

# PLAY LIFE



*Coaching Guides*  
*by Dave Buck, MCC*



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

# Play Life Method Coaching Guides

By Coach Dave Buck, MCC

## Welcome

Welcome. On behalf of the entire CV Team, I want to welcome you to the Play Life Method program.

### **This is the book of “Coaching Guides for your Play Life Method Class.**

Learning how to coach is a lot like learning how to play a musical instrument WITH the intention to play in an improvisational jazz group with other musicians.

Using this metaphor, these coaching guides are “the songs”. Learning the songs provides a structure for learning the instrument and getting into the feeling of music. Each coaching guide is like a new song that will take you deeper into the instrument.

After LOTS and LOTS of practice, you become masterful with the instrument, the feeling of the music will be in your blood and you can “just play the songs” with other musicians by putting your attention on the co-creation NOT on the music itself.

When you first start coaching, just follow the Guides. Metaphorically speaking, you will be able to create pleasing music and hopefully continue to fuel your desire to pursue mastery. 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!

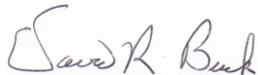
Before you use the Guide with a player read it over many times. Read it out loud a few times. Get a feeling for the words, the questions, the ideas and the flow of the conversation.

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”. For example, when doing a Role Play with your player.

Using these coaching guides, you will create a great experience for your players AND you will learn the Play Life Method, the Guided Practice and the Energy Alignment Path to personal growth. (ALL AT THE SAME TIME!)

Enjoy every moment...



Coach Dave Buck and the CV Team!

We are the Champions of Dreams



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## 00 Coaching Guide for BASIC Exploratory Session

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.

\*\*\* Exploratory Conversation Guide on the next page \*\*\*

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

## **1) WARMUP**

**SAY:** "I am really looking forward to this exploratory conversation. I can't wait to see what we discover together. It will take about 20 minutes."

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

**{Coach: wait for them to SAY: YES}**

## **2) COACHING PLAN**

**SAY:** "OK. Let's go. So, as I mentioned I am participating in a Transformation Coaching program called the Play Life Method and they are really big on looking at the world around us as a Play Life Station. And your Dream is like a game that you put into the Play Life Station. It can be your business or career or any aspect of your life. My role as the coach is to help you play better, unleash your superpowers and step into new possibilities as you play your dream."

## **3) PLAY TOGETHER (DISCOVER THEIR DREAM)**

**ASK:** If you looked at your life / business / career as playing your Dream...What would you say your BIG Dream is right now?

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

**SAY:** "Next let's explore the idea of peak experiences. A Peak experience is when you rise up to a challenge or do something great or something great happens."

**ASK:** What are few peak experiences you want 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.**

## **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}**

**ASK:** What would you say is the BIG Growth Opportunity, BIG Challenge or the BIG “Drama” of this adventure?

{Coach: listen and have fun teasing this out with them; play up the EPIC adventure dynamic to make it more playful}

## EXPLORE SUPERPOWERS

**SAY:** As we play your Dream I want to help you express your unique abilities and develop your superpowers.

**ASK:** What would you say are some of your unique abilities or Superpower potential that we can develop together over the next 12 weeks)?

{Coach: This is just to set a tone and get them thinking about having Superpowers. They may not know what they are. Listen and ask any curious questions that pop up for you; but this is NOT the time to go DEEP on this topic. That will come later.}

## 4) GROWTH ZONE

### 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”:**

***Only say the RED part if you are going to charge for the coaching.***

**ASK:** *Can I tell you how the money works? And then you can decide if you* would you like to be one of my players?

If they say “yes”, move on to #5A. If not, skip to 5B.

If YOU are a “no”, skip to 5B.

## 5A) PLAY PLAN (the days ahead)

**IF you are charging... (otherwise, skip down to CONFIRM THE COMMITMENT)**

## **EXPLAIN THE MONEY**

**(Be sure to edit the yellow highlighted part with your financial details)**

**SAY:** So, in order to earn my coaching certification, I need to accumulate 450 paid coaching hours! It's a lot. While I am on my way to certification, I am offering a super affordable introductory rate of \$360 for 12 sessions. If you are good at math, you know that is \$30 / session. Amazing value!

Plus, you get the playbook and prep audios and playsheets and there is a community on the CoachVille App for all the players in the Play Life program which you might really enjoy.

**AND ...**

You don't pay until after our 4<sup>th</sup> session. If after our 4<sup>th</sup> session you want to keep going, then the investment is \$360 – and you can pay in 3 \$120 payments each month.

If you don't want to keep going, then there is no payment, and we consider the 4 sessions pro bono and we both learned from the experience together.

**ASK:** Does this sound fair to you?

## **CONFIRM THE COMMITMENT**

**SAY:** Excellent. I just want to confirm that you are committing to meet with me for about 45 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 two session on the calendar now.

**AND...** Sessions 1 and 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

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

## **ENDING**

**SAY:** "Great! Talk to you soon"

**5B) 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!

## 00 Coaching Guide for STRONG Exploratory Session

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

### 1) WARMUP

**SAY:** "I am really looking forward to this exploratory session. I can't wait to see what we discover together. It will take about 30-40 minutes."

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

**{Coach: wait for them to SAY: YES}**

### COACHING PLAN

**SAY:** "OK. Let's go. So, as I mentioned I am participating in a Transformation Coaching program called the Play Life Method and we are really big on looking at the world around us as a Play Life Station. And your Dream is like a game that you put into the Play Life Station. It can be your business or career or any aspect of your life. My role as your coach is to help you play better, unleash your superpowers and step into new possibilities as you play your dream.

In this session today we are going to talk about your Dream and do a powerful coaching technique together."

### WARM UP

**SAY:** "OK. Let's start with a quick warm up. We will do 3 Connecting Breaths to warm up our wisdom and a 30 second visualization to warm up our imaginations.

**SAY:** A Connecting Breath is a BIG breath in and a SLOW breath out.

Breathing in, to a count of 4, and breathing out to a count of 7. If you are in a safe place, you can close your eyes. If possible, put your feet flat on the floor and rest your hands on your lap or place them over your heart.

**{do this in a quiet voice}**

**SAY:** Here we go...

**SAY:** Big breath in ...**{pause}** and a slow breath out

**SAY:** Big breath in ...**{pause}** and a slow breath out

**SAY:** Big breath in ...{pause} and a slow breath out

**SAY:** Breathing this way creates a strong connection between the heart and the mind.

**SAY:** Next, we will do a 30 second visualization. Keep your eyes closed if you can. Use your imagination to see yourself doing something you really enjoy. Do your best to see it and feel it in your body. After you start the scene, allow your imagination to take you where it wants to go.

**SAY:** 30 seconds... here we go.

*{wait approximately 30 seconds}*

**SAY:** OK Excellent. Thanks for doing that with me.

**NOTE:** *if they want to share what they saw, definitely encourage them to do so.*

**ASK:** Are you ready to dive in?

*{wait for them to say: Yes}*

## 2) CELEBRATION

**ASK:** Can you share with me something you would love to celebrate about your life right now?

*{Listen and Champion their experiences and insights}*

## 3) PLAY TOGETHER (DISCOVER THEIR DREAM)

### 1) NAME THE DREAM

**ASK:** If you looked at your life / business / career as playing your Dream...What would you say your BIG Dream is right now?

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

**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.

### 2) PEAK EXPERIENCES

**SAY:** Now the next part is to talk about a few of the peak experiences you want to co-create by playing this Dream. A Peak Experience is usually a playful social action where something awesome happens.

**ASK:** What do you want to experience? Any ideas?

{Here you jump into co-create!! If they don't see it, share a few examples from what you heard them say so far}

**ASK:** What is the MOST meaningful moment you are aiming for?

## **PRACTICE with Peak Experience Technique**

**SAY:** “OK, next are going to use the Peak Experience Technique to practice this moment. The important idea here is that we can practice life... similar to the way athletes and performance artists practice using visualization.

The purpose of practice is 2 BIG things:

- 1) You Grow as we practice together
- 2) Practice reveals more growth opportunities

**SAY:** “The first step is to co-create the social action, intended feelings and result.

(1) **ASK:** “What is the social action you are going to do in an awesome way?

{Listen, you MAY need to help them talk it through.}

**ASK:** “What do YOU want to feel while you are doing this action?

{Listen, you MAY need to help them talk it through.}

(2) **ASK:** “What do you want the other person to feel when they engage with you or with what you created?

{Listen, you MAY need to help them talk it through.}

(3) **ASK:** “What do you want the other person to do?

{Listen, you MAY need to help them talk it through.}

### **PRACTICE**

**SAY:** “We are going to use your imagination to embody this experience. We will do this in two phases, first the action that you are doing and then the result within the other person. And the “trick is to pay attention to both your thoughts and your body sensations as we visualize”.

**ASK:** “Do you feel safe closing your eyes?”

{Wait for them to say: Yes}

**SAY:** OK, close your eyes for a moment. Take a deep connecting breath....{pause}

(4) Now bring into your imagination a scene of you doing the action in an awesome way. Your imagination is so powerful. Let it fill in all the details... as you see it and feel it as deeply as you can.

{You can repeat the action and the scene}

{pause 20 seconds}

Next bring in the feeling you want to experience while you are doing this action.

{You can repeat the feeling to them}

{pause 20 seconds}

Take a moment to notice any thoughts coming into your mind.

**ASK:** Can you share one with me...

{pause & listen}

**SAY:** Notice any body sensations that are coming into your awareness.

**ASK:** Do you notice anything?

{pause & listen}

**IF YES**

**ASK:** Can you share one with me...

**IF NO**

**SAY:** That's OK.

(5) **SAY:** You are doing great. Next, I want you to push your energy out to another person.

{coach, fill in the details based on the situation}

{Pause 30 seconds}

(6) **SAY:** Imagine them feeling {fill in the blank from what they shared}.

{pause}

**(7) SAY:** Imagine them enjoying it and doing {fill in the blank with the action they want}.

{pause}

**SAY:** Now notice any thoughts popping into your mind as you imagine the other person in this scene.

**ASK:** Keep your eyes closed for just a moment more and share with me what you notice.

{listen. Affirm by saying: "I can see that"}

**SAY:** Next notice any physical sensations in your body as you imagine the other person in this scene.

**ASK:** Share with me anything you notice...

{listen. Affirm by saying: "I can feel that"}

**GROW**

**SAY:** Great! You can open your eyes now. Next, we will explore the experience to look for growth opportunities.

**(8) ASK:** Of all the thoughts you noticed during the visualization, which are you most curious about and why?

{Coach. Listen. Then you can share your insights about how the thoughts reveal growth opportunities}

**(9) ASK:** Of all the physical sensations you noticed in your body which are you most curious about and why?

{Coach. Listen. Then you can share your insights about how the physical sensations often reveal doubts and fears that are growth opportunities }

**(10) ASK:** One last thing about the experience, when you were in the visualization, did you notice any desires coming up? Desires often reveal growth opportunities.

{Listen and dialogue with them; share your observations}

{They may have felt joyful in the scenes, They may have felt doubt or even fear.}

{It's all about noticing opportunities for growth.}

**SAY:** I acknowledge your courage and playfulness! Awesome.

#### 4) FIND THE GAP TOGETHER

**SAY:** Next we want to talk in general about the growth gap. The growth 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}

**ASK:** What would you say is the BIG Growth Opportunity, BIG Challenge or the BIG “Drama” of this adventure?

{Coach: listen and have fun teasing this out with them; play up the EPIC adventure dynamic to make it more playful}

## 5) EXPLORE SUPERPOWERS

**SAY:** As you play your Dream, I want to help you express your unique abilities and develop your superpowers.

**ASK:** What would you say are some of your unique abilities or Superpower potential that we can develop together over the next 12 weeks)?

{Coach: This is just to set a tone and get them thinking about having Superpowers. They may not know what they are. Listen and ask any curious questions that pop up for you; but this is NOT the time to go DEEP on this topic. That will come later.}

## 4) GROWTH ZONE

### 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”:**

***Only say the RED part if you are going to charge for the coaching.***

**ASK:** *Can I tell you how the money works? And then you can decide if you* would you like to be one of my players?

If they say “yes”, move on to #5A. If not, skip to 5B.

If YOU are a “no”, skip to 5B.

## 5A) PLAY PLAN (the days ahead)

**IF you are charging... (otherwise, skip down to CONFIRM THE COMMITMENT)**

### EXPLAIN THE MONEY

**(Be sure to edit the yellow highlighted part with your financial details)**

**SAY:** So, in order to earn my professional coaching certification, I need to accumulate 450 paid coaching hours! It's a lot. While I am on my way to certification, I am offering a super affordable introductory rate of \$360 for 12 sessions. If you are good at math, you know that is \$30 / session. Amazing value!

Plus, you get the playbook and prep audios and playsheets and there is a community on the CoachVille App for all the players in the Play Life program which you might really enjoy.

**AND ...**

You don't pay until after our 4<sup>th</sup> session. If after our 4<sup>th</sup> session you want to keep going, then the investment is \$360 – and you can pay in 3 \$120 payments each month.

If you don't want to keep going, then there is no payment, and we consider the 4 sessions pro bono and we both learned from the experience together.

**ASK:** Does this sound fair to you?

### CONFIRM THE COMMITMENT

**SAY:** Excellent. I just want to confirm that you are committing to meet with me for about 45 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 two session on the calendar now.

**AND...** Sessions 1 and 2 may be closer to an hour because we are going to get into the details of how you are going to Play your dream

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

**ENDING**

**SAY:** "Great! Talk to you soon"

## 5B) 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!

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

## 1) WARMUP

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

**ASK:** Do I have your permission to be your coach today? Are you ready to get started?

*{wait for them to say, YES}*

### ***AFFIRM COACHING AGREEMENT***

**SAY:** The first thing we need to do – and we only need to do this once, is a quick verbal recap of our Coaching Agreement.

**ASK:** I just want to confirm that you read the coaching agreement.

*{wait for yes}*

**SAY:** #1 Coaching is focused on growth by practicing together and exploring situations for new awareness. We are not doing therapy with the focus on healing. And I am not going to give you any legal, medical, or financial advice. Often coaching can have healing side-effects, but that is not our focus.

**SAY:** #2 We can talk about anything you want to talk about, past, present or future, AND if something comes up that seems like it requires a psychological, legal, medical or financial professional, we will agree together for you to bring those specifics to another professional.

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

*{wait for yes}*

**SAY:** #3 As your coach I am not going to do any tasks or projects on your behalf. If we both want me to do something for you, that will be outside of this coaching agreement.

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

*{wait for yes}*

**SAY:** #4 There are a few boundaries that our conversations cannot cross. As a coach I take an ethics oath that I am not a supremacist; meaning, there is no inherent superiority or rulership of one person over another. So, we can't get into anything involving for example: white supremacy, male supremacy, religious supremacy or wealth supremacy.

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

*{wait for yes}*

**SAY:** #5 Our coaching sessions are confidential. What that means is that I won't share anything about our sessions with anyone without your permission. You can share about anything that you want to. There are two exceptions:

- 1) There is no coach-client privilege by law in the US. So, if for some reason I receive a subpoena to testify in court about our sessions, I would have to do so.
- 2) If you talk about harming yourself or someone else, I would be obligated to seek assistance.

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

*{wait for yes}*

**SAY:** One more thing. Today, we are going to co-create some clarity on the focus of our coaching together. And we will go in that general direction using the Play Life Method. At any time, you can decide to change our focus. Our focus is always your choice.

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

*{wait for yes}*

**SAY:** Whew! OK we are in the clear!

*{coach, you can rephrase this in your own words 😊}*

## **WARM UP**

**SAY:** "OK. Let's start with a quick warm up. We will do 3 Connecting Breaths to warm up our wisdom and a 30 second visualization to warm up our imaginations.

**SAY:** A Connecting Breath is a BIG breath in and a SLOW breath out.

Breathing in, to a count of 4 and breathing out to a count of 7. If you are in a safe place, you can close your eyes. If possible, put your feet flat on the floor and rest your hands on your lap or place them over your heart.

*{do this in a quiet voice}*

**SAY:** Here we go.

**SAY:** Big breath in ...{pause} and a slow breath out

**SAY:** Big breath in ...{pause} and a slow breath out

**SAY:** Big breath in ...{pause} and a slow breath out

**SAY:** Breathing this way creates a strong connection between the heart and the mind.

**SAY:** Next we will do a 30 second visualization. Keep your eyes closed if you can. Use your imagination to see yourself doing something you really enjoy. Do your best to see it and feel it in your body. After you start the scene, allow your imagination to take you where it wants to go.

**SAY:** 30 seconds... here we go.

*{wait approximately 30 seconds}*

**SAY:** OK Excellent. Thanks for doing that with me.

**NOTE:** *if they want to share what they saw, definitely encourage them to do so.*

**ASK:** Are you ready to dive in?

*{wait for them to say: Yes}*

## 2) CELEBRATION

**ASK:** Can you share with me something you would love to celebrate about your life right now?

*{Listen and Champion their experiences and insights}*

## 3) GROW ~ FROM PLAY

**ASK:** Did any insights about your Dream or “playing Life” come up since our exploratory session?

*{This is to create a sense of flow from one session to the next}*

## 4) PRACTICE PLAN (Activate the Dream)

**SAY:** We started talking about your Dream in our exploratory conversation. Our coaching plan for today is to Activate your Dream like a Hero’s Journey for the Play Life Station, and then do a coaching technique together called the Peak Experience.

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

*{wait for them to say YES}*

### A) DREAM

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

*{Listen and clarify}*

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

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

**ASK:** Let's come up with a fun name for your dream. Any ideas?

{Help them come up with a short phrase for the dream. It doesn't need to be fancy}

## 5) PRACTICE TOGETHER ~ Explore the Growth Gap

### ***B) BECOMING THE NEXT VERSION OF YOU***

**SAY:** Every Hero's Journey story is a story of becoming the SUPER YOU version of you.

**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 would playing at a high-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}

### ***C) CHALLENGES BECOME GROWTH OPPORTUNITIES***

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

**ASK:** What are some of the challenges you are facing or expect to face as you play 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:** How are these challenges asking you to grow?

***If they seem to be in a perfection trap, you can try this question...***

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

### ***D) SPIRIT OF PLAY***

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

*ASK:* How can you bring the spirit of play and fun into playing your dream?

{Here, you just want to get a feel for their current level of playfulness}

## ***E) PEAK EXPERIENCES***

*SAY:* Now the next part is to talk about a few of the peak experiences you want to co-create by playing this Dream. A Peak Experience is usually a playful social action where something awesome happens.

It can be from what we have already spoken about or something you haven't said yet.

*ASK:* What do you want to experience? Any ideas?

{Here you jump into co-create!! If they don't see it, share a few examples from what you heard them say so far}

*ASK:* What is the MOST meaningful moment you are aiming for?

## **PRACTICE with Peak Experience Technique**

*SAY:* "OK, next are going to use the Peak Experience Technique to practice this moment. (like we did in the Exploratory Session) The important idea here is that we can practice life... similar to the way athletes and performance artists practice using visualization.

*SAY:* "Great, next let's co-create the social action, intended feelings and result.

(1) *ASK:* "What is the social action you are going to do in an awesome way?

{Listen, you MAY need to help them talk it through.}

*ASK:* "What do YOU want to feel while you are doing this action?

{Listen, you MAY need to help them talk it through.}

(2) *ASK:* "What do you want the other person to feel when they engage with you or with what you created?

{Listen, you MAY need to help them talk it through.}

(3) *ASK:* "What do you want the other person to do?

{Listen, you MAY need to help them talk it through.}

## ***PRACTICE***

*SAY:* "We are going to use your imagination to embody this experience. We will do this in two phases, first the action that you are doing and then the result within the other

person. And the “trick is to pay attention to both your thoughts and your body sensations as we visualize”.

**ASK:** “Do you feel safe closing your eyes?”

{Wait for them to say: Yes}

**SAY:** OK, close your eyes for a moment. Take a deep connecting breath....{pause}

(4) Now bring into your imagination a scene of you doing the action in an awesome way. Your imagination is so powerful. Let it fill in all the details... as you see it and feel it as deeply as you can.

{You can repeat the action and the scene}

{pause 20 seconds}

Next bring in the feeling you want to experience while you are doing this action.

{You can repeat the feeling to them}

{pause 20 seconds}

Notice any thoughts coming into your mind.

**ASK:** Can you share one with me...

{pause & listen}

**SAY:** Notice any body sensations that are coming into your awareness.

**ASK:** Do you notice anything?

{pause & listen}

**IF YES**

**ASK:** Can you share one with me...

**IF NO**

**SAY:** That's OK.

(5) **SAY:** You are doing great. Next, I want you to push your energy out to another person.

{coach, fill in the details based on the situation}

{Pause 30 seconds}

(6) **SAY:** Imagine them feeling {fill in the blank from what they shared}.

{pause}

(7) **SAY**: Imagine them enjoying it and doing {fill in the blank with the action they want}.

{pause}

**SAY**: Now notice any thoughts popping into your mind as you imagine the other person in this scene.

**ASK**: Keep your eyes closed for just a moment more and share with me what you notice.

{listen. Affirm by saying: "I can see that"}

**SAY**: Next notice any physical sensations in your body as you imagine the other person in this scene.

**ASK**: Share with me anything you notice...

{listen. Affirm by saying: "I can feel that"}

**GROW**

**SAY**: Great! You can open your eyes now.

(8) **ASK**: Of all the thoughts you noticed during the visualization, which are you most curious about and why?

{Coach. Listen. Then you can share your insights}

(9) **ASK**: Of all the physical sensations you noticed in your body which are you most curious about and why?

{Coach. Listen. Then you can share your insights}

(10) **ASK**: One last thing, when you were in the visualization, did you notice any desires coming up?

{Listen and dialogue with them; share your observations}

{They may have felt joyful in the scenes, They may have felt doubt or even fear.}

{It's all about noticing opportunities for growth.}

**SAY**: I acknowledge your courage and playfulness! Awesome.

## 6) GROWTH ZONE

**SAY:** Awesome! Your Dream is activated!

**SAY:** “OK, this is a good time to switch into the growth zone”

**ASK:** “What did you learn about playing your dream today?”

{Coach: listen

**ASK:** “What did you learn about yourself?”

{Coach: listen

**SAY:** “Can I share an observation?”

**{Coach: share an observation about your player’s superpower potential and the pursuit of their dream.}**

**ASK:** “How do you feel about your clarity of your Dream and Playful Action Opportunities?”

{Coach: listen and share}

## 7) PLAY PLAN ~ for the days ahead

**SAY:** “OK, let’s make sure we have a Play Plan...”

**ASK:** For this week what transformation can we focus on? From A to B?

{Coach: listen and CO-CREATE }

**ASK:** “What are the playful actions you will focus on?”

{Coach: listen

**ASK:** “How can you use what you learned in our session?”

{Coach: listen

**ASK:** “What resources or support will you need for this play plan?”

{Coach: listen their need for support OR highlight possible obstacles}

**ASK:** “How will you keep our play plan alive between now and our next session?”

{Coach: listen their need for support or structure}

**SAY:** “My challenge for you between now and next week is to bring the spirit of play to as many of your actions and experiences as you can.”

**ASK:** “Can you do that?”

Wait for them to SAY: “YES!”

**SAY:** {Share a supportive observation about the player’s progress in the session}

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

## **ENDING**

**SAY:** “Great! Have a great week of play. Talk to you soon”

**NOTE:** if you want to stay connected with them via text or email, you can confirm those details with them.

## **ALTERNATE ENDING**

**SAY:** “Great! Please keep me tuned in to your progress by email during the week (or text or however you choose). I want to hear from you. OK? Have a great week of play. Talk to you soon”

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

{add a few notes to your Play Life Adventure Log in Row #1}

## 02 Coaching Guide for Step #02: Design the Way to Play (for the Dream and Peak Experiences)

### 1) WARMUP & Speak the Dream

**SAY:** "I am really excited about coaching with you today. I can't wait to see what we co-create together."

**ASK:** Do I have your permission to be your coach today? Are you ready to get started?

*{wait for them to say, YES}*

**SAY:** "OK. Let's start with a quick warm up. Just like last session, we will do 3 Connecting Breaths to warm up our wisdom and a 30 second visualization to warm up our imaginations.

**SAY:** A Connecting Breath is a BIG breath in and a SLOW breath out.

If you are in a safe place, you can close your eyes. If possible, put your feet flat on the floor and rest your hands on your lap or place them over your heart.

*{do this in a quiet voice}*

**SAY:** Here we go...

**SAY:** Big breath in ...*{pause}* and a slow breath out

**SAY:** Big breath in ...*{pause}* and a slow breath out

**SAY:** Big breath in ...*{pause}* and a slow breath out

**SAY:** Breathing this way creates a strong connection between the heart and the mind.

**SAY:** Next we will do a 30 second visualization. Use your imagination to see yourself doing something for your Dream. Do your best to see it and feel it in your body as deeply as you can.

**SAY:** 30 seconds... here we go.

*{wait approximately 30 seconds}*

**SAY:** OK Excellent. Thanks for doing that with me.

**NOTE:** *if they want to share what they saw, definitely encourage them to do so.*

**SAY:** OK. The final warm up step is to share with me a 30-second version of your BIG Dream to keep it plugged into the "Play Life Station".

*{Listen. Then when they finish...}*

**SAY:** I can see you doing that!

{pause for a moment}

**ASK:** Alright! We are warmed up now. Are you ready to dive in?

{wait for them to say: Yes}

## 2) CELEBRATION

**ASK:** Please share with me anything that you want to celebrate from your life or playing your Dream on the Play Life Station?

{Listen and champion them}

## 3) GROW from Play

**SAY:** Every session we will explore what happened playing your Dream since our last session to look for growth opportunities.

**ASK:** What were some of the playful actions you took and what happened?

{Coach: listen; especially for actions and results to **celebrate!!**. It is important that they know that you care about how they play each week}

**ASK:** Share with me any insights you had about playing your Dream?

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

## 4) PRACTICE Plan

**SAY:** Today we are going deeper into playing your DREAM with social actions and design the way to play for the peak experiences you desire.

## 5) PRACTICE Together & Explore the Growth Gap

### **A) DESIGN THE DREAM OBJECTIVES and ULTIMATE EXPERIENCES**

**SAY:** The BIG IDEA of playing your dream is to create Peak Experiences. We are going to talk more about the Peak Experiences that you want to co-create on a regular basis and the Ultimate Experiences when things come together over the next few months.

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

**ASK:** What are some of the Ultimate **OUTCOME Experiences** that you want to have before 3 months pass? An ultimate outcome is when your results in the world accumulate into an experience that you desire.

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

**ASK:** We spoke about this a little bit in our last session. 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:** Any further thoughts about who you want to **BECOME** – what superpowers you want to develop – as you face the challenges of playing 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.

**ASK:** To use a metaphor... if you were going to play 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}

## ***B) PLAY FOR THE DREAM using the Social Play Model + Peak Experiences***

**SAY:** Now that we have the big picture, we are going to get into the details of how you will play your Dream with a flow of social play activities in pursuit of Peak Experiences. Remember, this is just version 1 we are creating today.

### **PLAY FOR TRANSFORMATION!**

**SAY:** Most Dreams have what we call a Play for Transformation Experience that is what you really want to do or experience with people in your world. In a business for example, this would be a paying client using your services.

**ASK:** What is an example of a Play for Transformation for your Dream? This is you, doing your thing that you really want to do with people.

{Listen, then CO-CREATE WITH THEM. you MAY need to make a suggestion to get them started

**ASK:** And what is the Transformation you want to co-create with them?

{Listen, you MAY need to make a suggestion to get them started

## CREATE FOR INSPIRATION to SHARE

*{Coach, write these ideas in the Explore Box on your coaching notes sheet}*

**SAY:** Next we need to co-create the sequence of social play actions that will lead to your Play for Transformation Experience. Let's start with Create for Inspiration. Create - is an idea or thing or experience that you want to share with others. And Inspiration, is how you want to impact other people in a positive way. And the intention is to SHARE it with other people to spark new or deeper relationships.

**ASK:** what are some examples of a creating for your Dream?

{Listen, you MAY need to make a suggestion to get them started

**ASK:** And what is the Inspiration you want to have?

{Listen, you MAY need to make a suggestion to get them started

## EXPLORE FOR VISIBILITY to INVITE

**SAY:** Explore is when you are venturing into new territory and Visibility is when you meet someone new to share your idea. This can be going places to meet people, participating in online communities or sharing something you created online. When you meet someone that you click with, you may want to INVITE them to connect further.

**ASK:** what are some examples of an exploring actions for your Dream?

{Listen, you MAY need to make a suggestion to get them started}

**ASK:** And what is the Visibility you want to experience? Or what type of people do you want to meet?

{Listen, you MAY need to make a suggestion to get them started}

**ASK:** When you meet someone that you like, what do you want to INVITE them to do next?

*{COACH: Co-create a few examples together. Write them into the play sheet as you go*

## RELATE FOR INFLUENCE to OFFER

**SAY:** Next is Relate for Influence. Relate is when you are interacting with someone to develop a deeper connection, and influence is usually when you want them to say YES to an offer to do something together.

**ASK:** what are some examples of a relating action for your Dream? What do you like to talk about to create a relationship with someone?

{Listen, you MAY need to make a suggestion to get them started}

**ASK (a few times):** Anything else?

**{COACH: Co-create a few examples together. Write them into the play sheet as you go along}**

**ASK:** And what is an experience that you want to OFFER to do with them; this is the influence part?

{Listen, you MAY need to make a suggestion to get them started}

## CO-CREATE FOR INSPIRATION to ENROLL

**SAY:** Co-Create for Inspiration is a shared experience you do to get to know someone better and see if you resonate together. And Inspiration, is how you want the other person to feel in a positive way. And the intention is to ENROLL people to spark new or deeper relationship with you (or your team).

**ASK:** what are some examples of co-created experiences for your Dream?

{Listen, you MAY need to make a suggestion to get them started}

**ASK:** And what is the Inspiration you want to have?

{Listen, you MAY need to make a suggestion to get them started}

**SAY:** Then there is probably something you want to ENROLL people into.

## C) PEAK EXPERIENCE TECHNIQUE

**SAY:** Let's activate your imagination and practice one of these actions using the Peak Experience Technique that we did in our last session.

**ASK:** Which one do you want to practice?

{Listen and help them choose one}

**SAY:** "Great, first let's clarify the social action, intended feelings and result.

*(1) ASK:* “Describe the social action you are going to do in an awesome way?”

{Listen, you MAY need to help them talk it through.}

*ASK:* “What do YOU want to feel while you are doing this action?”

{Listen, you MAY need to help them talk it through.}

*(2) ASK:* “What do you want the other person to feel when they engage with you or with what you created?”

{Listen, you MAY need to help them talk it through.}

*(3) ASK:* “What do you want the other person to do?”

{Listen, you MAY need to help them talk it through.}

### ***PRACTICE***

*SAY:* “We are going to use your imagination to embody this experience. We will do this in two phases, first the action that you are doing and then the result within the other person. And the “trick is to pay attention to both your thoughts and your body sensations as we visualize”.

*ASK:* “Do you feel safe closing your eyes?”

{Wait for them to say: Yes}

*SAY:* OK, close your eyes for a moment. Take a deep connecting breath....{pause}

(4) Now bring into your imagination a scene of you doing the action in an awesome way. Your imagination is so powerful. Let it fill in all the details... as you see it and feel it as deeply as you can.

{You can repeat the action and the scene}

{pause 20 seconds}

Next bring in the feeling you want to experience while you are doing this action.

{You can repeat the feeling to them}

{pause 20 seconds}

Notice any thoughts coming into your mind.

*ASK:* Can you share one with me...

{pause & listen}

Notice any body sensations that are coming into your awareness.

**ASK:** Share with me anything you notice...

{pause & listen}

{listen. Affirm by saying: "I can see that"}

**(5) SAY:** OK. You are doing great. Next, I want you to push your energy out to another person.

{coach, fill in the details based on the situation}

{Pause 30 seconds}

**(6) SAY:** Imagine them feeling {fill in the blank from what they shared}.

{pause}

**(7) SAY:** Imagine them enjoying it and doing {fill in the blank with the action they want}.

{pause}

**SAY:** Now notice any thoughts popping into your mind as you imagine the other person in this scene.

**ASK:** Keep your eyes closed for just a moment more and share with me what you notice.

{listen. Affirm by saying: "I can see that"}

**SAY:** Next, notice any physical sensations in your body as you imagine the other person in this scene.

**ASK:** Share with me anything you notice...

{listen. Affirm by saying: "I can feel that"}

**GROW**

**SAY:** Great! You can open your eyes now.

**(8) ASK:** Of all the thoughts you noticed during the visualization, which are you most curious about and why?

{Coach. Listen. Then you can share your insights}

**(9) ASK:** Of all the physical sensations you noticed in your body which are you most curious about and why?

{Coach. Listen. Then you can share your insights}

*(10) ASK:* One last thing, when you were in the visualization, did you notice any desires coming up?

**{Listen and dialogue with them; share your observations}**

**{They may have felt joyful in the scenes, They may have felt doubt or even fear.}**

**{It's all about noticing opportunities for growth.}**

*SAY:* I acknowledge your courage and playfulness! Awesome.

## **6) GROWTH ZONE (From Practice)**

*SAY:* I think you are going to have a lot of fun playing for your Dream this way!

*SAY:* “OK, this is a good time to switch into the growth zone”

*ASK:* “What did you learn about playing your dream today?”

**{Coach: listen}**

*ASK:* “What did you learn about yourself in this session?”

**{Coach: listen}**

*SAY:* “Can I share an observation?”

**{Coach: share an observation about your player's superpower potential and the pursuit of their dream.}**

*ASK:* “How do you feel about your clarity of playing your Dream?”

**{Coach: listen and share}**

## **7) PLAY PLAN FOR THE DAYS AHEAD**

*SAY:* “OK, let's make sure we have a Play Plan...”

*ASK:* For this week what transformation can we focus on? From A to B?

**{Coach: listen and CO-CREATE }**

*ASK:* “How can you use what you learned in our session in the days ahead?”

**{Coach: listen}**

*ASK:* “What are the actions (or perspectives) you will focus on?”

{Coach: listen

*SAY:* 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:* “What resources or support will you need for this play plan?”

{Coach: listen their need for support OR highlight possible obstacles}

*ASK:* “How will you keep our play plan alive between now and our next session?”

{Coach: listen their need for support or structure}

*SAY:* Continue bringing the spirit of play to as many of your actions and experiences as you can.

*ASK:* “Can you do that?”

Wait for them to SAY: “YES!”

*SAY:* {Share a supportive observation about the player’s progress in the session}

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

## **ENDING**

*SAY:* “Great! Have a great week of play. Talk to you soon”

*NOTE:* if you want to stay connected with them via text or email, you can confirm those details with them.

### ALTERNATE ENDING

*SAY:* “Great! Please keep me tuned in to your progress by email during the week (or text or however you choose). I want to hear from you. OK? Have a great week of play. Talk to you soon”

{add a few notes to your Play Life Adventure Log for Session #02}

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

Includes Role Play

### 1) WARMUP

**SAY:** "I am really excited about coaching with you today. I can't wait to see what we co-create together."

**ASK:** Do I have your permission to be your coach today? Are you ready to get started?

*{wait for them to say, YES}*

**SAY:** "OK. Let's start with a quick warm up. Just like last session, we will do 3 Connecting Breaths to warm up our wisdom and a 30 second visualization to warm up our imaginations.

**SAY:** A Connecting Breath is a BIG breath in and a SLOW breath out.

If you are in a safe place, you can close your eyes. If possible, put your feet flat on the floor and rest your hands on your lap or place them over your heart.

*{do this in a quiet voice}*

**SAY:** Here we go...

**SAY:** Big breath in (hold a moment)... Slow Breath Out {breath out slowly}

**SAY:** Big breath in (hold a moment)... Slow Breath Out {breath out slowly}

**SAY:** one more time...

**SAY:** Big breath in (hold a moment)... Slow Breath Out {breath out slowly}

**SAY:** Excellent

**SAY:** Next we will do a 30 second visualization. Keep your eyes closed if you can. Use your imagination to see yourself in one of the peak experiences of your dream. Do your best to see it and feel it in your body.

**SAY:** 30 seconds... here we go.

*{wait approximately 30 seconds}*

**SAY:** OK Excellent. Thanks for doing that with me.

**NOTE:** *if they want to share what they saw, definitely encourage them to do so.*

**SAY:** OK. The final warm up step is to share with me a 30-second version of your BIG Dream.

*{Listen. Then when they finish...}*

**SAY:** I can see you doing that!

{pause for a moment}

**ASK:** Alright! We are warmed up now. Are you ready to dive in?

{wait for them to say: Yes}

## 2) CELEBRATION

**SAY:** Let's talk about how you played on the Play Life Station since our last session.

**ASK:** What do you want to celebrate?

{Listen and Champion}

## 3) GROW FROM PLAY

**ASK:** Tell me about some of your actions, results and peak 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}

{If needed you can ask about a few action ideas that you have on your Playsheet from the last session}

## 4) PRACTICE PLAN

**SAY:** Today we are going to continue to flesh out how you are going to PLAY for your DREAM. And practice together by role playing a conversation for influence.

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

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

## 5) PRACTICE TOGETHER ~ {Explore Social Play}

**SAY:** Let's go deeper into this idea of playing your Dream for Peak Experiences **and RESULTS**. We are going to hone in on the actions and the desired result for each.

### A) *CREATE for INSPIRATION to SHARE*

**SAY:** What is one of your **Create for Inspiration** actions and what is the desired result when you **SHARE** it?

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

**{now look for the Growth Opportunity}**

**ASK:** What is the growth opportunity for you in this activity?

**ASK:** Is there an experiment you want to play with this week?

## ***B) EXPLORE for VISIBILITY to INVITE***

**ASK:** What is one of your Explore for Visibility actions and what do you want to INVITE them to?

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

**{now look for the Growth Opportunity}**

**ASK:** What is the growth opportunity for you in exploring or INVITING?

**ASK:** Is there an experiment you want to play with this week?

## ***C) RELATE FOR INFLUENCE to OFFER***

**ASK:** What is one of your Relate for Influence situations where you can become more influential?

**ASK:** What do you want to OFFER and what is the desired **RESULT?**

**ASK:** Do you have any new insights about relating for YES's?

**{Co-create with them to figure out the relate for influence conversations  
Hopefully, together you come up with a few examples.}**

**{now look for the Growth Opportunity}**

**ASK:** What is your growth opportunity in relating or making OFFERS?

## ***D) CO-CREATE for INSPIRATION to ENROLL***

**ASK:** What is one of your Co-Create for Inspiration actions you want to do with another person or group?

**ASK:** What is the Play for Transformation opportunity you hope to ENROLL them into?

{Co-create with them to figure out the enrollment part of their DREAM}

{now look for the Growth Opportunity}

**ASK:** What is your growth opportunity in co-creating or enrolling?

## ***E) PLAY for TRANSFORMATION***

**ASK:** With the Play for Transformation experience of your Dream what is the result you are playing for?

{This is probably the ultimate Peak Experience of this Dream}

{now look for the Growth Opportunity}

**ASK:** What is your growth opportunity in playing for transformation with other people?

{now look for the Spirit of Play}

**ASK:** How can you make it more playful?

## ***F) QUICK ROLE PLAY***

### **5.1) Define the Situation**

**ASK:** *Let's choose a conversation to practice. It can be from any of your playful social actions.*

{If they are not sure, you can help them choose one...}

**SAY:** Great choice. This will be fun!

**ASK:** Describe the situation of this conversation?

**ASK:** Briefly describe the result that you want to co-create in this conversation?

{Co-create the practice scenario...}

### **5.2) Define the Role**

*ASK:* Will I play a specific person or is this a composite of the typical person?

*ASK:* Please give me a brief, 30 second, character sketch of the role I will be playing.

## 5.4) Play Together (Get into the role)

{Get into the **ROLE PLAY**. Let yourself be the character. **Have fun playing together WHILE you are observing your player.**}

## 5.5) Call time out

*SAY:* Let's call time out.

## 5.6) Level up

*ASK:* What are you noticing so far?

{Listen. Then...}

{Share **ONE** idea that you have about a different way they could approach it; or step into a **Superpower** that that they want to develop}

## 5.4) Play Together again

{just do one more run through}

## 5.7) 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 \*\*!

*SAY:* That was great!

## 6) GROWTH ZONE

**SAY:** “OK, this is a good time to switch into the growth zone”

**ASK:** “What did you learn about playing for your dream today?”

{Coach: listen }

**ASK:** “What did you learn about yourself and your superpowers in this session?”

{Coach: listen }

**ASK:** “Can I share an observation?”

{Wait for them to say Yes}

{Coach: share an observation about how your player is playing for their dream.}

**ASK:** “How do you feel about your clarity for how you can play for your dream?”

{Coach: listen and share}

## 7) PLAY PLAN FOR THE DAYS AHEAD

**SAY:** “OK, let’s recap the Play Plan... with one thing from each area: Relate, Create, Explore and Experiment...”

**ASK:** “What are the social actions you will focus on?”

{Coach: listen for the Role Play conversation, Create & Share, Explore and Experiment}

**SAY:** {Share a supportive observation about the player’s progress in the session}

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

**ASK:** For this week what transformation can we focus on? From A to B?

{Coach: listen and CO-CREATE }

**ASK:** “What resources, support or structure will you need for this play plan?”

{Coach: listen their need for support OR highlight possible obstacles}

## *ENDING*

**SAY:** “Great! Have a great week of play. Talk to you soon.”

{add a few notes to your Play Life Adventure Log in box #3}

## 04 Coaching Guide for Step #04: Embrace Challenges

Includes the Pivotal Moment Technique

### 1) WARMUP

**SAY:** "I am really excited about coaching with you today. I can't wait to see what we co-create together."

**ASK:** Do I have your permission to be your coach today? Are you ready to get started?

*{wait for them to say, YES}*

**SAY:** "OK. Let's start with a quick warm up. Just like last session.

*{do this in a quiet voice}*

**SAY:** Here we go...

**SAY:** Big breath in (hold a moment)... Slow Breath Out {breath out slowly}

**SAY:** Big breath in (hold a moment)... Slow Breath Out {breath out slowly}

**SAY:** one more time...

**SAY:** Big breath in (hold a moment)... Slow Breath Out {breath out slowly}

**SAY:** Excellent

**SAY:** Next we will do a 30 second visualization. Use your imagination to see yourself in one of the peak experiences of your dream. Do your best to see it and feel it in your body.

**SAY:** 30 seconds... here we go.

*{wait approximately 30 seconds}*

**SAY:** OK Excellent. Thanks for doing that with me.

**NOTE:** *if they want to share what they saw, definitely encourage them to do so.*

**SAY:** OK. The final warm up step is to share with me a 30-second version of your BIG Dream.

*{Listen. Then when they finish...}*

**SAY:** I can see you doing that!

*{pause for a moment}*

**ASK:** Alright! We are warmed up now. Are you ready to dive in?

*{wait for them to say: Yes}*

## 2) CELEBRATION

**SAY:** In our last session we explored the ways to play for your Dream. In this session we want to explore the challenges you faced while playing for peak experiences.

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

*{Wait for the “yes”. (Agreement)}*

**ASK:** Anything you want to celebrate?

*{listen and champion}*

## 3) GROW (from Play)

### *EVALUATE THE EXPERIENCE OF PLAY*

**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”}*

### A) *ACHIEVED DESIRED RESULTS (and EXPERIENCES)*

**ASK:** Let's start with **ACTIONS** where you got your desired **RESULTS** or had a peak experience. Did anything like that happen?

*{they don't need to repeat anything that came up in the Celebration}  
{if no results skip to 4B}*

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

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

*{Listen and celebrate / champion them!}*

{skip to here for NO results}

## ***B) DID NOT ACHIEVE DESIRED RESULTS***

**ASK:** Next let's explore Pivotal Moments where you took **ACTION** but you did NOT get your desired **RESULTS** because there was a **CHALLENGE**.

(Make a list)

## ***C) CHALLENGES***

How would you describe the **CHALLENGE**?

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

{choose 1 or 2 of these follow up questions...}

**ASK:** How is this **CHALLENGE** asking you to grow?

**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?

## ***D) ACTIONS AVOIDED***

**ASK:** Next let's explore Pivotal Moments where you were intending to take an **ACTION** 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.}

## **4) PRACTICE PLAN ~ {Choose a PIVOTAL Moment}**

Set Up) Choose the Pivotal Moment

**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 practice right now?

**SAY:** This is a great opportunity for us to use a powerful coaching technique called “Pivotal Moment”. With the Pivotal Moment we go a little deeper than we do with the Peak Experience Technique.

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

## 5) PRACTICE TOGETHER ~ PIVOTAL Moment Technique}

**SAY:** OK let's make sure we are clear on the social action and the desired result.

Can you recap it for me?

{Listen; you may need to help them}

### 5.1) P/Replay the Pivotal Moment (Control)

#### Ensure a Safe Space

**SAY:** It is important when we are using this technique that we maintain judgment-free awareness. Any thought or feeling that you share is useful. OK? Be open to whatever comes up.

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

{Wait until they SAY yes...}

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

{give them about 30 seconds}

#### Create the scene

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

{Listen}

### 5.2) Review Reactions with Judgment-Free Awareness

**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 **thoughts** do you notice going through your mind?

{Listen}

## 5.3) Feel the Energy in the Body

**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, chest or throat?

{Listen}

### CHOOSE A OR B

#### A) {if they DON'T notice a physical sensation}

**SAY:** *that is ok. Often when we experience resistance there is a sensation in the body somewhere. Often it is quite subtle like a little buzzing or tingling sensation.*

*{wait a few moments to see if they notice something.}*

**{If not, Go down to #3.4 Scan for Body Beliefs}**

#### B) {if they DO notice a physical sensation}

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

**Feel the energy in the body**

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

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

**{Let them answer to choose which sensation to focus on}**

**ASK:** Does the energy have a shape?

**ASK:** Does the energy have a color?

**ASK:** Does the energy have a temperature?

**SAY:** OK, now all you need to do is just allow yourself to feel that **{temp/color/shape in location}** for 30 seconds. Just welcome it, allow it to be there and feel into it as deeply as you can.

**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.

## Memory Pops

*ASK:* What was that experience like? Did anything come up for you?

### **{If your player has a "Memory Pop"}**

**{Just listen! Don't judge the memory or try to fix anything}**

## **5.4) Scan for Body Beliefs**

Explore the "energy" for a self-preservation instinct

*SAY:* The moment we are practicing is bringing up a fear or belief that resembles an experience from your past. It is trying to keep you safe.

*SAY:* This is natural. Let's explore it together.

*SAY:* Try to fill in the blank of this statement:

*SAY:* It's not safe for me to....."fill in the blank"

**{Listen; if they are having trouble finding the words offer suggestions}**

## **5.5) Explore the Superpower Potential**

*SAY:* Often when we feel that we are not safe, what we are protecting is our own unique power or playfulness; because often we have gotten in trouble for it in the past.

*ASK:* Do you have an inkling about the **Superpower** or playfulness that may be in the shadow of this belief in your body?

**{Listen; help them tease this out; they will need your full presence for this part}**

## **5.6) Make the Mind the Ally of the Dream (Respond)**

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

*ASK:* What does your dream want you to do in this situation?

**{wait and listen}**

*ASK:* Let's state your Dream's Intent in a short power phrase...

**{Listen – you can help them form it into a phrase}**

## **5.7) PREplay the Pivotal Moment (Co-Create)**

*SAY:* Next, close your eyes again for a few moments.

**SAY:** Now PREplay the scene the way you want it to be; keep your power phrase in your heart; 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}

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

## 6) GROW ZONE

**SAY:** “OK, this is a good time to switch into the growth zone”

**ASK:** “What did you learn about playing for your dream today?”

{Coach: listen }

**ASK:** “What did you learn about yourself and your superpowers in this session?”

{Coach: listen }

**ASK:** “Can I share an observation?”

{Wait for them to say Yes}

{Coach: share an observation about how the Pivotal Moment exercise can move them toward their BIG Dream.}

**ASK:** “How do you feel about our progress in the pivotal moment we played with today?”

{Coach: listen and share}

## 7) PLAY PLAN ~ FOR THE DAYS AHEAD

**SAY:** “OK, let’s make sure we have a Play Plan... And try to get at least one thing from each of the play areas: Relate, Create, Explore and Experiment...”

**ASK:** “What are the Social **ACTIONS** you will focus on?”

{Coach: listen for the Pivotal Moment Action, Relate for Influence, Create to Share, Explore and Experiment}

**ASK:** For this week what transformation can we focus on? From A to B?

{Coach: listen and CO-CREATE }

**ASK:** “What resources, support or structure will you need for this play plan?”

{Coach: listen their need for support OR highlight possible obstacles}

**SAY:** {Share a supportive observation about the player’s progress in the session}

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

## **ENDING**

**SAY:** “Great! Have a great week of play. Talk to you soon”

**NOTE:** if you want to stay connected with them via text or email, you can confirm those details with them.

## **ALTERNATE ENDING**

**SAY:** “Great! Please keep me tuned in to your progress by email during the week (or text or however you choose). I want to hear from you. OK? Have a great week of play. Talk to you soon”

{add a few notes to your Play Life Adventure Log in box #4}

## 05 Coaching Guide for Step #05: Evaluate ~ Embody

### 1) WARMUP

*Only Keywords Now! (You know what to say)*

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Peak Experience Technique - Imagination

Share your Dream in 30-seconds - Alignment

**SAY:** I can see you doing that.

**ASK:** Alright! We are warmed up now. Are you ready to dive in?

*{wait for them to say: Yes}*

### 2) CELEBRATIONS

**ASK:** Share with me anything you want to celebrate since our last session especially peak experiences...

*{Coach: listen and champion their growth!}*

### 3) GROW FROM PLAY

**SAY:** Today we are going to use judgment free awareness to evaluate how well you are playing for your DREAM and look for growth opportunities. Then we are going to play with the Embody the Dream Technique to few growth opportunities.

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

#### A) *ACHIEVED SOME DESIRED RESULTS*

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

*{If no results skip down to B}*

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

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

*{Listen and Celebrate!}*

**ASK:** Overall, in just a few “bullet points” how would you evaluate your play this past week?

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

## ***B) DID NOT ACHIEVE DESIRED RESULTS***

**ASK:** Keeping judgment-free awareness in mind, let’s explore Pivotal Moments; Any **ACTIONS** you took where you did NOT get your desired **RESULTS**. How would you describe the situation?

{Listen and Clarify}

## ***C) DID NOT TAKE (resist) ACTION***

**ASK:** Next let’s explore Pivotal Moments where you were intending to take **ACTIONS** but you didn’t do it. Using judgment-free awareness, what happened? What got in your way?

{Listen and Clarify}

## ***D) ANY MORE FEEDBACK?***

**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?

{Listen and Clarify}

## **4) (Practice) PLAN**

**SAY:** Today we are going to play with a powerful coaching technique called Embody the Dream. It is an advanced version of the Peak Experience Technique that we practiced a few sessions ago. We will co-create a series of Social Play Actions and Peak Experience Results and then practice it as a sequence to embody the experience!

**ASK:** What aspect of your Dream should we focus on?

{It may be obvious what the focus is; Or you may need to help them choose}

**NOTE:** if they have read the playbook and/or listened to the prep audio they will be ready to play.}

## 5) PRACTICE (Embody the Dream Technique)

### 1) CO-CREATE the SERIES ~ ACTIONS AND FEELINGS

**SAY:** First let's talk through a sketch of the series of 3 Social Play Actions.

Remember we have Relate for Influence, Create for Inspiration and Explore for Visibility.

{Help them choose the 3 main social actions that will flow together}

**SAY:** Now let's co-create a detailed flow together so you can speak your intentions.

**#1 SAY:** The first social action is: {SAY the ACTION}

**#1 ASK:** When you do this action, how do you want to feel?

**#1 ASK:** When you do this action, how do you want the other person to feel?

**#1 ASK:** What do you want the other person to do as a result of the experience.

{AS you talk this out, write it into the Play Sheet, the TRIANGLE Lines}

**#2 SAY:** The second social action is: {SAY the ACTION}

**#2 ASK:** When you do this action, how do you want to feel?

**#2 ASK:** When you do this action, how do you want the other person to feel?

**#2 ASK:** What do you want the other person to do as a result of the experience.

{AS you talk this out, write it into the Play Sheet, the TRIANGLE Lines}

**#3 SAY:** The third social action is: {SAY the ACTION}

**#3 ASK:** When you do this action, how do you want to feel?

**#3 ASK:** When you do this action, how do you want the other person to feel?

**#3 ASK:** What do you want the other person to do as a result of the experience.

{AS you talk this out, write it into the Play Sheet, the TRIANGLE Lines}

**SAY:** This is powerful!! I can envision this happening.

\*\*\*!!

### 2) VISUALIZE the SERIES ~ NOTICE THOUGHTS AND BODY SENSATIONS

**SAY:** Next, we are going to do an extended visualization of this series. As I guide you through each step, I am going to ask you to share the thoughts popping into your mind AND the sensations that you notice in your body. This is how we EMBODY the experience.

*It is VERY important to maintain judgment free awareness as we do this. Anything that comes up will have value for us as a clue on the Treasure Map.*

*ASK:* Are you in a safe space where you can close your eyes for a few moments?

*{wait for them to say yes}*

*SAY:* Close your eyes and first we will do one connected breath.

*Big breath in... {pause} Slow breath out.*

*{Now you are going to walk through the scenes that you wrote on the TRIANGLE LINES; As they share write your notes on the CIRCLE lines on the playsheet}*

*\*\*!\* Scene 1*

*SAY:* We will start with Scene 1

*SAY:* Imagine yourself doing *{Say Action 1}* and being awesome.

*SAY:* Tap into the feeling of *{Say Feeling 1}* .

*{Wait 20 seconds}*

*ASK:* As you see yourself in this scene, what thoughts do you notice popping up?

*{listen; take a note}*

*ASK:* As you see yourself in this scene, describe any physical sensations you notice in your body.

*{listen; take a note}*

*SAY:* Now we are going to push your energy toward the OTHER person in the scene. Imagine them feeling *{Say Other Feeling 1}* and enjoying the experience.

*SAY:* Now imagine them doing *{Say Other Action 1}* .

*{Wait 20 seconds}*

*ASK:* As you see them in this scene, what thoughts do you notice popping up?

*{listen; take a note}*

*ASK:* As you see them in this scene, describe any physical sensations you notice in your body.

*{listen; take a note}*

*\*\*!\* Scene 2*

*SAY:* Let's move on to Scene 2

*SAY:* Imagine yourself doing *{Say Action 2}* and being awesome.

**SAY:** Tap into the feeling of **{Say Feeling 2}** .

**{Wait 20 seconds}**

**ASK:** As you see yourself in this scene, what thoughts do you notice popping up?

**{listen; take a note}**

**ASK:** As you see yourself in this scene, describe any physical sensations you notice in your body.

**{listen; take a note}**

**SAY:** Now we are going to push your energy toward the OTHER person in the scene. Imagine them feeling **{Say Other Feeling 2}** and enjoying the experience.

**SAY:** Now imagine them doing **{Say Other Action 2}** .

**{Wait 20 seconds}**

**ASK:** As you see them in this scene, what thoughts do you notice popping up?

**{listen; take a note}**

**ASK:** As you see them in this scene, describe any physical sensations you notice in your body.

**{listen; take a note}**

**\*\* Scene 3**

**SAY:** And finally, let's move on to Scene 3

**SAY:** Imagine yourself doing **{Say Action 3}** and being awesome.

**SAY:** Tap into the feeling of **{Say Feeling 3}** .

**{Wait 20 seconds}**

**ASK:** As you see yourself in this scene, what thoughts do you notice popping up?

**{listen; take a note}**

**ASK:** As you see yourself in this scene, describe any physical sensations you notice in your body.

**{listen; take a note}**

**SAY:** Now we are going to push your energy toward the OTHER person in the scene. Imagine them feeling **{Say Other Feeling 3}** and enjoying the experience.

**SAY:** Now imagine them doing **{Say Other Action 3}** .

**{Wait 20 seconds}**

*ASK:* As you see them in this scene, what thoughts do you notice popping up?

*{listen; take a note}*

*ASK:* As you see them in this scene, describe any physical sensations you notice in your body.

*{listen; take a note}*

*\*\* Go Deeper*

*SAY:* Now, let's go a little deeper into this final body sensation. We want to fully embody this culminating peak experience. Feel into it as deeply as you can for 30 Seconds...

*{Wait 30 seconds}*

*Explore Desire*

*ASK:* As you see yourself in this series of scenes, did you notice your hearts desires coming up? What did you notice?

*{LISTEN}*

### **3) CO-CREATE GROWTH FROM THE VISUALIZATION**

*SAY:* You can open your eyes.

*ASK:* What was that experience like for you?

*{Listen and dialogue with them; share your observations;}*

*{They may have felt joyful in seeing it.}*

*{They may have felt doubt or even fear. That is also great.}*

*{It's all about noticing opportunities for growth.}*

*ASK:* Of all the thoughts you noticed, which are you most curious about?

*{Share your observations}*

*ASK:* Of all the body sensations you noticed, which are you most curious about?

*{Share your observations}*

*ASK:* Through the experience, did you notice any desires coming into your awareness?

*{Share your observations}*

*ASK* Do you notice any new growth opportunities from this experience?

*{Listen and dialogue with them; share your observations;}*

*SAY*: I acknowledge your courage and playfulness! Awesome.

## 6) GROWTH ZONE

*{just keywords now. You know what to say ;-)}*

*Growth Zone*

*Learn about your dream?*

*Learn about yourself and superpowers?*

*ASK*: “How do you feel about our progress in co-creating ways to play better?”

*{Coach: listen and share}*

**Share an observation about their GROWTH**

## 7) PLAY PLAN

*{just keywords now. You know what to say ;-)}*

*ASK*: “What Transformation?”

*ASK*: “What Social **ACTIONS** ?”

*ASK*: “What Resources, Support or Structure do you need?”

**Share a supportive observation**

**ENDING**

*SAY*: Play!

*{add a few notes to your Play Life Adventure Log in box #5}*

# 06 Coaching Guide for Step #06: Practice Skills

## Role Play + Supermind Connection

### 1) WARMUP

*Only Keywords Now! (You know what to say)*

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Peak Experience Technique - Imagination

Share your Dream in 30-seconds - Alignment

**SAY:** I can see you doing that.

**ASK:** Alright! We are warmed up now. Are you ready to dive in?

*{wait for them to say: Yes}*

### 2) CELEBRATIONS

**ASK:** Celebrations?

*{Coach: listen and champion their growth!}*

### 3) GROW from Play

#### A) RESULTS

**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 co-created?

*{Listen and celebrate}*

#### B) PIVOTAL MOMENTS

**ASK:** What were some of the Pivotal Moments you noticed?

*{Listen and co-create}*

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

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

## ***C) CHALLENGE (QUICK VERSION)***

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

{listen and co-create awareness; Avoid offering solutions at this time}

## **4) PRACTICE PLAN ~ Social Play**

**SAY:** Today we are going to practice with a Role Play and then co-create ways to practice the other social actions of your Dream and then practice with the Elevate your Supermind Connection Technique. So... lots of fun!

### **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.

{co-create the plan}

## **5) PRACTICE TOGETHER ~ Role Play Technique + Co-Create**

### ***A) PRACTICE RELATING WITH A ROLE PLAY***

#### **5.1) Define the Situation**

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

#### **5.2) Define the Role**

**ASK:** What role am I playing? Describe the person's general characteristics in 30 seconds.

**ASK:** What is the person's point of view toward the subject?

#### **5.3) Advanced Prep**

**ASK:** What is the superpower you want to practice expressing?

#### **5.4) Play Together**

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

## 5.5) Time Out

Call time out!

## 5.6) Level Up

**ASK:** How is that going for you so far?

{Coach: Share your observations.}

**ASK:** How am I doing playing the role? Do I need to refine anything?

**ASK:** How can you express your Superpower more fully in this situation?

{Coach: Share your ideas}

**SAY:** OK. Let's try it again.

## 5.4) Play Together

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

### 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.}

## 5.7) 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 \*\*!

## ***B) PRACTICE OTHER SKILLS***

**ASK:** What is one of your Create for Inspiration actions and how can you practice this to play better?

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

**ASK:** What is one of your Explore for Visibility actions and how can you practice this to play better?

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

**ASK:** What is one of your Play for Transformation actions and how can you practice this to play better?

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

## **C) ELEVATE THE SUPERMIND CONNECTION**

### ***ELEVATE THE SUPERMIND CONNECTION***

#### **1) Gratitude for challenging Situations**

**SAY:** Let's do the Elevate the Supermind Connection Technique together. It's a powerful way to align your energy with your Dream.

**SAY:** The first step is to talk about challenging situations from the perspective of gratitude.

**ASK:** What are a few challenges and how are they helping you grow? Or said another way, who have they asked you to become?

{Listen and share what you have observed}

**ASK:** How have these challenges been the perfect experiences for your adventure so far?

{Listen and share what you have observed}

#### **2) Gratitude for synchronicities**

**SAY:** Synchronicity is when support and opportunities just seem to flow in your direction.

**ASK:** What synchronicities have you experienced?

{Listen and share what you have observed}

### 3) Clearly State Needs

**SAY:** We have been talking about your Dream every week to keep it connected to the Supermind of Infinite Possibilities!

Sometimes it is powerful to simply state what you need as you pursue your dream.

**ASK:** What are a few “things” or experiences that you can state that you need for your dream; without needing to know how you will receive them?

{Listen. Add in your ideas; have fun with this! Help them use their imagination; help them OWN the value of their dream.}

### 4) The BIG Question

**SAY:** One last thing we can do to expand your energy is speak a BIG Question and then as you play often “answers” and ideas will just come to you.

**ASK:** Thinking about playing for your BIG Dream, what is a question you are wondering about?

{listen. Add in your ideas; have fun with this! help them use their imagination; help them OWN the value of their dream.}

## 6) GROWTH ZONE

*{just keywords now. You know what to say ;-)}*

*Growth Zone*

*Learn about your dream?*

*Learn about yourself and superpowers?*

**ASK:** “How do you feel about our progress in co-creating ways to practice?”

{Coach: listen and share}

**Share an observation about their GROWTH**

## 7) PLAY PLAN

*{just keywords now. You know what to say ;-)}*

*ASK: “What Transformation?*

*ASK: “What Social **ACTIONS** ?*

*ASK: “What Resources, Support or Structure do you need?*

**Share a supportive observation**

**{add a few notes to your Play Life Adventure Log in box #6}**

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

Peak Experience Technique

## 1) WARMUP

*Only Keywords Now! (You know what to say)*

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Peak Experience Technique - Imagination

Share your Dream in 30-seconds - Alignment

**SAY:** I can see you doing that.

**ASK:** Alright! We are warmed up now. Are you ready to dive in?

*{wait for them to say: Yes}*

## 2) CELEBRATIONS

**ASK:** Celebrations?

*{Coach: listen and champion their growth!}*

## 3) GROW from Play

*{just keywords now. You know what to say ;-)}*

**ASK:** Important **RESULTS** ?

**ASK:** Pivotal Moments?

**ASK:** **CHALLENGE** & growth opportunity?

*{listen and co-create awareness}*

## 4) PRACTICE PLAN

**SAY:** Our practice plan for today is to explore your Superpowers and practice with the Peak Experience Technique. And then uplevel your play plans with strategy.

**ASK:** Looking at your desired **OUTCOMES** and Peak Experiences, what have you learned about the **ACTIONS** and **RESULTS** you have been playing for?

{listen; share what you have observed; share what you see is missing}

## 5) PRACTICE TOGETHER ~ Co-Create a Superpower Play Plan

### A) Hone in on a Superpower to play with

**SAY:** Now we are going to look at this more playfully to create a Superpower **Play Plan**.

**ASK:** What superpower can you use more fully to co-create your results with the world? It may be a dormant one.

{listen. Ask permission and share your observations. You may see something about them that they don't see in themselves!!! AND don't EXPECT them to see it your way.}

**ASK:** Let's give this superpower a strong name. What should we call it?

{listen. And you may need to offer a suggestion}

**ASK:** What is a playful way we could make better use of this Superpower?

{listen. Ask permission and share your ideas. You may see possibilities that they don't see themselves!!! AND don't EXPECT them to see it your way.}

### B) NOW CO-CREATE A PLAYFUL USE OF RESOURCES

**SAY:** Now we are going to change our focus to being strategic with your resources.

**SAY:** Often we overlook potential resources that are in front of us because we have been so indoctrinated to "do it alone".

**ASK:** "What resources, 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?"

{listen. Ask permission and share your ideas. ENCOURAGE them to ASK}

**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 playful ideas can you think of to make better use of any of these assets?"

### C) NOW CO-CREATE A RESOURCEFUL STRATEGY

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

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

{listen. If you see something, ask permission and help them pull it all together}

## D) PRACTICE USING THE SUPERPOWER WITH THE PEAK EXPERIENCE TECHNIQUE

### Setup)

**SAY:** OK let's explore using this Superpower with the PEAK EXPERIENCE Technique

**SAY:** “Great, first let’s clarify the social action, intended feelings and result.

(1) **ASK:** “Describe the social action you are going to do in an awesome way using this Superpower?”

{Listen, you MAY need to help them talk it through.}

**ASK:** “What do YOU want to feel while you are doing this action?”

{Listen, you MAY need to help them talk it through.}

(2) **ASK:** “What do you want the other person to feel when they engage with you or with what you created?”

{Listen, you MAY need to help them talk it through.}

(3) **ASK:** “What do you want the other person to do?”

{Listen, you MAY need to help them talk it through.}

### **PRACTICE**

**SAY:** “We are going to use your imagination to embody this Superpower experience. We will do this in two phases, first the action that you are doing and then the result within the other person. And the “trick is to pay attention to both your thoughts and your body sensations as we visualize”.

**ASK:** “Do you feel safe closing your eyes?”

{Wait for them to say: Yes}

**SAY:** OK, close your eyes for a moment. Take a deep connecting breath....{pause}

(4) Now bring into your imagination a scene of you doing the action while using your Superpower in an awesome way. Your imagination is so powerful. Let it fill in all the details... as you see it and feel it as deeply as you can.

{You can repeat the action and the scene}

{pause 20 seconds}

Next bring in the feeling you want to experience while you are doing this action.

{You can repeat the feeling to them}

{pause 20 seconds}

Notice any thoughts coming into your mind.

**ASK:** Share one with me...

{pause & listen}

Notice any body sensations that are coming into your awareness.

**ASK:** Share one with me...

{pause & listen}

{listen. Affirm by saying: "I can see that"}

**(5) SAY:** OK. You are doing great. Next, I want you to push your energy out to another person.

{coach, fill in the details based on the situation}

{Pause 30 seconds}

**(6) SAY:** Imagine them feeling {fill in the blank from what they shared}.

{pause}

**(7) SAY:** Imagine them enjoying it and doing {fill in the blank with the action they want}.

{pause}

**SAY:** Now notice any thoughts popping into your mind as you imagine the other person in this scene.

**ASK:** Keep your eyes closed for just a moment more and share with me what you notice.

{listen. Affirm by saying: "I can see that"}

**SAY:** Next notice any physical sensations in your body as you imagine the other person in this scene.

**ASK:** Share with me anything you notice...

{listen. Affirm by saying: "I can feel that"}

## ***GROW***

***SAY:*** Great! You can open your eyes now.

***(8) ASK:*** Of all the thoughts you noticed during the visualization, which are you most curious about and why?

*{Coach. Listen. Then you can share your insights}*

***(9) ASK:*** Of all the physical sensations you noticed in your body which are you most curious about and why?

*{Coach. Listen. Then you can share your insights}*

***(10) ASK:*** One last thing, when you were in the visualization, did you notice any desires coming up?

*{Listen and dialogue with them; share your observations}*

*{They may have felt joyful in the scenes, They may have felt doubt or even fear.}*

*{It's all about noticing opportunities for growth.}*

***SAY:*** I acknowledge your courage and playfulness! Awesome.

## **6) GROWTH ZONE**

*{just keywords now. You know what to say ;-)}*

*Growth Zone*

*Learn about your dream?*

*Learn about yourself and superpowers?*

***ASK:*** “How do you feel about our progress in co-creating ways to use your Superpowers?”

*{Coach: listen and share}*

***Share an observation about their GROWTH***

## **7) PLAY PLAN**

*{just keywords now. You know what to say ;-)}*

***ASK:*** “What Transformation?”

***ASK:*** “What Social **ACTIONS** ?”

***ASK:*** “What Resources, Support or Structure do you need?”

Share a supportive observation

{add a few notes to your Play Life Adventure Log in box #7}

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

## Pivotal Moment Technique

### 1) WARMUP

*Only Keywords Now! (You know what to say)*

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Peak Experience Technique - Imagination

Share your Dream in 30-seconds - Alignment

**SAY:** I can see you doing that.

**ASK:** Alright! We are warmed up now. Are you ready to dive in?

*{wait for them to say: Yes}*

### 2) CELEBRATIONS

**ASK:** Celebrations?

*{Coach: listen and champion their growth!}*

### 3) GROW from Play

*{just keywords now. You know what to say ;-)}*

**ASK:** Important **RESULTS** ?

**ASK:** Pivotal Moments?

**ASK:** Biggest **CHALLENGE** & growth opportunity?

*{listen and co-create awareness}*

### 4) PRACTICE PLAN

#### ***EVALUATE THE EXPERIENCES OF PLAY***

**SAY:** Our practice plan for today is to do a deep dive with the pivotal moment technique to co-create the freedom to play BIG.

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

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

**ASK:** Of all of the activities for 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 practice right now?

{co-create a plan}

## 5) PRACTICE TOGETHER ~ Pivotal Moment Technique

### Set Up)

**SAY:** Let's get into the Pivotal Moment Technique

**SAY:** First, let's make sure we are clear on the action and the desired result.

Can you recap it for me?

{Listen}

### 5.1) P/Replay the Pivotal Moment

**SAY:** It is important when we are using this technique that we maintain judgment-free awareness. Any thought or feeling that you share is useful. OK? Be open to whatever comes up.

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

{Wait until they SAY yes...}

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

{give them 30 seconds or so}

**ASK:** Can you describe the scene for me?

{Coach Note: Make sure you can “see” it with them based on what they are describing.}

### 5.2) Review thoughts (with Judgment-Free Awareness)

**ASK:** What thoughts do you notice going through your mind?

{Coach Note: Just wait and listen}

## 5.3) Feel the Sensations in the Body

**SAY:** Now I want you to scan your body for physical sensations from the top of your head down to your waist. Scan slowly and remain open.

**ASK:** What sensations are you feeling in your body?

{Coach, You know the 3 possibilities. They feel nothing, they feel one thing, they feel many things.}

{If they feel nothing}

*SAY: that is ok. Tune inside. Keep scanning. Often it is quite subtle like a little buzzing or tingling sensation.*

*{wait a few moments to see if they notice something.}*

{If not, Go down to 3.4) Scan for Body Beliefs}

{If they feel many things}

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

{Have them choose one thing.}

{If they feel one thing... ALLOW it to be there}

**SAY:** Bring your full attention to the physical sensation. Feel into it as deeply as you can. ...{pause}... You may notice some emotions coming up. Just let them pass for now and focus on the physical sensation.

**ASK:** Does the feeling have a shape?

**ASK:** Does the feeling have a color?

**ASK:** Does the feeling have a temperature?

{Be very affirming and open to whatever IS there.}

**SAY:** OK, now all you need to do is just allow yourself to feel that {temp/color/shape in location} for 30 seconds. Just welcome it, allow it to be there and feel into it as deeply as you can.

**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.

{pause for a moment}

## Memory Pops

*ASK: What was that experience like? Did anything pop up for you?*

*{just listen; notice if they share a Memory Pop}*

### 5.4) Scan for Body Beliefs (not safe for me to)

*SAY: Now let's try to find the wisdom in what you are experiencing.*

*SAY: Fear is always focused on self-preservation. We want to discover what the fear is urging you to preserve, protect or hide.*

*ASK: Fill in the blank for this phrase: "It's not safe for me to ... fill in the blank"*

*Coach, co-create them. Explore a few options together. Encourage them to honor the wisdom of the "fear".*

### 5.5) Explore the Superpower Potential

*ASK: Do you have an inkling about the unique power or playfulness that may be in the shadow of this belief in your body?*

*{Listen; help them tease this out; they will need your full presence for this part}*

### 5.6) Dream Intent (Make your mind a Dream Ally)

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

*ASK: What does your dream want you to do in this situation?*

*{wait and listen}*

*ASK: Let's state your Dream's Intent in a short power phrase...*

*{Listen – you can help them form it into a phrase}*

### 5.7) PREplay New Picture (of the Pivotal Moment)

*SAY: Next, close your eyes again for a few moments.*

**SAY:** Now PREplay the scene the way you want it to be; keep your power phrase in your heart; 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}**

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

## 6) GROWTH ZONE

*{just keywords now. You know what to say ;-)}*

*Growth Zone*

*Learn about your dream?*

*Learn about yourself and superpowers?*

**ASK:** “How do you feel about our progress in exploring your Pivotal Moment?”

**{Coach: listen and share}**

**Share an observation about their GROWTH**

## 7) PLAY PLAN

*{just keywords now. You know what to say ;-)}*

**ASK:** “What Transformation?”

**ASK:** “What Social **ACTIONS** ?”

**ASK:** “What Resources, Support or Structure do you need?”

**Share a supportive observation**

**{add a few notes to your Play Life Adventure Log in box #8}**

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

Zap Toleration Technique, 3 Most Influential Technique, Role Play Technique.

### 1) WARMUP

*Only Keywords Now! (You know what to say)*

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Peak Experience Technique - Imagination

Share your Dream in 30-seconds - Alignment

**SAY:** I can see you doing that.

**ASK:** Alright! We are warmed up now. Are you ready to dive in?

*{wait for them to say: Yes}*

### 2) CELEBRATIONS

**ASK:** Celebrations?

*{Coach: listen and champion their growth!}*

### 3) GROW from Play

*{just keywords now. You know what to say ;-)}*

**ASK:** Important **RESULTS** ?

**ASK:** Pivotal Moments?

**ASK:** Biggest **CHALLENGE** & growth opportunity?

*{listen and co-create awareness}*

### 4) PRACTICE PLAN

Introduce the idea of environments

**SAY:** One of the most important factors of playing your Dream is a supportive 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 techniques that we will do together

A) Zapping Tolerations

B) 3 MOST Influential people

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

*{wait for them to say Yes}*

## 5) PRACTICE TOGETHER ~ Uplevel the player's environment

### 5A) ZAPPING Toleration Technique

**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.

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

#### 5A.1) Choose a toleration to zap

**ASK:** Do a scan of your physical environment and notice a few tolerations 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}*

*{it is usually easiest to start with things and places}*

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

*{Help them pick one that is DO-ABLE}*

#### 5A.2) Make a mental picture of it cleared

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

**SAY:** Close your eyes for a moment. Use your imagination to make a mental picture of how you want it to be.

*{Give them about 20 seconds}*

**SAY:** OK, you can open your eyes.

**ASK:** share the picture with me....

### 5A.3) Understand how it got that way?

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

**ASK:** Is there a reason? What was missing?

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

### 5A.4) Make a plan

**ASK:** What is the action you need to take to ZAP it?

**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!

**SAY:** If possible take before and after photos!

### 5A.5) Celebrate

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

## B) Your 3 MOST Influential People

**SAY:** Next we will do a scan of the most influential people in your environment. We will start this process now and I encourage you to keep exploring it after our session.

**ASK:** Do you have the coaching notes playsheet for Session #9 in front of you?

*{Coach, adapt the next few lines based on whether or not they have the playsheet}*

### 5B.1) Identify the people

**SAY:** Think of 1 person that you spend the most time with from: family, friends and colleagues. Write their name on your playsheet / or on the left column of a piece of paper.

**SAY:** Next think 2 people that you know who are strategically connected in some way that could help you with your dream. Write their names on your playsheet / or in the left column on a piece of paper.

**ASK:** Do you have them written down?

## 5B.2) Explore the relationships

**SAY:** On the Playsheet you see 5 columns: Talk About – Energy – Assets – Request - Support

**SAY:** 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 About** - 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 dream?
- 4) **Request** - What could you ASK them for that you have not ASKed?
- 5) **Support** - Rate the level of support for your dream on a 1-10 scale (1 distraction / detractor -> 10 maximum supporter)

*{Coach: Repeat the questions for 1 or 2 more of the people}*

## 5B.3) Playfully jump into a quick Role Play!

**ASK:** Let's choose one of these people and one thing or support you could ASK for as a quick role play. What should we do?

*{Coach: co-create an option with them.}*

**SAY:** I will be *person X* and you just strike up a conversation and ask for what you want.

*{Coach: be playful. And encourage them to just step into it as an experiment.}*

**{The role play can be 2 or 3 minutes}**

**SAY:** GREAT! You are becoming more playful all the time. How did that feel?

*{listen and champion them}*

**ASK:** Based on this exploration is there anything you can imagine doing to gather more support for you and your dream?

*{listen and encourage them to own the value of their dream in the world}*

## 6) GROWTH ZONE

*{just keywords now. You know what to say ;-)}*

*Growth Zone*

*Learn about your dream?*

*Learn about yourself and superpowers?*

**ASK:** “How do you feel about our progress in co-creating ways to uplevel your environments?”

*{Coach: listen and share}*

**Share an observation about their GROWTH**

## 7) PLAY PLAN

*{just keywords now. You know what to say ;-)}*

**ASK:** “What Transformation?”

**ASK:** “What Social **ACTIONS** ?”

**ASK:** “What Resources, Support or Structure do you need?”

**Share a supportive observation**

**{add a few notes to your Play Life Adventure Log in box #9}**

# 10 Coaching Guide for Session #10: Transformational Play

Blend Role Play and Pivotal Moment Techniques.

## 1) WARMUP

*Only Keywords Now! (You know what to say)*

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Peak Experience Technique - Imagination

Share your Dream in 30-seconds - Alignment

**SAY:** I can see you doing that.

**ASK:** Alright! We are warmed up now. Are you ready to dive in?

*{wait for them to say: Yes}*

## 2) CELEBRATIONS

**ASK:** Celebrations?

*{Coach: listen and champion their growth!}*

## 3) GROW from Play

*{just keywords now. You know what to say ;-)}*

**ASK:** Important **RESULTS** ?

**ASK:** Pivotal Moments?

**ASK:** Biggest **CHALLENGE** & growth opportunity?

*{listen and co-create awareness}*

## 4) PRACTICE PLAN

**SAY:** Our coaching plan for today is called Transformational Play where we combine a role play AND the pivotal moment technique we have done a few times.

**SAY:** Let's get into our pivotal conversation practice.

**ASK:** Let's think of a BIG ASK conversation that we can practice right now. Any ideas?

{Coach: Your player will be more acclimated to role play now. But ASKING is one of the most challenging things to do for most people. So you may need to offer a few suggestions for them to choose from.}

## 5) PRACTICE TOGETHER ~ Role Play + Pivotal Moment

### Set up the Role Play

#### 5.1) Define the Situation

**ASK:** What is the ASK you want to make in this conversation?

#### 5.2) Define the Role

**ASK:** What role am I playing? Describe the person's general characteristics in 30 seconds.

**ASK:** What is the person's point of view toward your request?

#### 5.3) Advanced Prep

**ASK:** What is the superpower you want to practice expressing?

#### 5.4) Play Together

{Jump into the Role Play for a few minutes.  
Remember... It's PLAY!!}

{Play the scene in a way that you make it obvious that your player should make the ASK;

{IF needed... raise the challenge level to push their preservation zone}

{Pay special attention to your players energy and flow while making the ASK}

#### 5.5) Time Out

Call time out!

#### 5.6) Level Up

USE 1 of these 2 questions A or B...

**A) ASK:** How did you feel while making the “Ask”?

OR

**B) ASK:** It seemed like you were avoiding making the “Ask”. What was happening for you?

**{\*\*\* If your player was experiencing any hesitation, doubt or FEAR, skip down to PM1 the >> Pivotal Moment Exercise}**

**{Otherwise keep playing together.}**

**ASK:** How can you express your Superpower more fully in this situation?

**{Coach: Share your ideas}**

**SAY:** OK. Let’s try it again.

## **REPEAT - 5.4 Play Together (Part 2,3 etc.)**

**{Coach: Try it again. Throw in a few twists as the role player that will evoke your players Superpower to see how your player responds.}**

**{Coach: Repeat as many times as necessary until you feel your player has confidence for the conversation AND expressing their Superpower.}**

## **5.7) Debrief**

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

**{If you didn’t get into the Pivotal Moment Technique, skip down to part 4) Growth Mode}**

## **>> Pivotal Moment Exercise**

### **PM1) Replay the Pivotal Moment**

**SAY:** It is very important that you **maintain judgment-free awareness** during this exercise.

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

**Assuming they say yes...**

## Start the Visualization

**SAY:** Close your eyes, breathe naturally, and take a moment to re-create the scene in your imagination that we were just practicing.

**ASK:** Can you see it?

*{wait for them to say "yes"}*

## PM2) Review thoughts with Judgment-Free Awareness

**ASK:** What thoughts do you notice going through your mind?

**{Coach Note: Just wait and listen}**

## PM3) Feel the Sensations in the Body

**SAY:** Now I want you to scan your body for physical sensations from the top of your head down to your waist. Scan slowly and remain open.

**ASK:** What sensations are you feeling in your body?

**Coach, at this point there are 3 possibilities. They feel nothing, they feel one thing, they feel many things.**

### **If they feel nothing**

**SAY:** that is ok. Often when we experience resistance there is a sensation in the body somewhere. Tune inward. Often it is quite subtle like a little buzzing or tingling sensation.

**Go down to D) Share the wisdom of the fear**

### **If they feel many things**

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

**Have them choose one thing.**

### **If they feel one thing... ALLOW it to be there**

**SAY:** Bring your full attention to the physical sensation. Feel into it as deeply as you can. ...**{pause}**... You may notice some emotions coming up. Just let them pass for now and focus on the physical sensation.

**ASK:** Does the feeling have a shape?

**ASK:** Does the feeling have a color?

**ASK:** Does the feeling have a temperature?

**SAY:** OK, now all you need to do is just allow yourself to feel that {temp/color/shape in location} for 30 seconds. Just welcome it, allow it to be there and feel into it as deeply as you can.

{wait...stay silent for 30 seconds}

## PM) Memory Pops

**ASK:** You did it! What was that experience like? Did anything pop up for you?

{just listen}

## PM4) Scan for Body Beliefs (not safe for me to)

**SAY:** Now let's try to find the wisdom in what you are experiencing. Let's explore what this sensation is urging you to preserve or protect.

**SAY:** Fill in the blank of this statement: It's not safe for me to \_\_\_\_\_

Coach, co-create with them. Explore a few options together.  
Encourage them to honor the wisdom of the "fear"?

## PM5) Explore the Superpower Potential

**SAY:** You know the story of how we got in trouble for expressing our playfulness or unique power; especially when we ask for what we want!

**ASK:** Do you have an inkling about the unique power or playfulness that may be in the shadow of this belief in your body?

{Listen; help them tease this out; they will need your full presence for this part}

## PM6) Make the Mind the Ally of the Dream Intent

**SAY:** That is excellent. Now let's create a phrase to describe what your Dream wants you do.

**ASK:** What is your dream asking you to do in this situation?

Coach, co-create them. Explore a few options together. Help them hone in on a short phrase.

### \*\*\* Back to the Role Play \*\*\*

**SAY:** OK. Let's try it again.

## 5.4 Play Together (Part 2)

{Coach: **PLAY it again.** Keep it similar to what you were doing before so that they player can experience their increase in clarity and power}

## 5.7) Debrief

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

## 6) GROWTH ZONE

*{just keywords now. You know what to say ;-)}*

*Growth Zone*

*Learn about your dream?*

*Learn about yourself and superpowers?*

**ASK:** "How do you feel about our progress in co-creating ways to relate with more power?"

{Coach: listen and share}

**Share an observation about their GROWTH**

## 7) PLAY PLAN

*{just keywords now. You know what to say ;-)}*

**ASK:** "What Transformation?"

**ASK:** "What Social **ACTIONS** ?"

**ASK:** "What Resources, Support or Structure do you need?"

**Share a supportive observation**

**{add a few notes to your Play Life Adventure Log in box #10}**

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

Embody the Dream Technique

## 1) WARMUP

*Only Keywords Now! (You know what to say)*

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Peak Experience Technique - Imagination

Share your Dream in 30-seconds - Alignment

**SAY:** I can see you doing that.

**ASK:** Alright! We are warmed up now. Are you ready to dive in?

*{wait for them to say: Yes}*

## 2) CELEBRATIONS

**ASK:** Celebrations?

*{Coach: listen and champion their growth!}*

## 3) GROW from Play

*{just keywords now. You know what to say ;-)}*

**ASK:** Important **RESULTS** ?

**ASK:** Pivotal Moments?

**ASK:** Biggest **CHALLENGE** & growth opportunity?

*{listen and co-create awareness}*

## 4) (Practice) PLAN

**SAY:** Our coaching plan for today is to use the Elevate the Supermind Connection Technique and then play together with whatever technique you want to practice with.

## 5) PRACTICE (Embody the Dream Technique)

## 1) CO-CREATE the SERIES ~ ACTIONS AND FEELINGS

**SAY:** First let's talk through a sketch of the series of 3 Social Play Actions.

Remember we have Relate for Influence, Create for Inspiration and Explore for Visibility.

**{Help them choose the 3 main social actions that will flow together}**

**SAY:** Now let's co-create a detailed flow together so you can speak your intentions.

**#1 SAY:** The first social action is: **{SAY the ACTION}**

**#1 ASK:** When you do this action, how do you want to feel?

**#1 ASK:** When you do this action, how do you want the other person to feel?

**#1 ASK:** What do you want the other person to do as a result of the experience.

**{AS you talk this out, write it into the Play Sheet, the TRIANGLE Lines}**

**#2 SAY:** The second social action is: **{SAY the ACTION}**

**#2 ASK:** When you do this action, how do you want to feel?

**#2 ASK:** When you do this action, how do you want the other person to feel?

**#2 ASK:** What do you want the other person to do as a result of the experience.

**{AS you talk this out, write it into the Play Sheet, the TRIANGLE Lines}**

**#3 SAY:** The third social action is: **{SAY the ACTION}**

**#3 ASK:** When you do this action, how do you want to feel?

**#3 ASK:** When you do this action, how do you want the other person to feel?

**#3 ASK:** What do you want the other person to do as a result of the experience.

**{AS you talk this out, write it into the Play Sheet, the TRIANGLE Lines}**

**SAY:** This is powerful!! I can envision this happening.

**\*\*\*!!**

## 2) VISUALIZE the SERIES ~ NOTICE THOUGHTS AND BODY SENSATIONS

**SAY:** Next we are going to do an extended visualization of this series. As I guide you through each step, I am going to ask you to share the thoughts popping into your mind AND the sensations that you notice in your body. This is how we EMBODY the experience.

***It is VERY important to maintain judgment free awareness as we do this. Anything that comes up will have value for us as a clue on the Treasure Map.***

**ASK:** Are you in a safe space where you can close your eyes for a few moments?

*{wait for them to say yes}*

**SAY:** Close your eyes and first we will do one connected breath.

**Big breath in...** {pause} Slow breath out.

**{Now you are going to walk through the scenes that you wrote on the TRIANGLE LINES; As they share write your notes on the CIRCLE lines on the playsheet}**

**\*\*! Scene 1**

**SAY:** We will start with Scene 1

**SAY:** Imagine yourself doing **{Say Action 1}** and being awesome.

**SAY:** Tap into the feeling of **{Say Feeling 1}** .

*{Wait 20 seconds}*

**ASK:** As you see yourself in this scene, what thoughts do you notice popping up?

*{listen; take a note}*

**ASK:** As you see yourself in this scene, describe any physical sensations you notice in your body.

*{listen; take a note}*

**SAY:** Now we are going to push your energy toward the OTHER person in the scene.

Imagine them feeling **{Say Other Feeling 1}** and enjoying the experience.

**SAY:** Now imagine them doing **{Say Other Action 1}** .

*{Wait 20 seconds}*

**ASK:** As you see them in this scene, what thoughts do you notice popping up?

*{listen; take a note}*

**ASK:** As you see them in this scene, describe any physical sensations you notice in your body.

*{listen; take a note}*

**\*\*! Scene 2**

**SAY:** Let's move on to Scene 2

**SAY:** Imagine yourself doing **{Say Action 2}** and being awesome.

**SAY:** Tap into the feeling of **{Say Feeling 2}** .

*{Wait 20 seconds}*

**ASK:** As you see yourself in this scene, what thoughts do you notice popping up?

*{listen; take a note}*

**ASK:** As you see yourself in this scene, describe any physical sensations you notice in your body.

*{listen; take a note}*

**SAY:** Now we are going to push your energy toward the OTHER person in the scene. Imagine them feeling **{Say Other Feeling 2}** and enjoying the experience.

**SAY:** Now imagine them doing **{Say Other Action 2}** .

*{Wait 20 seconds}*

**ASK:** As you see them in this scene, what thoughts do you notice popping up?

*{listen; take a note}*

**ASK:** As you see them in this scene, describe any physical sensations you notice in your body.

*{listen; take a note}*

**!\*\* Scene 3**

**SAY:** And finally, let's move on to Scene 3

**SAY:** Imagine yourself doing **{Say Action 3}** and being awesome.

**SAY:** Tap into the feeling of **{Say Feeling 3}** .

*{Wait 20 seconds}*

**ASK:** As you see yourself in this scene, what thoughts do you notice popping up?

*{listen; take a note}*

**ASK:** As you see yourself in this scene, describe any physical sensations you notice in your body.

*{listen; take a note}*

**SAY:** Now we are going to push your energy toward the OTHER person in the scene. Imagine them feeling **{Say Other Feeling 3}** and enjoying the experience.

**SAY:** Now imagine them doing **{Say Other Action 3}** .

*{Wait 20 seconds}*

**ASK:** As you see them in this scene, what thoughts do you notice popping up?

*{listen; take a note}*

**ASK:** As you see them in this scene, describe any physical sensations you notice in your body.

*{listen; take a note}*

**\*\*\* Go Deeper**

**SAY:** Now, let's go a little deeper into this final body sensation. We want to fully embody this culminating peak experience. Feel into it as deeply as you can for 30 Seconds...

*{Wait 30 seconds}*

**Explore Desire**

**ASK:** As you see yourself in this series of scenes, did you notice your hearts desires coming up? What did you notice?

**{LISTEN}**

### **3) CO-CREATE GROWTH FROM THE VISUALIZATION**

**SAY:** You can open your eyes.

**ASK:** What was that experience like for you?

**{Listen and dialogue with them; share your observations;}**

**{They may have felt joyful in seeing it.}**

**{They may have felt doubt or even fear. That is also great.}**

**{It's all about noticing opportunities for growth.}**

**ASK:** Of all the thoughts you noticed, which are you most curious about?

**{Share your observations}**

**ASK:** Of all the body sensations you noticed, which are you most curious about?

**{Share your observations}**

**ASK:** Through the experience, did you notice any desires coming into your awareness?

**{Share your observations}**

**ASK:** Do you notice any new growth opportunities from this experience?

{Listen and dialogue with them; share your observations;}

**SAY:** I acknowledge your courage and playfulness! Awesome.

## 6) GROWTH ZONE

*{just keywords now. You know what to say ;-)}*

*Growth Zone*

*Learn about your dream?*

*Learn about yourself and superpowers?*

**ASK:** “How do you feel about our progress in co-creating ways to **XXX?** *{fill in the practice plan}*”

*{Coach: listen and share}*

**Share an observation about their GROWTH**

## 7) PLAY PLAN

*{just keywords now. You know what to say ;-)}*

**ASK:** “*What Transformation?*”

**ASK:** “*What Social ACTIONS ?*”

**ASK:** “*What Resources, Support or Structure do you need?*”

**Share a supportive observation**

*{add a few notes to your Play Life Adventure Log in box #11}*

## 12 Coaching Guide for Session #12: Season Over Celebration

In this session you do a “Season Over” celebration 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) WARMUP

*Only Keywords Now! (You know what to say)*

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Peak Experience Technique - Imagination

Share your Dream in 30-seconds - Alignment

**SAY:** I can see you doing that.

**ASK:** Alright! We are warmed up now. Are you ready to dive in?

*{wait for them to say: Yes}*

### 2) CELEBRATIONS

**ASK:** Celebrations?

*{Coach: listen and champion their growth!}*

### 3) GROW from Play

*{just keywords now. You know what to say ;-)}*

**ASK:** Important **RESULTS** ?

**ASK:** Pivotal Moments?

**ASK:** Biggest **CHALLENGE** & growth opportunity?

*{listen and co-create awareness}*

## 4) PRACTICE PLAN

**SAY:** Our plan for today is to co-create a celebration of our 12 sessions together!!

## 5) PLAY TOGETHER ~ Celebrate 12 Weeks Together

### A) EVALUATE & CELEBRATE

**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 acknowledge where we ended up on each of your desired outcomes. What is your assessment?

*{Use your notes to walk through the objectives from session #2  
{Listen and share your thoughts}}*

**ASK:** Let's acknowledge where we ended up on each of your pursuits of Mastery. What is your assessment?

*{Use your notes to walk through the Mastery from session #2  
{Listen and share your thoughts}}*

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

*{Use your notes to walk through the Becomings from session #2  
{Listen and share your thoughts}}*

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

*{Use your notes to walk through the Upgrades from session #2  
{Listen and share your thoughts}}*

### B) REFLECTIONS & CELEBRATIONS

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

*{Listen and share your thoughts}}*

**ASK:** What are you most proud of that you want to celebrate?

*{Listen and share your thoughts}}*

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

*{SHARE your observations... Champion how they played!}}*

## ***C) CREATE A NEW DREAM FOR A NEW SEASON***

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

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

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

## **6) GROWTH ZONE**

*{just keywords now. You know what to say ;-)}*

*Growth Zone*

*Learn about your dream?*

*Learn about yourself and superpowers?*

**ASK:** “How do you feel about our progress in celebrating our season together?”

*{Coach: listen and share}*

**Share an observation about their GROWTH**

## **7) THANK YOU!**

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

**{If you have plans to continue coaching together, affirm those plans}**

**{add a few notes to your Play Life Adventure Log in box #12}**