



CoachVille Center for Coaching Mastery



Play Life Playbook for Players

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Part Two: Sessions 7-12

Hello there! Coach Dave here with you.

Our adventure continues!!



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

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

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

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

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

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

Together we will:

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

The world is our playground!


Let's Play

Coach Dave Buck and the CoachVille Team!

1. Share the Dream

Player Name: _____

Date: / /



Name the Dream

Date: _____

Purpose & Values

Spirit of Play

Outcomes

Date: _____



Mastery



Becomings



Upgrades



2. Design the Way to Play

Results

Date: _____



Actions



Challenges

Date: _____



Evaluate

Date: _____



3. Play for Results **4. Embrace Challenges** **5. Evaluate Performance**

Superpowers

Date: _____



Role Play

Date: _____



Fears

Date: _____



Environments

Date: _____



7. Play Plan **6. Practice Skills** **8. Inner Freedom** **9. World Power**

Play Big

Date: _____



Play Big

Date: _____



Highlights

Date: _____



Next Dream



10. Transformation **11. Mastery** **12. Celebrate and Co-Create**

Session #07: Play Plan for Your Superpowers

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



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

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

Super YOU! (The Energy Alignment Game)

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

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

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

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

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

You will identify your Superpower potential by exploring actions in the world required to play for your dream and noticing the fears that you experience. Using the Pivotal Moment Technique your coach can help you find the unique energy hidden by the fear.

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

SOOOOO GOOOOOD!!!!

Your FEAR of playfulness and using your Superpowers

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



Become – Believe – Belong

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

- 1) **The Urge to Become.** All humans have an inner urge to become the next version of themselves; to grow and expand. We become by playing. If we stop playing we stop becoming and stay the way we are.
- 2) **The Need to Belong.** This is the strongest of all human needs. It operates mostly on a non-conscious level and drives almost everything in the human experience. We Humans always seek belonging and status within the environment we are in.
- 3) **The Ability to Believe.** Humans are believers. The ability to believe is the catalyst of all human civilization.

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

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

Coaching for Change

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

We need to PLAY to become the next version of ourselves.

We need to find or create a new environment where the power of profound belonging pulls us toward becoming who we must become to fulfill our dream.

We need to explore our beliefs – by bringing them up to the surface of awareness - and choose the ones that we need to uplevel in order to live our new dream.

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

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

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

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

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



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



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

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

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

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

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

First at home, then in Industrial school and then in Industrial jobs, your **Urge to Become** through play moves you into life. And as you do this the environment reacts to you. When the reactions are unfavorable – which happened a lot in Industrial Culture - your need for **belonging** and status are threatened. As this happens you develop **beliefs** about yourself and life. Over time we come to believe a whole lot of things about ourselves; many of which limit our possibilities in life.

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

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

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

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



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

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

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

I recommend you remove these phrases from your vocabulary

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

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

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

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

64 Superpowers for Change

In the first Chapter I shared a playsheet with 64 Superpowers for change listed on it. I encouraged you to read it over and pick out a few Superpowers that you wanted to explore as part of your new adventure. By now you are familiar with the “Pull” that you experience often when you aim to express your Superpowers.

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

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

Strategic Play Plan Play Sheet

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

What are your Superpowers?

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

Step 2: Contemplate the energies you selected.

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



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

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



Strategic Play Plan Play Sheet (page 1)

Date: _____

Your **BIG Dream**:

Key **Recurring Result(s)**:



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



.....

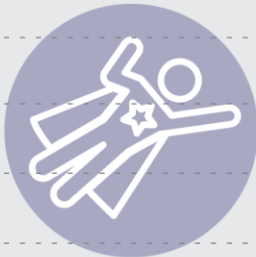
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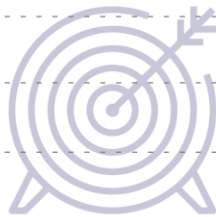


Super YOU

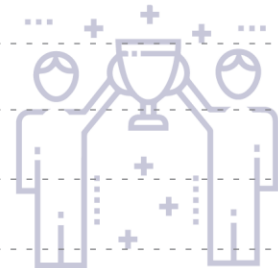
Superpowers



Skills



Experiences



Resources in Your Environments



People | Everyone You Know and Networks



Places | Physical and Virtual Spaces



Things | Tools, Technology and Finances



Ideas | Knowledge and Information



Strategic Play Plan Play Sheet (page 2)

Actions to Co-Create Results Utilizing Super YOU and Resources

Strategic Actions

Utilize Super YOU and Resources



RELATE for Influence



CREATE and Share



EXPLORE to See and Be Seen



Growth Zone

What did you learn...

About playing for your dream?

About your superpowers and environments?



Play Life Coaching Session #7 Notes

Date: _____

Celebrations: Results and Experiences



Pivotal Moments

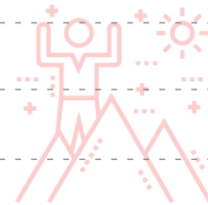


Focus: Superpower



Ah-ha Moments & Patterns

New Picture



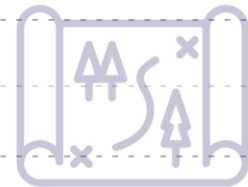
Respond to Challenges



Playful Use of Assets



Strategy for Results



Growth Zone

What did you learn...

About playing for your dream?

About yourself and your superpowers?



Play Life Play Plan #7

Date: _____

Your **BIG Dream**:



Your **Focus this week**:



Your **Superpowers**:

RELATE for Influence

Challenges / Results / Insights:



CREATE and Share



EXPLORE to See and Be Seen



EXPERIMENT to Try New Ways



Environment Upgrades:



Follow-up Actions:

