



# PLAY *Life!*

**CoachVille Center for Coaching Mastery**



*Great coaching will transform our world!*

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# Play Life Method™ Coaching Guides

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Welcome to the Play Life Method Coaching Program!

Play Life Bigger. Coach Life Better.

## **Our vision...**

Everyone, everywhere with the courage to play BIG in the world, has a GREAT Coach!

## **The Coaching Guides...**

### **Coaching is performance art!**

Your aim is to co-create a powerful and transformational experience WITH your player.

There is a time-tested way to learn and master any performance art...

To quote the great tenor sax player Charlie Parker...

**“First you learn the instrument...**

**Then... You forget all that shit (sic.) and wail.”**

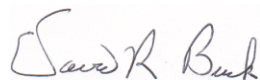
While you are in the Play Life 12-week program – and likely for the first 10-20 people you coach with it, you are in the “learn the instrument” phase. Each coaching guide is like a new piece of music that will take you deeper into the instrument. When you fully “own” every question and every language pattern you will start to craft your own method that is a blend of “Play Life” and Your Life. SWEET!

To learn the method, do this:

- 1) Read each coaching guide OUT LOUD at least 5 times. Get the feeling of each question and each language choice in your mouth and in your mind.
- 2) When you are first learning, follow the Guides closely; put your attention on observing your player as they respond to the questions.

Within each Guide there are places to follow your intuition and places to full on improvise by doing a Role Play with your player.

- 3) Practice time in class is short, so use that time to practice using the Guide with just a touch of intuition; practice using your intuition within the guide more with your players.



Coach Dave Buck and the CV Team!



## Coaching Guide for Exploratory Conversation

Notice this format:

1) INTRODUCTION << You don't say the headings to your player

**ASK:** Are you ready to go?

{Coach: wait for them to say: YES}

You say to the player the text after the **Ask:** While sounding conversational; as if that question just popped into your mind.

The **copy in Red** – {also in curly brackets if you don't see color} are notes with instructions for you that you don't say to the player.

\*\*\* Recruiting Conversation outline on the next page \*\*\*

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{You are the coach, so start the conversation by guiding it right away.}

## 1) INTRODUCTION

**SAY:** "I am really looking forward to this conversation. I can't wait to see what we discover together. It will take about 15 minutes."

**ASK:** Are you ready to go?

{Coach: wait for them to say: YES}

**SAY:** "OK. Let's go. So as I mentioned I am participating in a Life Coaching Training program and they are really big on looking at business, career and life as a playing for a dream; my role as the coach is to help you play better, unleash your superpowers and step into new possibilities as you pursue this dream."

## 2) DISCOVER THEIR DREAM

**ASK:** If you looked at your life / business / career as pursuing your dream...What would you say your big dream is right now?

{Coach: listen and ask any curious questions that pop up for you}

## 3) DISCOVER THEIR DEFINITION FOR SUCCESS

**ASK:** What does success look like for you over the next 3 months?

{Coach: listen and ask any curious questions that pop up for you}

**You may want to ask: "Anything else?" a few times to get to the deeper stuff.**

## 4) FIND THE GAP

**SAY:** In coaching first we clarify the dream, then we need to find the gap. The gap is your vision for how you want to play bigger or better. It can be stepping out of your comfort zone to do something new or doing something in a new way. There may be some new experiences or results that you want to create.

**ASK:** What are some ways you can imagine playing better?

{Coach: listen and **AVOID AVOID AVOID** offering solutions!!

**You may want to ask: "Anything else?" a few times to get their imagination flowing.**

Ask any curious or clarifying questions that pop up for you}

## 5) MOMENT OF CHOICE

{Coach: Here you have to choose! Do you have a good connection with them? Does something about them intrigue you as a learning opportunity for you?}

**If YOU are a "YES":**

**SAY:** I love your Dream and I think we could have great success together.

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**ASK:** Would you like to be one of my players?

If they say “yes”, move on to #6A. If not, skip to 6B.

If YOU are a “no”, skip to 6B.

### **6A) CONFIRM THE COMMITMENT**

**SAY:** Excellent. I just want to confirm that you are committing to meet with me for about 30 minutes each week. If we can't do a session one week for some reason, we will try to make it up the next week.

**ASK:** Are you good with that?

{Coach: wait for them to say: YES}

**SAY:** Let's get our first session on the calendar now.

AND... Session 2 may be closer to an hour because we are going to get into the details of how you are going to Play for your dream. So let's get that session on our calendars now as well.

{get your first 2 sessions set up in your calendar for as soon as possible after the start date for the program}

### **6B) If either of you say “no”: thank them for their time.**

**SAY:** I have learned a lot from this conversation. Thank you. But I don't think we are a good match for coaching together. Thanks so much for your time today!

## Coaching Outline for Step #01: Share the Dream

### 1) WELCOME

**SAY:** "I am really excited to start coaching with you and I can't wait to see what we create together."

{if you had the exploratory conversation say this line, if not skip to the next line}

**SAY:** We are going to go a little deeper into a few of the topics we discussed the other day.

**ASK:** Are you ready to get started?

{Wait for them to say: "Yes"}

"OK. Let's go.

### 2A) DEEPEN THE DREAM

**SAY:** Today we are going to go deep into your big DREAM and explore it like a Hero's Journey...

**ASK:** Share with me (again) your big DREAM is right now?

{Listen and clarify}

**ASK:** *How will pursuing this dream change lives for the better?*

{Listen and clarify; this question gets them out of isolation and into the world}

**ASK:** Every Hero's Journey story is a story of becoming a better version of yourself. Who do you imagine you will become by playing for this dream?

{Listen and clarify}

### 2B) SUPERPOWERS

**ASK:** What are your Superpowers that you want to express or develop as you pursue this dream?

{Listen and clarify; this is another question to spark imagination}

**ASK:** What are some activities of "your DREAM" that you would like to play better?

{Listen and clarify; this is a question to illuminate the GAP}

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**ASK:** What would playing at an elite level look like for you? What do you believe is possible?

{Listen and clarify; this is a question to spark imagination and illuminate the GAP}

## 3) CHALLENGES and FEARS

**SAY:** Every good hero's journey story has some worthy challenges to overcome and fears to explore.

**ASK:** What are some of the challenges you are facing or expect to face in your pursuit of this DREAM?

{Listen and clarify; AVOID offering solutions to the challenges. Stay in a calm, assured energy knowing that these challenges are going to be fun to explore}

**ASK:** Are there any personal fears that you are aware of that these challenges might bring up?

{Listen and clarify; Their FEARS are real. Avoid dismissing the fear or soothing the fear. Stay neutral knowing that these fears will provide a treasure map to their superpowers}

## 4) PURPOSE

**ASK:** What would it mean for your life if you fulfilled this dream?

(Coach: FIND the BIG WHY)

> *Examples: Financial Freedom; Self-Expression*

{If they seem to be sharing about the value for other people or "the world", use this question to bring it back to THEM}

**ASK:** So if you did fulfill this dream the way you have described, what would that mean to you personally?

## 5) SPIRIT OF PLAY

**SAY:** Our aim together is to make this adventure transformational AND fun!

**ASK:** How could you bring the spirit of play into pursuing your dream?

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{Get creative here / Use your intuition to choose from a few extra questions you can ASK...}

**ASK:** *Is there an experiment where you can try something new?*

**ASK:** *Is there a place you can allow yourself to be a beginner and NOT KNOW*

**ASK:** *Is there a part of the dream you can practice to pursue mastery*

**ASK:** *Is there a way to make it more fun*

**ASK:** *Can you find a way to create a reward for getting results*

### 6) WRAP UP

**SAY:** I think you have a beautiful dream that I can help you play for!

{It is a good idea to finish the session with a challenge.}

**SAY:** “OK, this is a good place for us to wrap up this session. Next time, we are going to start designing your ways to PLAY for the DREAM.”

**SAY:** “My challenge for you between now and then is to think about your specific objectives to play for in the next three months.

**SAY:** “Can you do that?”

{Wait for them to SAY: “YES!”}

**SAY:** “Excellent! Here is how to stay in touch with me this week:

{Share your contact information if you haven’t already}

{Coach, remember to make a few notes on the Play Life Playsheet for this player}

## Coaching Outline for Step #02: Design the Way to Play (for the Dream)

### 1) QUICK HELLO

**SAY:** Welcome back! It's great to be with you again.

**SAY:** Today we are going to design how you can pursue your dream in a playful way!

**ASK:** Does that sound good to you?

{Wait for the “yes”.}

### 2) DESIGN THE DREAM EXPERIENCES / OBJECTIVES

**SAY:** The BIG IDEA of playing for your dream is to create fulfilling experiences. We are going to clarify the “Ultimate Experiences” that you want to create and explore how we can reach them as you play over the next 3 months.

These may evolve as we play. So today we are going to focus on “Version 1”.

**ASK:** What are some of the tangible **OUTCOME Experiences** that you want to have before 3 months pass? An outcome is when something happens “in the world” as a result of your actions.

{Listen and clarify; you may need to help them with the idea that an outcome is an experience”}

**ASK:** What are some actions that you want to get really good at doing in pursuit of **MASTERY** over the next 3 months.

{Listen and clarify}

**ASK:** Who do you want to **BECOME** – what character traits do you want to develop – as you face the challenges of pursuing your dream?

{Listen and clarify}

**SAY:** We are going to explore a few **UPGRADES** to your environment that you want to make so that you can play at a high level? Things like resources, assets and connections that you will need.

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**ASK:** To use a metaphor... if you were going to play for this dream at an Olympic Level, what resources and support would be in your Olympic training center?

{Listen and help them imagine using the Olympic Training Center as a metaphor}

**ASK:** What **UPGRADES** to your environment do you want to enjoy as a reward for becoming a great player and making a difference in the world?

{Listen and help them imagine the “Things” they would love to have in their experience}

### 3) PLAY THE HUMAN RACE

**SAY:** Now that we have the big picture, we are going to get into the details of how you will play for your Dream every day. Remember, this is just version 1 we are creating today.

**ASK:** What are the recurring **RESULTS** that will grow into each tangible OUTCOME?

{Listen and clarify; You can remind them of the OUTCOMES they described}

**SAY:** Next we need to talk about actions. And we want to focus as much as possible on actions that involve other people such as conversations, creating and sharing. An example would be: talk with someone and ASK them to do something with you; or hire you to do something.

**ASK:** What are some of the recurring **ACTIONS** that will create the results you want?

{Listen and clarify; You can remind them of the MASTERY they described}

**ASK:** On a scale of 1-5 (5 being mastery) how would you rate your skill level for each action?

{Walk them through the list of actions}

**ASK:** Let's activate your imagination. How can you bring the spirit of play into a few of these actions?

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{You may need to jump in with ideas to spark their imagination}

**ASK:** What are some of the **CHALLENGES** you expect to face while playing for your desired results?

**SAY:** Challenges are what make playing for your dream fun!

{Jump in and share the challenges that you see; NOT the solutions}

**ASK:** What is most important for us to **EVALUATE** each week to explore how well you are playing?

{Listen and clarify}

## 4) THE CURRENT SITUATION AND DREAM VIABILITY

**ASK:** Tell me about any situations in your life – like commitments or life challenges – that could affect your ability to Play for your 3-month dream?

{Listen and clarify}

**SAY:** When I am coaching someone to play for a dream, it is important that the short term dream is attainable.

**ASK:** When you look at this 3-month dream, your current abilities and your current situation, do you believe that this 3 month dream is attainable?

{DIALOGUE TOGETHER: Talk about the viability of the dream as you see it as well. Offer your comments and perspective on the situation.}

**IF NOT... ASK:** How should we modify what you are playing for over the next 3 months to make it attainable

## 5) WRAP UP

**SAY:** “OK, this is a good place for us to wrap up this session. Next time, we are going to explore ways to play better. One thing we are going to do is start playing with conversations”

**SAY:** “I have 2 challenges for you this week.

1) Play with the actions we spoke about and notice what challenges you experience along the way.

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2) Notice the conversations you have that are important as you play for your dream. Choose one that we can play with together in our next session.

**ASK:** “Can you do that?”

{Wait for them to SAY: “YES!”}

**ASK:** ”This was a great session. Can you give me a 30 second wrap up of what you experienced today”?

{Coach, remember to make a few notes on the Play Life Playsheet for this player  
Just fill in the RED Row (step #2) with the Objectives key words}

## Coaching Outline for Step #03: PLAY for Results (and experiences)

### 1) EVALUATE

**SAY:** Welcome back! It's great to be with you again.

**SAY:** Today we are going to flesh out how we are going to PLAY for your DREAM. And start playing together with one of the essential conversations that are part of your DREAM.

**ASK:** Does that sound good to you?

{Wait for the "yes". (Agreement)}

**ASK: First,** let's talk about how you played last week. Tell me about some of your actions, results and experiences that you created?

{LISTEN! And don't SAY too much! Highlight anything that seems important; in the future you will learn more about how to offer observations and suggestions}

### 2) THE WAY TO PLAY

**SAY:** Today we are going to flesh out how you can Play Life for experiences **and RESULTS** while you pursue your dream. And we are going to do a short Role Play of one of your conversations for influence.

{Recap what you have on your Playsheet; or what you remember about their way of playing}

We are going to use a PLAY framework that includes 3 components: Relate, Create and Explore.

- 1) **Relate** – conversations where you can become more influential.
- 2) **Create and Share** - doing things and creating things with and for other people and also engaging with people who enjoy what you create.
- 3) **Explore** – new places or groups to see and be seen; places to BE and places to share what you create.

### 3) RELATE FOR INFLUENCE

**SAY:** Let's look at you can Relate with more influence for your Dream.

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**ASK:** Where do you want to play for another person to SAY: “YES”?

**SAY:** Another person saying “Yes” is a **RESULT**.

{Co-create with them to figure out the relate for influence aspect of how they will play}

{now look for the Spirit of Play}

**ASK:** When you look at these conversation **ACTIONS** what are you curious about?

**ASK:** How can you be more creative?

**ASK:** How can you make it fun?

## 4) QUICK ROLE PLAY

**SAY:** Let’s do a quick role play with one of these conversations so we can get into the mode of playing together to play better!

### 4.1) Choose a conversation

**ASK:** Which one should we play with?

{Let them choose. But if they don’t know which one, make a suggestion}

**SAY:** We are going to do a bunch of Role Plays together while we are coaching so this one will get us into the flow.

### 4.2) Know the intended influence / result

**ASK:** What is the influence / result that you want to create in this conversation?

### 4.3) Know your role

**ASK:** please give me a brief (30 second) character sketch of the role I will be playing.

**SAY:** This may be a specific person or a composite of the typical person

### 4.4) Get into the role

{Get into the conversation. Let yourself be the character. **Have fun with it.**}

### 4.5) Call time out

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{Let your player know if you are coming out of character to make a suggestion.}

## 4.6) Repeat

{just do one more run through; In future Role Plays be prepared to go through a specific part of the conversation several times.}

## 4.7) Debrief

**ASK:** What did you learn from doing this practice conversation?

{ SHARE what you observed; specifically, what you FELT on the receiving end of the influence }

!\*\* End the Role Play \*\*!

**ASK:** From these Influence ideas is there anything you want to play for this week?

## 5) CREATE AND SHARE

**SAY:** OK! Let's look at the other 2 ways to Play Life.

**SAY:** Let's look at your Dream and look for where you can create and share with others.

**ASK:** What are some things or some experiences that you aim to create and then share?

{Co-create with them to figure out the Create and Share aspect of how they will play}

**ASK:** what are the **ACTIONS** and what are the **RESULTS and experiences**?

{now look for the Spirit of Play}

**ASK:** When you look at these create and share **ACTIONS** what are you curious about?

**ASK:** How can you make it fun?

**ASK:** From these Create and Share ideas is there anything you want to play for this week?

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### 6) EXPLORE PLACES TO SEE AND BE SEEN

**SAY:** Let's look at your DREAM **RESULTS** and look for where you want to explore to see something new or become more visible.

**ASK:** When you look at that, what do you see?

{Co-create with them to figure out the explore for visibility aspect of how they will play}

{now look for the Spirit of Play}

**ASK:** When you think about exploring for visibility what are you curious about?

**ASK:** How can you be creative?

**ASK:** How can you make it fun?

**ASK:** From these explore for visibility ideas is there anything you want to play with this week?

### 7) WRAP UP

**SAY:** "OK, this is a good place for us to wrap up this session. Next time, we are going to dive into the challenges of the game.

**SAY:** "My challenge for you between now and then is to play with the actions, results and experiences that we talked about and make notes about the challenges that you face along the way.

**ASK:** "Can you do that?"

{Wait for them to SAY: "YES!"}

**ASK:** Can you give me a 1 minute wrap up of what you learned today.

(Optional) Document any play plans

**ASK:** can you send me an email later today sharing a few new actions you plan to do and what results you are playing for this week?

\*\* Follow up if you don't get the email!

{make a few notes on your Play Life Play sheet in box #3}

## Coaching Outline for Step #04: Embrace Challenges

### 1) EVALUATE THE EXPERIENCE OF PLAY

**SAY:** Welcome back! It's great to be with you again.

In our last session we really got into the actions and desired results you are playing for. In this session we want to explore the challenges you faced while in pursuit of your desired results.

**ASK:** Does that sound good to you?

{Wait for the "yes". (Agreement)}

**SAY:** Let's get into your experience of play from the past week.

We will talk about actions where you got results;  
actions where you didn't get the results you wanted  
and actions that you didn't take at all.

We will look at all of it with Judgment-Free Awareness which means we keep a curious, open mind.

**ASK:** OK?

{wait for the "Yes"}

### 2) EMBRACE CHALLENGES

#### 2A) Achieved Desired Results

**ASK:** Let's start with **ACTIONS** where you got your desired **RESULTS!** Did anything like that happen?

{skip this part if they didn't get any desired results}

**SAY:** WOW. That is great playing.

**ASK:** What can you learn from this experience of getting your desired **RESULTS?**

{skip to here if they didn't get any desired results}

#### 2B) Did NOT achieve the desired Results

**ASK:** Next let's explore the **ACTIONS** you took where you did NOT get your desired **RESULTS** because there was a **CHALLENGE**. How would you describe the **CHALLENGE?**

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{Listen! You may need to help them explore what the challenges are; BUT don't offer solutions to the challenges}

**ASK:** How can you grow from this **CHALLENGE**?

**ASK:** How will this embracing this challenge make you a better player?

**ASK:** What is the Superpower that this challenge is ASKing you to develop or expand?

**ASK:** How can we bring the Spirit of Play to this **CHALLENGE** the next time?

## 2C) Did NOT take the action

**ASK:** Next let's explore the **ACTIONS** that you were intending to do but you did not. What happened?

What got in your way?

{Listen! Stay in judgment free awareness. You may need to introduce JFA to your player if they start judging themselves or their situation.}

## 3.0) PLAY TOGETHER WITH A CHALLENGE

### 3.1) Identify the “pivotal” activity where the player desires different results.

**ASK:** Of all of the activities in your dream where you are a bit stuck - not taking the action - or not getting the results you want, which one do you think is most important for us to play with right now?

**SAY:** This is a great opportunity for us to use a powerful coaching visualization technique called “Pivotal Moment”. You know how in artists and athletes use visualization to improve performance? Well we can do the same thing to get insights about what is happening for you when you are playing life.

**ASK:** Let's use this technique to explore this situation. Is that ok with you?

### 3.2) Emphasize “judgment-free awareness”

**SAY:** It is important when we are using this method that we maintain judgment-free awareness. Any thought or feeling that you share is useful. OK?

### 3.3) Clarify the Action and Desired Result

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**SAY:** OK let's make sure we are clear on the intended action and the desired result. Can you recap it for me?

{Listen}

## 3.4) Clarify the moment to explore

**SAY:** Imagine a moment in the near future when you will take this action. If you want, you can use a moment from the recent past to give you a picture.

## 3.5) Create the scene

**SAY:** tell me a little bit about the scene. Where are you?

## 3.6) Ensure a Safe Space

**ASK:** Are you in a place where you can safely close your eyes?

{Wait until they SAY yes...}

## 3.7) Start the PReplay Technique

**SAY:** close your eyes, breath naturally, and take a few moments to create the scene in your mind using your imagination.

## 3.8) Scan for Thoughts and Inklings

**SAY:** Now we are going to look at the moment from several different perspectives. Just keep breathing naturally; keep your eyes closed and we'll talk together.

**ASK:** Using Judgment-Free Awareness what do you notice going through your mind?

{Listen}

## 3.9) Scan the body for physical sensations

**SAY:** Take a moment to scan your body for physical sensations from the top of your head to your waist.

**ASK:** Do you notice any physical sensations? Perhaps in your gut or in your chest?

{Listen}

{if they notice a physical sensation}

**SAY:** I acknowledge your courage for noticing and feeling these sensations!

{if they DON'T notice a physical sensation}

SAY: OK. As you play this week, when you experience feeling stuck or facing fear, pay attention to your physical body.

ASK: Can you do that?

{Skip to 3.12}

### 3.10) Feel the energy in the body

**IF they mention more than one body sensation...**

ASK: Which sensation is most intense?

{Let them answer}

SAY: OK, now all you need to do is just allow yourself to feel that energy for 30 seconds. Don't try to do anything with it. Just allow it to be there and feel it.

ASK: Do you think you can do that?

{Wait for the "yes"}

SAY: OK, I will time you. I will be here if you want to SAY anything.

For 30 seconds. Here we go.

at 15 seconds quietly SAY: keep going

at 30 seconds quietly SAY: excellent. You did it.

### 3.11) Debrief the Experience

Now together you and your player will explore what you saw together.

SAY: You can open your eyes now if you haven't already.

ASK: What was the experience like?

{Just listen}

SAY: (something encouraging & acknowledging) "That was amazing. You did well in that exercise!"

- {If your player has a "Memory Pop"}  
Often while noticing physical sensations your player will have a memory of an earlier moment in life that will pop up. This is because the physical sensations ARE memories! Here is what you do...
  - a) Just listen! Don't judge the memory or try to make it mean anything.

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b) **SAY:** this memory can give us some clues about where the fear is coming from. Thanks for sharing it with me now.

**SAY:** So you can see that you have some buzzing energy with this activity. That just means there is a little bit of non-conscious fear coming up from something that happened in your past that is related in some way to this activity. The most important thing is to be aware of it. Often the awareness itself will give you some freedom.

### 3.12) PREplay the moment with a NEW Picture

**SAY:** OK. Now we are going to create a new picture for you to live into.

**SAY:** Close your eyes again for a few moments.

**SAY:** Now PREplay the scene the way you want it to be; imagine you have power, freedom and the capability to make the right moves.

{wait a few moments}

**SAY:** Now, see yourself getting the results you desire. See it turning out just right.

{wait a few moments}

**SAY:** Open your eyes again and share with me a little bit of what you saw

**ASK:** What are your insights from this exploration?

{Listen. You will learn a lot about your players growth opportunities}

## 4) UPDATE HOW YOUR PLAYER WILL PLAY THIS WEEK

**ASK:** Based on what you just experienced, what **RESULTS** do you want to play for this week?

**ASK:** What are the **ACTIONS** that you will play with this week?

{Listen and take notes. You will want to follow up on these in the next session}

**ASK:** What structure can we set up so that you get into this action this week?

**ASK:** Let's take a step back for a moment. Looking at your experience of playing for **RESULTS** and embracing **CHALLENGES** what is your takeaway?

## 5) WRAP UP

{Complete the session}

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**SAY:** OK. We have a play plan for the week.

**ASK:** Are you ready to play?

{Wait for them to SAY: “YES!”}

**ASK:** This was a great session. Can you give me a 30 second wrap up of what you learned today?

**(Optional) ASK:** can you send me an email later today stating exactly what you are going to do and what results you are playing for?

{If you have time...}

### 6) QUICK LIFE CHECK IN

**ASK:** Before we wrap up, can you give me a 1-minute update on what is happening in your life?

{If there is something BIG going on...}

**ASK:** is this something we need to think about adding to how you play for your dream?

{If yes, make a note of it for the future}

{add a few notes to your Play sheet in box #4}

## Coaching Outline for Step #05: Evaluate What Matters

### 1) EVALUATE THE EXPERIENCES OF PLAY (i.e. what matters about the dream)

**SAY:** Welcome back! It's great to be with you again.

**SAY:** Today we are going to evaluate how well you are playing for your DREAM and look for growth opportunities.

**SAY:** So, let's evaluate how you played and talk about what happened and what didn't happen?

**ASK:** Overall, in just a few "bullet points" using judgment-free awareness how would you evaluate your play this past week?

{Listen and get a good feel for how they see the situation}

**ASK:** Let's start with **ACTIONS** where you got your desired **RESULTS!**  
Did anything like that happen?

{If they got some positive results do this part. If not skip to 1.2}

#### 1.1) How to talk about success

**SAY:** Wow! Congratulations. That is a great accomplishment. How did it feel?

**ASK:** How did you celebrate?

{Create an energy of celebration! Remember, In the Industrial Age we didn't play so we didn't celebrate. Most people need to re-learn how celebrate themselves when something good is created}

**ASK:** What can you learn from this experience of getting your desired **RESULTS?**

{champion who they are becoming}

#### 1.2) How to talk about failure – or absence of positive results

**SAY:** OK, the most important thing we can do is maintain judgment-free awareness and learn as much as possible from the experience.

**ASK:** Let's explore the **ACTIONS** you took where you did NOT get your desired **RESULTS.**

How would you describe the **CHALLENGE?**

**SAY:** We will explore how to face these challenges in a moment...

**SAY:** Anything that happens while you play for your dream can be explored as feedback.

**ASK:** What other feedback did you receive while playing? Is there anything else we should evaluate together?

**ASK:** Next let's explore the **ACTIONS** that you were intending to do but you did not. Using judgment-free awareness, what happened? What got in your way?

### 2) RESPOND TO CHALLENGES TOGETHER.

**SAY:** Let's take a step back for a moment. Looking at your experience of playing for **RESULTS** and embracing **CHALLENGES**.

**ASK:** Share with me some of the **CHALLENGES** you faced?

{Listen and make a list.}

**ASK:** What can you learn from each **CHALLENGE**?  
How will this challenge make you grow as a player?

{Walk through the list with them}

**ASK:** How can you respond to this challenge with the Spirit of Play?

{Walk through a few of the challenges on the list with them + share your thoughts}

### 3) Figure out what to do next to play better

**SAY:** OK, let's co-create some ways to play better this week!

**ASK:** Based on what we have discussed to far, what can we do to get better results?

{Listen... REALLY dig into your players awareness BEFORE making any suggestions}

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## NEXT

{If you have useful knowledge for your player, this is what you do}

**ASK** I have an idea for how you can do this better. May I share it with you?

{Share what you know in the most concise way possible}

**ASK:** What do you think about this idea? Do you want to try it? Or do you have a way to use it as a springboard for something different? You tell me.

**ASK:** Is there an experiment you can try this week to get better results?

## NEXT

{If you don't have useful knowledge for your player, this is what you do}

**SAY:** Let's tap into some outside resources to find a better way.

**ASK:** Do you have any ideas about who or where you could find some ideas?

{Brainstorm with your player!

Offer any resource ideas you have available without attachment to them wanting to try them.

ALSO – be open to share inklings that “pop” into your mind during the conversation  
Be persistent in the conversation to find something different to do next.}

## 4) EXPLORE FOR NEEDED UPGRADES

**ASK:** Can you think of any upgrades to your environment that would make it easier to create your results? These are things we can build toward in the future.

{This is a question to open up new possibilities for the future. They may not be able to upgrade their environment right now. But by opening the conversation, new support can appear}

## 5) Co-CREATE THE NEW WAY TO PLAY FOR THE WEEK AHEAD

**ASK:** Based on everything we have discussed, what **RESULTS** do you want to play for this week?

{Listen AND if you have an idea about the best way for them to focus their energy, make the suggestion without attachment}

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**ASK:** How would you summarize your play plan for this week?

## 6) WRAP UP THE SESSION

**SAY:** OK. We have a play plan for the week.

**ASK:** Please give me your 1-minute recap on our session today...

{Listen – make sure they have a clear idea of what to do}

{{Optional} Document the play plan}

**ASK:** can you send me an email later today stating exactly what you are going to do and what results you are playing for?

\*\* Follow up if you don't get the email!

{If you have time?}

## 7) QUICK LIFE CHECK IN

**ASK:** Before we wrap up can you give me a 1-minute update on what is happening in your life?

**If there is something BIG going on...**

**ASK:** is this something we need to think about adding to how you play or what you are playing for?

{If yes, make a note of it for the future}

{add a few notes to your Play sheet in box #5}

## Coaching Outline for Step #06: Practice Skills

### 1) EVALUATE THE EXPERIENCE OF PLAY

**SAY:** Welcome back! It's great to be with you again.

**SAY:** Today we are going to **explore how to build your skills and do another Role Play.**

**SAY:** So, let's evaluate how you played and talk about what happened and what didn't happen?

**ASK:** Tell me about the **RESULTS** you got and the **RESULTS** you didn't get.

{Listen. This will help you help them choose a conversation to Role Play}

{Also ask about the items you wrote down last week}

### 2) RESPOND TO CHALLENGES TOGETHER. (QUICK VERSION)

**ASK:** What was the biggest **CHALLENGE** you faced and what growth is it asking of you?

{listen. Avoid offering solutions at this time}

### 3) PLAY TOGETHER TO PLAY BETTER

**In this session you will co-create a Role Play**

#### 3.1) Identify the specific conversation to practice

**ASK:** Of all of the conversations that are part of your dream, which would be the best for us to practice today? It can be a recurring conversation or a specific conversation that would move your dream forward.

#### 3.2) Know the intended result

**ASK:** What is the result or influence that you want to create in this conversation?

#### 3.3) Know your role

**ASK:** please give me a brief (30 second) character sketch of the role I will be playing.

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**SAY:** This may be a specific person or a composite of the typical person

## 3.4) Get into the role

{Get into the conversation. Let yourself be the character. Have fun with it.}

## 3.5) Call time out

{Let your player know if you are coming out of character to make a suggestion.}

{discuss what is happening and if you have a suggestion, share it}

## 3.6) Repeat

{Be prepared to go through a specific part of the conversation several times.}

## 3.7) Add a twist

{Based on how well you think the player is doing, you can vary how you play the role to create easier or more challenging situations.}

## 3.8) Debrief

**ASK:** What did you learn from doing this practice conversation?

**ASK:** Are there any other conversations we should plan to practice another time?

**!\*\* End the Role Play \*\*!**

## 4) PRACTICE FOR NON-CONVERSATIONAL SKILLS

**ASK:** Let's look at a key action of your dream that is not a conversation. What is a way you could get some "practice" to improve your skill?

{listen and offer any creative ideas that are coming to you}

## 5) CREATE A PLAY PLAN FOR THE WEEK AHEAD

**Complete the session**

**ASK:** OK. Are there any changes you want to make to your play plan for the week?

{make a list of specifics to follow up on next session}

**ASK:** Share with me a 1 minute recap of your insights from this session...

{If you have time?}

### 6) QUICK LIFE CHECK IN

**ASK:** Before we wrap up can you give me a quick update on what is happening in your life?

**If there is something BIG going on...**

**ASK:** is this something we need to think about adding to how you play for your dream?

{If yes, make a note of it for the future}

{add a few notes to your Play sheet in box #6}

## Coaching Outline for Step #07: Play Plan for your Superpowers

### 1) EVALUATE THE EXPERIENCE OF PLAY

**SAY:** Welcome back! It's great to be with you again.

**SAY:** Today we are going to **explore your Superpowers and uplevel your play plans.**

**SAY:** So, let's evaluate how you played and talk about what happened and what didn't happen?

**ASK:** Tell me about the **RESULTS** you got and the **RESULTS** you didn't get.

{Also ask about the items you wrote down last week}

### 2) RESPOND TO CHALLENGES TOGETHER. (QUICK VERSION)

**ASK:** What was the biggest **CHALLENGE** you faced and what growth is it asking of you?

{listen. Avoid offering solutions at this time}

### 3) PLAY TOGETHER TO PLAY BETTER

#### **In this session you will co-create a Superpower Play Plan**

**SAY:** "OK, today we are going to uplevel your play plan by exploring your superpowers. Looking at your desired **OUTCOMES** what have you learned about the daily **RESULTS** we have been playing for? Are they the most crucial to your success?"

**SAY:** "In our previous conversations we started playing with some actions to create your results. Now we are going to look at this more deeply to create a Superpower **Play Plan.**

**ASK:** "What superpowers, skills or hidden talents do you have right now that we can use to create your results?"

**ASK:** "What is a creative way we could make better use of these?"

**ASK:** "What assets, in the form of relationships do you have that we can leverage to create these results? In other words who do you know who could support you or advocate for you in some way?"

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**ASK:** “What other assets in the form of places, things or ideas, do you have that we can leverage to create your results?”

**ASK:** “What creative ideas can you think of to make better use of any of these assets?”

**SAY:** “Now we need to create your approach or strategy...”

**ASK:** “What ideas do you have about the best way to get your results? What is the best way for YOU to approach it?”

### 4) CREATE A PLAY PLAN FOR THE WEEK AHEAD

**ASK:** “OK, now pulling together your superpowers, assets and strategy ideas what is your **Play Plan** to get results this week?”

**SAY:** “Great. I would like you to write up a one-page **Play Plan** that explains how you will pull everything together to get the results needed to reach your outcomes and live your DREAM.

Can you do that??

#### Complete the session

**SAY:** OK. We have a play plan for the week.

**ASK:** Please give me your 1 minute recap on what you learned about yourself today...

{if you have time}

### 5) QUICK LIFE CHECK IN

**ASK:** Before we wrap up, can you give me a 1-minute update on what is happening in your life?

{If there is something BIG going on...}

**ASK:** is this something we need to think about adding to how you play for your dream?

{If yes, make a note of it for the future}

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If there is something BIG going on...

**ASK:** is this something we need to think about adding to how you play or what you are playing for?

{If yes, make a note of it}

## Coaching Outline for Step #08: Expand Inner Freedom

In this session we want you to stream line the typical coaching flow so that you can dedicate time to using the Inner Freedom Method.

### 1) EVALUATE THE EXPERIENCE OF PLAY

**SAY:** Welcome back! It's great to be with you again.

**SAY:** Today we are going to use the Pivotal Moment exercise again and go a little deeper this time.

**SAY:** So, let's evaluate how you played and talk about what happened and what didn't happen?

**ASK:** Tell me about the **RESULTS** you got and the **RESULTS** you didn't get.

{Also ask about the items you wrote down last week}

### 2) RESPOND TO CHALLENGES TOGETHER. (QUICK VERSION)

**ASK:** What was the biggest **CHALLENGE** you faced and what growth is it asking of you?

{listen. Avoid offering solutions at this time}

### 3) PLAY TOGETHER TO PLAY BETTER

**In this session you will play again with a pivotal moment together  
Part of the Inner Freedom Method**

3.1) Identify the "pivotal" activity where the player desires different results.

**ASK:** Of all of the activities in your dream which one do you think is most important for us to play with now?

3.2) Emphasize "judgment-free awareness"

**SAY:** It is important when we are using this method that we maintain judgment-free awareness. Any thought or feeling that you share is useful. OK?

3.3) Clarify the Action and Desired Result

**SAY:** OK let's make sure we are clear on the intended action and the desired result. Can you recap it for me?

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{Listen}

## 3.4) Select a moment to explore

**SAY:** Imagine a moment in the near future when you will take this action. If you want, you can use a moment from the recent past to give you a picture.

## 3.5) Create the scene

**SAY:** tell me a little bit about the scene. Where are you?

## 3.6) Ensure a Safe Space

**ASK:** Are you in a place where you can safely close your eyes?

{Wait until they SAY yes...}

## 3.7) Start the PReplay Technique

**SAY:** close your eyes, breath naturally, and take a few moments to create the scene in your mind using your imagination.

## 3.8) Scan for Thoughts and Inklings

**SAY:** Now we are going to look at the moment from several different perspectives. Just keep breathing naturally; keep your eyes closed and we'll talk together.

**ASK:** Using Judgment-Free Awareness what do you notice going through your mind?

{Listen}

## 3.9) Scan the body for physical sensations

**SAY:** Take a moment to scan your body for physical sensations from the top of your head to your waist.

**ASK:** Do you notice any physical sensations? Perhaps in your gut or in your chest?

{Listen}

**SAY:** I acknowledge your courage for noticing and feeling these sensations!

{if they notice a physical sensation}

**SAY:** I acknowledge your courage for noticing and feeling these sensations!

{if they DON'T notice a physical sensation; be patient and go deeper}

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SAY: When you are experiencing fear or feeling stuck, there is always a physical sensation in your body somewhere. Let's just slow down and breath for a moment and see if any sensations come into your awareness.

{If they feel something, go to 3.10}

{If they still don't notice anything}

SAY: OK. No worries, we can skip this part.

{Skip to 3.12}

### 3.10) Feel the energy in the body

IF they mention more than one body sensation...

ASK: Which sensation is most intense?

{Let them answer}

SAY: OK, now all you need to do is just allow yourself to feel that energy for 30 seconds. Don't try to do anything with it. Just allow it to be there and feel it.

ASK: Do you think you can do that?

{Wait for the "yes"}

SAY: OK, I will time you. I will be here if you want to SAY anything.

For 30 seconds. Here we go.

at 15 seconds quietly SAY: keep going

at 30 seconds quietly SAY: excellent. You did it.

### 3.11) Debrief the Experience

Now together you and your player will explore what you saw together.

SAY: You can open your eyes now if you haven't already.

ASK: What was the experience like?

{Just listen}

SAY: (something encouraging & acknowledging) "That was amazing. You did well in that exercise!"

- {If your player has a "Memory Pop"}  
Often while noticing physical sensations your player will have a memory of an earlier moment in life that will pop up. This is because the physical

sensations ARE memories! Here is what you do...

a) Just listen! Don't judge the memory or try to make it mean anything.

b) **SAY:** this memory can give us some clues about where the fear is coming from. Thanks for sharing it with me now.

**SAY:** So you can see that you have some buzzing energy with this activity. That just means there is a little bit of non-conscious fear coming up from something that happened in your past that is related in some way to this activity. The most important thing is to be aware of it. Often the awareness itself will give you some freedom.

### 3.12) PREplay the moment with a NEW Picture

**SAY:** OK. Now we are going to create a new picture for you to live into.

**SAY:** Close your eyes again for a few moments.

**SAY:** Now PREplay the scene the way you want it to be; imagine you have power, freedom and the capability to make the right moves.

{wait a few moments}

**SAY:** Now, see yourself getting the results you desire. See it turning out just right.

{wait a few moments}

**SAY:** Open your eyes again and share with me a little bit of what you saw

**SAY:** Our purpose was to create deeper awareness about your situation and I think we accomplished that! Way to go!

**ASK:** What are your insights from this exploration?

## 4) CREATE A PLAY PLAN FOR THE WEEK AHEAD

**ASK:** "OK, now pulling together your superpowers and your expanded freedom what is your **Play Plan** to get results this week?"

{listen and take notes}

**SAY:** OK. We have a play plan for the week.

**ASK:** Please give me your 1 minute recap on what you learned about yourself today...

{if you have time}

### 5) QUICK LIFE CHECK IN

**ASK:** Before we wrap up, can you give me a 1-minute update on what is happening in your life?

{If there is something BIG going on...}

**ASK:** is this something we need to think about adding to how you play for your dream?

{If yes, make a note of it for the future}

**If there is something BIG going on...**

**ASK:** is this something you would like to talk about before our next session?

{If yes, make a note of it}

{Make a few notes on the play sheet for Step #08}

## Coaching Outline for Step #09: Expand World Power

In this session we want you to stream line the typical coaching flow so that you can dedicate time to using the Inner Freedom Method.

### 1) EVALUATE THE EXPERIENCE OF PLAY

**SAY:** Welcome back! It's great to be with you again.

**SAY:** Today we are going to explore your environment and look for upgrades that can help you play for your dream with greater ease.

**SAY:** So, let's evaluate how you played and talk about what happened and what didn't happen?

{Also ask about the items you wrote down last week}

### 2) RESPOND TO CHALLENGES TOGETHER. (QUICK VERSION)

**ASK:** What was the biggest **CHALLENGE** you faced and what growth is it asking of you?

{listen. Avoid offering solutions at this time}

### 3) PLAY TOGETHER TO PLAY BETTER

**In this session you will practice a few techniques of the World Power Method.**

**Note to coach:** Use the World Power Method Techniques – Zap Tolerations and 7 Most Influential People - to upgrade their Winning Environment.

**SAY:** One of the most important factors of sustainable success is a winning environment! We call this World Power because it's about seeing your world as a personal success academy that is helping you grow rather than an obstacle to overcome. So today we are going start designing a winning environment for you.

**SAY:** There are 2 high-impact exercises that we will do this week:

- 1) Zapping Tolerations
- 2) Your 7 MOST Influential people

#### 3.1) ZAPPING Tolerations

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**SAY:** Toleration Zapping is one of the most energizing things you can do. The concept is that EVERYTHING has an energetic impact on you. It is either adding energy to you OR depleting or draining your energy. EVERYTHING.

**SAY:** When an environment is too full of tolerations you start to go numb, which then limits your ability to be powerful and alive. For example: Incompletions like broken promises and broken things are pretty much universally draining.

**To zap a toleration.**

## 3.2) Choose a toleration to zap

**ASK:** What are a few things that are obviously draining your energy. Every time you see it or think of it you think: oh, I have to take care of that?

*{Listen and make a short list}*

**ASK:** Which one do you think would be most energizing to zap this week?

## 3.3) Make a mental picture of it cleared

**SAY:** Make a mental picture of how you want it to be.

## 3.4) Understand how it got that way?

**SAY:** Give a little thought to how it got that way.

**ASK:** Is there a reason? Is there a missing habit or system?

*{Listen. You will learn something about your player here.}*

## 3.5) Make a plan

**ASK:** When can you set aside the time to DO IT? –

**SAY:** Knowing that the energy you put into it will be immediately returned to you by eliminating the drain. Let NOTHING stop you. Make it a quest!

## 3.6) Celebrate

**ASK:** What is a small thing you can do to celebrate when it is done?

## 3.7) Your 7 MOST Influential People

**SAY:** Next we will do a scan of the most influential people in your environment. We will start this process now to get you started and we will continue as we keep playing together.

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**SAY:** think of 3-4 people that you spend the most time with as in family and colleagues; and think 2-3 people that you know who are strategically connected in some way that could help you with your dream.

**ASK:** Do you have them?

**SAY:** Make a chart naming the 5-7 people in down the left side of a page.

Make 5 columns to jot down notes for each question.

Talk – Energy – Assets – Request - Support

Think of one person now for us to talk about together.

Just tell me their initials.

I am going to ASK you 5 questions...

- 1) **Talk** - What do you talk about most of the time?
- 2) **Energy** - What is the overall energy / mood of this person and relationship?
- 3) **Assets** - What assets do they have that you could leverage better for your success?
- 4) **Request** - What could you ASK them for that you have not ASKed?
- 5) **Support** - Rate the level of support for your game on a 1-10 scale (1 distraction / detractor -> 10 maximum supporter)

*{Coach: Repeat the questions for as many of the people as you have time for.}*

Then...

**ASK:** Is there anything you can see to do to get more support from your people environment from doing this exercise?

**SAY:** Let's design an experiment - try something new - to expand your connection with someone, positively increase the influence they have on your ability to pursue your BIG dream.

*{Dialogue together and make a plan}*

\*\*\*

### 4) CREATE A PLAY PLAN FOR THE WEEK AHEAD

**ASK:** "OK, in addition to your environmental upgrades what is your **Play Plan** to get results this week?

*{listen and take notes}*

**SAY:** OK. We have a play plan for the week.

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**ASK:** Please give me your 1 minute recap on what you learned about yourself today...

{if you have time}

## 5) QUICK LIFE CHECK IN

**ASK:** Before we wrap up, can you give me a 1-minute update on what is happening in your life?

{If there is something BIG going on...}

**ASK:** is this something we need to think about adding to how you play for your dream?

{If yes, make a note of it for the future}

**If there is something BIG going on...**

**ASK:** is this something you would like to talk about before our next session?

{If yes, make a note of it}

{Make a few notes on the play sheet for Step #09}

### **\*\* Additional comments and questions to expand World Power\*\***

There are many additional questions and explorations you can have with your players about their environments. Many of these will be explored in great detail when you take the World Power Method class.

Here are a few that you can use with great effect as you go forward with your players after your initial 12-week agreement.

**When talking about the people environments you can also ASK:**

- Do the people in your world know about your BIG dream?
- Are they happy about you playing for this dream?
- Are they a part of the dream in some way?
- Are there any key roles missing in your life now?
  
- Who are the most influential people in your community that you know on a first name basis?
- How do you know them?
- Do they know about what you are doing?

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- What resources do they have?
- Have you ASKed them for support?
- Who are the influential people you know of that you would like to create a relationship with?

## **You can also explore the most valuable groups and social networks**

Note: we don't get into this in the practice dialogue, but it is a very good thing to explore with your players.

Here you want to find out what social networks your player is actively involved in. Social networks have a huge influence on the success of any endeavor.

Mostly we are looking for geographical- based networks like church, social clubs, school, university and business groups.

However now this can also include virtual networks like Facebook, LinkedIn, Twitter or Instagram (or the new social network of the day ;-)

### **ASK:**

- What social groups are you a part of?
- Are you actively engaged?
- Have you ever played a leadership role in the group?
- How can your participation in this group play a role in your success?
- Do your closest associations in the group know about what you are doing? Are they supportive?
- Are there any groups that you would like to find and / or join and participate with?

## **What the Coach Needs to Know**

World Power and Personal Environments are a BIG part of coaching. This is not taught in most other Coach Training program. It is something that you can explore with your players gradually over time. It will pay HUGE dividends if you do.

## Coaching Outline for Session #10: Transformational Play

### Combine Role Play with Inner Freedom to create transformational PLAY experiences.

When you Role Play a pivotal conversation with a player you have an opportunity to observe them on many levels: what they are SAYing and the energy that they are experiencing.

You will be able to sense when you player is experiencing doubt or fear during the conversation.

This is your opportunity to go straight into the Pivotal Moment exercise (Inner Freedom Method) to enable your player to FEEL what is going on in their body during the conversation.

After doing this, you can do the Role Play again and experience the difference.

### 1) EVALUATE THE EXPERIENCE OF PLAY

**SAY:** Welcome back! It's great to be with you again.

**SAY:** Today we are going to play together by combining role play AND the pivotal moment exercise we have done a few times.

**SAY:** So, let's evaluate how you played and talk about what happened and what didn't happen?

{Also ask about the items you wrote down last week}

### 2) RESPOND TO CHALLENGES TOGETHER. (QUICK VERSION)

**ASK:** What was the biggest **CHALLENGE** you faced and what growth is it asking of you?

{listen. Avoid offering solutions at this time}

### 3) PLAY TOGETHER TO PLAY BETTER

Role Play then Pivotal Moment (Inner Freedom)

#### 3.1) Identify the specific conversation to practice

**ASK:** Which conversation are we going to explore today?

#### 3.2) Know the intended result

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**ASK:** What is the result that you want to create in this conversation?

## 3.3) Know your role

**ASK:** please give me a brief (30 second) character sketch of the role I will be playing.

**SAY:** This may be a specific person or a composite of the typical person

## 3.4) Get into the role

{Get into the conversation. Let yourself be the character. Have fun with it.}

## 3.5) Call time out

{Let your player know if you are coming out of character.}

## 4) PIVOTAL MOMENT (INNER FREEDOM)

**SAY:** This is a great opportunity for us to use the Pivotal Moment exercise to get insights about what is happening for you when you are in this conversation.

**ASK:** Let's use this technique to explore this situation. Is that ok with you?

## 4.2) Emphasize "judgment-free awareness"

**SAY:** It is important when we are using this method that we maintain judgment-free awareness. Any thought or feeling that you share is useful. OK?

## 4.3) Ensure a Safe Space

**ASK:** Are you in a place where you can safely close your eyes?

{Wait until they SAY yes...}

## 4.4) Start the Replay Technique

**SAY:** close your eyes, breath naturally, and take a few moments to recreate the scene we were just playing in your mind using your imagination.

## 4.5) Scan for Thoughts and Inklings

**SAY:** Now we are going to look at the moment from several different perspectives. Just keep breathing naturally; keep your eyes closed and we'll talk together.

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**ASK:** Using Judgment-Free Awareness what do you notice going through your mind?

{Listen}

### 4.6) Scan the body for physical sensations

**SAY:** Take a moment to scan your body for physical sensations from the top of your head to your waist.

**ASK:** Do you notice any physical sensations? Perhaps in your gut or in your chest?

{Listen}

**SAY:** I acknowledge your courage for noticing and feeling these sensations!

### 4.7) Feel the energy in the body

**IF they mention more than one body sensation...**

**ASK:** Which sensation is most intense?

{Let them answer}

**SAY:** OK, now all you need to do is just allow yourself to feel that energy for 30 seconds. Don't try to do anything with it. Just allow it to be there and feel it.

**ASK:** Do you think you can do that?

{Wait for the "yes"}

**SAY:** OK, I will time you. I will be here if you want to SAY anything.

For 30 seconds. Here we go.

at 15 seconds quietly SAY: keep going

at 30 seconds quietly SAY: excellent. You did it.

- {If your player has a "Memory Pop"}  
Often while noticing physical sensations your player will have a memory of an earlier moment in life that will pop up. This is because the physical sensations ARE memories! Here is what you do...
  - a) Just listen! Don't judge the memory or try to make it mean anything.
  - b) **SAY:** this memory will give us some clues about why this particular activity is presenting a challenge for you. We can explore it in more detail in a future conversation. Thanks for sharing it with me now.

### 4.8) Debrief the Experience

Now together you and your player will explore what you saw together.

**SAY:** You can open your eyes now if you haven't already.

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**ASK:** What was the experience like?

{Just listen}

**SAY:** (something encouraging & acknowledging) “That was amazing. You did well in that exercise!”

**SAY:** So you can see that you have some buzzing energy with this activity. That just means there is a little bit of non-conscious fear coming up from something that happened in your past that is related in some way to this activity. The most important thing is to be aware of it. Often it will take care of itself.

## 4.9) PREplay the moment with a NEW Picture

**SAY:** OK. Now we are going to create a new picture for you to live into.

**SAY:** Close your eyes again for a few moments.

**SAY:** Now PREplay the scene the way you want it to be; imagine you have power, freedom and the capability to make the right moves.

{wait a few moments}

**SAY:** Now, see yourself getting the results you desire. See it turning out just right.

{wait a few moments}

**SAY:** Open your eyes again and share with me a little bit of what you saw

## 5) BACK TO THE ROLE PLAY

{Go through the specific part of the conversation one or more times.}

### 5.1) Debrief

**ASK:** What did you learn from doing this practice conversation with Inner Freedom?

## 6) CREATE A PLAY PLAN FOR THE WEEK AHEAD

**ASK:** “OK, what is your **Play Plan** to get results this week?”

{listen and take notes}

**SAY:** OK. We have a play plan for the week.

**ASK:** Please give me your 1 minute recap on what you learned about yourself today...

{if you have time}

## 7) QUICK LIFE CHECK IN

**ASK:** Before we wrap up, can you give me a 1-minute update on what is happening in your life?

{If there is something BIG going on...}

**ASK:** is this something we need to think about adding to how you play for your dream?

{If yes, make a note of it for the future}

**If there is something BIG going on...**

**ASK:** is this something you would like to talk about before our next session?

{If yes, make a note of it}

{Make a few notes on the play sheet in Box #10}

## Coaching Outline for Session #11: Pursuit of Mastery

In this session you follow the basic structure and decide with your player which of steps 6,7,8 or 9 (or a combination) will serve them best in this conversation.

### 1) EVALUATE THE EXPERIENCE OF PLAY

**SAY:** Welcome back! It's great to be with you again.

**SAY:** Today we are going to play free play with whatever will best help you to play better. We can do another role play, pivotal moment, superpowers or environments.

**SAY:** So, let's evaluate how you played and talk about what happened and what didn't happen?

*{Also ask about the items you wrote down last week}*

### 2) RESPOND TO CHALLENGES TOGETHER. (QUICK VERSION)

**ASK:** What was the biggest **CHALLENGE** you faced and what growth is it asking of you?

*{listen. Avoid offering solutions at this time}*

### 3) PLAY TOGETHER TO PLAY BETTER

**Choose a method together**

*Note to coach: It may be obvious what to do next based on what you have discussed. If it isn't, then ASK!*

**ASK:** What do you think we should do next to help you play your best this week? Practice skills with a role play, Play plan for your superpowers, Play with a Pivotal Moment for Inner Freedom or Uplevel your environments for World Power?

*{Dive into which ever step(s) you choose}*

*{Hint: I always recommend role play + pivotal moment}*

*{You have the option to use the method from "memory" or pull up the coaching guide for what they want to do}*

### 4) CREATE A PLAY PLAN FOR THE FINAL WEEK!

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**SAY:** “This is our last week of play for this season! Let’s make it BIG

**ASK:** “What is your **Play BIG Plan** to get results this week?

{listen. Encourage them to amp it up. Offer your play BIG suggestions. and take notes}

**SAY:** OK. We have a play plan for the week.

**ASK:** Please give me your 1 minute recap on what you learned about yourself today...

{if you have time}

### 5) QUICK LIFE CHECK IN

**ASK:** Before we wrap up, can you give me a 1-minute update on what is happening in your life?

{If there is something BIG going on...}

**ASK:** is this something we need to think about adding to how you play for your dream?

{If yes, make a note of it for the future}

**If there is something BIG going on...**

**ASK:** is this something you would like to talk about before our next session?

{If yes, make a note of it}

{Make a few notes on the play sheet in Box #11}

## Coaching Outline for Session #12: Season Over / Enroll for next season?

In this session you do a “Season Over” evaluation session.

**VERY IMPORTANT:** spend time before the session to review your notes and memories. Be prepared to share a few highlights for each of the sections below. Your player wants to hear this from you!!!

Also even though this is the last session of the season, you are still the coach and you want to know about the results of the final week of play!!

### 1) EVALUATE THE EXPERIENCE OF PLAY

**SAY:** Welcome back! It’s great to be with you for our final session of this series.

**SAY:** Today we are going to do a deep wrap up and celebration.

**SAY:** So, let’s evaluate how you played and talk about what happened and what didn’t happen?

*{Also ask about the items you wrote down last week}*

### 2) RESPOND TO CHALLENGES TOGETHER. (QUICK VERSION)

**ASK:** What was the biggest **CHALLENGE** you faced and what growth is it asking of you?

*{listen. Avoid offering solutions at this time}*

### 3) WRAP UP YOUR 12 WEEKS TOGETHER (“AKA Season Over”)

**SAY:** WOW! Here we are at the end of 12 weeks. It has been amazing. Let’s do a recap of our season together!

**ASK:** Let’s talk about some of your most memorable experiences of living your dream. What comes to mind?

*{Listen and share your thoughts}*

**ASK:** Let’s acknowledge where we ended up on each of your objectives. What is your assessment?

*{Use your notes to walk through the objectives from session #2}*

*{Listen and share your thoughts}*

**ASK:** Is there anything you are disappointed about?

*{Listen and share your thoughts}*

**ASK:** What are you most proud of?

*{Listen and share your thoughts}*

**ASK:** What is your vision for your next season?

*{Listen and share your thoughts}*

**SAY:** I would like to acknowledge you for...

*{SHARE!}*

#### 4) CREATE A NEW DREAM FOR A NEW SEASON

Update the desired results from the activities

**ASK:** Based on what you just experienced, what results do you want to play for next as you live your dream?

*Listen {If you want... See if there is a compelling reason to keep coaching together!}*

**SAY:** Thank you for being a great player!