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**PLAY** *Life!*



**Playbook for Players**



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

# Welcome

Hello there! Coach Dave here with you.

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



## Our vision...

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

## Your coach is...

**The champion of your dreams**

**The promoter of your playfulness**

**The unleasher of your superpowers**

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

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

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

In this playbook I will share with you insights about HOW your coach is coaching you to play better at Life!

**THE BIG IDEA:** The more you understand what your coach is doing to guide you, the more empowered you will be to co-create the life you are dreaming of!!

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

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

Coach Dave Buck and the CoachVille Team!

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# A brief introduction to coaching and playing Life



## *What coaching is*

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

Here is our definition of coaching:

# Coaching Is...

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

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

Life Coaching is not about problems or tasks because life is not about problems and tasks. Life is for play and Coaching is about playing together to play better; also known as... PRACTICE.

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

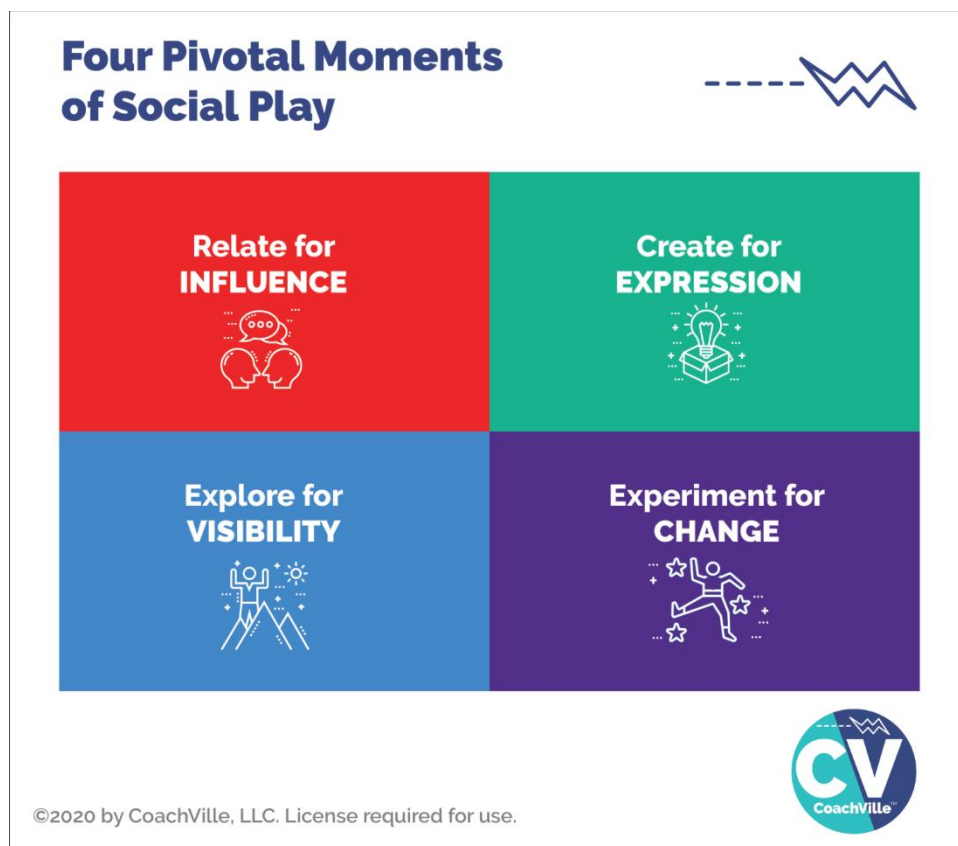
### **The ancient power of co-creation!**

In the ancient Aramaic Language there was a power phrase: **Abera Ca Dabera** – It means: I create as I speak. You have probably heard of it being used in the context of a magic trick but it is much more practical than that! When two people are talking together in deep conversation with purpose, permission and presence – as happens in a Life Coaching relationship – it can take on a life all its own.

With your words you can speak your dream into existence and create the new version of you needed to fulfill your dream. This is the “magic” of co-creating that makes coaching such a powerful force in the world! With a little focus and determination you can experience this power with your coach over the next 12 weeks!

## The 4 “things” you desire! The 4 ways to Play Life

A BIG difference between playing with a coach and working in isolation is well... a focus on play... specifically Social Play. These are the four things EVERYONE playing big in the world wants more of; and wants to do better or bigger in their own unique way to make a positive impact. By adding activities in these four areas into your plan each week, your coach will be able to guide you toward your BIG Dream AND personal transformation. **BONUS!!**



Entrepreneurs, leaders of teams and organizations, people with a cause, people with an idea... anyone who aims to move beyond the status quo of life wants these four things: Influence, Visibility, Expression and Change. That means YOU!

These are the four essential activities of the Connected Age of Purpose. **We call them pivotal moments of social play.**

- Relate, Create, Explore and Experiment
- **A pivotal moment is a coach-able moment that you can improve through practice.** (this is important, we will talk about this a lot during our 12 weeks together)
- Social play means that it involves co-creating the experience with one or more other people rather than completing a task in isolation. Working in isolation was the norm in the Industrial Age of Work so it will require some effort to restore your natural powers of playful co-creation!

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

## **The Endeavors where better Social Play can change your life!!**

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

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

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

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

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

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

## **The Spirit of Play**

Here are a few keywords to help you identify your playfulness:

- Curious and Creative
- Resourceful and Resilient
- Explore, Experiment, Express
- Fun! (usually, but not always)

## The 3 Frameworks of Play

There are 3 areas of life where we see play all the time. One way to get into playing for your dream is to identify with one or more of these and re-imagine your dream with this framework.

1) **Performance Art:** You have talents, a “voice” or perspective and something to say or share. You practice A LOT to refine both your skills and your message. You use your talents to co-create experiences with your audience.

2) **Game / Athletics:** The urge to compete drives you to hone your body and your skills to perform at a high level. You enjoy the thrill of victory and embrace the difficulty of defeat. You enjoy the camaraderie of your team mates and your competitors. The definition of compete from the ancient Greek language is actually quite inspiring.

**To Compete: to seek the best in oneself in the company of others likewise engaged.**

3) **Epic Quest:** You have been “called” to adventure. There is something you **MUST** do even though it means leaving behind the comfort of your well known surroundings and place in the world. You face great challenges in pursuit of your mission. If you are successful, you reap some great reward which you can bring back to your tribe for all to enjoy.

### *The WEEKLY Play Sheet*

This is a tool that will really amp up your level of Play!

On the next page you will find the Weekly Play Plan Playsheet. It is also included in the Playsheet pack for printing, but I wanted to give you a quick walk through on how to use it. Keep your weekly Play Plan Sheet close at hand; somewhere you can see it.

Each week your coach is going to encourage you to create a play plan for the week. As soon as you can after your coaching session, fill this out – good old fashioned paper and pen!

At the top: write in your dream, your focus for the week and your superpowers. Writing this out each week is really powerful. In the beginning this might be a little fuzzy so just write in your current version. It will become clearer as you play and looking back on these sheets will reveal your emerging clarity which is fun!

Then write in a few actions for each of the 4 Social Play activities: Relate, Create, Explore and Experiment. Of course you are going to do a million things every week. This is not meant to capture your whole life; just a few areas where you plan to play. Then as you play your week, write a few notes about what happened on the right side of the paper. This will help you prepare for your coaching session each week.

**QUIRKY BUT IMPORTANT:** Also write down when you **DON'T** do something. So if your play plan included: Call Steve to ask for support; then on Thursday you thought to call Steve but didn't do it; write that in the notes on the right side of the page. In Life Coaching it is just as much about what you don't do as what you do... and how you feel doing it.

At the bottom of the page there is a little space to record your insights and ideas for ways to upgrade your environment. Insights are when you learn something about yourself. As for your environment you will learn more about this as you play; for now, if you notice something you want or need that would help you play better, write it down.

Your **BIG Dream**:



Your **Focus this week**:



Your **Superpowers**:



## PLAY IN THE FEAR / GROWTH ZONE

Relate for **INFLUENCE** > *Risk Rejection*



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## NOTICE & JOURNAL

Challenges / Results / Playfulness

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Create for **EXPRESSION** > *Risk Disappointment*



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Explore for **VISIBILITY** > *Risk Trouble*



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Experiment for **CHANGE** > *Risk Mistakes*



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Insights on the Adventure:

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Environmental Upgrade Ideas:



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

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

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

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

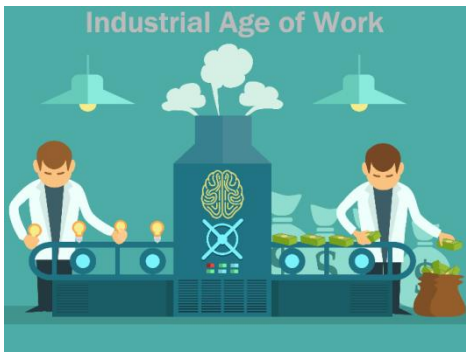

In his TED Talk Steve Kiel says that: “the opposite of play is not work. The opposite of play is depression”. I agree with him.

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

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

I made a few charts to help us go a little deeper and recognize the cultural differences between The Industrial Age of Work and The Connected Age of Purpose.

## *Transformation from worker to player*

		
<b><i>Time frame</i></b>	~ 1880 – ~2030	~2010 - ????
<b><i>Where we learn</i></b>	In School. With desks in neat rows learn the right answers work alone; complete tasks prepare for the test	In Life and Online Learn by experiencing the world; co-create, share, connect Play online games and gamified learning; pursue the next level

<i><b>Memes</b></i>	Do it right the first time or don't do it at all;  Do your own work (at school) if you help your neighbor you are a cheater	After you fail, play again  Together we play better  Get to the next level
<i><b>You are a</b></i>	Worker	Player
<i><b>You have a</b></i>	Job with a Manager / Boss (enjoyment unlikely)	Purpose / Dream with a Coach (enjoyment assumed)
<i><b>What you do</b></i>	Complete tasks Solve problems	Create Results and Experiences Express Super Powers to add value
<i><b>Why?</b></i>	To earn money to buy things	To fulfill a purpose and GROW
<i><b>Success is...</b></i>	Do it right Don't make mistakes	Play BIG to have an impact Risk failure, learn fast and enjoy it
<i><b>The Power</b></i>	In the "system"	YOUnique Superpowers of individual players on teams
<i><b>Belonging</b></i>	Fit in by being like the others Don't try to be special Mind your own business	Fit in by expressing your Superpowers Own your value Find and curate your Tribe
<i><b>The Approach</b></i>	Delusion of control – avoid failure Delusion of the "right answer" LOTS of frustration	Play for influence: relate, create, explore and experiment LOTS of Self-Expression
<i><b>Come alive?</b></i>	Where is the coffee?? Thank God it's Friday!! How long until I retire?	Rewarding and challenging experiences make every day a fulfilling adventure
<i><b>You are seen as a</b></i>	Consumer	Creator / Investor
<i><b>You buy...</b></i>	Things - More is better Things to make you happy  Entertainment and addictions to "get away" from meaningless or repetitive work	Things that inspire you and tools for creation;  Experiences that expand your skills and awareness; Coaching to unleash your Superpowers to pursue your Dream

<i>You aim to</i>	Save some money for retirement	Create “You Wealth” by fulfilling your purpose in the world
<i>The Doing and Being Question</i>	You are what you are doing  “What do you do?”	Who you are being matters as much as what you are doing  “What is your BIG Dream?” What is your purpose?”

## The Manager - The Coach

	The Manager	The Coach
<b>You have</b>	Workers	Players
<b>They are</b>	Cogs in the wheel; serving the needs of the organization	Creative individuals playing for the shared Dream
<b>What they do</b>	Complete tasks; Fix Problems	Play for shared dreams, experiences and results that add value
<b>Mentality</b>	Get it done by the deadline or you are in trouble	Play to grow and get results; Evaluate how to play better
<b>Approach</b>	<p><b>Command</b> Tell them what to do</p> <p><b>Control</b> Show them how to do it</p> <p><b>Compliance</b> Make sure they do it right</p>	<p><b>Connect</b> Know the person and their dream</p> <p><b>Co-Create</b> Plan – Play – Grow - Celebrate</p> <p><b>Contribute</b> Maximize value together</p>
<b>Your focus</b>	Make sure they get it done on time.	Help them play better for the shared dream every day

## Energized!

Hopefully this collection of ideas has you are energized about playing life with your Life Coach by your side!!

The transformation from worker mindset to player mindset can transform your life and the lives of everyone around you. It might feel strange at first... but it will light up your mind and your life over the next few months. I have seen this happen SO MANY TIMES!

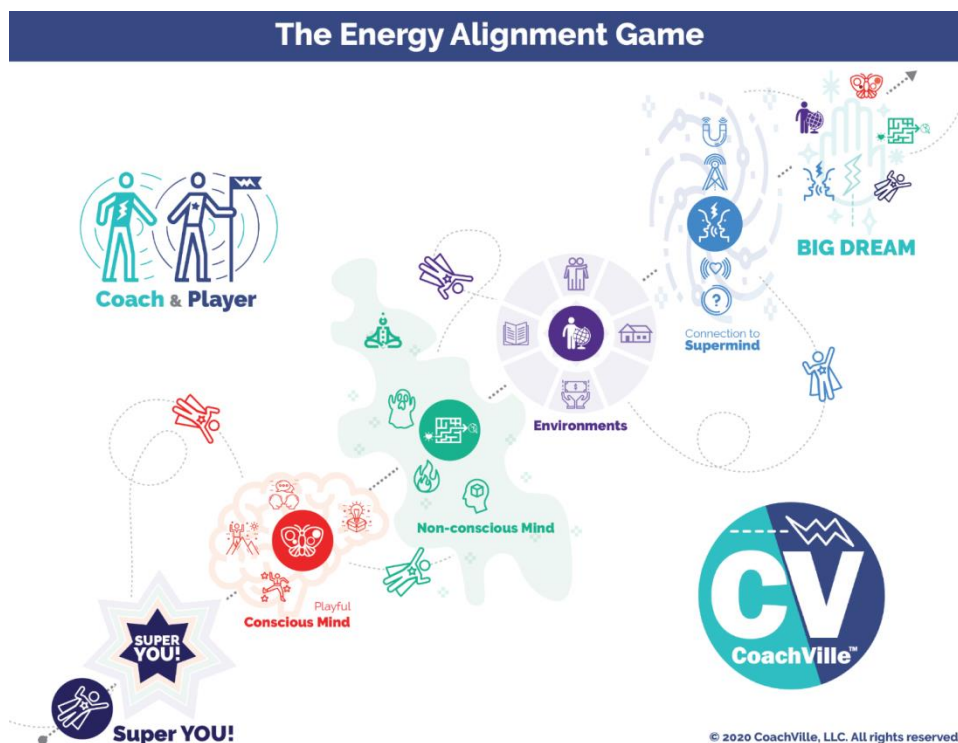
The reason I am painting this picture for you goes back to the definition of coaching: to guide someone in pursuit of playing better.

**In order for your Life Coach to coach you, YOU need to be playing your life (or your business, career, leadership, personal growth, etc.).** This playbook will help you.

## The Energy Alignment Game

You know how... the most technically capable artist or athlete often doesn't create the most compelling performance? What is that about?... **It's Energy!!**

There is SOOO much more to life than meets the eye! (and ear etc.)



### Welcome to the Energy Alignment Game!

This is the way you go from struggling hard to being in the flow. And it's really FUN!

Over the next 12 weeks, as your Coach is guiding you to play better, I will share with you – in this playbook and the accompanying audio – about how to align your energy with your Dream. **This is playing “in the zone”**. It's GOOD!

Each time in your life that you uplevel your dream and the impact you aim to have in the world, you also need to re-align your energy. Most people don't do this and this is why life becomes more and more of a struggle over time; when it should be getting easier.

**Super YOU:** This is the next version of your superpowers needed to live your dream.








**Playful Conscious Mind:** You recognize these symbols: this is about activating the playful social part of your mind.

**Non-Conscious Mind:** Here we will explore your body awareness, fears, desires and beliefs; the unspoken stuff that you can feel when you engage with people.

**Environment:** This is the people, places, things and ideas that surround you. In many ways they determine your opportunities for success.

**Connect to the Supermind:** This is about tapping into what is known as “The Field”; this is where spontaneous insights, synchronicity and inspirations come from. To connect you will open up to wonder, express gratitude, speak clear intentions and engage fully with the experiences that you attract.

# Introduction to the Play Life Method

<p><b>1. Share the Dream</b></p> <p>Player Name: _____</p> <p>Date: / /</p> 	<p><b>Name the Dream</b></p> <p>Date: _____</p>	<p><b>Purpose &amp; Values</b></p>	<p><b>Spirit of Play</b></p>
<p><b>Outcomes</b></p> <p>Date: _____</p> 	<p><b>Mastery</b></p> 	<p><b>Becomings</b></p> 	<p><b>Upgrades</b></p> 
<p><b>2. Design the Way to Play</b></p>			
<p><b>Results</b></p> <p>Date: _____</p> 	<p><b>Actions</b></p> 	<p><b>Challenges</b></p> <p>Date: _____</p> 	<p><b>Evaluate</b></p> <p>Date: _____</p> 
<p><b>3. Play for Results</b></p>		<p><b>4. Embrace Challenges</b></p>	<p><b>5. Evaluate Performance</b></p>
<p><b>Superpowers</b></p> <p>Date: _____</p> 	<p><b>Role Play</b></p> <p>Date: _____</p> 	<p><b>Fears</b></p> <p>Date: _____</p> 	<p><b>Environments</b></p> <p>Date: _____</p> 
<p><b>7. Play Plan</b></p>	<p><b>6. Practice Skills</b></p>	<p><b>8. Inner Freedom</b></p>	<p><b>9. World Power</b></p>
<p><b>Play Big</b></p> <p>Date: _____</p> 	<p><b>Play Big</b></p> <p>Date: _____</p> 	<p><b>Highlights</b></p> <p>Date: _____</p> 	<p><b>Next Dream</b></p> 
<p><b>10. Transformation</b></p>	<p><b>11. Mastery</b></p>	<p><b>12. Celebrate and Co-Create</b></p>	

## The Play Life Adventure Log

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

Each of your 12 coaching sessions will have a focus.

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

### How to use this Play book

There are a few pages with key ideas in words and graphics to help you prepare you for each coaching session. If you are the type of person who likes to read ahead... go for it!

### Play Life Playsheet Pack ([Link to the PDF is here](#))

There is a PDF with all of the playsheets that you will want to print.

### Play Plan for the week

(Described earlier) Print 11 Copies of Page 3

### Coaching Session Notes

There is a page to write a few notes about each coaching session. There is a section at the top to write a few things you want to remember to share.

There are spaces to capture a few notes during or AFTER each coaching session. Remember, it is not school! There won't be a test. Write a few key words for each segment of the coaching session. Then write the big picture phrases on the Adventure Log as mentioned above.

### Let's GO!!

Now that you have the big ideas about play, and your playsheets are printed you are ready to go. AWWW Yeah!! Read the next chapter to prepare for Session 01 with your coach.

## Session #01) Share the Dream

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

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



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

### *Coaching starts with your dream*

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

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

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

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

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

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

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

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

### *Performance – Possibility Gap!*

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

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

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

## The Human Journey with a Coach

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



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

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

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

### BIG Dream

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

### Social Survival Imperative

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

### Preservation Zone

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

## **Fear/Growth Zone**

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

Become-Believe-Belong: the 3 B's of transformation.

## **Superpower Zone**

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

## **Performance Possibility Gap.**

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

## **“The Pull”**

We will speak about this often. This is the natural tug within all of us between the desire to preserve “what is” by playing safe and the desire to pursue our heart’s Dream by playing BIG. The experience of Pull will ALWAYS be there! You will explore this with your Coach on a regular basis.

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

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

## ***Superpowers!***

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

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

I have coached over 1,000 individuals in 20+ years as a Life Coach. One thing that I have found is that most people have only a vague idea about their superpowers: the abilities they have to make an impact on other people. Most people are aware of the technical skills – the resume stuff - but not much else.

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

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

Look it over!

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

Choose a few that seem to match up with both questions. Have FUN exploring these possibilities with your Coach!!


# Super YOU! Playsheet

## 64 Superpowers for Change

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

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

Date: / /



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

## Session #02) Design the Way to Play

[Listen to the audio to prepare for session 2.](#)

**Coach:** Identify the Objectives: Outcomes, Mastery, Becomings and Upgrades; Use the RACE Model: Results, Actions, Challenges and Evaluation.

**Player:** You know basically what you want to accomplish in the world. Next you can craft your personal approach to co-creating it. Make it PLAY; not work.

### *Transform the dream into PLAY*

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

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

Co-creating results with the world is what makes playing for your dream the so exhilarating. The results are what happen when you perform the action with skill and focused intent. In a playable Dream, when the desired results are achieved on a regular basis they accumulate into the desired Tangible Outcomes of the dream. Your impact on the world will ripple out into the world for good.



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

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



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

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



#### **4) Evaluate what matters and connect that to Upgrades.**

There are two ideas here. First you decide with your coach how you will evaluate the results after you play. What will you observe to see if you are playing well? Often this starts with counting something like #'s of new paying customers for a business dream. But it also includes positive experiences that occur while playing even if you don't get the specific results.



The second is called Environmental "Upgrades". This includes acquiring resources that help you play better AND fun things you want to acquire as a reward for playing well.

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

Your dream of life cannot be compartmentalized. Everything impacts everything else. Make sure it is playable and attainable and make adjustments if it is not.

## **An Example of playing for a Dream (rewrite)**

Here is a basic example so you can start to imagine playing for your own dream in this way. As I said, this framework takes a little practice but it is quite liberating when you get a good feel for it. After you learn it yourself, please share it with others!

Notice the **RED** Row of the playsheet: *Outcomes, Mastery, “Becomings” and Upgrades*  
We call these the “Ultimate Experiences” of the Dream.

Notice the **BLUE** Row of the playsheet: *Results, Actions, Challenges and Evaluate*

The important distinction is the items in the BLUE ROW are recurring.

They accumulate into the “ultimate experiences” in the RED ROW.

## **From Session #1 Share the Dream**

### **Name the BIG Dream:**

Build a thriving solo business

### **Purpose / Values:**

To create financial freedom

To express my talents in a meaningful way

To enjoy life fully on my own terms

### **Spirit of Play**

See the challenge of finding clients as an adventure

Really enjoy the experience of serving my clients

## **Now, the elements for Session #2**

### **(Tangible)OUTCOMES**

- 1) Meet 60 potential clients
- 2) Get to an average of \$2,400/month in income while playing 32 hours / week.
- 3) Maintain freedom to enjoy more time with my child

### **Recurring RESULTS**

#### **Remember: the result is what happens in the world**

Explore for Visibility = Meet a potential client on Linked In

Create for Expression = A Potential Client really enjoys our exploratory conversation.

Relate for Influence = Sign a paying client @ \$200/month

Experiment for Change = My child talks with me because I notice what is happening by not looking at my phone.

### **MASTERY**

- 1) Tribe building through sharing ideas and participating
- 2) Relating for Influence – Fearless in going for “YES”

## Recurring ACTIONS

Explore for Visibility = Write and Share articles on Social Media sites

Create for Expression = Conduct 3 exploratory conversations each week and conclude each one with an offer. (unless it is clearly not a good fit)

Relate for Influence = Make the offer, demonstrate the value, sign a paying client @ \$200/month

Experiment for Change = Stay present for after school activities with my child by not looking at my phone.

## BECOMINGS

- 1) More confident as a business person
- 2) More engaging writer
- 2) More “present” during family activities

## CHALLENGES

- 1) I find it hard to move from online engagement to talking on the phone
- 2) During my exploratory conversations I come up reasons NOT to ask them to hire me
- 3) I often feel pressure in what I need to do for my business and miss my child’s event/game

## UPGRADES

- 1) Strong connections with a referral network that I create
- 2) A new CAR! (I seriously need one)
- 3) A closer relationship with my child & mate

## EVALUATION

- 1) Count my revenue (on a spreadsheet)
- 2) Count how many exploratory conversations I have and % of YES’s
- 3) Keep a list of people I think can refer customers to me.
- 4) I KNOW the highlights of my child’s games.

## *How the results add up*

You can get the idea (with a little math) from this example how the big Dream becomes a “realistic” 3-month objective. And then how this objective can be achieved by playing well in a series of weekly adventures.

If you co-create 12 “YES’s” over the 12 weeks you will reach \$\$ objective. There will be plenty of challenges to play with and opportunities for growth.

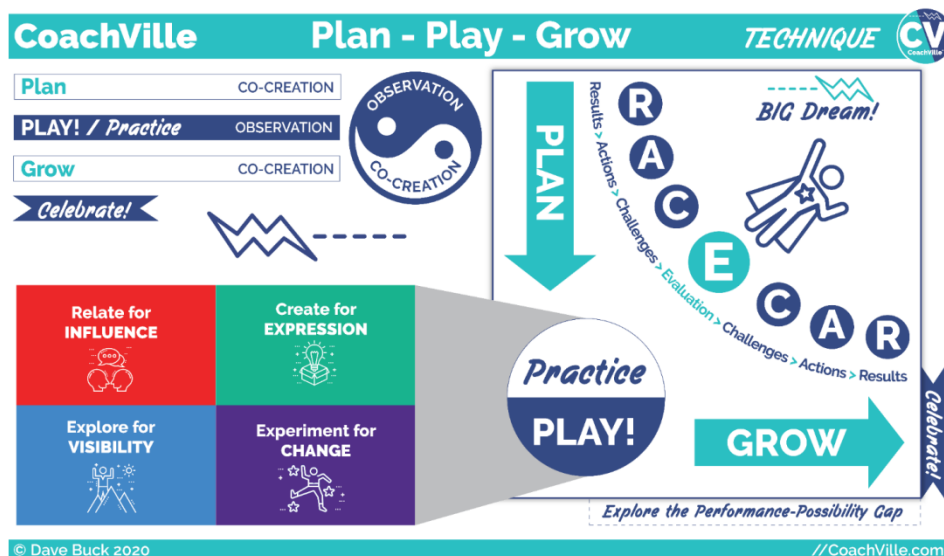
Much like an athletic season it begins with the dream to become a better player as an individual and to help the team win as many games as possible.

In most dreams of life it works well to think of each new week as a new “adventure”. As you complete the weekly adventures you will keep an eye on moving toward the objectives and experiences that you set here in steps 1 and 2.

You now have a weekly “adventure” to prepare for and play. Now your coach can guide you toward playing better each week... FUN!! But no matter what happens on a given week, there will be a new adventure to play with every week until the season (12 weeks) is over.

This is very different than the industrial approach that we were taught – make a list of tasks and keep checking them off the list. Add new tasks to the bottom of the list. Keep grinding through the list until the project is complete or you drop dead of exhaustion!

## *The Plan ~ Practice & Play ~ Grow Cycle: The heartbeat of coaching.*



This is how coaching happens and how you can pursue the most remarkable dreams that you can imagine ...

In the upper left you see the yin-yang symbol with Observation & Co-Creation. This is the essence of coaching I shared with you in the coaching definition.

### **In your coaching sessions...**

- You and your coach co-create a plan for what to explore within the theme for that session.
- Then you will play and practice together.
- **Notice the call out to the 4 pivotal moments of social play = this is what you will practice!**
- Then you will clarify the growth that happened in the session.
- THEN... you will confirm a play plan for the week ahead.

### **OUT in the World...**

- Then you capture a few notes and highlights from the session on the coaching notes page.
- Then you write out a few key items for your play plan for the week on your playsheet
- **Then you go out and play for your dream and enjoy the adventure!**
- As you play you notice growth moments to celebrate and growth opportunities to explore with your coach in the next session; write these notes on your play sheet as they happen.
- Write down a few key celebrations and growth opportunities on the top of the NEXT coaching sheet.

Lather. Rinse. Repeat. (Hah! Couldn't resist that one) This is the rhythm of playing BIG for your dream with a Life Coach as your guide. It's powerful and fun.

## Session #03) Play for Results (Play for your Dream)

[Listen to the audio to prepare for session 3.](#)

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

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

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

### 4 Pivotal Moments of Social Play

Remember this image from the Introduction?

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

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

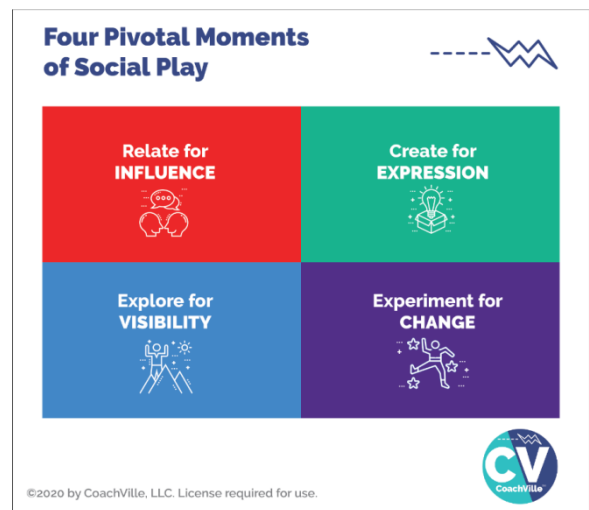
Any time you are doing something where you have 99% control of the outcome that is more like work. Play is when you are doing something and you DON'T have control of the outcome but you can influence the outcome with your energy, creativity, strategy and skill. When you do something playfully, YOU – and your unique abilities - matter. In work anyone can accomplish the same outcome by following the instructions and doing it the right way.

#### Relate for Influence

Relate means talking to other people! This is pretty much what we do all the time in life. It becomes playful where there is an opportunity for positive influence like when you are asking someone to do something with you or for you and they might say “yes”, but they might say “no”.

#### Create for Expression

Creating is when you make a thing or you design an experience, using your ideas and voice, that you aim to share with others; for examples: writing, recording, designing, planning. Then you share what you create which is all about participation and contribution. This is very much in line with the “Life is Performance Art” idea.



## Explore for Visibility

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

## Experiment for Change

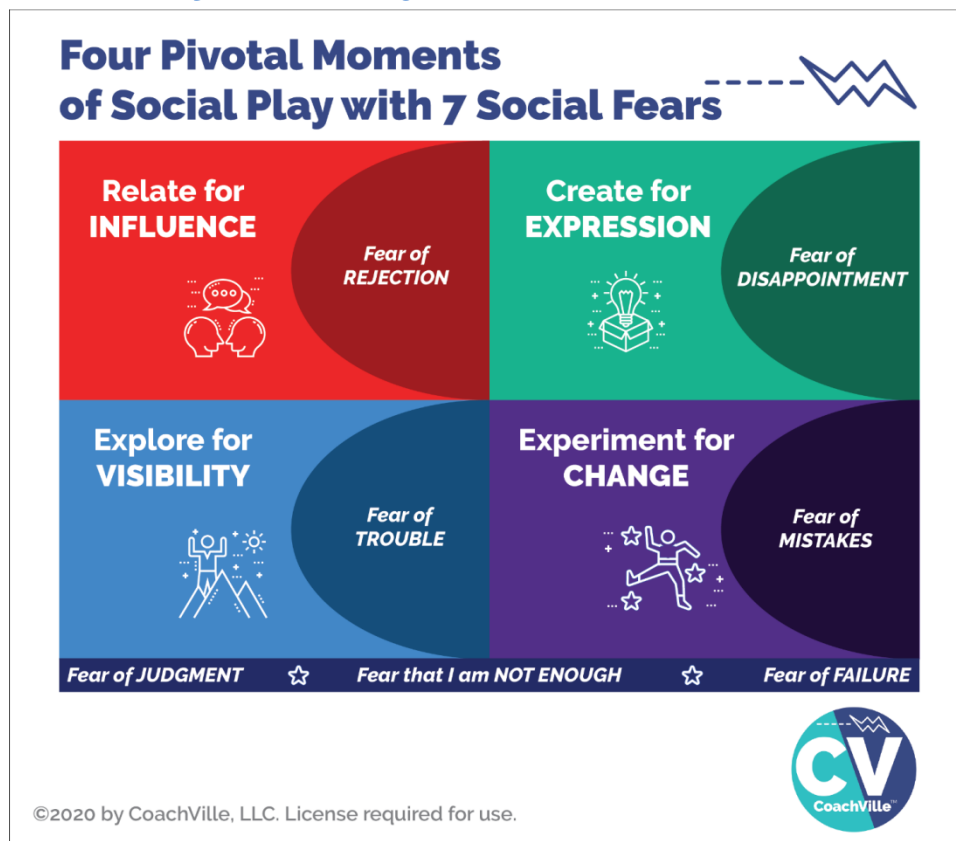
Experimenting is any time you do something that you have not done before OR you do something in a new way. Often when we experiment we have an idea or a hope of what will happen but we don't actually know. Experimenting also includes solving puzzles and problems... BUT not with the idea of finding the "right" answer... with the intention to find YOUR next answer. This is a big departure from Industrial Age school and most jobs where there was only one correct answer to every problem.

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

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

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

## 4 Pivotal Moments of Social Play with 7 Social Fears



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

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

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

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

Here is a really BIG point about social reward and social fear: **it is almost impossible to transcend social fear by playing alone.** But together we can do it! This is why Life Coaching is so important. We talk more about this in future chapters. For now, YOU have a Life Coach... that is wise!

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

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

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

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

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

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

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

### **Experiment for Change => Fear of Mistakes**

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

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

## **BONUS FEARS! LOL**

### **Fear of Judgment**

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

### **Fear of Failure**

This is a second core Industrial Age fear: that if we attempt to do something that we cannot control, we might fail; AND failure is the worst possible thing that can happen. It's not hard to understand where this fear came from: the Industrial School System. Together we are going to explore the paradoxical idea that the potential for failure is actually what makes you feel alive!

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

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

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

## **BIG OPPORTUNITY**

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

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

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

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

### ***How a coach helps you play better: Observation ~ Co-Creation***

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

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

The MOST important of the four is: Relating for Influence. To make a bigger contribution in the world you are going to need to talk with people co-create a “YES”.

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

**Becoming highly capable at relating for influence is one of the most desired life skills!!!**

Relating well has MANY underlying factors like clarity of intent, energy alignment, being present, deep listening and sharing authentically. So a BIG part of using Role Play is to become a more skilled relator through practice.

### **Examples of conversations you can role play**

Relating for influence is not just one skill. In most dreams there are MANY distinct relating situations that you can identify, observe and then practice. Each unique type of conversation can be seen as a different relating skill.

The key to a good role play is to hone in on:

A) A recurring relating skill

OR

B) A very specific conversation situation

#### **Examples of recurring relating skills:**

- Make a request for support
- Ask for something (an emotional challenge for almost everyone)
- Make an offer to do or share something
- Ask another person to change their behavior in a positive way
- Share your truth
- Request feedback
- Explore an idea or new possibility
- Introduce yourself in a way that sparks deeper conversation; you can practice a business situation or a personal situation.
- Invite someone to an experience with you
- Invite someone to hire you for something AKA discuss the money!

#### **Examples of a specific conversation situation:**

- I need to ask my boss for the opportunity to lead the new project.

- I want to call Bill from the Chamber of Commerce and suggest that I give a talk at a future meeting
- I want to reach out to Sally and let her know that I want to be a part of the community leadership team.

There are so many possibilities!!!

## **HOW to do a great role play with your coach**

On the next page is a detailed graphic that will help you prepare.

To do a great role play only takes a few minutes. In this session with your coach you are going to do a quick practice, but in future sessions you will get into more elaborate practice.

**Here is the 7-step method for a great role play:**

### **1) Define the Situation**

First you decide upon a conversation that you would love to play better.

Describe the positive influence that you are playing for in the conversation; what do you want the other person to say or do. Usually this means there is some offer or request that you want the other person to say “Yes” to.

### **2) Define the Role**

You think of the person you want to influence. It can be a specific person or a type of person. Describe the persons’ general characteristics in 30 seconds.

Describe in a few words the persons’ point of view toward the issue/situation

Note: To play the role of another person, your coach will not change their voice. They will sound like themselves and still play the role.

### **3) Advanced Prep**

In a more detailed role play you would define how you want to approach the situation.

### **4) Play together**

Your coach will step into the role and play it out for a few minutes to see what happens.

### **5) Time Out!**

You or the Coach **Call time out!**

### **6) Level Up**

Both can share your observations. Your coach may ask you for feedback on how they are playing the role and refine if necessary.

Repeat.

### **4) Try it again.**

The Coach may throw in a few twists to see how you respond. Repeat as many times as necessary until you feel improved confidence for the conversation.

### **Options**

Your coach can offer to do a reverse role play where they play YOU in the conversation to demonstrate an alternative way to approach the conversation.

If you are experiencing some resistance while you are in the conversation, your coach can do the Pivotal Moment Technique with you.

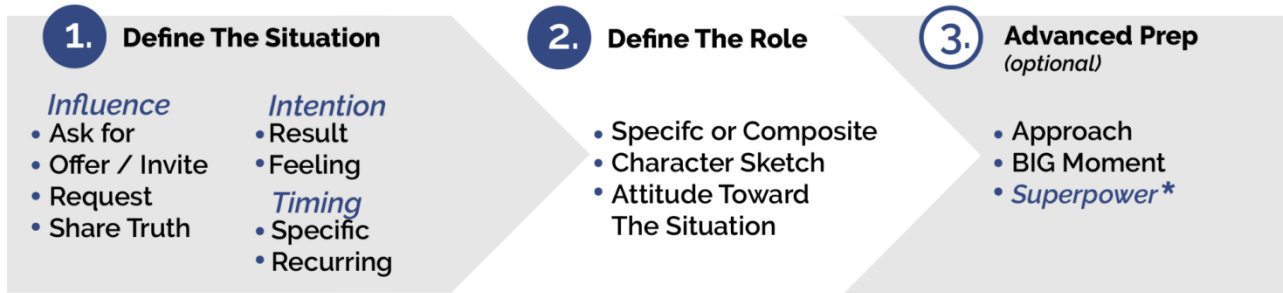
We will explore that for Session #4

### **7) Debrief**

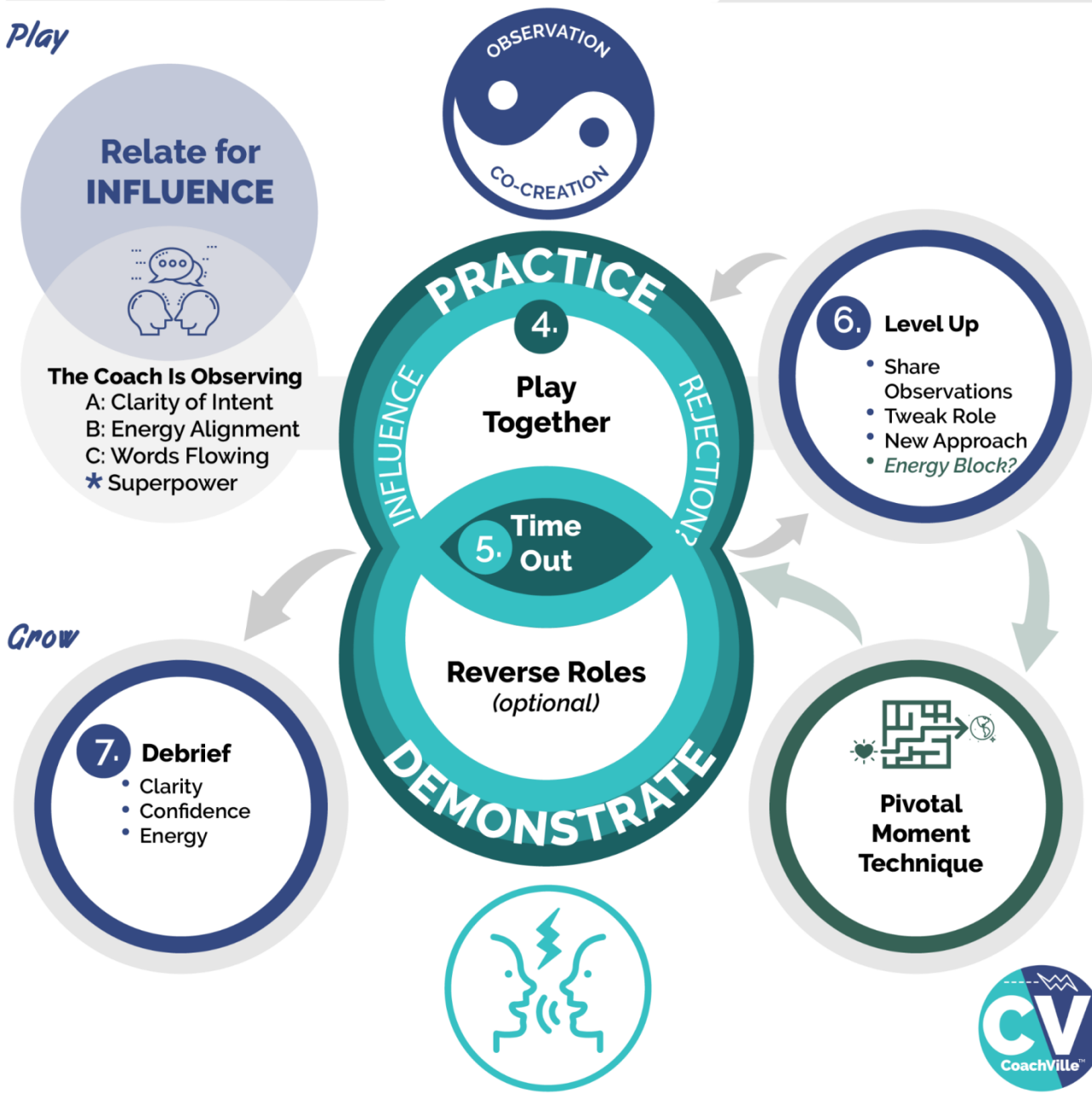
You and your coach will talk it over to capture your clarity, confidence and energy.

# The Role Play Model

### Plan



### Play



### Grow

## Session #04) Embrace Challenges

[Listen to the audio to prepare for session 4.](#)



**Coach:** Cultivate resourcefulness in the face of challenge. Ask questions. Explore your players' choices and fears. Help your player see the growth opportunity in every challenge.

**Player:** Get the best result possible from the situation. Notice the fears that you experience while playing. Embrace what you are feeling; know that every challenge you overcome will make you a better player; that is the real purpose of this challenge in your Dream.

### *Embrace Challenges*

EMBRACE means: you welcome the challenge; you enjoy the challenge; you engage with the challenge; you are grateful for the challenge... you SEEK new challenges!

Challenges are what make playing for your dream worthwhile! Without interesting challenges to stand between your actions and the desired results the activity becomes boring work. When you have 100% certainty that the action will create the desired outcome, then it is no longer play.

When you are playing there are challenges between you and the results you desire; AND there are surprises that make every day a unique experience. These are opportunities to make the most of the situation, to make adjustments to your plan or approach obstacles with energy in pursuit of your desired results and experiences. Often the joy of play itself can pull you through challenges where they would normally stop.

### *Judgment-Free Awareness*

This is a BIG topic that you will explore frequently with your coach. Being judgmental – especially within ourselves – is an artifact of the Industrial Age. We all absorbed it. A premise of the Industrial Age was that for every action that must be done; there is one right way to do it. If you are not doing it perfectly then there is something wrong with you.

This mindset is antithetical to playfulness!! So we must notice it and let it go.

Judgment-Free Awareness – of JFA – means to look at everything from a place of pure observation and curiosity. Learn from everything. Hold your vision of how you see yourself playing while also appreciating that you are not there yet; you are on a journey to mastery.

**Curious Question:** How is this challenge asking me to play better?

### *YOU MATTER.*

You are a player for your Dream with YOUUnique Superpowers, energy and ideas making things happen in the world in your own way... You are NOT a replaceable cog in the wheel of industrial production.

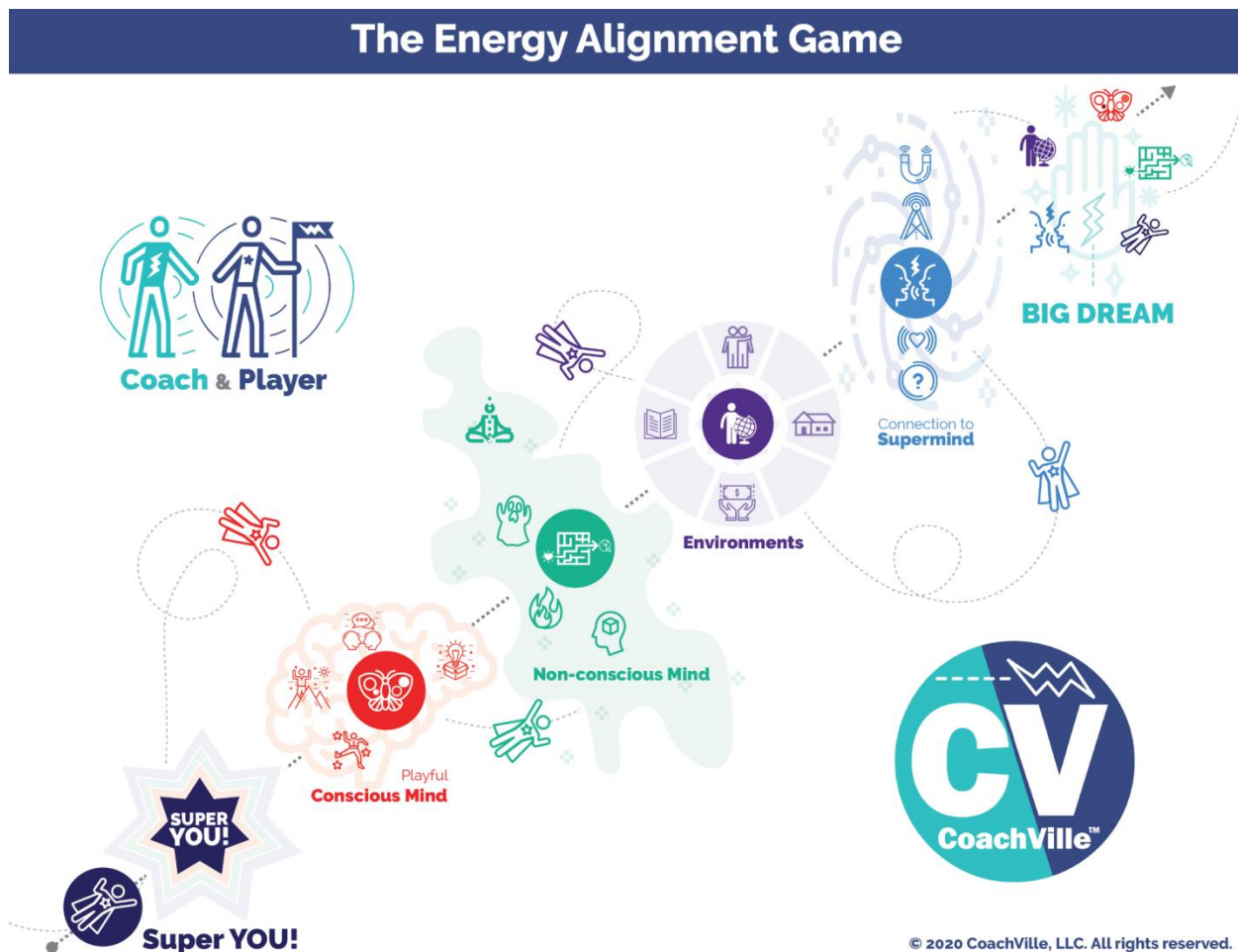
Your mastery matters. Your joy matters. Your results in the world matter...

AND... so does your experience of the world!

Are you willing to RISK caring about what happens even when you can't control it?

NEXT we will briefly explore something that can have a profound impact on your ability to live your dream: Your Energy!!

## Energy Alignment Game



SO MUCH FUN!! Learning about this was one of the pivotal moments of my life.

Let's go a little deeper into this framework that I shared with you in the Introduction. (I know you have been wondering about this ;-)

This definitely goes in the realm of play; as in something that you cannot control but you can influence with skill, strategy, imagination and playful effort.

One little note: There are MANY MANY ways to play with Energy so this is not intended to be a definitive guide.

The "Game" is to align all aspects of YOU with your BIG Dream to create a state of flow.

### Super YOU:

There is a next-level version of you that YOU must express fully and become in order to fulfill this big dream. You are NOT a fixed entity! Through play you can always become more. With practice you can expand the impact you have in the world.

### Playful Conscious Mind:

There is a playful version of your focused thoughts and deliberate actions that you need to use in an intentional way to uplevel your skills to align with the new dream. You have been doing this for a few weeks with the 4 activities of Social Play. There is SO much more to your playfulness than you are currently aware of.

## **Non-Conscious Mind:**

Whoa. This is a big one. You will need to uplevel your body awareness, desires and beliefs to align with your dream. You will need to believe in a whole new set of possibilities. And you will need to uplevel your relationship with fear: fear is your friend and a treasure map to your Superpowers. We will explore this in a future session. As you put more attention and energy into your dream, your heart's desires will become more clear... and it will become easier to listen to your heart!

## **Environment:**

Your non-conscious mind - which is super focused on belonging - is in constant connection with your environment. You will need to uplevel many aspects of the world around you so that the powers of belonging and becoming align with your dream.

The first level of the game is to co-create the world around you so that it is safe for your dream, your superpowers and your playfulness.

## **Connection to the Super Mind:**

There is a timeless web of human consciousness that we are all connected to. You can tap into this connection to play for a BIG DREAM.

The good news is that you are already doing it! Every time you share your dream with your coach you are connecting to the Supermind. Every time you explore the challenges you are facing with open curiosity you are connecting to the Supermind. Anytime you have a flash of insight after a session with your coach, that is the Supermind in action! Keep the channel open and enjoy it.

## **The pursuit of flow:**

Remember, the self-preservation part of you does not want you taking the risks required to pursue your dream. It is 100% focused on keeping you right where you are; you are alive and have some level of belonging so this is good enough. Your self-preservation instinct does not care about purpose or fulfillment or joy; only survival.

Meanwhile your dream is calling you out into the world to discover a bigger contribution and more fulfilling joyful life. As you endeavor to align every part of your energy to the BIG Dream, it begins to FEEL – feel is the key word – more natural. This is called getting into the flow. It is not routine, it is engaging, yet safe enough that the self-preservation instinct stops pulling so hard. This is when pursuing your BIG Dream feels less and less stressful and more and more fun!

That is what we are playing for!

## ***Pivotal Moments***

Here is a BIG idea about playing life that is different from playing athletics for example. In athletics the coach watches the game. Then in practice they can't replay the whole game with you, so they pick out a few pivotal moments from the game to practice. A moment is pivotal if it happens often OR it had a big impact on the outcome.

In Life coaching your coach can't watch you play your whole life! So it is up to YOU as the player to notice your own pivotal moments and then explore them with your coach.

Remember in the Human Journey with a Coach model I shared with you in Chapter 1. There is “The pull” between playing safe and playing BIG? You will experience it often as you play big for your dream. You may notice a little doubt, fear, hesitation or full on avoidance! This is when you need to be curious and open AND make a note of it on your Play Plan Play Sheet so that you can explore it with your coach!

Pivotal Moments of Choice happen ALL THE TIME when we aim to play BIG. But we rarely notice them because they happen so fast; and mostly at a non-conscious level, one of the themes of this chapter!

A Pivotal Moment of Choice is when you have the opportunity to do something that will forward your BIG DREAM, but at the same time it involves social risk and stepping into the unknown.

When this happens we face a brief but powerful inner “struggle” between playing safe and playing BIG; between preservation and dream action.

Life Coaching occurs by being a practice partner; preplaying the moment with them so that the player can bring the non-conscious struggle / choice into conscious awareness..

There are many possible scenarios for a pivotal moment of choice:

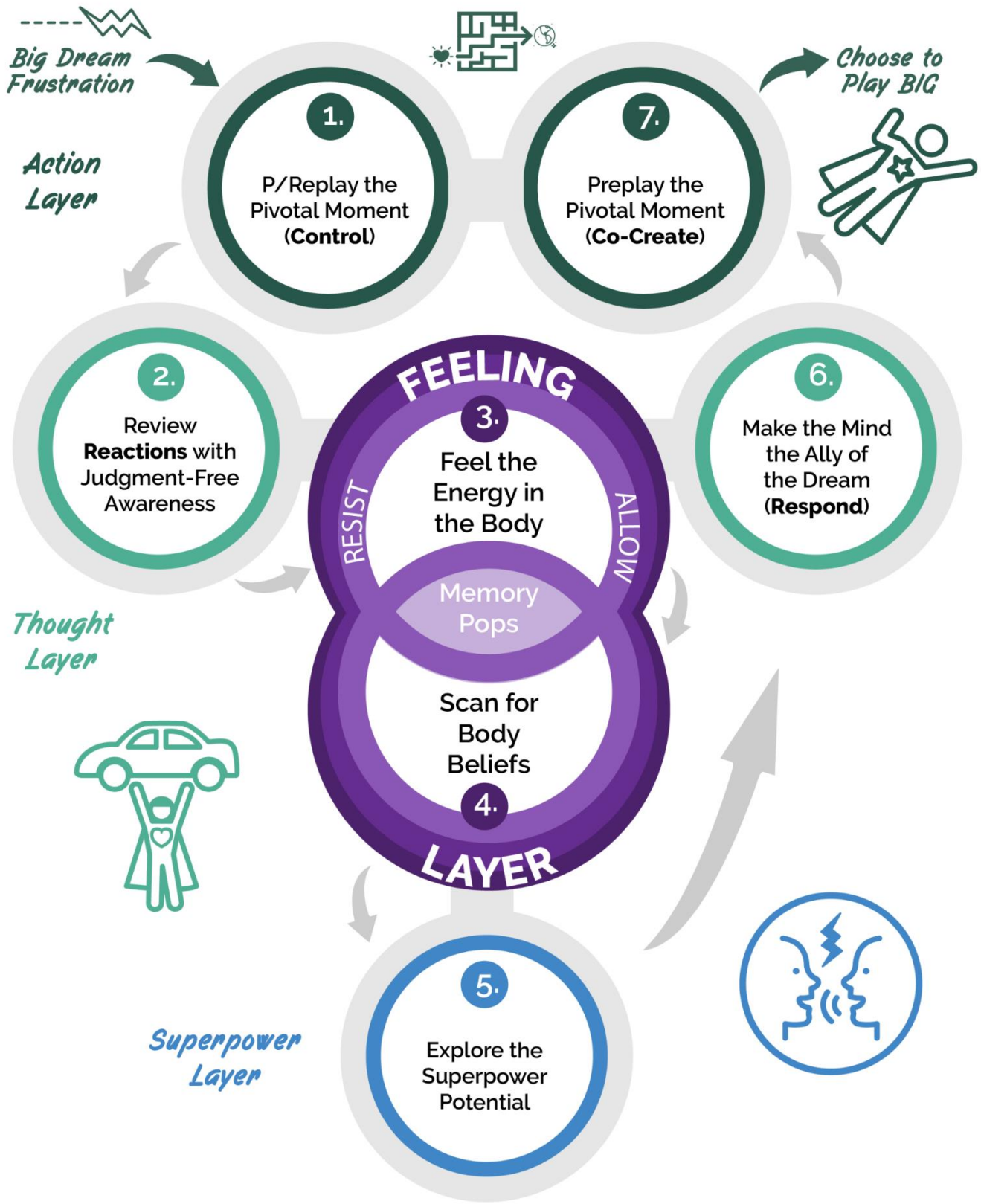
- Talking to someone at a network event ~ should I share my dream? Or just say that I work at XYZ corp.. What if they think my dream is stupid?
- Thinking of sharing something on FB Live ~ should I just Go Live and share my idea? Or wait until it is perfectly planned some day in the future. What if I say something really stupid?
- Thinking of making a follow up call to someone I met ~ should I pick up the phone and invite them for coffee / conversation? Or wait until I have everything together perfectly. What if they ignore me?
- I have this time on my calendar to write a blog post/article/chapter ~ should I sit down and write something right now? Or should I wait until I feel inspired; Or wait until my office is perfectly organized? What if people don't like my idea?

These are phrased to sound a little but funny. But in truth we need to honor that these moments are more provocative than they appear on the surface because fear and social risk are involved. Always remember that social play and social risk go hand in glove!

## *The Pivotal Moment Coaching Technique*

You are probably wondering... how is my coach going to help me practice these pivotal moments? I understand how they can practice conversations with me. But how can we practice creating, exploring or experimenting?

There is a way, which I will share with you now. Then your coach is going to do this with you in your session.



Pivotal Moments is a powerful Life Coaching technique that utilizes your imagination and body awareness. Your coach will use it to practice moments with you. It is very similar to

visualization techniques that athletes and performance artists use to co-create magical moments.

Here is a VERY important point about the Pivotal Moment Technique: it is a coaching technique; it is NOT a self-help technique. It is the experience of belonging between the coach and player that allows it to work as well as it does.

Here is a brief walk through to pique your curiosity before you experience it with your Coach.

### **Set Up)**

Identify a VERY SPECIFIC moment to play with together. It will most likely be a moment where you are experiencing at least a little bit of frustration, doubt, fear, stress, overwhelm or hesitation.

#### **1) P/Replay the Pivotal Moment (Control)**

Your coach will invite you to activate your imagination and visualize yourself IN the moment and share the scene with them.

We use the funny looking word – P/Replay – because you can play with a moment from the recent past (replay) or an imagined moment in the near future (preplay).

#### **2. Review Reactions with Judgment-Free Awareness**

Your coach will ask you to describe the thoughts in their mind WITH judgment-free awareness and curiosity.

This creates an experience of profound belonging; they are WITH you in the experience. This is super powerful!!

#### **3) Feel the Energy in the Body**

Your coach will invite you to explore the body sensations that you experience while you are “in the moment”.

This step is also known as Somatic Experiencing (meaning: of the body). It will open up awareness to what is happening at the Non-Conscious level of the Energy Alignment Game. It creates a Feeling Layer shift from Resisting to Allowing which creates an experience of safety.

### **Memory Pop)**

Because the physical experience you are feeling is related to an emotionally intense moment (or many moments) from the past, often a memory will pop into your mind.

At your discretion, this moment can be explored briefly while maintaining judgment-free awareness for the people and the situation.

#### **4) Scan for Body Beliefs**

Your coach will use the power phrase: It's not safe for me to {fill in the blank} to give voice to the belief or fear. What is the fear trying to preserve or protect? There is great wisdom in the voice of the body. Honor this wisdom completely. The key is to NOT THINK about it; just allow the words to come through.

#### **5) Explore the Superpower Potential**

ALL of us lose access to our unique power – our superpowers – through troubling experiences in life. The pursuit of our Dreams in the world is an opportunity to discover and reclaim these powers. This truth is the essence of every Hero's Journey story.

Very often in the moment that originated the belief or fear, you were doing something or expressing something that was essential to who you are; a unique ability. And either you “got in trouble” for expressing it OR you tried to use your power to assist someone you cared about and it didn't work.

Often you will have an inkling about what that unique ability was. This can provide a valuable clue that you and your coach can explore in reveal your hidden superpowers.

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

After feeling the energy in your body - in the presence of profound belonging with your coach – your mind will “feel safe” and open up to new possibilities. This is BIG.

Your coach will ask you what your Dream is encouraging you to do. This is the “Dream Request.” Together co-create a simple phrase to describe it.

This creates a Thought-Layer shift from reacting to the situation (in Step #2) to responding to life (in Step #6).

The BIG Ah-Ha moment comes when BOTH playing safe AND playing big are honored as valid choices. The key is that it is now a conscious choice.

### **7) Preplay the Pivotal Moment (Co-Create)**

Your coach will guide you back to the original scene using your imagination to visualize yourself taking the action while holding the Dream Request in your heart and mind.

This creates the Action-Layer shift from attempting to Control which leads to frustration, to Co-creating with life which leads to freedom.

Now you can freely choose how to play the next time you are in this situation.

**What often happens is that an action that seemed full of struggle, suddenly feels easy; it just happens. SWEET!!!**

### **Time to experience it**

OK. Most likely reading this gives you more questions than answers. That is OK. You will get a little taste of this in your upcoming session and then a few more times as your adventure continues.

It's good to understand what is going on, but at the same time, don't THINK about it too much. When you are in your coaching session just jump in and play.

The BIG Idea is that using this technique you can practice pivotal moments with your coach; doing this will improve your clarity and confidence.

## Session #05) Evaluate What Matters

[Listen to the audio to prepare for Session 05](#)



**Coach:** Guide your player to evaluate results and feedback with judgment-free awareness; Highlight opportunities for growth. Celebrate!

**Player:** Seek feedback in the pursuit of growth as you play for your dream. Be willing to look at anything and learn from results, messes, mistakes, failure and success. Celebrate!

### Learn and grow with judgment-free awareness

Always remember that one reason to pursue your dream is to grow.

What matters? ...BIG Question.

- The results matter.
- Enjoying the experiences of living your dream matters.
- Gaining skill matters.
- Who you become matters.
- Discovering your Superpowers matters
- The feedback of others matters... SOMETIMES.

Feedback is the breakfast of champions!

There are so many things that could matter. When you play for results and experiences in the world you create and receive a lot of feedback. Some of it matters while some does not. It is up to you with your coach to figure out what matters most. And then look at it with judgment-free awareness and use it to create insights that help you play better.

### Where to look...

Your coach will help you explore these three categories.

- 1) Experiences where you played and created the results you desired or better.
- 2) Experiences where you played and did NOT create the results you desired.
- 3) Experiences where you avoided the playful action you intended to take.

The essential ingredient here is to realize that there will always be successes and failures in any pursuit. One of the BIG jobs of your coach is to transform “losing” experiences into learning experiences. If you lose and you are playing alone, often you feel like a loser. If you lose and you have a coach, you become a fast learner. BIG DIFFERENCE.

### *The Paradox of Play*

**If you can't lose, the dream is not worth playing for; when you really play, you always win.**

This is a juicy thought to ponder from time to time. What does this mean to you?  
How do you make sense of these two seemingly opposite ideas?

Here is another deep conversation to consider...

**If you want to feel fully alive... make failure an option.**

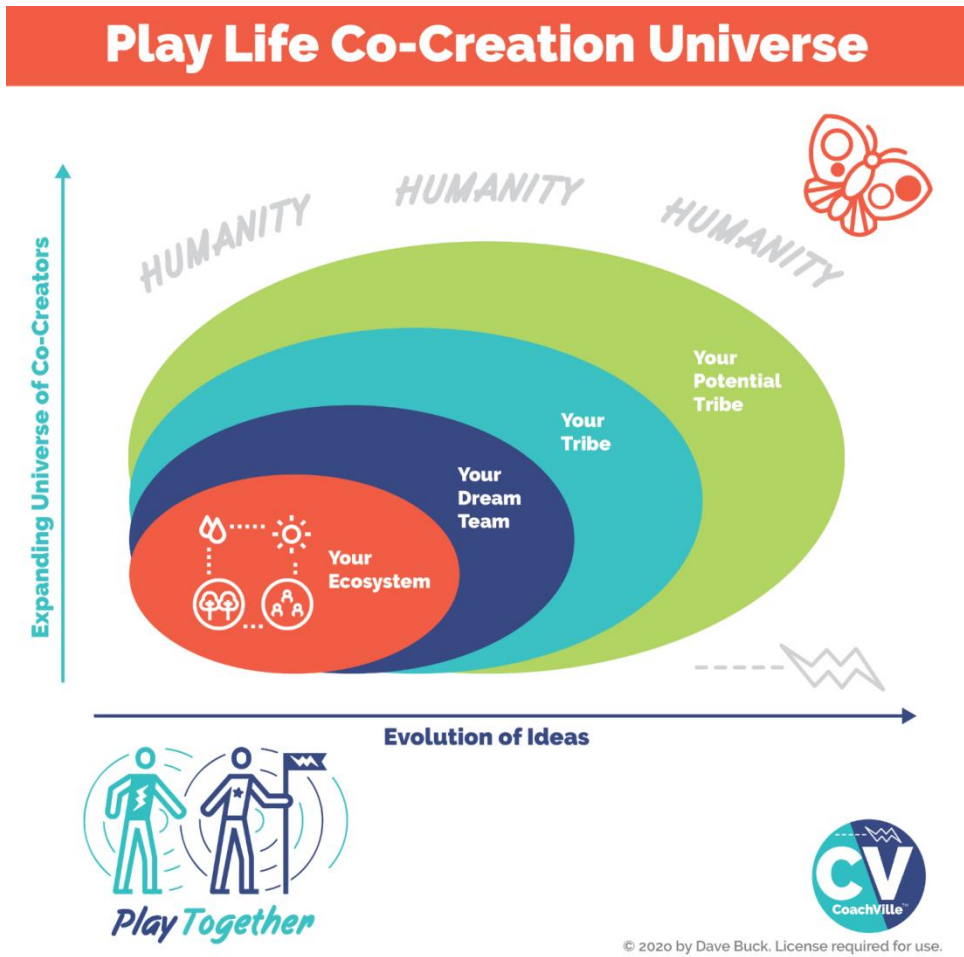
We were trained in the Industrial Age to avoid failure! However, consider the notion that

the “opportunity for failure” is actually what makes you feel MOST alive.

For sure you can enjoy doing something when you know exactly how it is going to turn out. However, when you feel MOST alive... there is almost always some mystery...the opportunity that it won't turn out “as planned” is present. Remember control v. influence?

When you don't know for sure if what you desire is going to happen or not, this is when you are most engaged. (Hint: this goes back to the idea that **YOU MATTER**; because when failure is possible, your unique contribution can create success).

## Life as a co-creation



Another powerful way to evaluate feedback is to imagine that everything happening as you pursue your dream is a co-creation between YOU and “Your World”

The essence of your BIG Dream adventure is to contribute your YOUUnique Superpowers to create value in the world for others. FUN!

### Your Ecosystem:

You start by seeing yourself and your dream as part of an ecosystem rather than an isolated entity. Look for the holistic picture. You are a part of something bigger and your contribution is essential to your thriving ecosystem of colleagues, partners, advocates and customers. You want everyone and everything in your ecosystem to thrive.

### Your Dream Team:

This is your trusted inner circle and includes your Coach!

### Your Tribe:

These are the folks that you aim to serve / contribute to / participate with as part of your BIG Dream. Anything that happens or doesn't happen when you engage with your tribe is essential feedback to evaluate.

### Your Potential Tribe:

As you grow in capability and confidence in whatever you are doing there is an expanded circle of people and possibilities that you can explore.

### Humanity:

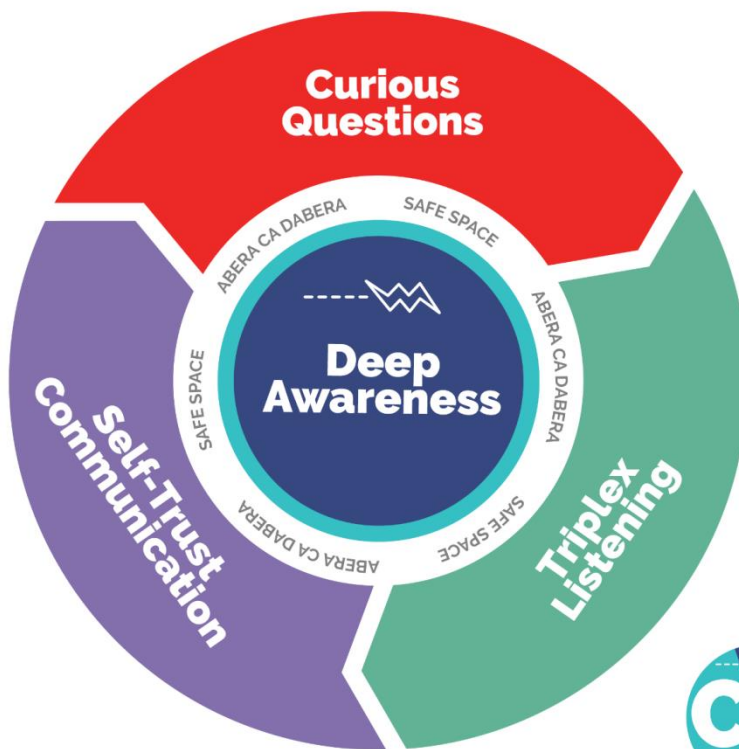
While you aim to create value with and for your tribe, it is good to hold the intention that your contribution is for the betterment of Humanity and The Earth!

### The BIG Idea

The point of this view of the world is to realize that you and your dream are an essential part of a bigger picture; you are a part of something!

## Coaching Technique: Co-create Awareness ~ Abera Ca Dabera

### CoachVille Co-Create Awareness Technique



**A big benefit of playing with a coach is the opportunity to talk about your experiences and your plans with someone who is really good at listening to you and SEEING YOU!**

You have experienced this a few times now. At the start of each session your coach asks you some questions to spark conversation about your week of play.

These explorations have the potential to create some big “Ah – Ha” moments because of what we call “the Abera Ca Dabera Effect”. I mentioned this to you right at the beginning of this book.

Abera Ca Dabera is a phrase from the Aramaic language which translates into: I create as I speak.

It describes the magical power of co-creative conversations. When you talk with someone who is listening to you powerfully, you speak more powerfully! This leads to expanded awareness and new possibilities. It’s AWESOME!

**Here is the BIG KEY:** when you talk with your coach, they will ask you a lot of curious questions. These questions are not about giving the right answer! **They are openings for exploration together.**

**Awareness = Your “YOUUnique” view of the world**

As a player in pursuit of a dream, the more you can understand yourself and see what is happening around you the more choices you have and the better you play. Becoming “aware” while playing is almost impossible, because while you are playing your focus is on the action. What the coach does is help you “see” yourself and the situation better through conversations and practice. In athletics you can think of this as practice time and during a “time-out”.

**The Cycle of a Co-Creative Coaching Conversation**

Your coach always wants to know how you “see” it.

As you share about what you experienced while you were playing, your Coach - is “*Triplex*” listening. This means that they are hearing what you say, what you don’t say and the energy and beliefs coming through what you are saying.

As they Triplex listen to you, they will have thoughts and feelings “pop” into their awareness. Often they will ask permission to share what they are sensing: feedback, an idea, an insight about what might have happened, a related experience that adds value. Sometimes these thoughts will really ring true. Other times they will spark your imagination to a new awareness.

If you don’t resonate with what they are saying just let them know. They won’t be attached to what they share.

It’s also important for you to feel safe to share anything that pops into your mind... even if you can’t explain it. These vague inklings often contain profound insights as you try to put them into words. This is abera ca dabera!

As you engage with your coach while they are asking curious questions, triplex listening to you and sharing via self-trust, opportunities will arise to *Go Deep* into the situation. This is where your coach will ask a more revealing question or share a more provocative insight. You will know that it is “deeper” by the way you feel about it... a little edgy. Often these deeper conversations will enter some new territory in your relationship: which will be

powerful for both the coach and the player. Going deep is the real juice of life coaching and where most new awareness happens.

When your coach asks you about your week of play, these are not simple questions with straightforward answers! These are openings for exploration that could go in many directions and reveal many opportunities for growth. Often awareness of a pivotal moment that you can play with will come to light. Also many seeds for future explorations will be sewn.

### **What is there to become aware of?**

This is a big question and there is a range compelling answers: one would be everything; another would be only what is most important to see right now to make the next improvement.

Your coach will help you become aware of:

- What were the results of your play and what can be learned from the experience
- What were the challenges and what did they “ask” of the you
- What resources do you have available that can be leveraged in pursuit of the dream
- How did your choices while in the action impact the results; what other options were available
- Patterns of choices that you make; and how they could be maximized or improved
- What is your current skill level in an action; what your Superpowers are
- What is the best way to improve a skill to get better results

### **Talking about what happened after playing in the world**

There are two fundamental coaching scenarios:

- 1) Where the coach directly observes you while you are playing out in the world
- 2) Where the coach does not observe you while you are playing out in the world but talks with you afterward.

If you are someone who makes public appearances or performs in situations that are recorded then your coach will have opportunities in scenario #1.

MOST life, business and leadership coaching is based on the second scenario so your coach helps you become aware by talking with you about what happened as you describe the experience. In this case they will use the Co-Create awareness Technique to “see” the moments through your eyes by what you share. It is intense. It is truly awesome when you both really dive into it.

### **Blind Spots**

The reason coaching is such a powerful form of relationship is because as players we cannot see ourselves play while we are playing. The coach is an “outside observer” who can help the you see what you cannot see as a gateway to better play and better results.

The deeper version of this concept is that beyond seeing what is happening – or not happening - we don't see ourselves or even know ourselves as fully as we could. When we don't see something about ourselves, like a habit or a pattern of choices or a belief, this is referred to as a blind spot. Coming to know ourselves more fully is one of the most profound experiences of being alive!

Playing for a worthwhile Dream in pursuit of results with a great coach is one of the best ways to come to know yourself in this way – to see into your “blind spots”. Often it is the great challenges that spark these awareness opportunities.

## **Abera Ca Dabera**

As you know this phrase has come to be used as an incantation by folks performing magic tricks. It is magical, but it is not a trick! With practice it can become one of the most powerful things you do as a player with your coach.

Your Life Coach is creating a safe space of belonging and judgment-free presence for you that enable you to speak powerfully. With this power you can:

- Say things you have never said before
- Speak you dreams into existence
- Speak you vision for the next version of themselves
- Speak you plans that will make your dream a lived experience!!

A key to the Abera Ca Dabera experience is that it is not just the player who creates as they speak! When you co-create belonging with your coach, the coach will feel empowered to speak powerfully into the safe space. Often amazing insights will come through... and you step back and realize: “wow, I no one has ever said anything like that to me before.”

Not only will this provide great value for you, often your coach will say something and in the moment you realize: “Whoa! This is also for me. I need to pay attention to what I just said!”

## ***Now you know!***

Now you know more about playing life than most people! How awesome is that.

You are starting to see opportunities to relate, create, explore and experiment your way to your BIG DREAM!

As an important side note, you also know more about coaching life than most people too; but that is a conversation for another day!

NEXT...

Now that you are playing, your coach is going to guide you toward your vision of PLAYING BETTER. That is an essential quality of players... we are always dreaming of playing better.

Meanwhile in this playbook and in the audios I am going to share with you some insights about the Energy Alignment Game.

## Session #06: Practice Skills

[Listen to the audio to prepare for Session 06](#)

**Coach:** Role Play conversations! Jump in and be whoever your player needs you to be so that they can practice. Co-create with your player a way to practice every action essential to the Dream.

**Player:** Learn every skill your dream requires; Have a vision of excellence. Practice. Practice. Practice. Enjoy the process even when you are not good at something yet.



### Practice Skills

EVERY Dream has specific skills and techniques associated with the activities of the pursuit. In the game of basketball one skill is shooting the ball so that it goes IN the basket. In the game of business a key skill is connecting with potential customers so that they say “YES” to buying what you offer.



You and your coach have been co-creating the way to play for your dream; hopefully having a lot of fun doing it! You have also experienced the coaching techniques for practicing life: Role Play and Pivotal Moment. Now is the time to go deeper into how to PRACTICE each activity and situation. This is a super fun and co-creative process.

### What is Practice?

While there are many definitions, here is one that we will use: Practice is creatively experimenting with an activity in pursuit of skill. A skill is the ability to produce a consistent desired result while performing the activity. When you become very skillful, you can perform the activity and get the desired results with greater ease. When you practice together with your coach you create growth “in the moment” that leads to even more growth out in the world.

You should think of your time with your coach each week as a fun time where you get to practice playing for your dream! This is BIG because we rarely think that we can practice life, but we can!! And it’s fun.

A BIG part of practice is the idea of a “safe space”. A safe space is a space where you feel free to experiment; where you are not overly concerned about making a mistake. In Life Coaching a safe space is a judgment-free space where you can express yourself fully; where you can experiment with aspects of you that you normally don’t share.

In session 3 you did a role play with your coach to practice relating for influence (one of the 4 ways to play life). In this session you will do another role play and go a little deeper into it. An example would be doing a role play where you express your assertiveness or your ambition (**fill in any attribute you want here**) in a way that you wouldn’t normally do.

Beyond the role play, you will also explore together ways to practice each of the essential activities of your dream. Remember... anything that you cannot control but you can influence is an opportunity for practice. As you practice you will co-create your desired results more often.

## Observation ~ Co-creation

We explored this notion briefly before Session #3. In athletic and performance art coaching – like soccer or singing - observation is assumed. But in life it is a little more complex; the coach can't watch you play your whole life! So you need to choose the most important relating conversations to practice with a Role Play; or you can share a few examples and together choose which one to practice. Similarly you have to choose the most pivotal moments creating, exploring and experimenting to explore with your coach using the Pivotal Moment visualization technique.

### YOU WANT TO BE SEEN!

Observation~Co-Creation is profound because what performers and creators like YOU want more than anything is to be seen and known by someone who appreciates what they are doing AND can guide them to do it better!

When we talk about coaching as a profound personal relationship, this is what we are talking about. It is so personal when a coach can really see you and know you. Your coach is someone who knows everything that you have overcome, have faced, have bounced back from, have grown from in the pursuit of your BIG Dream.

This is a BIG WOW in life and has a lasting impact.

### In looking at the 4 ways to play life...

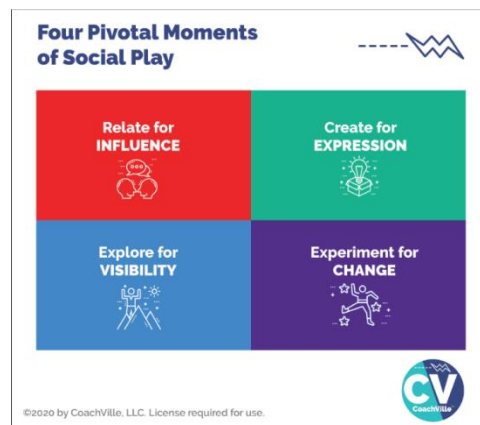
There are 3 primary techniques your coach can use with you to observe and help you improve your results: Role Play Conversations and Pivotal Moment Visualization.

Relate for Influence ~ Role Play

Create for Expression ~ Pivotal Moment + **Show & Review**

Explore for Visibility ~ Pivotal Moment Or Role Play if you are presenting to a group.

Experiment for Change ~ Pivotal Moment



## Show & Review

Business, leadership, even a career are all forms of Performance Art! As a player, you want your coach to see you play! This is what the show and review technique is all about.

This is where you show your coach something that you have created. As more of our creations are electronic, or recorded in some way, this becomes an available and powerful option.

For example, many of my players create experiences using Facebook Live. I can watch them play live or I can watch the video later. Then we talk about it to co-create awareness of ways to practice and then play better.

- A Facebook Live experience can be recorded and shared with your coach
- A meeting that is hosted on zoom can be recorded and shared with your coach
- You can practice a speech or presentation on zoom for your coach to watch
- When you appear as a guest on a podcast your coach can listen to the audio
- Your coach can follow you on social media and observe what you are sharing
- Your coach can read your articles or posts to help you evaluate how you are using your voice

There are so many possible ways for your coach to observe you at play and then help you play better for your dream.

## *The Power of Practice and your Playful Conscious Mind*

As we get into the second half of this Playbook we will dive deeper into each of the elements of the Energy Alignment Game.

Practicing is the key to reactivating your Playful Conscious Mind needed to live your dream! Practice is missing from our lives as adults. We rarely practice anything. Mostly we just do it and we usually feel that we are supposed to be able to do it right the first time.

Practice is a safe space to experiment and grow.

**The key distinction is to shift your mindset**

**From Industrial Mindset:** Just get it done the right way and don't make a mistake.

**To Connected Mindset:** How can I get good at doing this in my own unique way?

Examples of practicing activities that you want to get good at:



<b>Just do it</b>	<b>Get good at it</b> <b>practice co-creating results</b>
Talk to someone about what you do	<b>Relate for Influence</b> Talk about what you do in a way that energizes the other person to support you
Write an article for your blog	<b>Create for Expression</b> Write an article that attracts comments on your blog; and invites people to talk with you.
Make a video	<b>Create for Expression</b> Your video attracts “Likes” that lead to connections on Facebook
30 minutes on Facebook / Linked In/ etc.	<b>Explore for visibility</b> Your time on FaceBook leads to strong connections and requests for an exploratory conversation.

Try introducing yourself in a new way

### Experiment for Change

Brainstorm a list of 5 new ways to introduce yourself; try each one 10 times while keeping track of how many times the other person wanted to learn more about you.

## BIG LIST of conversations to practice

We talked about the Role Play Technique in Chapter 3 before your first Role Play with your coach. Your upcoming Session 6 with your coach will feature the Role Play Technique again.

To spark your imagination for your upcoming coaching session... and more importantly for your future with your coach, here is a really big list with lots of role play ideas.

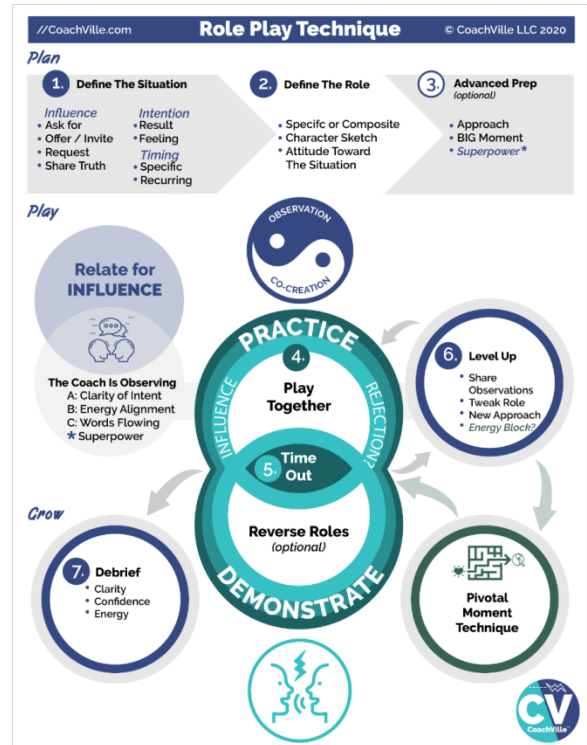
This list is oriented toward a Professional Coach or a service provider business. Even if that is not you, it is meant to spark your creativity for conversations you can practice.

Here is a list of situations.

### Relate for Influence Situations

ALL of these you can practice with your coach using the Role Play Technique

1. Someone asks you what you do...  
You respond by sharing a few details about the benefits of hiring you.
2. Someone asks you what you do...  
You respond by saying “can I share my dream with you instead? And then proceed to share your dream of transforming lives.
3. Someone asks you what you do...  
You respond by saying: “can I share with you one of my client success stories?” and proceed to share an energizing story in 4 minutes that captivates their attention.
4. You invite someone you met in a networking situation to have a 1-1 phone conversation to explore mutual possibilities.
5. You HAVE the conversation with someone to discuss mutual possibilities.
6. You reach out to someone you used to work with the share with them the dream of your new business and to find out what their dream is now.
7. You reach out to someone you know who is very influential to share your dream and ask them for support.
8. You ask a current client for a referral; based on the results you are co-creating with them; you can describe with great clarity your ideal client.



9. You ask a friend for a referral; you can describe with great clarity your ideal client and you know that they are connected to a lot of people like that; you can describe the benefits of your service with great enthusiasm.
10. Someone is referred to you. They call to ask about your services. You respond in a way that generates enthusiasm.
11. Someone is referred to you. They call and straight away ask how much your services cost. You respond to their question in a way that generates enthusiasm.
12. You are talking with someone about your services and then you make an offer.
13. After you make an offer the person says: "Oh that is more expensive than I thought it would be". You can practice your response.
- 14. After an offer conversation where the other person asks a question or expresses a concern about saying "yes"; you can then practice answering that question or concern with your coach!**
15. Follow up conversation with someone who said they need to think about it.
16. Ask someone for something that you need.
17. Ask someone to support something that you care about.
18. Ask someone to participate in something you are doing.
19. Ask someone to change something that is troubling you.
20. Speak your truth to someone that you are partnered with.
21. Acknowledge that you made a mistake to someone that was impacted.
- 22. A million specific situations that will come up when you play for a BIG Dream.**

## Create for Expression Situations

There are several create for expression situations that happen while talking that you can practice with something similar to a role play.

Remember that one type of Creating for Expression is creating an experience to share with others.

- Your exploratory experience for potential clients is a conversation. You can practice parts of it with your coach.
- Giving a talk / presentation is something you can practice in parts with your coach. Especially the start, the big idea, the transformational story, the offer.
- Doing a workshop – or a playshop as I like to call it – is an elaborate experience that you create for and with others. You can practice key parts of this as well.
- When you create something that is written or recorded you can engage in feedback conversations; these can be practiced as well to make sure you ASK for the feedback you need the most.

## *Ways to practice Life*

This is a really important concept. You CAN practice Life; as I said before. With relating for influence the practice is straight forward. With create for expression, when its talking you can see this as well. But how to we practice creating, exploring and experimenting?

Good question.

There is no set way. You need to be almost as creative with the ways you practice as you do with the activity itself.

But here is the main idea: create a safe space.

In most cases this means cultivating a Dream Team of folks you are invested in your dream with you. Become a CO-Creator with them. Whatever you are doing, you do it with them first!

- Share your expressions with them first.
- Share your visibility ideas with them first. Let them SEE you.
- Conduct your experiments with them first.

For example if you are creating a workshop: do the workshop with your Dream Team for practice before you do the event for your customers. Then get lots of feedback from everyone to improve your performance.

Players practice... A LOT.

Feedback is the breakfast of champions. Cultivate a small circle of people whose opinions and ideas you value greatly. Include them in your dream and your life.

We are here to play together!

## Mid-Season Review

On the next page is a playsheet that you can use for a mid-season review.

This is a valuable self-reflection exercise.

Look back on the playsheet you filled out after Session 2.

Do you feel on purpose with your objectives?

Is there anything you would like to update?

Maybe you have already accomplished some of these and now is a good time to raise the bar!

Or perhaps you can see that something was too ambitious and you can scale it back to make it achievable over the next 5 weeks.

This is YOUR DREAM!

It is up to you to say what you are playing for.

**Action:** Write out a new version of your BIG Dream that you can energize around for your remaining coaching sessions.

# Play Life Mid-Season Review

Date: \_\_\_\_\_

Big Dream



Superpowers



## Update Your Dream Objective and RACE for the Second Half of Your Season

Outcomes



Mastery



Becomings



Upgrades



Results



Actions



Challenges



Evaluate



# Session #07: Play Plan for Your Superpowers

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



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

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

## Super YOU! (The Energy Alignment Game)

*“A Superpower = A unique ability that you can practice until it is capable of making a BIG IMPACT on other people and situations”*

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

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

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

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

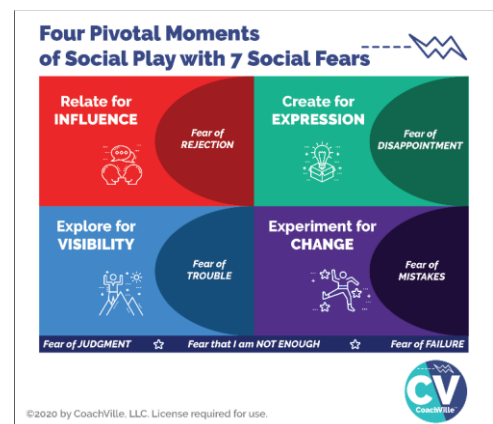
You will identify your Superpower potential by exploring actions in the world required to play for your dream and noticing the fears that you experience. Using the Pivotal Moment Technique your coach can help you find the unique energy hidden by the fear.

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

**SOOOOO GOOOOOOD!!!!**

## Your FEAR of playfulness and using your Superpowers

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



positive impact in the world!

## ***Become – Believe – Belong***

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

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

3) **The Ability to Believe.** Humans are believers. The ability to believe is the catalyst of all human civilization.

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

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

### **Coaching for Change**

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

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

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

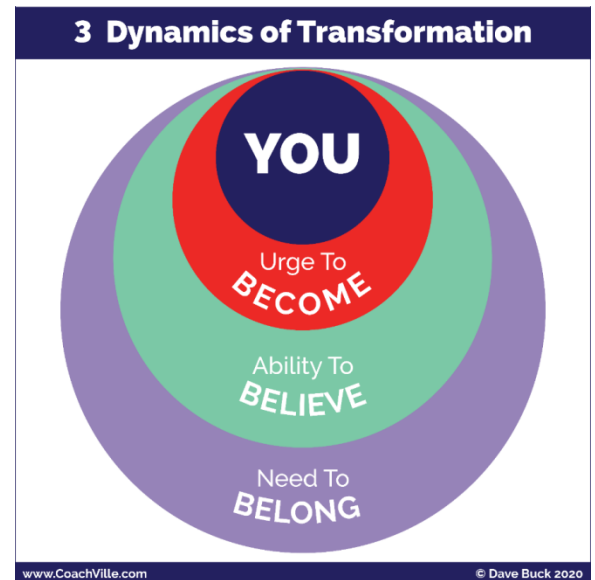
We need to explore our beliefs – by bringing them up to the surface of awareness - and choose the ones that we need to uplevel in order to live our new dream.

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

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

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

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



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

# The Story of Little "you" and Super YOU!



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

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

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

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

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

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

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

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

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

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



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

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

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

## *Tenacious Self Love*

Tenacious Self Love is where we embrace our humanness with judgment-free awareness. We embrace all of our human experiences and see everything as included in our pursuit of our dreams. We especially embrace our doubts and fears because we understand that we absorbed them in the Industrial Age culture we were born into.

Beliefs that hold us back, doubt and fear are part of our Self Preservation instinct which is both vital and honorable. The experience of beliefs and fears limiting our ability to play big for our dream is a TOTALLY NATURAL HUMAN EXPERIENCE. However it has acquired a lot of blame and shame names in the personal growth movement. This is not helpful! You have probably heard or said many of these things and I highly recommend you stop saying them about yourself or anyone else!

**I recommend you remove these phrases from your vocabulary.**

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

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

**I believe in tenacious self-love!** I hope you will to.

## *64 Superpowers for Change*

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

Now that you know more about your dream, more about YOU and more about how came to fear your most unique powers.... Let's take a deeper look at this list. On the next page (It is Page 12 of the Playsheet Pack) is a more detailed version of the 64 Superpowers for Change that I created. It has two lines for each Superpower. As I mentioned in the Introduction: It is loosely based on the "I-Ching" (Book of Changes). This is a good resource because when you play BIG for a Dream there is always some kind of change that you desire.

Read through this list and find the phrases that you are drawn to. Feel free to mix and match phrases together. The key is that each phrase feels powerful to YOU. Come up with 3 Superpowers you KNOW you have inside of you AND your Dream needs you to develop them and express them NOW. Your coach is here to help you design and become the next version of you... the version of YOU that can fulfill your BIG Dream.

# What are your Superpowers?

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

**Step 2:** Contemplate the energies you selected.

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



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**01 Creative Self-Expression**  
 ◆ Aligning with universal expansion

**02 Receive Higher Guidance**  
 ◆ And all support

**03 Implement the New**  
 □ Using principles of organizing

**04 Pursue Answers**  
 ▼ That create understanding

**05 Trust Inner Timing**  
 □ Attuned to the natural world

**06 Maintain Emotional Balance**  
 ◀ In intimacy and conflict

**07 Support Shared Interests**  
 ◆ The guide at their side

**08 Trusted Agent for Creatives**  
 □ Impresario of style

**09 Attentive Focus**  
 □ Fascinated by features

**10 Empowered Self Love**  
 ◆ And appreciation of life

**11 Espouse Ideas**  
 ▼ That promote harmony

**12 Romantic Perception**  
 □ For a better future

**13 Listen with Acceptance**  
 ◆ Appreciate uniqueness

**14 Excellence with Prosperity**  
 □ Commitment to becoming skillful

**15 Adaptable Magnetism**  
 ◆ Friends at all levels

**16 Choose then Enthuse**  
 □ Develop versatile skills

**17 Debate Opinions**  
 ▼ For future well-being

**18 Improve Integrity**  
 ▶ Review everything for flaws

**19 Approach with Sensitivity**  
 ▶ Inner drive to connect

**20 Assured Presence**  
 □ Anticipate the right moment to act

**21 Take Charge Naturally**  
 ▶ Authority for common good

**22 Gracious with Emotions**  
 ◀ With beauty and affection

**23 Express Complex Ideas Simply**  
 □ Find what is essential

**24 Inventive Thinking**  
 ▼ Review and rationalize

**25 Innocent Trust**  
 ◆ Accept universal love

**26 Accumulate Material Rewards**  
 ▶ Artfully balance needs

**27 Nourish Well-Being**  
 □ In many forms

**28 Play with Tenacity**  
 ▶ Meet life's challenges

**29 Commit then Persevere**  
 □ Never give up

**30 Intense Desire**  
 ◀ With total engagement

**31 Natural Influence**  
 □ Provide guidance and instruction

**32 Endure by Adapting**  
 ▶ Balance continuity and change

**33 Mindful Narrator**  
 □ After retreat and recharge

**34 Great Power**  
 □ Fueled by inner balance

**35 Seek Experiences**  
 □ Learn from everything

**36 Resolve Crisis**  
 ◀ Ride the emotions

**37 Develop Harmonic Friendships**  
 ◀ Community foundation

**38 Inspired Fighter**  
 ▶ For freedom and underdogs

**39 Dynamic Activist**  
 ▶ Embrace the world mirror

**40 Accomplish Great Feats**  
 ▶ With unshakable resolve

**41 Imagine Fulfilling Experiences**  
 ▶ Emptiness leads to fantasies

**42 Respond and Complete Things**  
 □ Enjoy growth as a benefit

**43 Breakthrough Perceptions**  
 ▼ Assimilate new concepts

**44 Build Teams and See Patterns**  
 ▶ Alert to instinctive clues

**45 Tribal Leader**  
 □ Provide wellbeing for your people

**46 Love of Your Body**  
 ◆ Delight and determination

**47 Figure Out How**  
 ▼ Transcend through transmuting fear

**48 Depth of Natural Ability**  
 ▶ Keeping fresh becomes wisdom

**49 Wise Rebel for New Principles**  
 ◀ Timing waves of change

**50 Elevate Tribal Values**  
 ▶ Traditional or novel with merit

**51 Act with Shocking Initiative**  
 ▶ Arousing alternative possibilities

**52 Gain Perspectives through Stillness**  
 ▶ Show restraint

**53 Initiate Experience**  
 ▶ Pressure and desire to expand

**54 Ambition to Advance**  
 ▶ Independent when subordinate

**55 Access to Spirit**  
 ◀ Emotional waves trigger creativity

**56 Tell Meaningful Stories**  
 □ Travel to find stimulation

**57 Gentle Intuitive Clarity**  
 ▶ Vibrational sensitivity to truth

**58 Joyous Vitality**  
 ▶ The spark to engage with life

**59 Penetrate Barriers to Intimacy**  
 □ Establish union

**60 Resourceful Facing Limitations**  
 ▶ Practical magic

**61 Inspired by Wonder**  
 ▶ Search for a bigger "why"

**62 Logically Organize Details**  
 □ Precision planning

**63 Inspired by Doubt**  
 ▶ Critical perception and inquiry

**64 Inspired by Possibilities**  
 ▶ Seeking a perfect answer

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



## *Strategic Play Plan Play Sheets*

After you complete the exercise to explore Super YOU to find every aspect of YOU that you can use to play BIG for your dream this exercise will encourage you to create a strategy to apply your Superpowers to your Dream actions.

On the pages 13 and 14 in the Play Sheet Pack you will find 2 sheets to THINK about your weekly Play Plan in a slightly more methodical way.

There is a section that will encourage you to look around at your environments for possible resources and supports. ASK FOR WHAT YOU NEED! Your Dream needs you to be courageous and the people around you to be generous.

THEN... think about how you can play for your Dream with more power by using more of YOU and everything around you. **Do this before your coaching session #7. Your Dream is worth it!!!**

## Session #08: Expand Inner Freedom

[Listen to the audio to prepare for Session 08](#)

**Coach:** Teach awareness of fear and the dance between the need to preserve belonging and the urge to become by playing BIG in the world. Know that we have all absorbed fears of our playfulness and power. We call this “The PULL”.



**Player: Step out of your preservation zone:** Learn how to play with fear; learn how to choose when to stay safe and when to play BIG for your dream. Embrace fear as a treasure map to your superpowers.

### *What Inner Freedom is*

Inner Freedom is the ability to choose when and how to get your hearts dream out into the world – through the maze of non-conscious beliefs, fears and desires.

The symbol of the Inner Freedom Method is the heart moving through the maze toward the world.

This is a transformational experience:

**From:** fear, emotions and “limiting” beliefs are something you "power through"; the non-conscious mind is dark and mysterious and must be avoided.

**To:** you can play with fear and emotions; you can uplevel your beliefs; and the non-conscious mind is a vast resource of wisdom and power.

The Inner Freedom Method is a 12 week coaching experience similar to the Play Life experience you are having right now; you can think of it as the “Next Level”. We bring a few ideas from it into the Play Life Method. The BIG idea is that you can approach fear with the spirit of play and explore it with curiosity. This brings deep understanding to the self-preservation patterns that are creating conflict with your desire to play BIG for your dream. With expanded awareness we can transform inner conflict into positive energy, joyful self-expression and deep confidence. This leads to the freedom to choose your actions and the ability to co-create your desired **results and experiences in the world!**

### *Your non-conscious mind is always ready.*

#### *(Energy Alignment Game)*

Your non-conscious mind is a big “blob” of everywhere power. Learning how to access, channel and align this power for your dream is an endless supply of fun!

In this model I am highlighting a few key elements:

**Body Awareness:** caring for your body so that the inner knowing signals are clearly distinguishable from physical ailments.

**Fears:** your fears aim to keep you safe. They can become your “friendly ghost” and guide you toward your unique



superpowers and playfulness.

**Desires:** your hearts desires light your path when you learn to trust them and act on them.

**Beliefs:** everything we believe we have absorbed from the world (and people) around us. While some of your beliefs are part of your conscious thinking process, most are embedded in your non-conscious where are not aware of them. Your dream will require that you bring them into awareness and then uplevel a few and develop some new.

As you play for your BIG Dream your non-conscious fears, desires and beliefs will come to light! You will have the opportunity to explore them in deep conversations with your Dream Team and your Play Life Coach; this is SOOO powerful. Then your coach will use the Pivotal Moment Technique with you to create awareness of new choices and new possibilities. Power Up!

## *Your Fears are a Treasure map*

Remember this model from Chapter 1? Now that you are deep into your adventure it may make a bit more sense to you.

I want to introduce you to one of my most provocative ideas: Your fears are a treasure map to your superpowers.

I have been a Professional Life Coach for 24 years – that means people pay me to help them Play Life better. I have coached over 1,000 individuals.

I have learned that EVERYONE has a dream in their heart that will call them to adventure to contribute to the world. That is why you have a Play Life Coach!!!

AND everyone has absorbed a lot of FEARS from their environment.

A big insight I have developed is that Fear has gotten a bad reputation like it is some kind of monster. But I suggest it is the exact opposite. Fear is your Friend!

AND The thing we have learned to fear the most is expressing our unique power; as I explained in Chapter 7.

Your moments of self-expression where you got in trouble are traumatic moments that hurt the most and become the deepest fears.

This explains why the path to your BIG Dreams is NOT a straight path.

**If you make fear your enemy it will defeat you.**

**If you make fear your friend it will guide you.**

By now you can relate to the experience of “The Pull”. Some days you move powerfully into the Growth Zone toward your dream. Other days the FEAR feels big and pulls you back into the Preservation Zone. AND... with your coach by your side you make more and more moves into the Superpower Zone! AWWW Yeah! Thanks Coach.



Every time you explore one of these “pull” pivotal moments with your coach, this is like following a treasure map. You learn more and more about the fears you have absorbed, the desires urging you forward and the Unique Power that is within you.

Let’s go deeper!



***The Pull ~ Social FEAR is learned***

There is wisdom in the creation of YOU. The dreams in your heart – including the one you are playing for now – are meant to require the playfulness and unique power that you were born to express! Yeah the wisdom of creation!

You know how when you are doing the Pivotal Moment exercise with your coach it comes to a place where you are exploring energy in your body and they ask you to fill in the blank: It’s not safe for me to: (fill in the blank)? I want to share something with you.

I created this technique many years ago and have used it hundreds or thousands of times. One of the most common things people share is: **It's not safe to be me.**

WOW. That is a really profound thing to say and hear. And truly this is how most of us feel deep within. This is an example of a self-preservation belief. In other words I will stop expressing this power so that I can maintain a sense of belonging with the people around me.

Often the moments earlier in life when we tried to use our power to help or contribute or create and we “got in trouble” (or worse) are the moments that impacted us the most deeply. The Social Survival Imperative based on the need to belong is a strong force in all of our lives.

FEAR is the way your SELF tries to protect you from events and situations that seem similar to an experience in your past when you experienced trouble or even trauma.

As a result, FEAR is a natural byproduct of playing BIG for our dreams because your Dream is “designed” to require your unique powers – the ones you got in trouble for earlier in life!

This is why it is so important that you don't think of fear as an enemy or that if you are stopped by fear that means you have “issues”.

Remember last chapter I encouraged you to stop saying things like “Self-limiting beliefs”. “Self-limiting beliefs” make us sound foolish! Why would anyone limit themselves?

But this is not what is happening. These are self-preservation beliefs that are pulling against the desires of your BIG Dream. Self-preservation is essential for social survival and is honorable. Your coach is aiming to empower you to cultivate the capacity to CHOOSE when to play safe and honor self-preservation and when to play BIG and honor your BIG Dream. No judgment; simply to power to choose.

Also in the Growth / Fear zone you have the three B's of transformational coaching: the call to Become the next version of YOU, the need to uplevel a few Beliefs and the opportunity to co-create a new environment of profound Belonging for you and your dream. We will explore your Environment in the next chapter.

The FEAR / GROWTH Zone is impacting our choices in life an a mostly non-conscious level. That is why your coach uses the body awareness technique during the Pivotal Moment exercise. Through this exercise you bring non-conscious fears and growth opportunities in to conscious awareness. I encourage you to really dive in on these moments with your coach; this is how you unleash your greatest power.

## ***Notice Your Pivotal Moments***

### ***~ Get the most out of your coaching sessions.***

Speaking of Pivotal Moments...

I want to amplify this a bit more with you.

These moments of choice between playing safe and playing BIG happen many times in an ordinary day of playing for our dreams! And as we just discussed they happen at a mostly non-conscious level! You don't really notice them.

What you may notice is that you had a brief thought to take an action for your dream... then you felt a little buzzing energy in your throat... and you “decided” to check your email/Facebook/Distracted of Choice instead.

Hopefully you are thinking right now: “Oh crap! That happens all the time!” Yes, it does. AND this is why I say that the success of your dreams requires that you pay as much attention to your energy as you do to your activity.

The BIG idea in Life Coaching is that your coach doesn’t get to watch you play like a basketball coach gets to watch their players in the game.

So as you play for your dream every day, YOU have to notice when you choose the action for your dream and when you choose not to.

**These moments of choice are the Pivotal Moments of your day.**

A basketball coach doesn’t attempt to replay the whole game with their players in practice sessions; the coach notices the pivotal moments and then creates practice scenarios to help the players play better in moments like these.

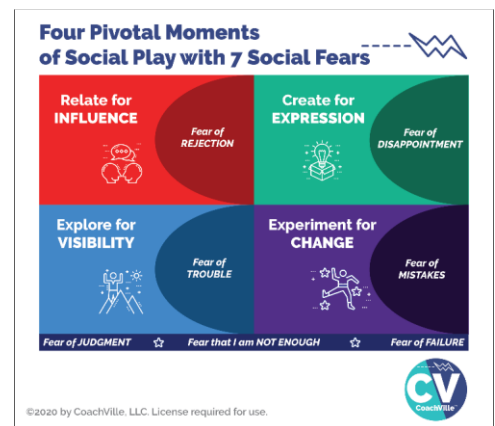
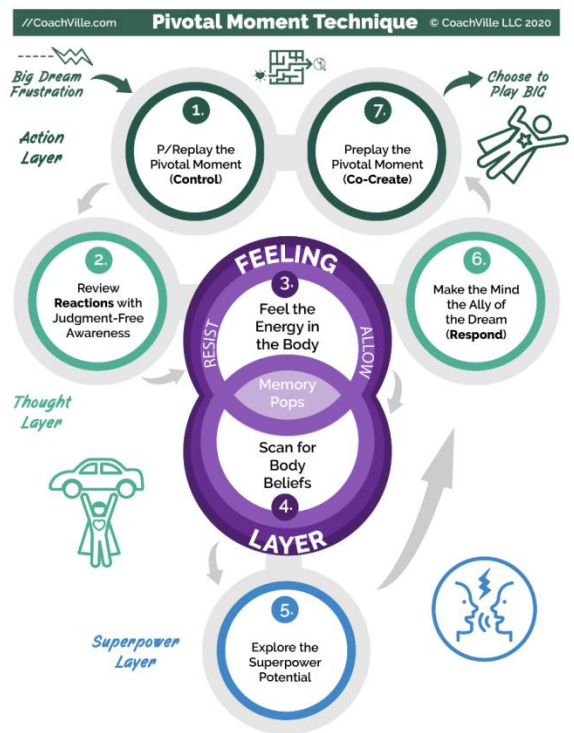
In Life coaching YOU notice the pivotal moments of play and then your coach can help you explore them and find ways to play better. This includes practicing your skills and unleashing your superpowers by exploring your choices and fears.

YES!!! It is soooo powerful.

So I am encouraging you here to really pay attention to what happens – and what doesn’t happen - when you play. Notice the four types of play and recognize the typical fears of playfulness:

- Relate for Influence : Fear of Rejection.
- Create and Share : Fear of Disappointment.
- Explore to See and be Seen: Fear of Trouble
- Experiment to Try New Ways: Fear of Mistakes

When you experience these fears notice them with Judgment-Free Awareness! Be curious and even excited because you know you are about to explore the next segment of the treasure map with your coach.



## Session #09: Expand World Power

[Listen to the audio to prepare for Session 09](#)

**Coach:** Design a winning environment. The environment always wins because the Need to Belong is the most powerful force in the Human experience; Co-create with your player the conditions for sustainable success.



**Player:** Seek the best in yourself in the company of others likewise engaged; Surround yourself with other players who pull you toward greatness; acquire the resources that you need to play well.

### *Shift from willpower to World Power!*

The symbol of World Power Method is the human with the globe. The aim is to leverage the most powerful of the 3 forces of human transformation: the NEED TO BELONG!

By now you have a strong understanding of what a powerful force the Need to Belong is in our lives. So far you have experienced how when we are young the Need to Belong creates the Social Survival Imperative which becomes the Self-Preservation Zone.

Often it can feel like the Need to Belong is pulling you back while the Urge to Become is pulling you forward into the Superpower Zone and the ability to live your dream. You are not wrong to feel this way. This is how it is for most people. And often it feels like you need a lot of willpower to move toward your dream against the gravitational pull of the Social Survival Imperative.

#### **But what if...**

What if we could somehow use the powerful Need to Belong to also pull us in the direction of our Dreams?? What if we could get the Urge to Become and the Need to Belong to pull in the same direction: toward our BIG Dreams!!

WHOA!!! That would be amazing! That is exactly what World Power is all about.

The key to sustainable success in any endeavor is to design an environment that utilizes the powerful Need to Belong to pull you toward your dream.

What if you were often around people who were really good at the activities you wanted to master? And your “Need to Belong” with them had you observing and learning and practicing so that you could fit in with them.

What if you spent time in a place that all the tools you needed to play for your Dream?

What if you had easy access to just the right ideas and information need by someone playing for your Dream?

This is what the Olympic Team Academy is like for the elite players of sports.

This is what the Julliard Academy is like for highly ambitious musical performers.

We sometimes call this a winning environment. This is what YOU can create to become an elite performer for a Dream like yours.

The World Power Method is a 12 week coaching experience to co-create your own success academy. It is similar to the Play Life experience you are having right now; you can think of it as another “Next Level”. We bring a few ideas from it into the Play Life Method.

## *Environments (Energy Alignment Game)*

While your environments are a tangible thing, they have a major impact on your energy. This is because your non-conscious mind is in constant communication with your environment taking cues and clues about your belonging and status. This is how the energy of your environment gets into you so deeply without any active participation on your part.

When we are young we don't have much choice about our environments and a lot of energy gets into us. This isn't good or bad... it just is. But mostly the energy aims to have you become a person who can fit in with what is already all around you. Most likely, this will not be a good fit for the dream you have today.

And there have been times in your life when belonging and becoming have joined forces in your life. An example would be in High School when you joined a sports team or a singing group and you had friends that inspired you. Or if you were lucky enough to join a business with people who inspired you to grow in a way that you aligned with.

The BIG point here is that we have a 2-way relationship with our environments. While we are always adapting to the environments we are in, we are also creating our environments by choosing where we go and who we spend time with.

Again, these adaptations are mostly non-conscious and so are most of our choices.

Now that you are playing for this BIG Dream, you will need to proactively design and uplevel the **people, places, things and ideas** around you to align with your dream. This way you use the force of belonging to pull you toward your dream. This is an accelerated way to become the next version of you that your dream needs you to be.

- **People:** Everyone you know and networks
- **Places:** Physical and virtual spaces
- **Things:** Tools, technology and finances
- **Ideas:** Knowledge and information

First of all, your Play Life Coach and emerging Dream Team are your new environment. AWESOME!!! With your team you can share about your ideas for experiments and explorations and learn from the experiences of your team members!

Next as you endeavor to align your environments with your dream you will need to have a lot of BIG conversations with people in your environment; both people close to you AND people in your network who you don't know yet but want to collaborate with. You can role play these conversations with your coach and then explore the fears with the Pivotal Moment Technique. This will make a huge difference.

Upleveling our close relationships can be one of the hardest things in the world to do; even with folks who are supportive of your dream. While the people who care for you want you to pursue your dream, they are human and will also have strong self-preservation instincts that want to keep you safe; and most of the time they just want you to stay the way you are now. Practicing with your dream team will help you approach these conversations with clarity and confidence.



Another big part of playing BIG for your dream is this: you are surrounded by resources that can make your dream come true! But you will have to ASK! And if you are like most people who grew up in the Industrial Age you absorbed the belief that it is not safe to ask for what you want. This is one of the hardest beliefs to uplevel. But with practice and the Pivotal Moment Technique you will soon be able to do it. Then... look out world!

Remember this key point: To get to the next level of any endeavor will require a new environment. In the pursuit of your BIG Dream there will likely be several next level / “need a new environment” experiences.

There are two World Power techniques that your coach is going to explore with you: Zap tolerations and the 7 Most Influential People.

## *Zap Tolerations*

Having tolerations drains your vital energy. Zapping tolerations restores your energy.

The idea is that every THING around you – the people, places, things and ideas – has an energetic impact on you. It can give you energy or drain your energy. No THING is neutral. A “toleration” is any THING or situation that drains your energy AND you are not doing anything about it; you are tolerating it. We all learned to do this in the Industrial Age: Don’t ask for too much; you can make do with what you have.

There are three main categories of tolerations:

- Messes
- Things that are broken
- Needed items that are missing

We can see messes in our physical space. And we can have messes in our relationships.

We understand the impact of a broken thing that bugs us every time we try to use it and it doesn’t work right... like having a broken windshield wiper on your car. And we can also have broken promises with a friend.

We understand the impact of something that is missing like when you have a button missing from your coat. It’s annoying! And we can also need a good friend to share our ideas with but not have anyone around we trust enough to do that.

Do a scan of your people, places and things and look for tolerations draining your energy.

## *7 Most Influential People*

Playing BIG for your dream is a team play; NOT a solitary act. You are here to contribute to the lives of others AND to be supported and inspired by other people as well.

We have been talking a lot during this program about the importance of the people who have the most influence on you. These are the people you spend the most time with and also folks that you know who are potentially very influential for your dream.

We call this your Dream Team!

To prepare for your coaching session think of the 3-4 people you spend a lot of time with among your family, friends and colleagues.

Think of 2-3 people that you know who could potentially have a positive impact on your dream if you asked them for support and they were enrolled to act on your behalf.

## Session #10: Transformational Play

[Listen to the audio to prepare for Session 10](#)

**Coach:** You co-create safe practice situations with your player where they can explore the practical side AND the energy side of any essential activity.

**Player:** You deeply believe that you will become the version of YOU that can live your BIG dream through playful actions and energy alignment.

### What is transformational Play?

Transformational Play is pursuing your BIG Dream knowing that you can, will and MUST transform in order to fulfill it.

On the playsheets of this play book you see the butterfly chrysalis and the butterfly... these are the symbols of transformation.

**You need to cultivate a new DEEP Belief: who you are is not fixed by who you have been; rather, YOU are an ongoing co-creation between your Urge to Become and the world around YOU; a world that YOU can choose.**

I have said this earlier in this book but I want to restate it here: the Dream in your heart has profound wisdom in it. IT knows that when you pursue the dream in earnest, it will urge you to become the next version of YOU; the version of YOU who can change the world for the better.

By having a Play Life Coach as your guide on your BIG Dream adventures you create a fertile environment for transformation.

Your Play Life Coach activates your Playful Conscious Mind to engage with both the physical world (Relate, Create, Explore, Experiment) and energy alignment (Super YOU, Non-conscious Mind, Environments, Supermind, Your Dream) with judgment-free awareness.

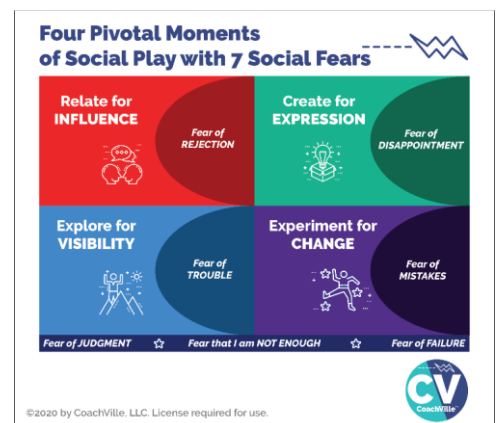
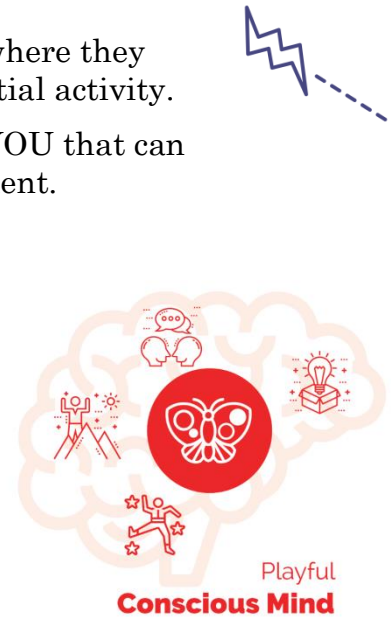
**Playful practice of activities + Aligning energy together = Transformation!**

For example, when it comes to relating for influence, your energy is often more important than your words. This why transformational practice includes both Role Play AND the Pivotal Moment exercise.

### Transformational Play is Fun!

Every week your coach encourages you to bring these 4 aspects of play into how you play for your dream. So as you know by now when you play BIG you experience the four Social Fears: Rejection, Dissapointment, Mistakes and Trouble. I can hear you saying: Coach Dave these feelings are not too much fun!

Hah! I know you are right about this. But remember, all of these fears got into your non-conscious mind BEFORE

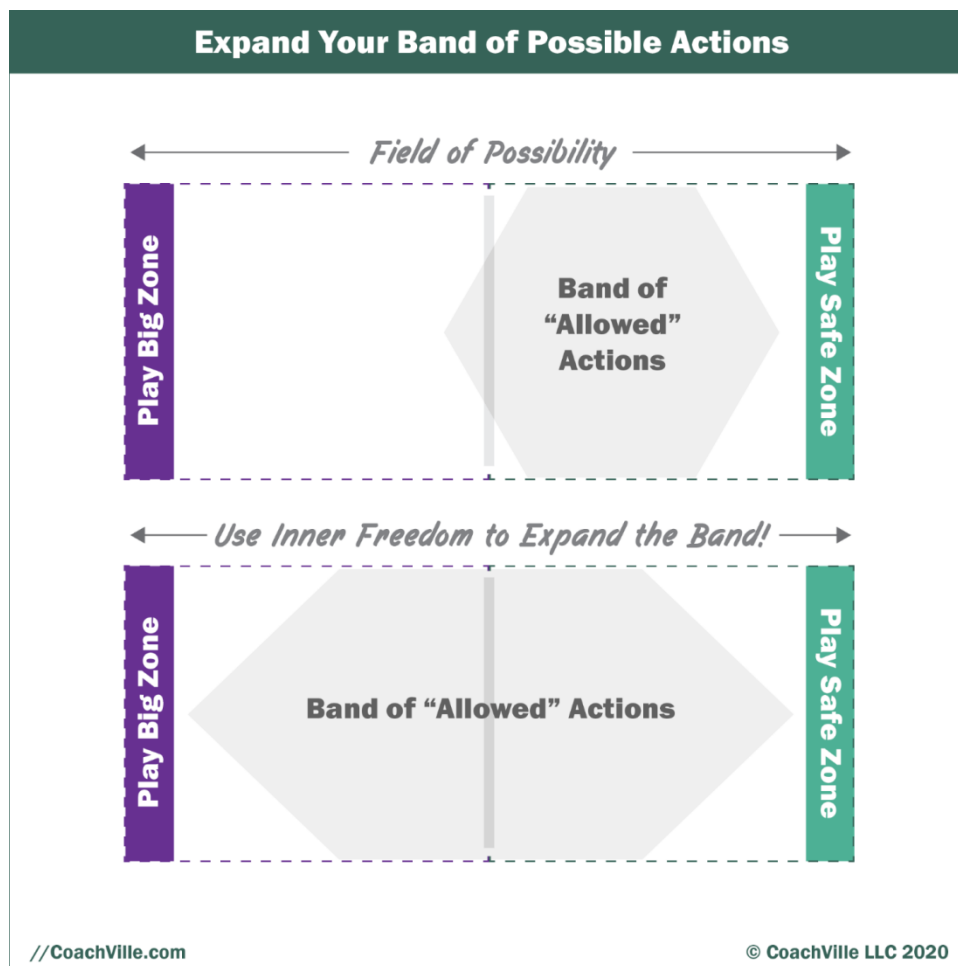


you had an amazing Play Life Coach! Playing life with a coach is very different than playing alone!

I know that in the moment these feelings can be intense. They are intense again when you explore them with your coach. But you can think of it like a good physical work out. It is a challenge but when you feel the energy and power growing in your body, it does feel really good. Then when you are able to use your new power for good out in the world... Whoah! It is all worth it. That is fun.

I encourage you to continue to imagine ways to bring your emerging Superpowers into your playful actions. Practice them with your coach and then express out in the world. Growing into your power is transformational fun!

### *Expand Your Band of Possible Actions*



This is a model from our Inner Freedom Coaching Method that is illuminating.

“The Band” refers to the range of activities that you feel you are “allowed” to do.

Allowed is an interesting word here because the way Non-conscious restriction operates in our daily lives feels like we want to do something BUT we are not allowed to do; it’s like being young again and if you do the activity you will get “in trouble”.

The intention of Transformational Play is to bring each non-conscious boundary to the surface so that you can explore it from the perspective of your Dream and what your Dream needs you to do.

Another way of describing this phenomenon is this: a great player in any endeavor is one who can “see the whole field (of possibility)” and choose any action in the field at any time. Lesser players can only see what is right in front of them and are not capable of making plays in certain parts of the field.

With your coach using the Pivotal Moment Technique (from the Inner Freedom Method) you can explore more and more actions within the field of possibility and choose the best action in the moment for your BIG Dream.

### *Common Deflections - Transform disappointment into FUEL for growth*

Here is a powerful shift that will help you thrive with Transformational Play: allow yourself to feel the disappointment when things don't go the way you wanted them to.

We all grew up in the Industrial Age where everything is supposed to be under control and nothing is supposed to go wrong and failure is not an option. So to cope with this nonsensical and literally impossible view of life we developed what I call deflections.

These give you a quick way to avoid feeling and stay in the delusion that everything is under control.

Examples include:

- Well, it wasn't meant to be.
- It's all a numbers game so I am on the next one.
- It has nothing to do with me, it just wasn't right for them.

The key to transformational play and transformational growth is to be WILLING to FEEL the disappointment. Don't just deflect it away but also don't let it take you down. Use it as fuel. You can practice the actions more intentionally. You can go deeper into the energetics to look for ways to play better the next time.

It's your dream! It matters. Keep playing... Keep growing.

Again, this doesn't mean that things can or will always go your way. But it does mean that you can courageously move toward mastery in every activity needed for your dream.

We will go deeper into the pursuit of mastery in the next chapter.

## Session #11: Pursuit of Mastery ~ Activate Your Supermind Connection

[Listen to the audio to prepare for Session 11](#)

**Coach:** Understand that any person who sets out to play BIG for a dream is yearning to be seen, understood and encouraged by someone who understands what it will take to live the dream... They need A Life Coach who is the Champion of their Dreams!

**Player:** Understand that this dream and every BIG Dream... will ask you to play bigger and better in the world; it will ask you to unleash more of your YOUNique power by going deeper into your SELF. At the same time – and this is really important – it is not a path you walk alone! You can engage a coach AND you can accelerate your path by activating your Supermind Connection.

### *Pursue Your Dream ~ how to play better with a coach*

The pursuit of your dream is fueled by the desire to play better in the world; and by playing better you co-create more of the results and experiences that you envision; to co-create the better world that you imagine.

This pursuit requires a great deal of tenacity and a strong belief in the value of your Dream. You believe that your dream is worth it and you believe that YOU are the one to play your part of it.

The desire to PLAY Life Better takes several forms that you have now experienced:

- Skills need to be practiced; conversations need to be role played.
- Superpowers need to be unleashed and expressed strategically.
- Beliefs need to be revealed and upheveled.
- Environments need to be upgraded.

This will always be true... for every dream you pursue. So this experience is just the beginning of your ongoing awesome life adventure.

Now you know what Play Life Coaching is so you can always find a powerful companion for each new adventure.

Playing for your Dream - and the required pursuit of mastery - is not something you do alone. We are here to play together.

### *Remember the Performance Possibility Gap*

Remember when we started our adventure we spoke about the Performance Possibility Gap that is the essential spark of the coaching relationship.

It starts with your vision of playing bigger in the world; of becoming the next version of YOU and co-creating more impactful results in the world.

OK. You have probably realized that what transpired over the last 12 weeks is quite different than what you imagined. This is OK. Even though it almost never turns out the way we plan... start each new 12-week season with a new vision and the determination to live into it with tenacity and intention.



The key to playing BIG in life is to always look for the next Gap to play into.

Know that within every Gap there are aspects of your YOUUnique power that have been hidden to you and will emerge when they are called upon.

### ***The Supermind Connection (Energy Alignment Game)***

The Supermind is the web of Human Consciousness past, present and future that we all have access to. It is sometimes referred to as “The Universe” or “The Field”.

This is another aspect of life that will provide an endless supply of insight and fun when you approach it with a sense of wonder.

The Supermind is responsible for spontaneous insights, synchronistic events and profound inspirations. The Supermind is essential to the coaching relationship!

When you think of someone who you haven’t spoken to in a while and then shortly after they call you seemingly “out of the blue”, this is the Supermind in action.

There are many ways to play in this realm to get into alignment with your BIG Dream.

The “?” symbol indicates living by BIG questions and staying open to “answers” as they come to you.

The **emanating heart** is the symbol for the well-known process of gratitude which is an essential practice for Supermind Connection.

The **radio tower** is the symbol of the power of thinking about and speaking your Dream and intentions; putting them “out there”.

The **magnet** is the symbol of attracting experiences that move you toward your dream as long as you stay open to the perfection of each situation. People and experiences are drawn to you by the magnetic power of your BIG Dream.

As your Supermind Connection gains strength it feels like you are co-creating with Life Force Energy. It feels like events are happening in favor of your dream; it feels like the Supermind WANTS your dream as much as you do.

The AWESOME thing is that expanding your connection with The Supermind is baked in to the Play Life Method that your coach is using! The talking heads with the lightning bolt is the symbol for our Coaching Relationship model at CoachVille.

When you share your dream with a coach it amplifies your connection to the Super Mind! This is why your coach asks you to speak your dream at the start of every session; sharing your dream with your Coach and your Dream Team amplifies your connection to the Supermind because we are all connected to it.

When your coach asks you a provocative question that sticks with you for a few days... and then insights start coming to you, this is the Supermind Connection.

**Recognize the Perfection of Every Situation.**



This is one of the Coaching Proficiencies by Thomas Leonard – the founder of Professional Life Coaching (and CoachVille) - and it is an essential practice for cultivating your Supermind Connection. You have been practicing this on a regular basis with your coach when you talk about how your challenges are asking you to grow; with judgment-free awareness.

By actively speaking about how your challenges are serving you and your dream you strengthen your connection to the Supermind. This often requires strong support of a coach with an active imagination.

### **The Energy Alignment Game**

The bigger your dream in life the more important it becomes to shift from control and tasks into playing with energy. By playing with energy in an intentional way you begin to see life as your partner in fulfilling your dream; which it is!

You begin to embrace the deeper truth that while YOU are the catalyst for the dream, it is not all up to you. You and your dream are a part of something bigger, something amazing and beautiful.

All you have to do is ... **PLAY... with a Life Coach!!**

### ***The CoachVille Coaching Framework ~ Observation – Co-Creation***

You have been playing with a Play Life Coach for almost 3 months now. AWESOME. So I thought you might want to know a little bit about what coaching is from the coach's perspective.

The Industrial Age of Work brought about the extreme degree of Hierarchical Relationships; where someone is always “in charge”; where someone is the boss of those below them in the hierarchy.

The BIG Picture: The coaching relationship is the next evolution of Human Relating! The Coach Approach of co-creating is the leadership framework for the 21<sup>st</sup> Century: the Connected Age of Purpose and Play.

Many people who enjoy having a Life Coach want to learn how to coach; this makes me very happy! And it is often extremely practical because as your dreams get bigger you will need to develop and coach a team of great players for your DREAM Team.

So here you go...

Coaching happens by practicing with someone and by observing and co-creating as you guide them toward playing better. Here is the CoachVille Coaching Framework to give you a picture of what I mean.

### **We are all yearning to be seen**

For who we REALLY are.

For the value we co-create with the world.

By someone who can truly appreciate what we are doing.

As you have experienced, coaching is very little about being the expert of being the “fixer”. Yes, your knowledge and experience have great value. But the value comes through when you practice together and co-create!

Coaching is SEEING your player ~ LISTENING to your player.

Here is the model for our coaching framework. There is a lot to it but much of it you will recognize.



## Observation ~ Co-creation

This is the fancy way of describing the core of the coaching relationship. The less fancy way of saying it is: Play together –Talk together -Play-Talk-Play-Talk.

As the coach and player practice together, the coach observes the player and the player observes the coach. Then you talk together in a co-creative way to grow from the experience. Then you play again and usually the player is a little better. It’s a loop that keeps the relationship growing and the player spiraling upward in mastery and confidence.

This is how coaching happens in athletic and performance art coaching and most people have an experience or an understanding of this process. At CoachVille we emphasize this framework because we want Life Coaching to become a mainstream force for transformation in personal growth, business and leadership. Life Coaching is so much more than just talking about problems and tasks!!

## **The four ways to play life**

You will notice at the center of the model around the Observation ~ Co-creation yin/yang symbol the 4 ways of playing life: relate, create, explore and experiment. You are certainly well-versed in these 4 activities by now! A BIG part of being a Life Coach is re-introducing people to their natural playfulness AND the truth that we are here to play for our dreams. We play for experiences and results in the world. When we play for something that we cannot control but we can influence with our strategy, energy, creativity and skill; and we have the opportunity to practice and then play better each time we play.

Coaching is co-creating and observing play.

## **BIG Dream!**

The BIG Dream is the spark of the coaching experience and the start of every coaching session. As you know, we talk about it at the start of every coaching session... it's that important to speak it on a regular basis; and to allow it to evolve over time.

Remember back to session 1 with your Play Life Coach? Together you started to define and explore the performance-possibility Gap. This is the starting point of every coaching relationship. The player has a vision of playing better in pursuit of a BIG Dream, new experiences and personal growth in the form of expanded skills and unleashed superpowers. The gap between how the player plays now and their vision is the performance-possibility Gap.

## **Coaching Relationship**

The coach and player must have a shared **Purpose** for being together.

The coaching relationship is a choice! The player must give the coach **Permission** to coach. And the coach should re-affirm permission on a regular basis; especially when going into new "territory".

Coaching **Presence** is a skill and a gift; especially in a world that is more distracted every day. As a coach you are **WITH** your player, observing, reflecting, guiding lightly and sharing the journey.

## **Support and Challenge**

The coach is the ultimate supporter of the player providing encouragement and energy; we all need more support than we are getting! At the same time the coach must be able to challenge the player to grow in healthy ways; I am sure you have experienced that by now! Most players are yearning for someone who can see them and show them places where they can grow. The true knack of coaching is being able to read the player and the situation and know which to provide – support or challenge - at any time.

## **Judgment-Free Awareness (JFA) and Expertise**

Judgment-free awareness is the juice in the coaching relationship. It is the essential ingredient to providing a safe space to play, practice, experiment and explore new ways of being. We all need a place where we don't need to be perfect; where we can just BE.

Expertise is the sum total of your knowledge and experience; it is knowing ways to do things and ways to approach situations. While coaches don't need to be the expert all the

time, the right bit of wisdom at the right moment can really make a difference. Also, expertise is really valuable when role playing together because it helps the coach co-create realistic scenarios for the player to practice.

A Life Coach provides a healthy blend of both JFA and expertise.

## **Become Super YOU!**

This is the “unleash your unique power” portion of the coaching experience! This is where the coach can point out what they are seeing in the player that they probably don’t see in themselves. You have experienced this a lot with your Play Life Coach.

The coach helps the player clarify their values – what is important to them – as they hone in on the details of the BIG Dream.

The player’s abilities include ALL the things they have learned how to do in life. Some could be from a desire that they explored; others may be from an environment they were in. Wherever it came from, every ability has the potential to play a part in the players dream at some point.

**Important! We are ALL yearning to be seen and known for who we really are.**

## **Explore Energy Alignment**

Energy alignment is the secret sauce of Life Coaching. While plenty of attention is put on actions and skills, the more you coach you come to realize that they are just the visible tip of the iceberg; the real play in co-creating results in the world is Energy Play. Just like the bulk of the iceberg is unseen beneath the surface... the bulk of what makes things happen in the world is the unseen world of energy alignment.

When the energy is aligned, results just happen with ease and flow; when the energy is not aligned results come about only through lots of struggle and often not at all.

You will notice the 3 forces of human transformation: Become ~ Believe ~ Belong that are at the core of the Energy Alignment Game. Energy alignment happens by playing intentionally with these three forces of change. While in pursuit of BIG Dream experiences players will explore and express these forces of change within their lives. This is quite exhilarating and illuminating. As a coach you are guiding this process every step of the way.

## **Practice Together**

This portion of the coaching framework is ALL about playing together while observing. As the player you have experienced each of these techniques on a regular basis... and probably you have been surprised about how powerful they can be!

As you have experienced we put a lot of emphasis on role playing. This is how you guide your player to develop new relating skills; and the truth is: our success in life comes down to our ability to relate for influence; which requires a lot of practice.

When you jump into these experiences as a coach you also get better as a player. As you play roles that your player needs to practice, you become more playful and resourceful as a coach and also as a player in life. In addition as you observe your players in both Role Play and Pivotal moment exercises you expand your observation abilities.

Doing a reverse role play is an awesome way to demonstrate a new way to do something. A reverse role play is when the coach plays the role of the player and the player plays the role of the person they want to approach. It can be really illuminating.

The Pivotal Moment technique is a game-changer... specifically the Energy Alignment Game! By identifying pivotal moments of play and then replaying and preplaying them it is possible to explore the energy to create breakthroughs in perception and awareness!

The Plan-Play-Grow technique is so essential to great coaching because it provides the essential structure for each coaching session. Life is so full of limitless possibilities! It is important to have little bit of structure to combine with limitless imagination that leads to the magic of playing better!

## **Co-Create Player's Way**

The bottom left of the coaching model refers to action; the “how” of playing better.

This is where you guide your player to create their own way of doing everything they want to do; and that their dream needs them to do.

A part of this includes showing your players YOUR way. But that is just a starting point for the player, NOT the end.

You need to help your player unleash their superpowers and then use them in a strategic way to co-create results in the world; a way that is perfect for them.

You will guide your player to express themselves fully, find their voice and develop the style for who they want to become. All of this is in service of guiding your player to develop their own methods and unique way of playing better for their dream.

While we are on the subject of methods, as a coach you have the Play Life Method! And your player has the Play Life Method too. This method is a robust way to approach any BIG Dream.

As you continue to coach you will develop your own coaching style and over time you will develop your own coaching methods as well.

## **FUN!!!**

Looks like fun right!!! Well, I am sure that your coach is having great fun with you as a player. Most people who become a great coach, HAD a great coach in their lives. I know that is true for me several times over.

## Session #12: Celebration

**Coach:** It is important to organize your players into seasons of focused play followed by celebration, rejuvenation and plans for the next adventure. Most players don't notice their own growth so it is up to you to share with them the growth you have observed and then challenge them to play bigger.

**Player:** You are a player! You are not a machine that can keep going without a break. When the season is over take the opportunity to celebrate what you have accomplished and who you have become! Energy is so important to playing BIG in the world. To play at a high level in ANYTHING it is important to plan your rest, rejuvenation and time for reflection.

### *Celebration*

Celebration is so important in our lives! Especially for someone like you who has a BIG Dream to be a positive impact in the lives of others.

Celebrate your life, your new experiences, your accomplishments and more importantly celebrate YOU; who you have become as you have unleashed your superpowers.

Your coach has been encouraging you to notice your growth and celebrate your actions every week. Now is the time to really take a step back and reflect on the past 3 months. WOW!



### *Reflect on your BIG Dream*

Your BIG Dream was your call to adventure to express yourself in the world in a new way. How did it go? Take a look back at what you wrote down 3 months ago. You started with a vision for some tangible objectives, developing new mastery, becoming the next version of you and upgrading your environment with some new tools and toys.

Your coach is going to ask you to compare your intentions to what actually happened with judgment-free awareness. It's possible that you far exceeded your expectations in some ways and it's possible that you are disappointed in some ways. BOTH are important to notice, speak and learn from. Both achievements and disappointments can fuel your next adventure.

### *Celebration ~ Energy Alignment pages*

WHOA! The Energy alignment game is pretty awesome. I hope you enjoyed exploring the energy side of life as much as the tangible side.

On pages 21 and 22 of the Playsheet Pack are pages to celebrate your Energy Alignment. I encourage you to reflect on what you have experienced and discovered about energy alignment over the last 3 months. Some aspects may be subtle while others will be super obvious. Celebrating and affirming your actions toward and learning about Energy Alignment will speed your path of transformation and fulfillment of your next BIG Dream.

## **THANK YOU!**

Thank you for choosing to play life with a Play Life Coach from CoachVille. I am sure your coach thoroughly enjoyed it. Thanks also for allowing me to be your bonus companion over these 3 months.

And mostly thanks for creating a ripple effect of good by sharing your superpowers with the people in your world!

## **Your NEXT Adventure!**

Enjoy a little rejuvenation, quiet your mind and allow your heart to share your next adventure.

## ***Invitation to Join CoachVille!***

Now that you have experienced playing with a Play Life Coach, we would love to have you join us at Team CoachVille. [www.coachville.com](http://www.coachville.com)

We have a compelling collection of resources for anyone with the Dream to play BIG in the world to create value for others.

And, like I said earlier... as your dream grows you will need a team. Your team will need a great coach... maybe it's YOU!

## **Have a coach – Be a coach.**

This is the simple 2 step formula for an amazing life of adventure!

We are the champions of dreams!!

Coach Dave