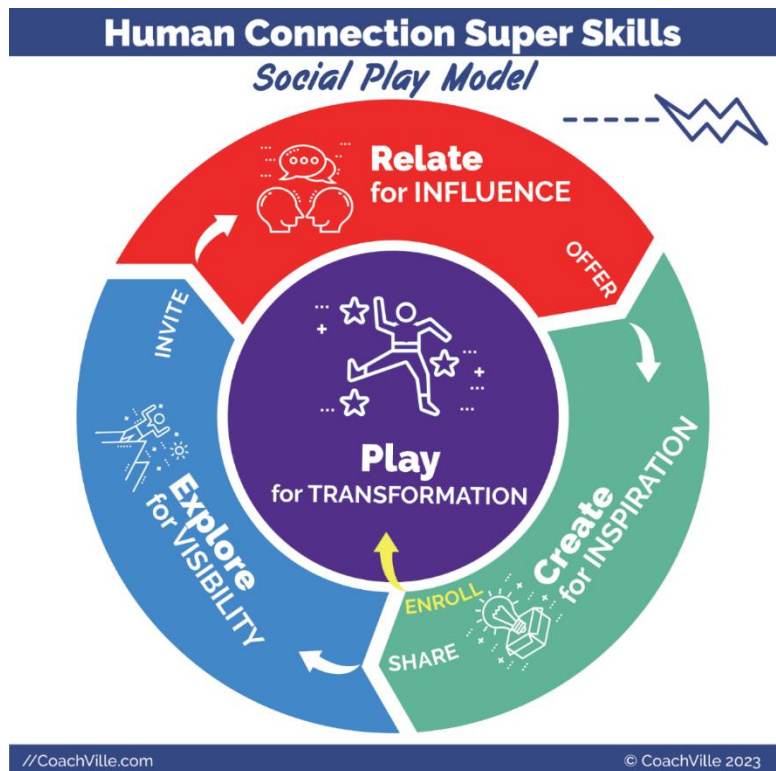
### Show & Review

Business, leadership, even a career are all forms of Performance Art! As a player, you want your coach to see you play! This is what the **Show & Review** technique is all about.

This is where you show your coach something that you have created. As more of our creations are electronic, or recorded in some way, this becomes an available and powerful option.

For example, many of my players create experiences using Facebook Live. I can watch them play live or I can watch the video later. Then we talk about it to co-create awareness of ways to practice and then play better.

- A Facebook Live experience can be recorded and shared with your coach
- A meeting that is hosted on zoom can be recorded and shared with your coach
- You can practice a speech or presentation on zoom for your coach to watch



- When you appear as a guest on a podcast your coach can listen to the audio
- Your coach can follow you on social media and observe what you are sharing
- Your coach can read your articles or posts to help you evaluate how you are using your voice

There are so many possible ways for your coach to observe you at play and then help you play better for your dream.

## ***06-04) The Power of Practice and your Playful Conscious Mind (Energy Alignment Game)***

As we get into the second half of this Playbook we will dive deeper into each of the elements of the Energy Alignment Game.

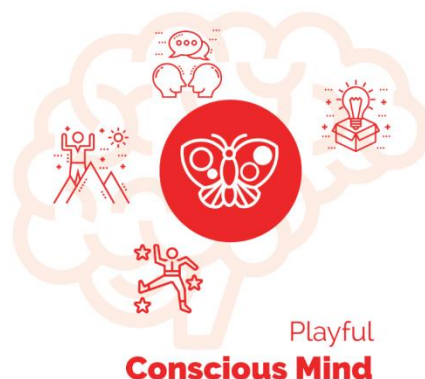
Practicing is the key to reactivating your Playful Conscious Mind needed to live your dream! Practice is missing from our lives as adults. We rarely practice anything. Mostly we just do it and we usually feel that we are supposed to be able to do it right the first time.

Practice is a safe space to experiment and grow.

**The key distinction is to shift your mindset**

**From Industrial Mindset:** Just get it done the right way and don't make a mistake.

**To Connected Mindset:** How can I get good at doing this in my own unique way?



Examples of practicing activities that you want to get good at:

<b>Just do it</b>	<b>Get good at it practice co-creating results</b>
Write an article for your blog	<b>Create for Inspiration</b> Write an article that attracts comments on your blog; and invites people to talk with you.
Make a video	<b>Create for Inspiration</b> Your video attracts “Likes” that lead to connections on Facebook
30 minutes on Facebook / Linked In/ etc.	<b>Explore for visibility</b> Your time on FaceBook leads to strong connections and requests for an exploratory conversation.
Talk to someone about what you do	<b>Relate for Influence</b>

	Talk about what you do in a way that energizes the other person to support you
Try introducing yourself in a new way	<b>Explore for Visibility</b> Brainstorm a list of 5 new ways to introduce yourself with another person; try each one 10 times with different people while keeping track of how many times the other person wanted to learn more about you.
Provide your service to a client	<b>Play for Transformation</b> Engage with a client to co-create the experience. Practice exploring and listening while also guiding and sharing in tune with the other persons needs or abilities.

**06-05) BIG LIST of conversations to practice**

We talked about the Role Play Technique in Chapter 3 before your first Role Play with your coach. Your upcoming Session 6 with your coach will feature the Role Play Technique again.

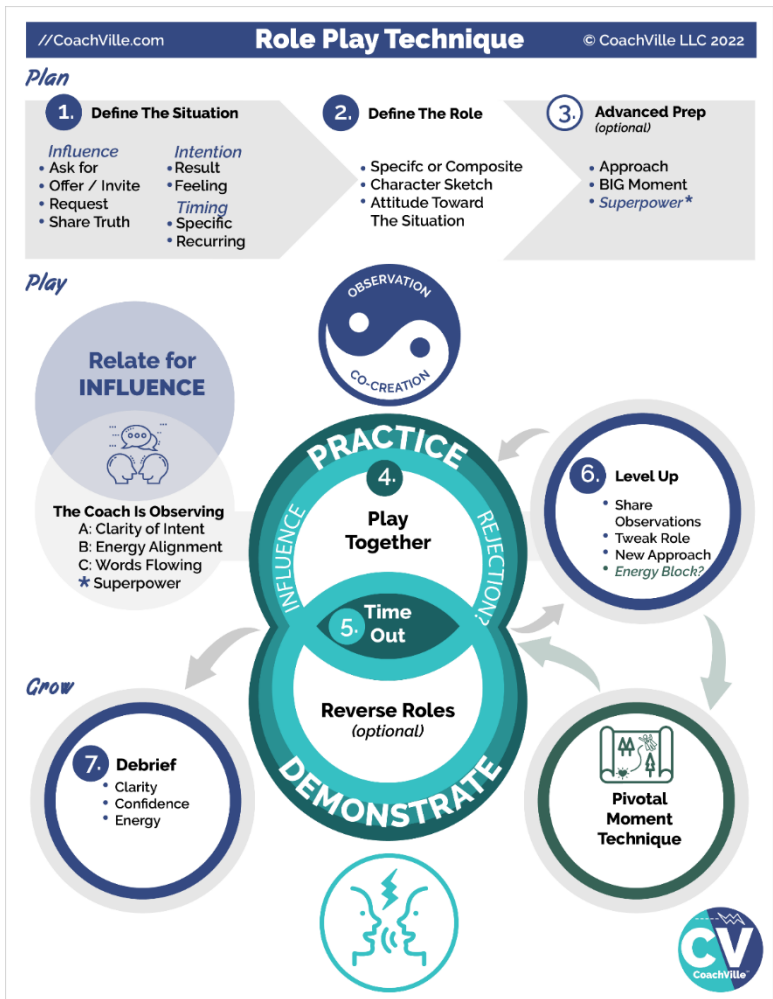
To spark your imagination for your upcoming coaching session... and more importantly for your future with your coach, here is a really big list with lots of role play ideas.

This list is oriented toward a Professional Coach or a service provider business. Even if that is not you, it is meant to spark your creativity for conversations you can practice.

Here is a list of situations.

**Relate for Influence Situations**

ALL of these you can practice with your coach using the Role Play Technique



1. Someone asks you what you do...  
You respond by sharing a few details about the benefits of hiring you.
2. Someone asks you what you do...  
You respond by saying “can I share my dream with you instead? And then proceed to share your dream of transforming lives.
3. Someone asks you what you do...  
You respond by saying: “can I share with you one of my client success stories?” and proceed to share an energizing story in 4 minutes that captivates their attention.
4. You invite someone you met in a networking situation to have a 1-1 phone conversation to explore mutual possibilities.
5. You HAVE the conversation with someone to discuss mutual possibilities.
6. You reach out to someone you used to work with the share with them the dream of your new business and to find out what their dream is now.
7. You reach out to someone you know who is very influential to share your dream and ask them for support.
8. You ask a current client for a referral; based on the results you are co-creating with them; you can describe with great clarity your ideal client.
9. You ask a friend for a referral; you can describe with great clarity your ideal client and you know that they are connected to a lot of people like that; you can describe the benefits of your service with great enthusiasm.
10. Someone is referred to you. They call to ask about your services. You respond in a way that generates enthusiasm.
11. Someone is referred to you. They call and straight away ask how much your services cost. You respond to their question in a way that generates enthusiasm.
12. You are talking with someone about your services and then you make an offer.
13. After you make an offer the person says: “Oh that is more expensive than I thought it would be”. You can practice your response.
14. **After an offer conversation where the other person asks a question or expresses a concern about saying “yes”; you can then practice answering that question or concern with your coach!**
15. Follow up conversation with someone who said they need to think about it.
16. Ask someone for something that you need.
17. Ask someone to support something that you care about.
18. Ask someone to participate in something you are doing.
19. Ask someone to change something that is troubling you.
20. Speak your truth to someone that you are partnered with.
21. Acknowledge that you made a mistake to someone that was impacted.
22. **A million specific situations that will come up when you play for a BIG Dream.**

## Create for Expression Situations

There are several create for expression situations that happen while talking that you can practice with something similar to a role play.

Remember that one type of Creating for Expression is creating an experience to share with others.

- Your exploratory experience for potential clients is a conversation. You can practice parts of it with your coach.

- Giving a talk / presentation is something you can practice in parts with your coach. Especially the start, the big idea, the transformational story, the offer.
- Doing a workshop – or a playshop as I like to call it – is an elaborate experience that you create for and with others. You can practice key parts of this as well.
- When you create something that is written or recorded you can engage in feedback conversations; these can be practiced as well to make sure you ASK for the feedback you need the most.

## ***06-06) Quick Prep for Ways to practice Social Play***

This is a really important concept. You CAN practice Life; as I said before. With relating for influence the practice is straight forward. With create for expression, when its talking you can see this as well. But how to we practice creating, exploring and experimenting?

Good question.

There is no set way. You need to be almost as creative with the ways you practice as you do with the activity itself.

But here is the main idea: create a safe space.

In most cases this means cultivating a Dream Team of folks who are invested in your dream with you. Become a CO-Creator with them. Whatever you are doing, you do it with them first!

- Share your expressions with them first.
- Share your visibility ideas with them first. Let them SEE you.
- Conduct your experiments with them first.

For example if you are creating a workshop: do the workshop with your Dream Team for practice before you do the event for your customers. Then get lots of feedback from everyone to improve your performance.

Players practice... A LOT.

Feedback is the breakfast of champions. Cultivate a small circle of people whose opinions and ideas you value greatly. Include them in your dream and your life.

We are here to play together!

## ***06-07) The Supermind Connection (Energy Alignment Game)***

The Supermind is the web of Human Consciousness past, present and future that we all have access to now. 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 ACTIVE Coaching Conversation 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 you imagine the Peak Experiences of our Dream with your coach this creates a powerful magnet of energy pulling inspiration and experiences from the Supermind.



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.

When you face a situation and thing: “this shouldn’t be happening”, you cut off your connection to the Supermind. 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 to see situations this way.

### **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!

## **It’s YOUR PLAY LIFE STATION!**

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 Transformation Coach!!**

### **Now you know!**

Now you know more about playing life than most people! How awesome is that?

You are starting to see opportunities to create, explore, relate, co-create and play your way to your **BIG DREAM!**

As an important side note, you also know more about Transformation Coaching than most people too; but that is a conversation for another day!

**NEXT...**

Now that you are playing, your coach is going to guide you toward your vision of **PLAYING BETTER**. That is an essential quality of players... we are always dreaming of playing better.

Meanwhile in this playbook and in the audios I am going to share with you some insights about the Energy Alignment Game.

## ***06-08) The Supermind Connection Technique***

### **Quick Prep for the Elevate the Supermind Connection Technique**

Elevate your Supermind Connection

In this session your coach is going use this technique with you to Elevate Your Supermind Connection to align with your BIG Dream.

This technique is a sequence of explorations that will open your mind to the web of Human Consciousness. It's fun.

While this technique has powerful practical implications it also is part of a bigger picture for you and all of us in the Human Family: **cultivating the deep knowing that we belong here**. That each of us matters. That each of our dreams has a purpose that only we can fulfill. While cultivating belonging within our immediate surroundings is vital. We can also cultivate belonging in a higher dimension. Both layers of belonging are vital.

The key to success with the questions in this technique is to speak from the heart. Use your Human Superpower to "I Create as I Speak".

In other words don't try to "think" of the right answers. There are no right answers. There is only the opportunity to create right now.

## **Session #07: Play Plan for Your Superpowers**

## 07-01) "Strategic" Planning for your Peak Experiences

There are three play sheets needed for this exercise. You will find them in the Play sheet pack.

I encourage you to do this exercise BEFORE your Session #07 with your Coach.

### 64 Superpowers for Play

The first step is to take a deeper look for your Superpowers.

In Chapter 1 I shared with you a In the playsheet with 64 "Superpowers for Play". I encouraged you to read it over and pick out a few Superpowers that you want to explore as part of your new adventure. Now you have a better idea of the Superpowers that your Dream is calling forth... PLUS, now you recognize the "Pull" or self-preservation that you experience when you aim to express your Superpowers.

This is why I say the the feeling of resistance is a Treasure Map that leads to your Superpowers!

Now that you know more about your dream, more about YOU ... Let's take a deeper look at this list. As I mentioned earlier, it is loosely based on the "I-Ching" (Book of Changes). This is a good resource because when you play BIG for a Dream there is always some kind of change that you desire.

Read through this list and find the phrases that you are drawn to. Feel free to mix and match phrases together. The key is to recognize the phrases that feel powerful to YOU. Come up with 1 or 2 Superpowers that you feel inside of you for each of the 4 areas of Social Play; Superpowers that your Dream needs you to develop and express NOW. Your coach is here to help you practice and become the next version of you... Super YOU!

### Strategic Play Plan Play Sheets

Next we are going to THINK –strategize - about your weekly Play Plan in a slightly more methodical way. We are going to encourage your playful mind and your logical mind to partner together to co-create. YES! Let's walk through it together.

#### Your BIG Dream

### What are your Superpowers for Play?

Imagine who your dream needs you to become. Choose one Superpower for each aspect of Play.

Explore for VISIBILITY

Create for INSPIRATION

Relate for INFLUENCE

Play for TRANSFORMATION

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

YES! Write it down again. It helps every time; trust me.

### ***Key Recurring Results***

These are the “what happens in the world” events that you are playing for.

Another way to think of this is this: What are the peak experiences you are imagining and practicing for that make your Dream come alive?

### ***Describe Your Theory***

What is your idea about HOW you can co-create these results with the world? What is the sequence of steps? Write it out in 5 or 6 steps. A step is an action or an event. Not 100 tasks. You just need a little bit of structure here.

You can do it!

### ***Super YOU!***

Write out a few of your Superpowers from the previous page. I know I keep asking you to write these things out. There is a magic to writing these power phrases down.

### ***Skills***

Think of the skills – and also knowledge – that you have that could possibly be of value in this adventure. Be creative. Own the value of your life so far.

### ***Experiences***

Recall some of your most profound life experiences and capture them each in a few words. The experiences you have had most likely serve a purpose for your Dream. Life is not random. Things do add up.

### ***Resources in Your Environments***

Your environments include the people, places, things and ideas that are all around you. Look around – do a virtual scan - at your environments for possible resources and supports. This is how we take the Dream Team idea to the next level. You know people. You know people who have access to resources and opportunities. ASK FOR WHAT YOU NEED! Your Dream needs you to be courageous and the people around you to be generous.

THEN... think about how you can play for your Dream with more power by using more of YOU and everything around you.

**Strategic Play Plan Play Sheet** (page 1) **Date:** \_\_\_\_\_

Your **BIG Dream:** \_\_\_\_\_ **Key Recurring Result(s) / Peak Experiences:** \_\_\_\_\_




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

\_\_\_\_\_





\_\_\_\_\_

\_\_\_\_\_

**Super YOU**

Superpowers	Skills	Past Experiences
		

**Resources in Your Environments**

<b>People</b>   Everyone You Know and Networks 	<b>Places</b>   Physical and Virtual Spaces 
<b>Things</b>   Tools, Technology and Finances 	<b>Ideas</b>   Knowledge and Information 

This strategic thinking now will also help you prepare for Session #09: Expand World Power.

***Actions to Co-Create Results Utilizing Super YOU and Resources***

**Let's bring a little strategy into your weekly Social Play Plan!**

You have enough experience now with the weekly playsheets. You can see which items are flowing and which are stalled. Now is the time to allow all of you to contribute to the plan.

- Your Playful Mind
- Your Logical Mind
- Your Courageous Social Mind
- Your Expansive Visionary Mind

Write out a few of the most important actions in each of the five areas on the left side.

We start with the end goal... you in Play for Transformation opportunities with people you enjoy.

Then we explore the Social Play activities that will lead up to these moments.

After you have your list of social actionis, then allow your WHOLE Self to contribute ideas for how to enhance those actions with your Superpowers and Resources from your Environments.

Have fun!

**Your Dream – and the peak experiences that you imagine – are closer to you now than they were an hour ago!**

Also... doing this exercise in an open, curious, “I Wonder...” state of mind, will continue to elevate your Supermind Connection that we practiced in your last coaching session. Some sparks will come to you while you do the planning exercise, while others will just pop into your mind in the days ahead!

**This is the magic of Energy Alignment.**

**Awwww yeah!**

The image shows a worksheet titled "Strategic Play Plan Play Sheet (page 2)" with a red header. Below the header, it says "Actions to Co-Create Results Utilizing Super YOU and Resources". The sheet is divided into two columns: "Strategic Actions" on the left and "Utilize Super YOU and Resources" on the right. There are five rows, each with a specific theme and risk, a central icon, and a small decorative icon on the right. The rows are: 1. "Play for TRANSFORMATION &gt; Risk Mistakes" with a purple runner icon and a purple butterfly icon. 2. "Create for INSPIRATION &gt; SHARE &gt; Risk Disappointment" with a green lightbulb icon and a green butterfly icon. 3. "Explore for VISIBILITY &gt; INVITE &gt; Risk Trouble" with a blue person icon and a blue butterfly icon. 4. "Relate for INFLUENCE &gt; OFFER &gt; Risk Rejection" with a red speech bubble icon and a red butterfly icon. 5. "Co-create for INSPIRATION &gt; ENROLL &gt; Risk Disappointment" with a green lightbulb icon and a green butterfly icon. Each row has horizontal dashed lines for writing.

## 07-02) Prepare for Session #07 – Play Plan for Your Superpowers

**Coach:** Co-create the strategies and approaches with the player that leverage and unleash their superpowers and other resources. Use the Peak Experience Technique for your player to practice expressing one of their YOUUnique 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 strategic about how you go for the results you want.

In this session you and your coach are going to explore some of the ideas and insights that you came up with in your Strategic THINK session.

Expansive thinking is powerful. Then when you talk about it you amplify the power.

### 1. Warm Up

Yes. The usual.

### 2. Celebrations

You got this!

### 3. Grow from Play

Extended version

What did you experience out in the world?

### 4. Practice Plan

Explore your Superpowers, practice one with the Pivotal Moment Technique, play to make playful use of your resources and then co-create a strategy to use them for peak experience results.

### 5. Practice!

#### A) Superpower

Be prepared with the name of one of your Superpowers and a Social Play Activity that you can do with it.

Your coach is going to ask you to describe a superpower that you would love to make better use of for your dream. It can be something you have known was in you for a while, or it could be something you are just noticing since you started player.

#### B) Playful use of resources

Then we will explore playful ways that you can make more strategic use of the resources around you.

Play Life Coaching Session #7 Notes		Date: _____
<i>Session: Play Plan for Your Superpowers</i>		
1. WARM-UP & SPEAK YOUR BIG DREAM 		
2. CELEBRATIONS 	3. GROW FROM PLAY A) Achieved Results 	
3. B) PIVOTAL MOMENTS	C) RESPOND TO CHALLENGES	
4. PRACTICE PLAN: SUPERPOWERS & STRATEGY >		
5. PRACTICE TOGETHER 		
A) Superpower Name _____	Playful _____	
B) Playful Use of Resources 	C) Strategy for Results 	
D) Peak Experience Technique 		
Do: _____	Feel: _____	Do: _____
Thoughts: _____	Body: _____	Thoughts: _____
THOUGHT?	BODY?	DESIRE?
6. Growth Zone 		
What did you learn about playing for your dream?	What did you learn about yourself and your superpowers? 	
		
7. PLAY PLAN: What is your transformation for this week? What social actions?		
FROM: _____		
TO: _____		

### C) Resourceful Strategy for Results

Then we will weave it all together into a play plan with a strategy for peak experience results. Here you will share your strategic plan with your coach. They will help you talk it through and build your confidence.

FUN!

### D) Peak Experience Technique

Next your coach is going to guide you through the Peak Experience Technique where you practice using the Superpower in a social activity of your Dream.

### 6. *Growth Zone!*

You got this.

### 7. *Play Plan!*

Have fun with Social Play and Transformation.

## Extra encouragement to prepare you for Session #7

Preparing for Session #7 with your coach is a little more involved than the previous sessions. There is an exercise to dedicate some “thinking and strategizing” time to your Dream. As you know by now, I am “all-in” for play and spontaneous co-creation! And at the same time, it can be really valuable to invest some time and energy to strategic planning. You can plan for how you can make the best use of your Superpowers and everything around you to PLAY your Dream.

Your Dream matters.

Even if you don't think of yourself as a logical or strategic person, this exercise will serve you well. You can do it.

Please set aside an hour to play with this before your coaching session.



## **07-03) Super YOU! (The Energy Alignment Game)**

*“A Superpower = A unique ability that you can practice until it is capable of making a BIG IMPACT on other people and situations”*

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 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 or the Peak Experience Technique you can practice the situation while specifically expressing one of your newly discovered superpowers.

**SOOOOO GOOOOOD!!!!**



## ***07-04) 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 on your personal path 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. We will go into a few more details related to the ‘compulsory education” rant from a few chapters ago.

Knowing this will set you on the path to renewed freedom and power to be a positive impact in the world!

### **Become – Believe – Belong (reprise)**

I have referred to the Superpowers of Human Nature a few times.

- 1) **The Drive to BE Free.** The ability to choose our own adventure every day.
- 2) **The Love to Befriend.** The ability to choose our companions for each adventure.
- 3) **The Urge to Become.** All humans have an inner urge to become the next version of themselves.
- 4) **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.

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

In the next section we will go into it a little deeper into #'s 3, 4 and 5.

To set this up consider these concepts.

The Urge to Become through play is meant to keep you curious, growing and creatively adapting to new challenges for your whole life. This urge to play has been shamed and crushed in the Industrial Control Culture leading to a life of meaningless toil for most people.

The Need to Belong – the strongest Human Need - is meant to serve you well when you are born into a group of people who expect you to be a unique, equal and valued contributor to the groups wellbeing. In the Industrial Control Culture this need was used against you to keep you small. BLAGH!

The Ability to Believe is meant to further bond you with the group who respects you and encourages you share the narrative of the group for coordinated actions; while fully expecting you to contribute your unique ideas to the unfolding story. The ability to believe has enabled groups to co-create astonishing advancements as well as unspeakable atrocities. Clearly it is a power that must be used with great wisdom; and right now in many cases it clearly is not.

## **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 you 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 your Human Superpowers to Become, Believe and Belong.

You were born with a collection of unique abilities to express and share with the people of the world.

You were both with a Dream in your heart – actually many dreams – that are there to call you to adventure.

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

{Model on the next page}

# The Story of Little "you" and Super YOU!



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 happens 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 social, 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 is/was extreme in the Industrial Age of Hierarchical Control 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 transformation coaching is such a powerful force for personal growth.

## ***07-05) Tenacious Self Love***

Related to the story of how we lost our Superpowers, I want to share with you something I am very passionate about. It's called: Tenacious Self-Love. AND the idea that there is no such thing as self-sabotage; at least not in the way the mainstream self-help gurus describe it.

The self-help movement has come up with a lot of derogatory ways to describe our inner being when we are stuck in one of these "Pull / Pivotal Moment" situations.

In the Industrial Control culture again your YOUNIQUE voice was silenced. As your voice was silenced from the outside you absorbed that energy and began to silence your own voice to fit in and stay safe. This is Self-preservation.

Tenacious Self Love 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. We especially embrace our doubts and fears because we understand that we absorbed them in the Industrial Age culture we were born into.

Beliefs that hold us back, doubt and fear are part of our Self Preservation instinct which is both vital and honorable. The experience of beliefs and fears limiting our ability to play big for our dream is a **TOTALLY NATURAL HUMAN EXPERIENCE**.

However it 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!

**I recommend you remove these phrases from your vocabulary.**

- I have self-sabotage.
- I have limiting self-beliefs.
- I can't get out of my own way.
- I am a procrastinator.
- I have negative self-talk.
- I have a gremlin inside of me
- My ego is the problem
- I need to crush my fear

Nasty statements like this are intended to make you think that there is something wrong with you; that the guru will then tell you how to “fix”. UGH!

As Transformation Coaches we don’t buy into any of this and neither should you.

We want you to see yourself as AWESOME and wholesome! We want you to practice viewing your inner experience with judgment-free awareness.

- Your Big Dream and
- Your Superpowers and
- Your Playfulness and
- Your Social Safety Instinct and
- Your Self-preservation beliefs and
- Your Fears, doubts, resistances,
- ALL of the “voices” within you...



ALL have honor; they all serve a meaningful purpose in your life.

I have found that the more we can bring tenacious self-love to all aspects of our being... the easier it gets for us to choose to play BIG for our Dreams. This is an AWESOME thing!

**I believe in tenacious self-love!**  
I hope you will to.

### What are your Superpowers for Play?

Imagine who your dream needs you to become. Choose one Superpower for each aspect of Play.

Explore for VISIBILITY

Create for INSPIRATION

Relate for INFLUENCE

Play for TRANSFORMATION

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

## Session #08: Expand Inner Freedom

## 08-01) Prepare for Session #08 – Expand Inner Freedom

**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 into the fear / growth 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.

### 1. Warm Up

Yes. The usual.

### 2. Celebrations

You got this!

### 3. Grow from Play

Extended version

What did you experience out in the world?

### 4. Practice Plan

Practice a juicy moment in your dream with the Pivotal Moment technique.

I recommend you pick a really juicy one to explore before the session. Pick a moment that you KNOW you want to do; a moment that is part of or leads to one of the Peak Experiences of your Dream













### 5. Practice!

We will practice the moment using the Pivotal Moment Technique to expand your Inner Freedom. You have done this practice technique with your coach a few times now so now we can go a little deeper into the fear/growth zone.

### 6. Growth Zone!

You got this.

### 7. Play Plan!

Play Life Coaching Session #8 Notes		Date: _____
<i>Session: Expand Inner Freedom</i>		
1. WARM-UP & SPEAK YOUR BIG DREAM 		
2. CELEBRATIONS 	3. GROW FROM PLAY 	
A) Achieved Results		
3. B) PIVOTAL MOMENTS		C) RESPOND TO CHALLENGES
4. PRACTICE PLAN: SUPERPOWERS & STRATEGY >		
5. PRACTICE TOGETHER Pivotal Moment 	Pivotal Moment Notes	
	Thoughts 	Sensations 
Not Safe For Me To	Dream Intent	Memory Pops 
		
6. Growth Zone 		
What did you learn about playing for your dream?		What did you learn about yourself and your superpowers?
7. PLAY PLAN: What is your transformation for this week? What social actions?		
FROM: _____		
TO: _____		

The BIG thing is to go out and play in the social world.

Name a transformation based on the pivotal moment that you explored.

Notice if the moment you practiced now seems more at ease for you.

## ***08-02) 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, fears and desires.

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 peak experiences in the world!**



## ***08-03) 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 that we currently believe has been absorbed from the world (and people) around us. While some of your beliefs are part of your conscious thinking process, most are embedded in your non-conscious where you are not aware of them. Your Dream will require that you bring them into awareness; 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 Transformation 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!

### 08-04) Your Fears are a Treasure map

Now that you are deep into your adventure, 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 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 Transformation Coach!!!

AND everyone has absorbed a lot of FEARS from their environment; especially the Industrial Hierarchical Control Culture.

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.



Our moments of self-expression where we got “in trouble” are traumatic moments that hurt the most and become our deepest fears.

This explains why the path to your BIG Dreams is NOT a straight path. We have the self-confidence and desire to explore the Play Life Station, but many situations remind us – at often at a non-conscious level – of troubling moments from our past. When this happens our self-preservation beliefs rise up and PULL us back in to the Social Safety zone.

Every time you have an intention to express your self (AKA your Power), and you experience this “PULL”... this is a CLUE on the treasure map!!!

Remember, you are a social creature! Social play is your nature. With just a little bit of practice it will flow with ease. But it doesn't! Because of the reasons we have discussed.

So, if it is NOT flowing with ease, that can only mean one thing: FEAR! And the fear is there to point you in the direction of your power that you lost some time in your past.

This awareness led me to create this powerful understanding:

**If you make fear your enemy, it will defeat your Dream.**

**If you make fear your friend, it will guide you to it.**

By now you can relate to the experience of “The Pull”. Some days you move powerfully into the Fear / 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!

## 08-05) 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 now – are meant to call forth your Human Nature Superpowers and the YOUUnique superpowers that you were born to express. Super YOU!

You know how when you are doing the Pivotal Moment technique 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 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 Safety Instinct based on the need to belong is a strong force throughout our lives, but most especially when we are children and teenagers.

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 when you are stopped by fear it 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 desires of your BIG Dream. Self-preservation is essential for social safety 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 self-confidence and your BIG Dream. No judgment, simply the power to choose.

Also in the Fear / Growth zone you have the BE’s of Human Nature:

- 1) The Urge to Become the next version of YOU which arises as playfulness – playfulness gets us into a lot of trouble in the Industrial Culture, especially in Industrial School
- 2) The Need to Belong is where we experience our social value – we get a lot of diminishing messages about value in the Industrial Culture which truly only values obedience and consumerism... NOT self-expression. We will explore a few Environmental upgrade techniques in Chapter 9.
- 3) The Ability to Believe is so powerful and we absorb both conscious beliefs AND non-conscious beliefs from the culture we are in. A LOT of beliefs in the Industrial Control Culture are dehumanizing! So, we all need to put the effort into questioning, exploring and upgrading what we believe about ourselves, each other, our culture and the Earth we share.

The FEAR / GROWTH Zone impacts 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: Super YOU!

## ***08-06) 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 Transformation Coaching is that your coach doesn’t get to watch you play like a basketball coach gets to watch their players in the game.

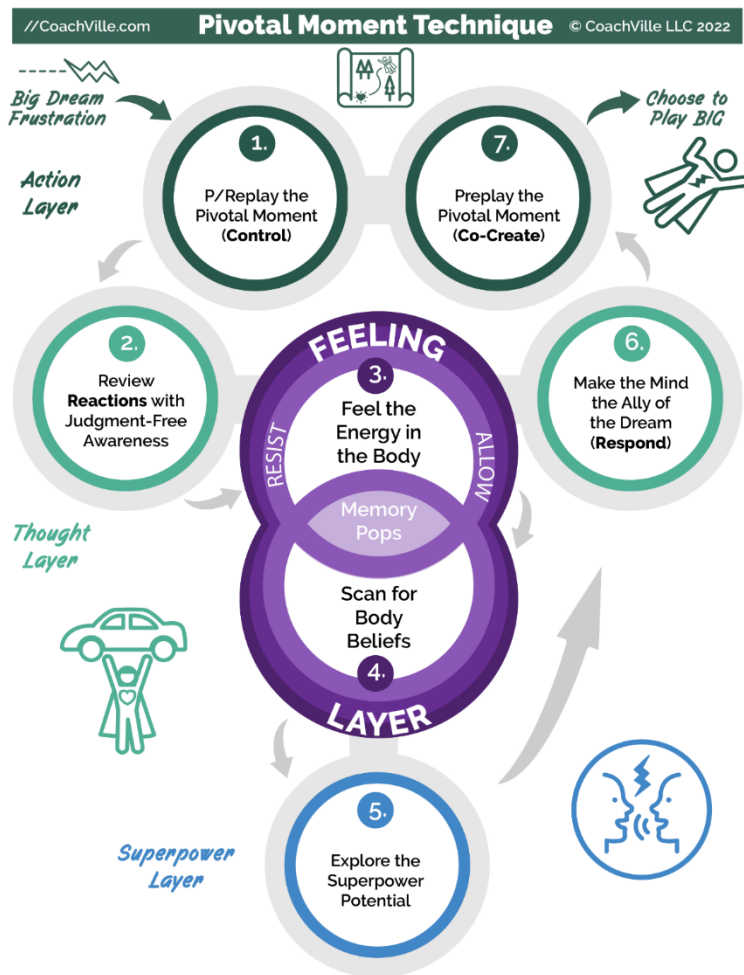
So as you play for your dream every day, YOU have to notice when you choose the action for your Dream and when you choose not to.

**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 Transformation 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 for Inspiration : Fear of Disappointment.
- Explore for Visibility: Fear of Trouble
- Play for Transformation: 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.



## **Session #09: Expand World Power**

## 09-01 Prepare for Session #09 – Expand World Power

**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.

### 1. Warm Up

Yes. The usual.

### 2. Celebrations

You got this!

### 3. Grow from Play

Extended version

What did you experience out in the world?

### 4. Practice Plan

Zap tolerations technique and the Influential people exercise.

### 5. Practice!

#### Expand World Power

#### Zap Tolerations

Your coach will guide you through the experience of a virtual scan of your environments.

#### The 7 Most Influential People







This is the part where you need the playsheet in front of you. You and your coach will do the scan for two people.

You can do the rest after the session. It is a very insightful experience. It relates strongly to the notion of your Dream Team that I shared with you in Chapter 5.

### 6. Growth Zone!

There may be some provocative – even challenging – insights from these exercises. That is OK! They all lead to growth.

You got this.

Play Life Coaching Session #9 Notes		Date:				
1. WARM-UP & SPEAK YOUR BIG DREAM 		Session: <i>Expand World Power</i>				
2. CELEBRATIONS 	3. GROW FROM PLAY 					
A) Achieved Results						
3. B) PIVOTAL MOMENTS	C) RESPOND TO CHALLENGES					
4. PRACTICE PLAN: ZAP TOLERATIONS & INFLUENTIAL PEOPLE >						
5. PRACTICE TOGETHER						
A) Zap Tolerations						
Name It 	Picture It Clear	Make A Plan				
	How It Got There	Celebrate				
B) THE THREE MOST INFLUENTIAL PEOPLE						
1.	Name	Talk About	Energy	Resources	Request	Support
2.						
3.						
C) QUICK ROLE PLAY NOTES >						
6. Growth Zone 						
What did you learn about playing for your dream?		What did you learn about yourself and your superpowers? 				
7. PLAY PLAN: What is your transformation for this week? What social actions?						
FROM:						
TO:						

### ***7. Play Plan!***

Have fun with Social Play and Transformation.

Go out in the world and connect with the 3 people on your chart!

This will open up growth possibilities.

In Session #10 you will explore a situation where you are going to ASK someone for something. WOOO HOOOO!

I call this “Transformational Play”.

## ***09-02) 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 Superpowers of human nature: 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 Safety Instinct 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 Safety Instinct.

### **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 had all the tools and resources you needed to play for your Dream?

What if you had easy access to just the right ideas and information needed 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 another 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.

## 09-03) 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 may have been times in your life when belonging and becoming have joined forces. 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.

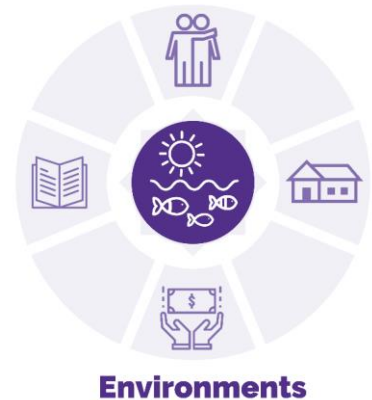
Now that you are playing for this BIG Dream, you will need to proactively design and uplevel the **people, places, things and ideas** around you to align with your dream. This way you use the force of belonging to pull you toward your dream. This is an accelerated way to become the next version of you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

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

First of all, your Transformation 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.

## ***09-04) Zap Tolerations Technique***

Tolerations drain 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.

### **Going a little deeper... the power of FEELING**

Zapping tolerations so that they stop draining your energy is very practical.

And, there is also a deeper aspect to this that is important.

To play your Dream at a high level you MUST be tapped into your body and your FEELING energy.

This is why body awareness is a part of nearly every coaching technique that we do.

When you allow yourself to FEEL you have access to your deep inner knowing. You also have access to the FREEDOM to choose when to play safe and when to play BIG.

The problem with tolerations is that they make us go a little bit numb; sometimes a LOT numb when they stack up to high and overwhelm us.

Feeling numb and going through the motions in life is OK if you are just trying to survive. But if you want to play your Dream, you need your feeling energy to be fully on line. This is why BIG players in athletics and arts put so much attention into their environments.

YOU can do the same. Take it one step, one toleration, at a time. And gradually your environment will support you and your ability to feel will come back on line.

It's worth it for your DREAM!

### ***09-05) 3-7 Most Influential People***

**VERY IMPORTANT:** You will need a printed copy of the Coaching Notes Play sheet for this session with your coach.

Playing BIG for your dream is 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.

### ***09-06) Your Dream Team***

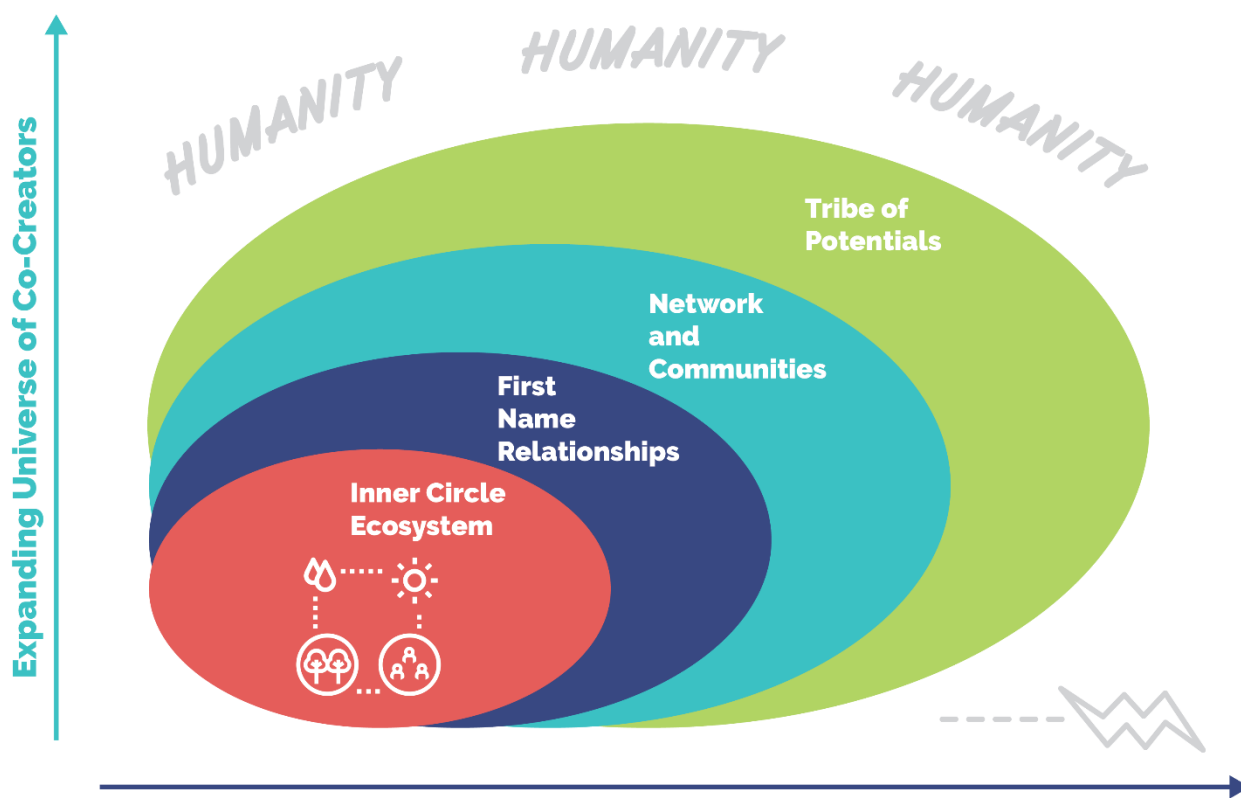
Co-creating is how we are meant to live.

We are all natural co-creators until we are subjected to the Industrial Culture which forces us into isolation. I mentioned some of the mantras in the chart in the Introduction. In particular: “do your own work, if you help your neighbor you are a cheater”; and “sit down, shut up, and do as you’re told”. The Industrial Culture of Hierarchical Control aims to make us isolated workers and servants.

Your Transformation Coach aims to FREE you from the Industrial Mindset so you can become the joyful, playful co-creator that you were born to be! And then you can free others.

Your Transformation Coach has been co-creating experiences with you. Now that your co-creation abilities are back on line you can go out into the world to co-create with your community and with life; and to find your place of belonging where you can be your Powerful SELF! Hopefully this is beginning to feel more and more natural to you.

# Dream Team Co-Creation Universe



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Another powerful way to look at the situations in your life is to imagine that everything happening as you pursue your dream is a co-creation between YOU and “Your World”

The essence of your BIG Dream adventure is to contribute your YOUNique Superpowers to create value in the world for others. FUN!

### **Your Ecosystem:**

You start by seeing yourself and your dream as part of an ecosystem rather than an isolated entity. Look for the holistic picture. You are a part of something bigger and your contribution is essential to your thriving ecosystem of colleagues, partners, advocates and customers. You want everyone and everything in your ecosystem to thrive.

### **Your Dream Team = Inner Circle Ecosystem:**

This is your trusted inner circle and includes your Coach!

This is where you experience your Love to Befriend

This is where you experience caring and co-creation.

### **Your First Name Relationships:**

These are the folks that you aim to serve / contribute to / participate with as part of your BIG Dream. Anything that happens or doesn't happen when you engage with your "First Name Relationships" is essential feedback to evaluate.

This is the group where you want to FEEL valued for who you are and what you contribute.

This is where you experience BELONGING

### **Your Network and Communities:**

As you grow in capability and confidence in whatever you are doing there is an expanded circle of people and possibilities that you can explore.

### **Your Tribe of Potentials:**

Beyond your current network and communities is a world of people that you can connect with through those you already know.

### **Humanity:**

While you aim to create value with and for your Inner circle, network and community, it is good to hold the intention that your contribution is for the betterment of Humanity and The Earth!

The BIG Idea

The point of this view of the world is to realize that you and your dream are an essential part of a bigger picture; you are a part of something!

## **Session #10: Transformational Play**

## 10-01) Prepare for Session #10 – Transformational Play

**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.

### 1. Warm Up

Yes. The usual.

### 2. Celebrations

You got this!

### 3. Grow from Play

Extended version

What did you experience out in the world?

### 4. Practice Plan

Transformational Play! Start with a Role Play and then explore the energy... then back to the Role Play.

Bring a juicy Relate for Influence situation that you KNOW will stretch you into the growth zone.

### 5. Practice!












Share with your coach the relate for influence situation that you want to role play. As soon as you or your coach notice that the energy is getting intense, call a time out and explore it with the Pivotal Moment Technique. With more freedom and flow then go back to the role play a few times. This is a powerful way to expand your capabilities and your inner freedom.

### 6. Growth Zone!

You got this.

### 7. Play Plan!

Have fun with Social Play and Transformation.

Play Life Coaching Session #10 Notes		Date:
<i>Session: Transformational Play</i>		
1. WARM-UP & SPEAK YOUR BIG DREAM 		
2. CELEBRATIONS 	3. GROW FROM PLAY A) Achieved Results 	
3. B) PIVOTAL MOMENTS	C) RESPOND TO CHALLENGES	
4. PRACTICE PLAN: TRANSFORMATIONAL PLAY >		
5. PRACTICE TOGETHER Role Play 	Pivotal Moment Notes	
	Thoughts 	Sensations 
		Memory Pops
Not Safe For Me To 	Dream Intent 	New Picture 
6. Growth Zone 		
What did you learn about playing for your dream?		What did you learn about yourself and your superpowers? 
7. PLAY PLAN: What is your transformation for this week? What social actions?		
FROM:		
TO:		

You can see in the Play Sheet what this session is all about. This is an extremely profound form of ACTIVE conversation that prepares you for the approach, the words and the energy of whatever you aim to offer, invite to or ASK for.

This is your ticket to social play at a high level.

Enjoy it.

Then go out in the world and play ALL-IN for the peak experiences of your Dream.

In the realm of Social Play, if you can imagine it and practice it, you can do it and LIVE it. AWWW Yeah.

## ***10-02) What is transformational Play?***

Transformational Play is pursuing your BIG Dream knowing that you can, will and MUST transform in order to play it at a high level.

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 your Need to Belong in 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 Transformation Coach as your guide on your BIG Dream adventures you create a fertile environment for transformation.

Your Transformation Coach activates your Playful Conscious Mind to engage with both the physical world (Create, Explore, Relate, Co-Creat, PLAY) 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!**



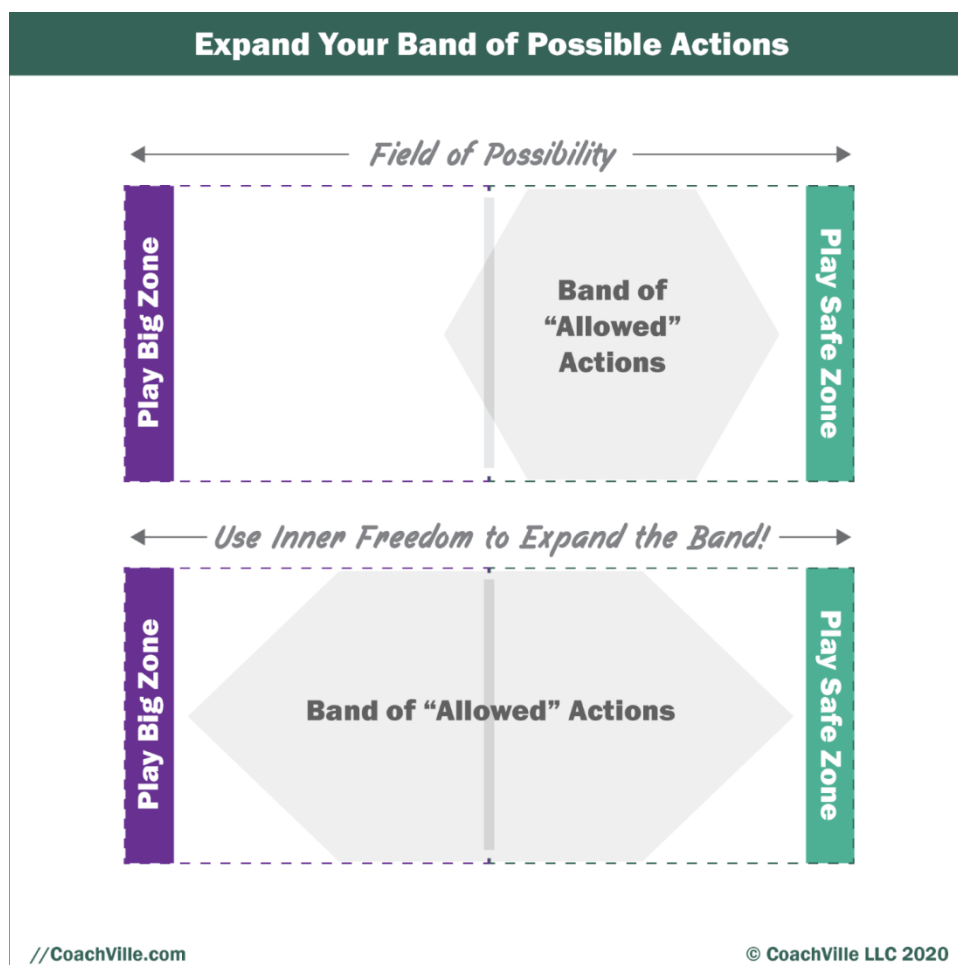
Every week your coach encourages you to bring these 4 aspects of play into how you play your dream. So, as you know by now when you play BIG you experience the Social Fears: Rejection, Disappointment, Mistakes, Trouble, Failure, Judgment and I am NOT Enough. I can hear you saying: Coach Dave, these feelings 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 Transformation 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 them express out in the world. Growing into your power is transformational fun!

### 10-03) 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 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.

### ***10-03) 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. (or New Age 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.

## 10-04) Play for YES...The “Game of Ask”

Play for “yes”, relate for influence, the game of “ask”, there are so many ways to talk about this one pivotal action: asking others for what your DREAM wants or needs. This is a really big deal. And for most people with a dream this is an area with tremendous personal growth potential. This is an area where you can PLAY so much better.



We are going to explore this from a few perspectives because my aim is for you to get excited about growing this capability by practicing with your coach.

You already experienced the Role Play Technique with your coach so you can imagine the value of practicing conversations where you intend to ask for something.

You already experienced the Pivotal Moment Technique with your coach so you can imagine exploring the doubts and fears that come up when you intend to ask for something.

In your next coaching session, you are going to experience something we call: Transformational Play. This is when we blend these two powerful techniques together; like a mashup!

What should you practice asking for?

Hopefully you got some ideas in your 7 Most Influential People exercise last session or from subsequent conversations over the past week.

Let’s talk about this next because I want you to get into the vibration of this growth opportunity.

Consider this: to play a BIG Dream in life will require contributions and participation from a bunch of other people. Ultimately everyone who contributes or participates in your dream will do so BECAUSE

- a) you asked them to,
- b) and they said: “Yes”; and then
- c) they took action for you or with you.

This is Human Connection. This is AWESOME!!!

Like I said, ASKING is a really big deal.

Asking includes these related activities as well:

- Invite
- Offer
- Enroll
- Request to engage with something you shared

Most people fall into one of two categories when it comes to ASKING:

A) You DON'T ask for anything; except for maybe asking someone to pass the salt at dinner.

B) You are relatively comfortable asking people for things; up to a certain point! Then, not so much.

Either way, the next level ASK is always a growth opportunity.

If you are in the A Group, then starting to ask for what you, and your dream, want or need will be huge.

If you are in the B Group, then your opportunity is to PLAY Bigger with what you ask for; to imagine asks that are outside of your current self-preservation zone.

For example: I can ask someone to buy from my company because I know I will deliver, but I struggle asking for referrals because that feels like asking for help... which I NEVER do.

You get the picture. What are the "Asks" that would REALLY take you and your dream to the next level?

On a related note, something I tell our coaches all the time: "it only takes one major influencer recommending you, to change your life forever." I know because it happened to me.

There might be an "Influencer ask" like that available to you in your business, career or community aspirations.

ASK someone... ASK them...!

- Ask them to do something with you
- Ask them to do something FOR you
- Ask them to recommend you
- Ask them to refer you
- Ask them to introduce you to someone
- Ask them to join your group / email list
- Ask them to co-create an experience with you
- Ask them to participate in what you are creating
- Ask them to share about it with someone they know
- Ask them to buy from you
- Ask them to attend your event / experience
- Ask them to bring a friend
- Ask them to give you feedback
- Ask them to share a resource they have with you
- Ask them to support you
- Ask them to give you something



ASK THEM! Your Dream is worth it.

## Reward and Risk; Play BIG and Play Safe

Play with social risk... again... your dream is worth it.

Asking (along with offering, requesting, inviting) is an essential Social Play Human activity.

Little children ask each other, and big people too, to do “things” quite easily and naturally; it is an essential activity in playful co-creating.

It is playful because it is something that can't be controlled BUT can be influenced with skill, creativity, energy etc.

Here is the Social Play / Social Fear chart again.

By now you have a ritual to add some social play activities to your play plan each week.

When you take playful action, you are in pursuit of a social reward, and you are taking a social risk.

Understanding reward and risk is an essential part of play. And it is super essential to playing your Dream.

If you are playing basketball and you have the ball, if you choose to shoot for the basket you are in pursuit of rewards: points, admiration of your teammates, the joy of a high five! If you miss, you risk the

disappointment of your teammates and the supporters (fans).

If you are singing a song on a small stage at a local venue, you are in pursuit of rewards: the joy of performing and the admiration and applause of the observers. You are also taking the risk of making a mistake in public by hitting a wrong note or forgetting the lyrics and the possibility of disappointment if some people don't enjoy it.

There are similar dynamics involved when you play your dream.

- Sharing and Exploring for Visibility is a risk, a YES to your next invitation is the reward
- Relating and making an OFFER is the risk, Influence is a reward
- Co-creating an experience with or for someone is a risk, Inspiration is a reward; when they are inspired to share about it with others that is another reward
- Any time you play there is a risk; Transformation is a reward



All of the social fears associated with play are risks that you must embrace in order to pursue the reward! Rejection, disappointment, mistakes, trouble, judgment and failure are all possible outcomes when you engage in social play.

You have to embrace the risk in order to pursue the reward.

Transformational Play means:

- Practice the actions so that you get the desired rewards more often.
- Embrace the feeling of risk so that you can play fully and learn from every experience; then use the learning to improve your practice.
- Develop the body awareness to proactively choose when to risk and when NOT to risk (AKA Play Safe); rather than REACTIVELY resisting the action. This is what the Pivotal Moment Technique is all about.

In this session with your Transformation Coach you will get a little taste of the deep practice available with Transformational Play.

## Understand Belonging and Social Status

Understanding the Need to Belong and the power of social status within your body and mind is an essential element of personal awareness.

Here are 3 of the Superpowers of Human Nature again: Become – Believe – Belong (in a slightly different model)

The Need to Belong is the Biggest Circle because it has the biggest influence on our ability to play our dreams. The social / tribal part of the brain and body takes up a lot of space and a lot of energy when you are around other people; it is constantly assessing your environment for social safety and status. And if you are alone but have your phone/internet device with you, the realm of social safety and status is in your hand.



I have made a serious study of Human Nature by reading about human evolution and coaching lots of people. You don't need a PhD to understand that the Need to Belong is a BIG part of our Human Nature. It's happening / operating ALL THE TIME. What we can do is understand how its signals and impulses impact the way we play our dreams.

It greatly influences how you perceive your value relative to another person or within a group; and this greatly influences your comfort or discomfort in asking for something in any situation.

By exploring and practicing an ASK with your Coach you can become aware of the influences, your choices and your opportunities for growth. The Urge to Become fuels your dream. Then with your coach you can uplevel your beliefs and your belonging to play for the Dream.

A quirky little example:

*Your Urge to Become* thinks: I am a loose acquaintance of Influencer Jane. I should ask her to support my dream.

*Then your Need to Belong* might wonder: I would LOVE to be in Influencer Jane's inner circle. But do I have enough status to ask her? Does she value me and what I am doing?

*Then your Self-Preservation Beliefs* step in:

I don't believe Influencer Jane cares about my dream, so it is not safe for me to ask her.

If I ask Influencer Jane and she says "no", I will never be able to ask her for anything again.

OR

*Your self-confidence belief* might step in:

Influencer Jane might say "yes" if I can position my dream as a win-win for her and our community.

OR

*Your Self-Preservation Beliefs* might step back in:

Influencer Jane is really busy. I better wait a few months before I talk to her.

\*\*!!\*\*

Anyway, you get the idea: it can get pretty swirly in there! And this stuff flashes through us really fast. Unless your BIG Dream, your playfulness and your superpowers are fully activated, it is likely that your Self-Preservation Beliefs will have more pull.

This is where practicing with your coach – slowing down the moment, using judgment-free awareness – can help you explore all of these elements so that you can practice and choose with clarity and power. AWWW YEAH!

In the next section I will share with you a short story of "little you" and BIG SUPER YOU. It will help you understand how our self-preservation beliefs got so strong.

But one more thing about asking...

## **Success is NOT a "numbers game"**

There is a mantra from the Industrial Age of Control that success is a numbers game. It goes like this: if you just ask enough people eventually you will get a "yes". While it can be powerful to have determination and to keep going in the face of rejection, success is NOT a numbers game at all.

This mantra presumes that we are all robots completing tasks and making logical decisions all day. HAH!!!

Success in asking is about skill, energy and LOVE!

Your skills – connecting, sharing, listening – have a big impact on how other people feel and respond to you.

Your energy – attitude, clarity, playfulness – have a big impact on how other people feel and respond to you.

Your LOVE – passion, sensitivity, caring – have a big impact on how other people feel and respond to you.

Again... all of these can be improved by practicing with your coach.

## **The Delusion of Control**

On a related note: it is easy to fall into the Industrial Control trap that you should be able to make a list of TASKS and complete them on time.

An ASK is not a TASK!

You can't control other people; this is an unfortunate delusion. Because we were SUPPOSED to be able to control everything, including people, in the Industrial Age a lot of clever manipulation techniques were devised to convince people to do what you want them to do. While you may be able to manipulate people sometimes, this is an extremely stressful way to go through life. I don't recommend it!

The growth opportunity of the Connected Age of Play is to see your life as social play and hire a coach to help you expand your playful influence! (Like you already did!)

## **10-05) Quick Prep for Transformational Play**

You have seen this Role Play Technique Model.

You know about *Defining the situation* and *The Role* for your coach so that they can provide you with a practice partner.

Now you can add the *Advanced Prep* by talking through your Approach and how you aim to use one of your Social Superpowers! AWESOME!

Then you jump in and *play together*. Get into it. Express yourself.

Then someone calls *time out*.

Now it is time to *Level Up*.

How was the energy flowing?

Remember, the energy is more important than the words!

Did your energy get stuck somewhere during the ASK?

Now you notice the Pivotal Moment circle in the lower right part of the Model!

AH HA! Now we can connect the dots.

Next you can use the Pivotal Moment Technique to explore the energy.

You can accelerate the preplay part because you were literally just playing the scene.

Then you can explore the moment where the energy of the ASK got stuck.

You will find some amazing insights here.

THEN you go back and Role Play the situation again, this time with new energy freedom!

WHOA!

THEN...

When you go out into the world to play for your dream you will have so much more confidence and clarity.

### **BIG PICTURE...**

Imagine what you can do if you practice and align the energy on every big conversation, every big creation, **BEFORE** you do it for real.

Imagine what you can do your energy aligned for your Dream and your Superpowers on full display.

I can see you doing that.

That is the purpose of Transformation Coaching with the Play Life Method.

## **Session #11: Pursuit of Mastery**

## 11-01) Prepare for Session #11 – Pursuit of Mastery

**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 Transformation 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 YOUUnique 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.

### 1. Warm Up

Yes. The usual.

### 2. Celebrations

You got this!

### 3. Grow from Play

Extended version

What did you experience out in the world?

### 4. Practice Plan

We will use the Embody Your Dream Technique that we used in Session #5. Notice how you are clearer and more capable with the social activities of your Dream.





Come prepared by filling in the Player Prep sheet for a 3 or 4 scene Dream!

### 5. Practice!

Now that you are far along the path of living your dream, it is a good time push your mastery to the next level. Notice how far you have come AND see your next round of growth opportunities.

### 6. Growth Zone!

You got this.

Play Life Coaching Session #11 Notes		Date:
1. WARM-UP & SPEAK YOUR BIG DREAM 		Session: Pursuit of Mastery
2. CELEBRATIONS 	3. GROW FROM PLAY A) Achieved Results 	
3. B) PIVOTAL MOMENTS		C) RESPOND TO CHALLENGES
4. PRACTICE PLAN: EMBODY YOUR DREAM >		
5. PRACTICE TOGETHER Relate - Create - Explore 		▲ Speak the vision ● Embody the vision for INFLUENCE - INSPIRATION - VISIBILITY 
Action 1 ▲ Do: _____ Feel: _____ ● Thoughts: _____ Body: _____		for RESULT 1 Feel: _____ Do: _____ Thoughts: _____ Body: _____
Action 2 ▲ Do: _____ Feel: _____ ● Thoughts: _____ Body: _____		for RESULT 2 Feel: _____ Do: _____ Thoughts: _____ Body: _____
Action 3 ▲ Do: _____ Feel: _____ ● Thoughts: _____ Body: _____		for RESULT 3 Feel: _____ Do: _____ Thoughts: _____ Body: _____
 THOUGHTS		 BODY SENSATIONS
		 DESIRES
6. Growth Zone 		
 What did you learn about playing for your dream?		 What did you learn about yourself and your superpowers?
7. PLAY PLAN: What is your transformation for this week? What social actions? FROM: _____ TO: _____		

## ***7. Play Plan!***

Have fun with Social Play and Transformation.

### ***11-02) 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 peak experiences that you envision; to impact world in a positive way.



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 Transformation 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.

### ***11-03) Remember the Growth Gap***

Remember when we started our adventure we spoke about the Growth 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 (Super 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 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.

## ***11-04) The CoachVille Coaching Framework ~ Observation – Co-Creation***

You have been playing with a Transformation 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 Culture of Control brought about pervasive 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 Play.

Many people who enjoy having a Transformation 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 or being the “fixer”. Yes, 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 Transformation Coaching to become a mainstream force for transformation in personal growth, business and leadership. Transformation 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 social activities by now! A BIG part of being a Transformation Coach is re-introducing people to their natural playfulness AND the truth that we are here to play for our dreams. We play for peak experiences and results in the world. We play for something that we cannot control but we can influence with our strategy, energy, creativity and skill; and we have the opportunity to practice and then play better each time we play.

Coaching is co-creating and observing play.

## **BIG Dream!**

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 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**

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 Transformation Coach provides a healthy blend of both JFA and expertise.

## **Become Super YOU!**

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 Coach and the Play Life Method.

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**

Energy alignment is the secret sauce of Transformation 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**

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 a little bit of structure to combine with limitless imagination that leads to the magic of playing better!

## Co-Create Player's Way

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.

## ***11-05) Playing for Mastery with your Coach***

Check this out! After you complete this 12 session series with your coach, you and your coach can continue coaching together by using all of the techniques that you have practiced together. Embrace and enjoy the power of this. Know that every time you connect in this way you are growing.

Coaching is a co-creation where together you can practice with whatever technique you choose!

You know all of the ways that your coach can practice with you.

What do you want to do in this session? What does your Dream need you to do next.

With Role Play, Pivotal Moment, Co-creating Awareness, Strategizing for your Superpowers, Upleveling your Environments there are so many powerful options.

As you become a more accomplished player you can ask your coach for what you want to practice and how you want to practice.

Your coach will probably be right there with you. And sometimes they may have a different idea that they feel will stretch or challenge you in a good way.

Coaching is a powerful co-creation.

### ***11-06) Quick Prep for the Embody Your Dream Technique***

There are two models for playing life that we have used throughout this program.

1) Life is a Human Journey – the idea that your Dream pulls you away from the status quo of control to an adventure in the Social World where you have new experiences and face challenges to discover lost powers within you. FUN!

2) Life is Performance Art – the idea that there are social actions that we can imagine and practice to develop new skills and express our unique value in the world.

It is this 2<sup>nd</sup> model that is behind the Embody Your Dream Technique.

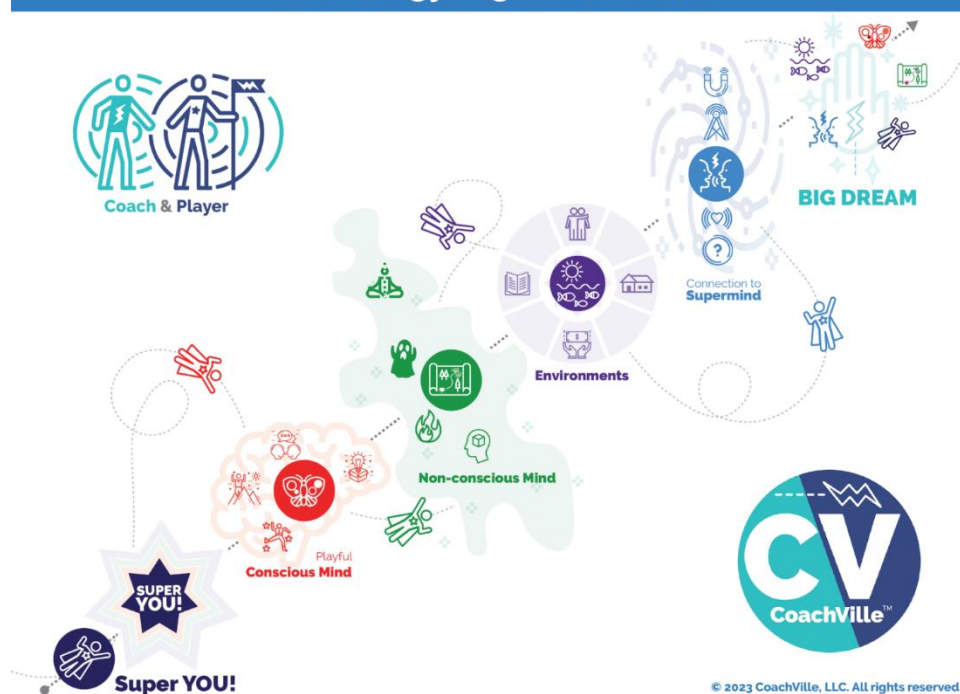
A good way to think of it is like a Dress Rehearsal for your Dream.

The first time we did this in Session #5, it was early days and we practiced a 3-scene dream.

Now you are ready to practice a 4-scene Dream that includes a Play for Transformation Ultimate Experience where it all comes together.

## **Celebrate Your Energy Alignment**

## The Energy Alignment Game



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

Before we get into the prep for Session #12 there is another powerful self-reflection exercise that I encourage you to invest a few minutes into.

**In the Playsheet Pack** are two pages to celebrate your Energy Alignment. 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 actions toward and learning about Energy Alignment will speed your path of transformation and fulfillment of your next BIG Dream.

Energy is similar to the Supermind in this regard: when you feel like you have access to energy you feel like you belong in Life; Life seems mysterious in a good way and also that you can understand what is happening at the same time. When you feel like you belong in Life you feel much more capable to choose where you best belong in the world of people, places, things and ideas (AKA Your Environments).

This might seem like a strange concept. But when you can appreciate the mysteries of Life and also feel confident and at ease with how to play for your Dreams, you really have something. You become more magnetic and your possibilities grow. It's awesome.

## Session #12: Celebration

## 12-01) Prepare for 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.

Get out your playsheets from the past 12 weeks and read them over!

This is the story of your BIG adventure.

### 1. Warm Up

Yes. The usual.

### 2. Celebrations

You got this!

### 3. Grow from Play

Extended version

What did you experience out in the world?

### 4. Practice Plan

Celebration!

### 5. Practice!

#### Evaluate and Celebrate

##### Outcomes














What happened in the world as a result of you playing for this dream?

You can look at your original sheet from week 2 and your Midseason Review for ideas.

It's possible some of those events happened.

It's probable some unexpected events happened.

##### *Mastery, Becomings, Upgrades*

Play Life Coaching Session #12 Notes		Date:	
1. WARM-UP & SPEAK YOUR BIG DREAM 		Session: Celebration	
2. CELEBRATIONS 	3. GROW FROM PLAY A) Achieved Results 		
3. B) PIVOTAL MOMENTS	C) RESPOND TO CHALLENGES		
4. PRACTICE PLAN: CELEBRATION			
5. PRACTICE A) Evaluate & Celebrate			
<b>Outcomes</b> 	<b>Mastery</b> 	<b>Becomings</b> 	<b>Upgrades</b> 
B) Reflections & Celebrations			
Memorable Experiences 	Disappointments 	Key Celebrations 	Dream for Next Season 
6. Growth Zone What did you learn about playing for your dream? 		What did you learn about yourself and your superpowers? 	

What did you get better at doing?

What aspects of Super YOU did you express?

What upgrades did you make in your environment of people, places, things and ideas?

### ***Memorable (Peak) Experiences***

In my opinion this is the real reason we play for our Dreams: These moments when we feel most alive; these moments when what we have been planning and practicing and imagining happen in our lived experience.

These are the moments to talk about and cherish.

These are the moments that propel us into our next adventure.

### ***Disappointments***

It's OK to be disappointed! There are some peak experiences that you were imagining and practicing that didn't quite happen.

There were Superpowers that you didn't fully express.

Disappointment – in the right measure – can be the fuel for your next adventure.

### ***Key Celebrations***

What are you MOST proud of?

## ***6. Growth Zone!***

You got this.

## ***7. Play Plan!***

### ***Dream for Next Season***

This is the BIG ONE!

What are you dreaming of now?

What is your next adventure?

After a little rest and rejuvenation... you will be ready to go.

## ***12-02) 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!

### ***12-03) Reflect on your BIG Dream***

Your BIG Dream was your call to adventure to express yourself in the social 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.

Along the way you played with and played for Peak Experiences; the rewards for playing well.

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 other ways. BOTH are important to notice, speak and learn from. Both achievements and disappointments can fuel your next adventure.



## **THANK YOU!**

Thank you for choosing to play life with a Transformation 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 the Play Life Method with a Transformation 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... maybe it's YOU!

#### **A simple formula!**

Here is a simple 2-step formula for an amazing life of adventure!

**Step #1: Have a coach – play for your dreams.**

**Step #2: Be a coach – champion the dreams of others.**

Fun.

We are the champions of dreams!!

Coach Dave

CoachVille