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PLAY *Life!*

Method®

by Dave Buck, MCC

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 of the Play Life Method that your coach is using to guide you in pursuit of your dream; co-creating with our amazing team of coaches here at CoachVille.

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

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



Our vision...

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

Your coach is...

The champion of your dreams

The promoter of your playfulness

The unleasher of your superpowers

The true heart of coaching is 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?

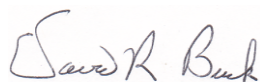
That is the point of this playbook and the audio series. I will share with you the key ideas that will guide you on the transformational journey from working on tasks to playing for your dreams! Then... your coach will guide you on your unique personal adventure; it can be in business, leadership, community,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

3 BIG THINGS!

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

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



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

Here we go:

1) From Worker -> To Player

You were born to play.

You can play life.

You can play for your Big Dreams.

You can play better with a coach.

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

You were born with awesome co-creation skills.

You will co-create with your coach.

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

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

3) From Task Focus -> Energy Flow

You were born connected to the energy of life.

You can unleash the Super YOU version of you.

You can claim your Human Nature and playfulness.

You can tap into your Non-Conscious Mind (it's full of wisdom).

You can uplevel your Environments to make everything easier.

You can elevate your connection to the Supermind.

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

The Practical... The Problems ... The Purposeful

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

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

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

The Practical

- If your dream or purpose feels fuzzy or lost, it will come into focus and gain energy.
- Positive actions that used to seem hard, will start to feel easy.
- Your life will start to feel like a fun, growth-oriented adventure... MOST DAYS
- You will gain awareness of where your doubts and fears are coming from... and you will feel more and more FREE!
- You will have more fulfilling experiences with people you enjoy; in ALL aspects of your life!
- You will gain confidence in your ability to live the life you imagine is possible.
- You will greatly expand your “body awareness” and “emotional awareness” which will increase your intuition, inner knowing and self-trust. << ***THIS IS A BIG ONE!***
- You will gain awareness of your Superpowers; even ones right now that you don’t even know you have!
- You will feel more ALIVE... and feel like your life is more vibrant than it used to be!

The Problems

Coaching is NOT an intervention for problems! It is about playing better for your dream.

However... as you play better with your Life Coach, many of life’s common problems will lessen or disappear completely.

- You will experience LESS anxiety.
- You will experience LESS self-doubt.
- You will experience LESS procrastination on important actions.
- You will experience LESS negative self-talk;
- You will experience LESS limiting beliefs;
- The idea of self-sabotage will gradually disappear.

You have to admit... this will be awesome!

The Purposeful... and Aspirational

- You will gain influence. You will begin to see yourself as powerful and capable of having a profound positive impact in the lives of others and in the world!
- You will gain creativity. You will gain clarity on the YOUNIQUE qualities that you have within you that you can use to co-create the results and experiences you desire.

- You will make changes. You will feel more confident in taking risks that can bring about positive rewards for your dream.
- You will gain visibility. You will feel more courage in being seen and owning your value.
- You will develop the ability to tap into your body wisdom to make bold choices.
- You will develop the ability to tap into the Supermind for needed insights and possibilities... and then ACT on them.
- You will feel like your energy is flowing and aligned with your dream and greater purpose.
- You will develop the ability to PLAY LIFE!!!

AWWWW Yeah!

Quick Introduction to Me (Coach Dave)

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

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

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

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

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

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

It has been a wild adventure every day since then.

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

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

When he started CoachVille in 2001 I was his right hand man. That was fun! In February 2003 Thomas died of a heart attack. I inherited the business, the community and more

importantly the Cause of CoachVille: To lead the Global Life Coaching Movement to Uplift the Human Family. Thomas' wisdom is baked into this program as well.

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

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

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

Let's Play!

What coaching is

Next I want to share with you a few thoughts about coaching and playing Life. Like I said before, this is probably not something you have thought about before now.

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 three months and you just might be inspired to take a play and coach approach to many of your pursuits in life!

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

1. A profound personal relationship

Coaching is a personal relationship. Your coach will care about you as a person and you will care about your coach. It is very different than the ideas we got about Industrial Age Professional that was robotic and impersonal.

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

2. Wherein the coach guides the player

Coaching is NOT hierarchical... which is an important detail we will explore in a moment.

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

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

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

3. In pursuit of playing better for their dreams

Playing better is the essence and the purpose of what ALL coaching is about.

Playfulness is an awesome Human Superpower. Helping you restore and maximize your playfulness is a big part of Life Coaching. I will get into that much deeper in a few moments because the idea of play may be scrambling your mind right now.

To ease into the exploration here are a few ideas to help you understand what I mean by PLAY and playfulness:

- Curious and Creative
- Resourceful and Resilient
- Explore and Experiment
- 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 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 the 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 comfortable 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.

Your Dreams

This is another topic we will talk about A LOT in this playbook and with your coach. Your Dream is your vision for who you want to become and what you want to experience in the world.

In the next section we will get into the details of The Dream.

4. Through perceptive observations

We are ALL yearning to be seen by someone who knows what they are looking at!

Your coach is going to observe you as you adventure together and share with you what they see in a judgment-free way!

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

This is the way life is meant to be played; we are meant to co-create life with others.

5. And co-creative conversations

Talking together is a big part of how coaching happens. Talking together is a LOT different than giving instructions!

The key in Life Coaching and Life Playing is to co-create a safe space for deep and provocative conversations.

This brings me to one of my favorite things to share with new Life Players!

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 focus and determination you can experience this transformational power with your Play Life Coach!

The Power of ACTIVE conversation

This may be one of the most important distinctions in the field of coaching.

It is something that makes a CoachVille Coach very different than other types of Life Coaches. I am going to give you the basic idea here. Then you will discover it in great detail throughout your experience with your coach.



Let's say there are five kinds of talking and 4 that apply to Life Coaching Sessions:

- 1) **Passive conversation** – this is talking about “whatever” to experience belonging; also known as “chatting”; this is a lot of Human conversation. It is very important for relating but not strong enough for Life Coaching.
- 2) **Reporting conversation** – this talking about events that happened for the purpose of sharing information and co-creating belonging. This is probably the most common form of Human conversation. It is very important for Human connection and cooperation; but not quite strong enough for great Life Coaching.
- 3) **Reflective conversation** – this is talking about events from different perspectives with the specific purpose to gain awareness. It co-creates cooperation, belonging AND growth. This is a staple of Life Coaching Conversations
- 4) **Pro-Active conversation** - this is talking about how to do something; how to do something better; a plan to do something; a strategy; brainstorming. It builds deeper belonging and starts a shared experience. This is essential to a great Life Coaching Conversation.
- 5) **ACTIVE conversation** – This is when you actively do something or practice something in the conversation. Examples include doing a Role Play or a shared visualization; this creates a powerful shared experience and promotes profound belonging, enhanced co-creation and rapid growth. When we play together, we grow together. This is how coaching works.

Most Life Coaches do mostly type #2 and #3 with a little spritz of #4. This is pretty tame Life Coaching. When you have a lot of reporting and reflective conversation and then jump into a quick pro-active (planning) conversation at the end, it will generally be quite tepid; planning to do more of the same.

With a CoachVille Coach you will experience ACTIVE conversation! You will experience a hearty mix of types #3, #4 AND #5 in most coaching sessions. This will be growth oriented and can be transformational. When you have a healthy dose of ACTIVE conversation, the Pro-Active part will be full of imagination, energy and bold moves.

**ACTIVE conversation changes everything;
figuratively AND literally.**

You are going to love it. **But it might freak you out at first.** (Actually, it's very likely that it will. LOL)

Let's play!

Possibilities for your BIG Dream

The first thing your coach is going to talk with you about is your Dream; because going for your Dream is what playing life is all about. An important point here is that playing life with a Life Coach is MUCH different than going it alone. So I am encouraging you to think bigger than you might normally allow yourself to think.



Why Dream... rather than objectives or goals?

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

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

You may be very clear on your Dream and already in pursuit. Or you may be a little fuzzy about the details but just know you are ready for more. Wherever you find yourself now is the perfect place to start your adventure. The purpose of this little section is to spark your imagination for what your BIG Dream can be.

Our mantra is: The world is a playground. Let's Play Together.

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

Aspects of Life you can play better with a Life Coach

- small business ownership,
- career development & transition into something joyful & meaningful
- business growth through team play,
- leading a worthy cause
- growing a vibrant community or tribe
- spiritual quest through community participation,

- financial freedom through value creation,
- corporate management and/or leadership of a great team
- artistic expression and performance
- health and wellness through engagement
- personal growth through self-expression and participation (this includes co-creating relationships and partnerships)

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

- You will express your superpowers, energy and creativity
- 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 community
- You will change your world or THE world in a positive way

You will LOVE playing for a Dream that is engaging, supportive, challenging, purposeful and fulfilling.

The definition of coaching often brings up a few very interesting questions...

1) How do we play life?

We will get to that in a moment! It's fun.

2) Why don't we already play life?

This is a BIG one. Let's talk about this next...

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 all of us were trained in the Industrial Age to look at everything as work; as something that needs to be controlled. School was work, jobs and business are work, and we also work on our relationships and even our golf game! UGH!! In the Industrial Age you were trained to work in isolation rather than play in the world.

The essence of Industrial Age hierarchy is control.

The essence of Connected Age 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". Remember all those problems I mentioned at the beginning? They start when we stop playing. And we stop playing because we were made to feel shame for being playful at school, often at home and then at work.

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

Hint: playing is more fun, less stressful and WAY more effective!!

Play is a better way!

The “Industrial Age” – which became mainstream around 1880 – made work the central theme and approach to life for most humans. It built upon the de-humanizing hierarchical control structures of the Agrarian Age Monarchs and Warlords.

Many historians say that the Human focus on work and control began when humans started farming food and domesticating animals. At that point they became tied to the daily grind of working on the same plot of land every day. Whereas our hunter-gatherer ancestors lived every day as a free spirited adventure; albeit with additional risks.

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 to become the central theme and approach to life. We can restore the free-spirited playfulness and fierce egalitarianism that is our Human Heritage and combine it with the security of well-organized shelter and food production that our ancestors lacked.

WOW! SO GOOD.

I made a little chart to help us go a little deeper and recognize the differences between The Industrial Age of Control and The Connected Age of Play.

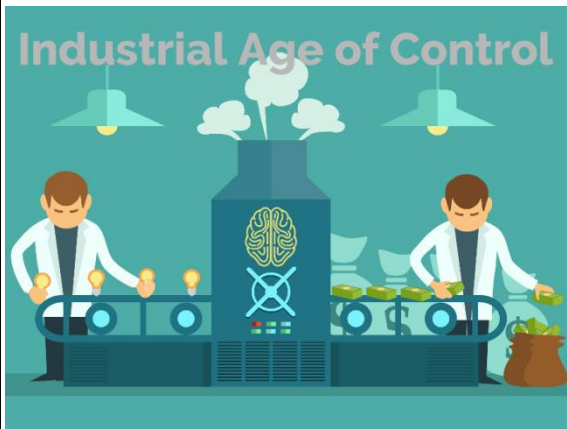
The important thing to notice is how the Industrial Age of Control culture created a HUGE need for Life Coaching!

Life Coaching subverts hierarchical control because noone is in charge. It is a co-creation by equal partners with different roles.

We Free Each Other!!

And we RE-Humanize each other.

The Transformation from Industrial Control to Connected Play

		
Time frame	1880 – ~2030	~2010 - ????

<i>The Framework</i>	Everything – schools, businesses, communities - is run by authoritarian control like a military operation.	Most things are run like a talented performance art or athletic team co-creating inspiring experiences.
<i>The Approach</i>	Good intentioned teachers, managers and business owners become unwitting henchmen for the dehumanizing top-down hierarchy. <i>The 3 C's</i> <i>Command</i> Tell them what to do <i>Control</i> Show them how to do it <i>Compliance</i> Make sure they do it right	Inspired Life Coaches and coach-approach teachers, entrepreneurs and leaders play to unleash the best of Human Nature. <i>The 3 B's</i> <i>Become</i> The urge to Become through play <i>Believe</i> The ability to Believe in a dream <i>Belong</i> The need to Belong with a dream team
<i>The Power</i>	In the “system”	In the YOUnique Superpowers of Individual Players in an uplifting environment
<i>Where we learn</i>	In School. Sitting silently at a desk memorizing the right answers working alone completing tasks preparing for the test	Life (and Online)... Learning from the world co-creating, sharing, connecting playing online games with global friends pursuing the next level
<i>Memes</i>	Sit down, shut Up and do as you are told Do it right the first time or don't do it at all; Do your own work if you help your neighbor you are a cheater	Together we play better After you fail, play again Feedback is the breakfast of champions Get to the next level We free each other
<i>You are a</i>	Worker / servant Consumer	Player Co-Creator / Investor
<i>You have a</i>	Job with a Manager / Boss (enjoyment unlikely)	Dream / Purpose with a Coach (enjoyment assumed)
<i>What you do</i>	Complete tasks	Co-Create Results and Experiences

	Fix problems	Express Superpowers to add value
<i>Why?</i>	To earn a living	To live your dream and GROW
<i>The Feeling?</i>	Suppressed & Traumatized Dreams squashed Playfulness shamed Unique voice and power silenced	Rewarding and challenging experiences and opportunities to contribute make every day a fulfilling adventure
<i>The Path to Success...</i>	Do it right Don't make mistakes Fit in by being like the others Don't try to be special Mind your own business	Play big to make a difference Risk failure, learn fast and grow Find a place / group that embraces ALL of who YOU are Own your value.
<i>You buy...</i>	Things - More is better Things will make you happy (NOT) Entertainment to "get away" from meaningless or repetitive work	Things that inspire you and tools for creation; Experiences that expand your skills and awareness; Coaching to play better and pursue your Dream
<i>You aim to</i>	Save some money for retirement; then you can enjoy life.	Co-Create a freedom-filled lifestyle economic freedom creative freedom emotional freedom spiritual freedom location freedom

I know this chart paints a pretty bleak picture of our current culture in the left column. You may be an optimistic person and think: "it's not that bad". I understand. I am an optimistic – make the best of any situation – kind of person myself. However... for most people in the world it IS bad. AND we have normalized it so that we have become numb to it. AND most importantly we have been taught that we are powerless to change it.

I have been a professional Life Coach for almost 25 years for over 1,000 amazing individuals. I can tell you: even folks who are optimistic, investing in themselves and aiming big are boxed in by social fears caused by a life of Hierarchical Control. They have no idea what their REAL powers are and their capacity to engage in social play activities is severely stunted.

Meanwhile, the situations we face as a human family demand that we stop "making the best of it" and start reclaiming our Human Superpowers to make change! Especially when we consider that most of the trauma, pain and suffering that is happening... we are doing it to each other without even being aware of it!

Together we can change the experience of life for the better... for everyone.

Let's talk about how we RE-Humanize.

Get Your Human Nature Back!

There are three Superpowers of Human Nature that you need to unleash in order to play BIG for your Dream: Become – Belong – Believe.

You saw this in the chart about the Connected Age of Play.

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 interactions with the world around us.

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. A big benefit of having a Life Coach is that by observing you they can bring your non-conscious beliefs into awareness so you can explore them.

To create change we need to unleash all three superpowers!

- We need to play to **BECOME** the next version of ourselves.
 - We need to find or create a new environment of profound **BELONGing** where we are supported and challenged to become the next version of ourselves; where we feel safe to be our Superpower selves!
 - We need to **BELIEVE** in our own dream. Then we need to explore our beliefs and choose the ones that we need to uplevel in order to live our new dream.
- This is the essence of the Life Coaching!

This is where you **REALLY** need a great Life Coach! We are not meant to activate our Human Nature Superpowers alone.

Life Coaching Starts Here

When you think of signing on with a Life Coach there is a purpose behind it.



You want to:

- Accomplish something
- Experience something
- Get better at something
- Change something

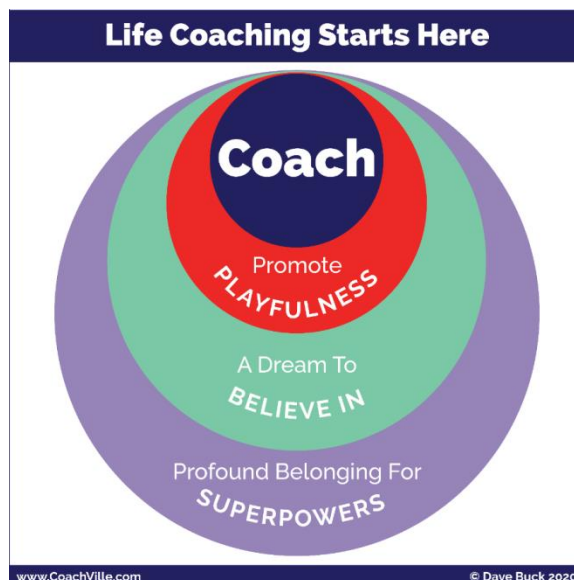
You probably don't think: "Oh, I need help unleashing my Human Superpowers!"

LOL.

True. However, to get that "something" you want, that is exactly what we need to do.

And not only will it energize the path to the "something", it will also open doors to amazing new possibilities!

In this little diagram called: "Life Coaching Starts Here" you will recognize the structure but the words have changed.



Promote Playfulness

The Urge to Become... Promote Playfulness

This is essential because coaching and playing go hand in glove since the purpose of coaching is playing better. So you and your coach will co-create ways for you to PLAY life in pursuit of your dream.

A Dream to Believe In

The Ability to Believe... Believe in your Dream

Life coaching is about living our dreams! So your coach will want to focus in on what your dream is. Don't worry if it is not clear. You can start with even the smallest inkling and grow it into a BIG Dream.

Profound Belonging for Superpowers

The Need to Belong... co-create a place of profound belonging for YOU and your Superpowers.

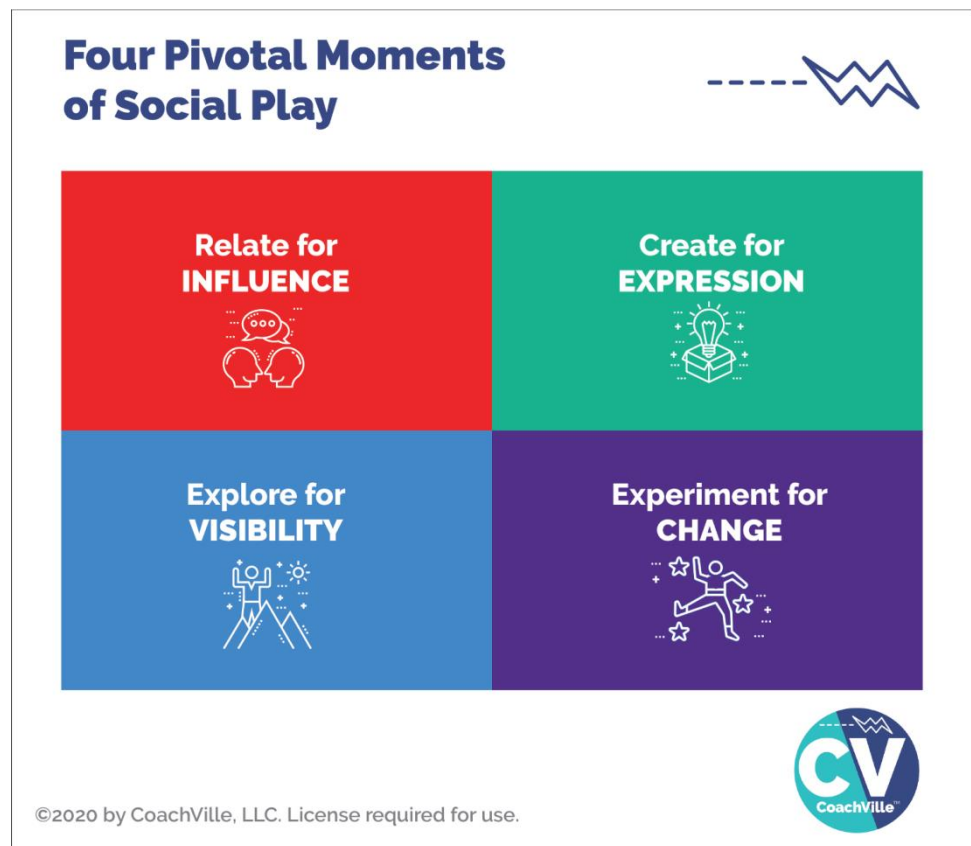
Your coach will start by creating a "safe space" – a judgment free space – for you to express your dreams and practice being Super YOU!

As your confidence grows from your time with your coach you will begin to bring Super YOU and your Dreams out into the world so they can find where they BELONG!

Let's talk next about Promoting Playfulness and your Urge to Become.

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 out 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!

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

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

- Influence
- Expression
- Visibility
- Change.

That means YOU!

Relate for Influence (AKA Play for “Yes”)

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 and they might say “yes”, but they might say “no”.

Create for Expression (AKA to Create to Share)

Creating is when you make a thing or you design an experience that you aim to share with others; for examples: writing, recording, designing, planning. The expression / sharing part is all about participation and contribution. This is very much in line with the idea that “Life is Performance Art”; which is a concept we talk about a lot in coaching.

Explore for Visibility (AKA to See and Be Seen)

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

Experiment for Change (AKA to Try New Ways)

Experimenting is any time you do something that you have not done before OR you do something that you have done in a new way. Often when we experiment we have an idea or a hope of what will happen but we don’t actually know. A key to success 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 energized about playing for your Dream!

The BIG Picture...

Playing life with a Life Coach means you will practice pivotal moments of social play that lead to influence, visibility, expression and change!

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

Now you might be thinking: “Yes, the social play actions and results are exactly what I want! The Power of Playfulness sounds amazing.

“But when I think about it:

- Asking for what I want or need is pretty hard for me.
- Sharing what I create can be a real struggle.
- I know I need to “get out there” and be more visible, but it’s not easy.
- Trying new things often feels too risky so I stick with what I always do.”

EXACTLY.

Somehow we have all become fearful of our playfulness and playful action.

This is a BIG reason why Life Coaching was invented!!

We Free Each Other... The Global Life Coaching Movement

By signing on with a Life Coach you are participating in one of the most important movements happening in the world today!

All around the world Professional Life Coaches as well as Coach-Approach leaders, managers and entrepreneurs are uplifting the Human Family – one person at a time - out of the dehumanizing Industrial Age of Control and into the Connected Age of Play by unleashing the Superpowers of Human Nature. (whew... that is a doozy of a sentence!)

Why do I say that the Industrial Age of Hierarchical Control is dehumanizing?

Because we Humans HATE being controlled!

We hate it. It is completely unnatural to our human nature to be controlled. Humans are born to be free!

At the same time, we are also born to be connected. We naturally care for each other and for the collective.

True freedom is the awareness and ability to be fully oneself AND care for the collective at the same time.

Essentially, Life Coaching this is about true freedom!

- Freedom to be your playful self and continue to grow and become a new version of you easily and naturally.
- Freedom to express ALL of who you are and contribute your value to others and enjoy the rewards.
- Freedom to pursue your own Dream with a team of people who share your Dream.
- Freedom to co-create belonging with people who enjoy ALL of YOU and who you are becoming and what you are contributing.

Every person who “gets free” in this way then passes freedom on to everyone around them; co-creating a ripple effect of good.

A key point here is that we don’t get free by struggling alone! Freedom is social. We only get free together... we must free each other by stopping the status quo habits of Industrial Control and sharing the rebellious joy of Connected Play.

I am super excited to have you on our team as a Player!!!

Free people, free people!

We will explore your “Dream to Believe In” from the Life Coaching Starts here model when we get to Chapter 1.

The BIG Kahuna...

Remember I shared with you the 3 BIG THINGS, 3 transformations:

- From Worker to Player
- From Do-it-yourself to Co-creator
- From Task focus to Energy Flow

Each of these will dramatically improve your quality of life.

And they also add up to what I call the BIG Kahuna for the Human Family.

The ability to BE Unique AND Care Collectively At the same time!!

This is the most important shift within the Human experience. If most of us can make this shift then Humans can thrive on this Earth for a very long time. If we don't make this shift then our long term survival is not likely. For real!

We ALL need the ability to be our unique selves; to express ourselves fully; to THINK for ourselves; while feeling valued by the Collective.

And at the same time we need to develop the ability to care for the whole of the Human family; to think together; to see the big picture; to act in ways that may not be optimal for us as an individual BUT are clearly better for WHOLE.

We all have done this to some degree; for example when we put our own plans aside to do something – a small or big sacrifice - for the good of our family or friends.

We need to become fast and fluid in our ability to do this for THE WHOLE FAMILY.

This is next level Humanity and this is the BIGGER purpose of the Global Life Coaching Movement in the world.

Let's Get 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.

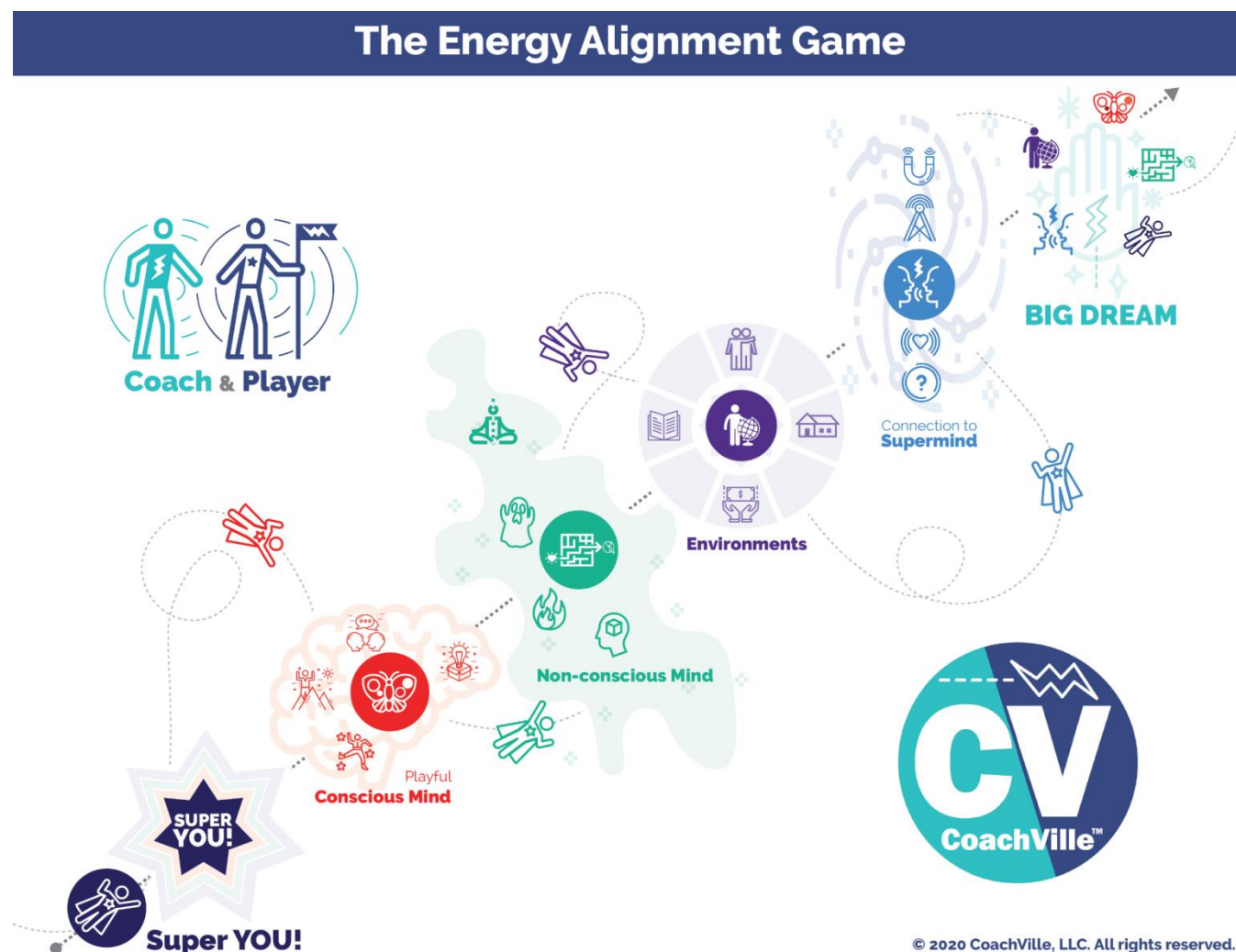
In order for your Life Coach to coach you, YOU need to be playing your life (or your business, career, leadership, personal growth, etc.).

Next I want to share with you a little bit of the secret sauce to Play Life better: The Energy Alignment Game.

The Energy Alignment Game

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

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



Welcome to the Energy Alignment Game!

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

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

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

Your BIG Dream

This is your vision of what you aim to accomplish, experience, express or co-create in the world. Your Dream comes from your hearts desires but is often sparked by what you see – or don't see – in the world around you.

Often our hearts dreams are a little mysterious; even to the one who has the dream.

Most BIG Dreams include an essence of contribution.

Next we will go to the lower left to explore all of the energies that we can align with your dream.

Super YOU

There is a next-level version of YOU that you must express fully and become in order to fulfill this big dream. This is a major focus of the Activate Your Superpowers Program.

One of the reasons your Heart has dreams is so that you can discover and express more of your abilities.

Playful Conscious Mind

There is a playful version of your focused thoughts and deliberate actions that you need to use in an intentional way. You can uplevel your skills to align with the new dream. Your playful conscious mind responds to the urge to become the next version YOU. Play is all about becoming. In the model hopefully you recognize the 4 symbols for the Pivotal Moments of Social Play that we explored earlier.

Non-Conscious Mind

Whoa, this is a big one. Your non-conscious mind is the power source of belief and desire within you. It is like an energetic bridge between the urge to become in your playful conscious mind and the need to belong in the environment around you. You will need to expand your body awareness; this is where your intuition and inner knowing live.

You will need to uplevel your relationship with fear from enemy to friend and a treasure map to your Superpowers. Your dream will need you to tap into your hearts desires for focus and fuel. You will need to cultivate belief in a whole new set of possibilities to align with your dream.

The non-conscious Mind is the main focus of the Pivotal Moment Coaching Technique that we will explore in Chapters 4 and 5... whew! We need it.

Environment

Your non-conscious mind - which is super focused on belonging - is in constant connection with your environment; especially the people and your social status with each person. You will need to uplevel many aspects of the world around you so that the powers of belonging, believing and becoming align with your dream. And as you unleash your Superpowers, you will need to find or cultivate an environment where it is safe for you to express them.

Playing with a Life Coach will give you the courage to make those changes.

Connection to the Super Mind

There is a timeless web of human consciousness that we are all connected to. Through big questions, gratitude and intentional thoughts your dream can become a magnet for the insights, inklings, spontaneous awareness, opportunities and synchronicities that you need to live your dream. But be prepared, the Super Mind plays rough so you need to expect a tumble or two.

The pursuit of Flow

Your dream is calling you out into the world to discover a bigger contribution and more fulfilling joyful life. As you endeavor to align every part of your energy to the BIG Dream, it begins to FEEL – feel is the key word – more natural. This is called getting into the flow. It is not the ultra-safe under control routine. It is engaging, yet safe enough that the potential rewards seem worthy of the potential risks. This is when pursuing your BIG Dream feels less and less stressful and more and more fun!

That is what we are playing for!

Introduction to the Play Life Method

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Play Life Adventure Log

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

The Play Life Adventure Log

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

Each of your 12 coaching sessions will have a focus.

- Session #1) Share the Dream
- Session #2) Design the Way to Play (for the Dream)
- Session #3) Play for results with actions
- Session #4) Embrace challenges
- Session #5) Evaluate 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 the playbook, weekly audio & playsheets

Your coach and I are co-creating team play for transformation for YOU and your dream!!

This playbook and the playsheets and the audio are designed to help you get the most out of your coaching experience. Because all of the key ideas are explained here, you and your coach can dive right into co-creating and practicing together; rather than your coach using precious time explaining these concepts.

IMPORTANT: [Here is a separate PDF with just the playsheets that you can use to print.](#)

How to prep for each session:

- 1) Read the chapter in this playbook corresponding to the session
- 2) Listen to the Player Prep Audio (there is a link at the top of each chapter)
- 3) Print the Coaching Notes sheet for the session (or print the whole pack now).

Listen to the Player Prep Audio.

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

Coaching Session Notes

A mini-version of the Coaching Notes for Session 2 is on the right. I am using Session 2 as the example because it is the one that is most similar to the others.

During each session

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

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

After each session

2) Write the date and a few high level key word notes on the Play Life Adventure Log. (It is in the playsheet pack)

3) Print the Play Plan Playsheet to write out your play plan. Keep the sheet in view in between coaching sessions so you remember to play!

As you play between sessions

4) Write a few notes about your experiences of playing the items on your Play Plan Sheet; like keeping a journal.

A mini version of the sheet is on the right.

It has the words and symbols from the 4 Pivotal Moments of Social Play. It is the same for each session. Print 12 copies.

A) Each week your coach is going to encourage you to create a play plan for the week. Fill it out as soon after the session as possible. Remember the idea is to weave in at least a few "play for your Dream" activities into your week;

B) Keep it near you as you play for your Dream in between coaching sessions to remind yourself to play.

C) Use it like a journal to make a few notes about your experiences of playing with each item.

Play Life Coaching Session #2 Notes			Date:
Session: Design the Way to Play			
The BIG Dream:			
PEAK EXPERIENCE	Explore the Fear / Growth Zone		ACTIONS and RESULTS
Focus: Deepen the Dream			
Outcomes	Mastery	Becomings	Upgrades
Results	Actions	Challenges	Evaluate
Life Situations			
Growth Zone What did you learn...			
Playing For Your Dream Self and Superpowers			
PLAY PLAN			

Play Life Play Plan		Date:
Your BIG Dream:	Your Focus this week:	Your Superpowers:
PLAY IN THE FEAR / GROWTH ZONE		NOTICE & JOURNAL
Relate for INFLUENCE > Risk Rejection		Challenges / Results / Playfulness
Create for EXPRESSION > Risk Disappointment		
Explore for VISIBILITY > Risk Trouble		
Experiment for CHANGE > Risk Mistakes		
Insights on the Adventure:		Environmental Upgrade Ideas:

Note your thoughts, feelings, experiences and even **resistance**; if you find yourself looking at the item every day and thinking: “oh, I will do that tomorrow”.

This will help you prepare for your next coaching session.

AND it will really amp up your level of Play!

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 while doing it or NOT.

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.

Let's PLAY!!

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 peak experiences they are playing for and the purpose of those experiences; Explore what truly matters to your player. Reveal “the Gap” they aim to grow into.



The Player: 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! Have fun imagining the peak experiences that you are playing for!

Coaching starts with your Dream

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



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

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

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

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

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

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

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

Your Dream will take on a life of its own

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

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

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

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

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

The Human Journey with a Coach

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



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

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

BIG Dream

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

Social Safety Instinct

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

Preservation Zone

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

Fear/Growth Zone

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

BEcome-BElieve-BElong: the 3 BE's of Human Nature.

Superpower Zone

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

Performance-Possibility Gap.

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

“The Pull”

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

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 their technical skills – the resume stuff - but not much else.

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

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

Look it over!

1) Who is your Dream asking you to become? ...

2) Who do you know yourself to be deep within?

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

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

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: / /

The Warm Up

A conversation with your coach is something special! I refer to it as a coaching session.

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

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

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

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

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

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

- #1 The Connected Breath Technique
- #2 The Share Your Dream Exercise
- #3 The Peak Experience Technique

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

#2) The Share Your Dream exercise is where you speak your vision for your BIG Dream in 30 seconds. This connects you and your coach to the purpose of Life Coaching: you living your Dream!

#3) The Peak Experience Technique is a powerful visualization where you use your ACTIVE imagination to put yourself into one of the peak experiences of your dream and then share the scene with your coach.

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

The Connected Breath Technique

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

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

That's it!

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

Your coach will guide you in the rhythm of the breath by breathing in to a count of four and a breathing out to a count of seven.

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

Pro Tips

It works even better when you:

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

Peak Experiences – Activate your Imagination

This first session is all about YOU and your Dream. Your coach will explore your current vision for your dream from several perspectives. As I said before, don't worry about not knowing or giving wrong answers. When you speak from the heart everything comes out perfectly. This is why we do the Connected Breath Technique to warm up.

In one part of this session your coaching is going to talk with you about the Peak Experiences of your Dream. This will be important for the Warm Up in every session starting in Session #2.

So what is a peak experience?

This is something that you really want to happen as you play for your dream. To give you the idea I will share with you some peak experiences from my Dream right now.

In no particular order:

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

- Describe any fears that you are experiencing while playing for this dream right now.
- How can you activate the Spirit of Play to your dream? (don't turn it into a task list!)
- What are some of the peak experiences that you are playing for?
- Growth Zone
- Play Plan

Here a few bonus thoughts to prepare for the session.

Become the Next version of YOU

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



Challenges

Challenges are what make playing for your Dream a FUN growth experience! This may be a mindset shift for you because in the Industrial Age we got the impression that if we faced a challenge it meant that we were doing something wrong. Your coach is going to encourage you to really embrace challenges and talk about them with judgment-free awareness.

There are 2 types of challenges: Inner and Outer. Outer challenges are when something out in the world is not going as planned. (HAH! This is most of the time.) This part is aimed at the Outer Challenges.

Fears

Next we will explore the Inner challenges: the doubts and fears you may already be experiencing or think you will experience.

Fear is your friend! Fear is a fundamental human experience that is trying to keep you safe. You will experience fear often when you play for your dream. Again the BIG KEY here is to embrace it. Let go of the Industrial Mindset that fear is an enemy that you must conquer; it is not. When you experience some doubt or fear related to an activity in your dream, this simply reveals that there is some risk involved. Understanding risk and reward is essential to play.

Spirit of Play

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

Your coach is going to ask you about the Spirit of Play a LOT! The key is to think about it with your imagination rather than the “get the right answer” mind that dominated our

lives in school and work. With imagination your dream can come alive with new possibilities.

Growth Zone

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



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

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

Play Plan

Your coach will also ask you to share a few thoughts about actions you intend to play with out in the world. You didn't talk about this in this in detail in this session but you will starting in session #2. For this session, share a few actions that come to mind either because they were already on your plan OR because they came to you during the session.

Ready to go!

A few reminders

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

...

- 6) Get ready for Session #2

A) Read Chapter 2; B) Listen to Player Prep Audio #2...

You get the idea.

We are ready to go.

Let's Play... Together!

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 RACECAR Model: Results, Actions, Challenges and Evaluation.

Player: You have a vision of what you want to accomplish in the world. Next you can craft your personal approach to co-creating it. Make it PLAY; not tasks and 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 so exhilarating. The results are what happen when you play 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 the results you desire while playing out in the world.



3) Identify the recurring Challenges that grow into Becomings.

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



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 assess how well you are playing? Often this starts with counting something; for example #'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 should not be compartmentalized. Everything impacts everything else. Make sure it is playable and attainable in the context of your real life, right now, the way it is. Make adjustments if it is not.

An Example of playing for a Dream

This way of looking at life takes some practice because we have been so indoctrinated into making lists of tasks; an example will help. I am going to create a little example here of a business dream (a coaching business naturally). Even if you don't run a business you probably understand the nature of running a small business.

Use this example to start to imagine playing for your own dream in this way rather than working on tasks. As I said, this framework takes a little practice AND it is quite liberating when you get a good feel for it. After you learn it for yourself, please share it with others!

Free people, FREE PEOPLE

Usually in this book I will include the Coaching Notes Playsheet at the end of the Chapter with a quick walk through of the session. But in this Chapter it will help if we look at the playsheet now. It is on the right.

Notice the **RED** Row of the playsheet: *Outcomes*, *Mastery*, *Becomings* and *Upgrades*

We call these the “Accumulated Experiences” of the Dream.

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

These will be the “Peak Experiences” of the Dream that you will play to co-create every week.

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

They build into the “accumulated experiences” in the **RED ROW**.

Play Life Coaching Session #2 Notes Date: _____

Session: *Design the Way to Play*

The BIG Dream: _____

Explore the Fear / Growth Zone

PEAK EXPERIENCE	CELEBRATIONS	ACTIONS and RESULTS

Focus: Deepen the Dream

Outcomes	Mastery	Becomings	Upgrades

Results	Actions	Challenges	Evaluate

Life Situations

Growth Zone What did you learn...

Playing For Your Dream

Self and Superpowers

PLAY PLAN

From Session #1 Share the Dream

Name the BIG Dream:

Build a thriving Life Coaching business where I guide people to live life on their own terms

Purpose / Values:

- To express my talents in a meaningful way
- To enjoy life fully on my own terms; to continue to walk my talk of lifestyle freedom
- To create financial for my family and myself
- To enjoy plenty of time with my daughter
- To have plenty of time for making art

Spirit of Play

- See the challenge of finding clients as an adventure
- Really enjoy the experience of serving my clients
- Get into playfulness with my daughter

Now, the elements for Session #2

(Tangible) OUTCOMES

- 1) Meet 30 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 daughter enjoys our time together; because I am participating with her playfully.

MASTERY

- 1) Tribe building through sharing ideas and participating on Linked In
- 2) Relating for Influence – Fearless in going for “YES” in conversations and exploratory coaching sessions.

Recurring ACTIONS

- Explore for Visibility = Write and Share articles on Linked In; Engage with people around the articles.
- 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.

IMPORTANT = Each of these action – result pairs above can be played with as a Peak Experience!

BECOMINGS

- 1) More confident as a business person
- 2) More engaging writer / participant on Social Media

2) More “present” during family activities

CHALLENGES

- 1) I find it hard to move from online engagement to invite someone to talk with me on the phone
- 2) During my exploratory conversations I often 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

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” or a new “game”. 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 / game to play with every week until the season (12 weeks) is over.

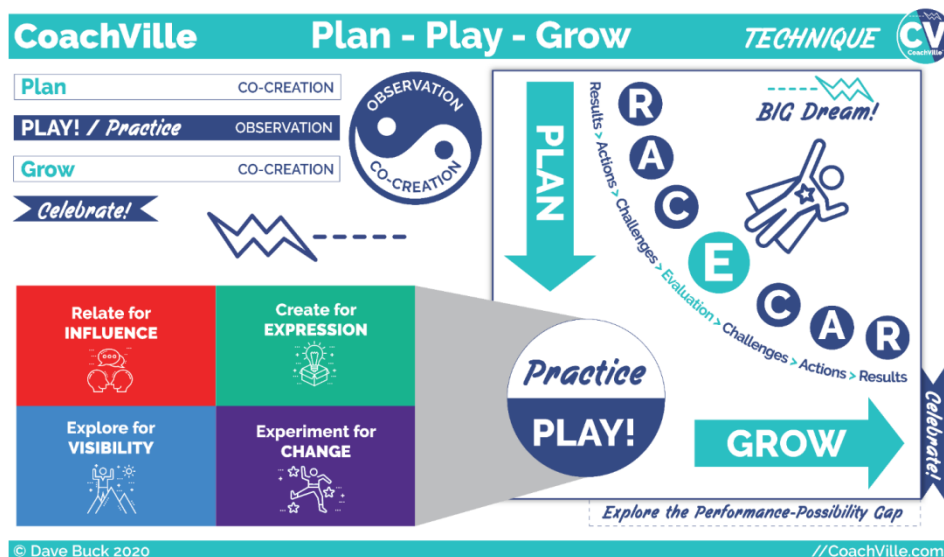
This is very different than the industrial approach that we were taught – make a list of tasks and keep checking them off the list. Add new tasks to the bottom of the list. Keep grinding through the list until the project is complete or you drop dead of exhaustion!

The Plan-Play-Grow Technique

To help you get ready for Session #2, I want to share with you how to get into the rhythm of playing with a Life Coach. There is a coaching technique to create this rhythm called:

Plan-Play-Grow. If you have ever had an athletic coach or a performance art coach then you will recognize this technique.

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



Let's explore this model together.

We start in the upper left where you see Plan – Play / Practice – Grow – Celebrate. You also see the yin/yang symbol with the core of the coaching experience which is observation and co-creation. You may recognize those terms from the definition of coaching I shared with you.

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

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

Whew! We have a lot to talk about here.

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

In the coaching session:

- You and your coach will warm up, then celebrate the notable experiences since your last session; especially moments of play where something good happened.
- You and your coach will co-create a coaching PLAN for the session by first EVALUATING what happened when you played. And you will share specifics about key playful actions and the results in the world in a way that sparks new awareness. (Reflecting more than Reporting from the 5 types of conversation model)

- You and your coach will **PRACTICE** together to co-create new awareness, new possibilities, new capabilities and new confidence. We will explore a variety of practice techniques in this program. In Session #2 you will have a detailed strategy and planning session by playing with ideas: Results, Impact, Actions, Superpowers, Challenges, Spirit of Play and Growth. Most of the time this is where you will get into some kind of **ACTIVE** conversation.
- You and your coach will capture your **GROWth** from the session. (The Growth Zone in the Coaching Notes Play Sheet) The intention of a good coaching session is that you grow during the session... and then continue to grow as you play in the world. Make a few notes on your coaching notes sheet as you talk together.
- You and your coach will co-create your play **PLAN** for the upcoming time frame. Focusing on the 4 types of actions to play **BIG** for your dream.
- You will write out the most important items on your Play Plan Playsheet.

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

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

In the next coaching session:

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

YOU go out in the world to play:

The rhythm repeats from here.

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

Quick Prep for the full warm up.

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

- #1 The Connected Breath Technique
- #2 The Share Your Dream Exercise
- #3 The Peak Experience Technique

The whole things should take **LESS** than 5 minutes.

#1 The Connected Breath Technique

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

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

#2 The Share Your Dream Technique

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

There are two ways you can go about doing this.

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

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

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

#3 The Peak Experience Technique

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

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

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

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

Have fun with it. Then your coach will ask you to share what you saw. This will amplify the power again.

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

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

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

Quick Prep for Celebrations, Actions and Results

It is SUPER important to celebrate!!!

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

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

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

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

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

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

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

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

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

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

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

Prepare for Session #02 – Design the Way to Play

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

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

We start every session with a Warm Up!

We will do the Connected Breath Technique.

Then your coach will ask you to share your dream; the 30 second version. It is so important to speak your dream out loud to your coach. This exercise calls in the ultimate purpose of coaching...living your dream.

Peak Experience

THEN... your coach will do the Peak Experience Technique with you.

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

Then you and your coach will co-create awareness together by talking about your actions and results from the past week of play.

Deepen the Dream

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

Outcomes, Mastery, Becomings and Upgrades.

Then, Results, Actions, Challenges and Evaluate.

Another way to think about Results and Actions is that these are the Peak Experiences of playing for your dream.

Results:

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

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

Challenges:

Everything that prevents your result from happening when you take action. There are LOTS of challenges. Each presents an opportunity to play and a growth opportunity. For example, if a person declines your offer or doesn't enjoy what you created there are reasons. Also there are Inner Challenges to explore when you resist or avoid taking an action.

Evaluate:

This is how YOU determine how well you are playing and how you want to play better.

Life Situations

The playsheet is a structured form for coaching sessions. At the top, it has a title 'Play Life Coaching Session #2 Notes' and a 'Date:' field. Below this is a subtitle 'Session: Design the Way to Play' and a section 'The BIG Dream:'. The main body is divided into several sections. The first section is 'Explore the Fear / Growth Zone' with three columns: 'PEAK EXPERIENCE' (with a person icon), 'CELEBRATIONS' (with a hand icon), and 'ACTIONS and RESULTS' (with a person jumping icon). Below this is a 'Focus: Deepen the Dream' section with four columns: 'Outcomes' (with a drop icon), 'Mastery' (with a hammer icon), 'Becomings' (with a butterfly icon), and 'Upgrades' (with a person and gear icon). Below these are four columns: 'Results' (with a circle R icon), 'Actions' (with a circle A icon), 'Challenges' (with a circle C icon), and 'Evaluate' (with a circle E icon). Below these is a 'Life Situations' section with a large area for notes. At the bottom is a 'Growth Zone' section with a 'What did you learn...' area, a 'Self and Superpowers' area, and a 'PLAY PLAN' area.

Your coach is going to ask you about how playing for your Dream fits in with the rest of your life. This is to make sure that the next few steps of your dream are possible NOW.

GROWTH ZONE

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

NOTES

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

Fill in anything that is missing.

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

Have fun playing for your dream!

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

[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 their Dream.



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

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

Separating Actions and Results

Remember this image from the Introduction?

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

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

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

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

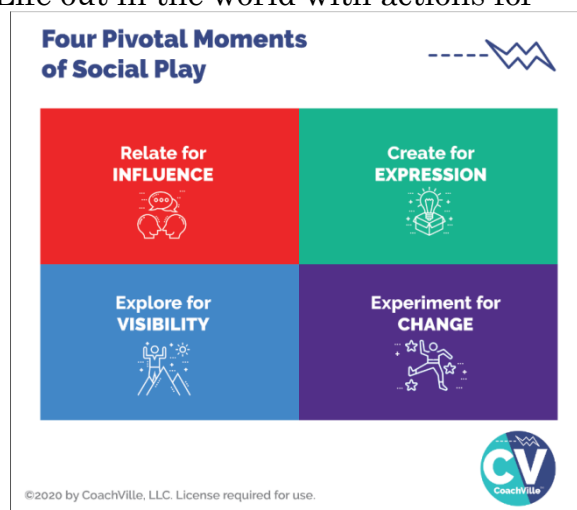
Play is when you are doing something and you DON'T have control of the outcome but you can influence the outcome with your energy, creativity, strategy and skill. This is what makes it engaging and fun. **This is when you feel alive.**

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

A Few Social Play Examples

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

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



Relate FOR Influence

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

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

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

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

Create FOR Expression

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

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

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

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

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

Explore FOR Visibility

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

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

Experiment FOR Change

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

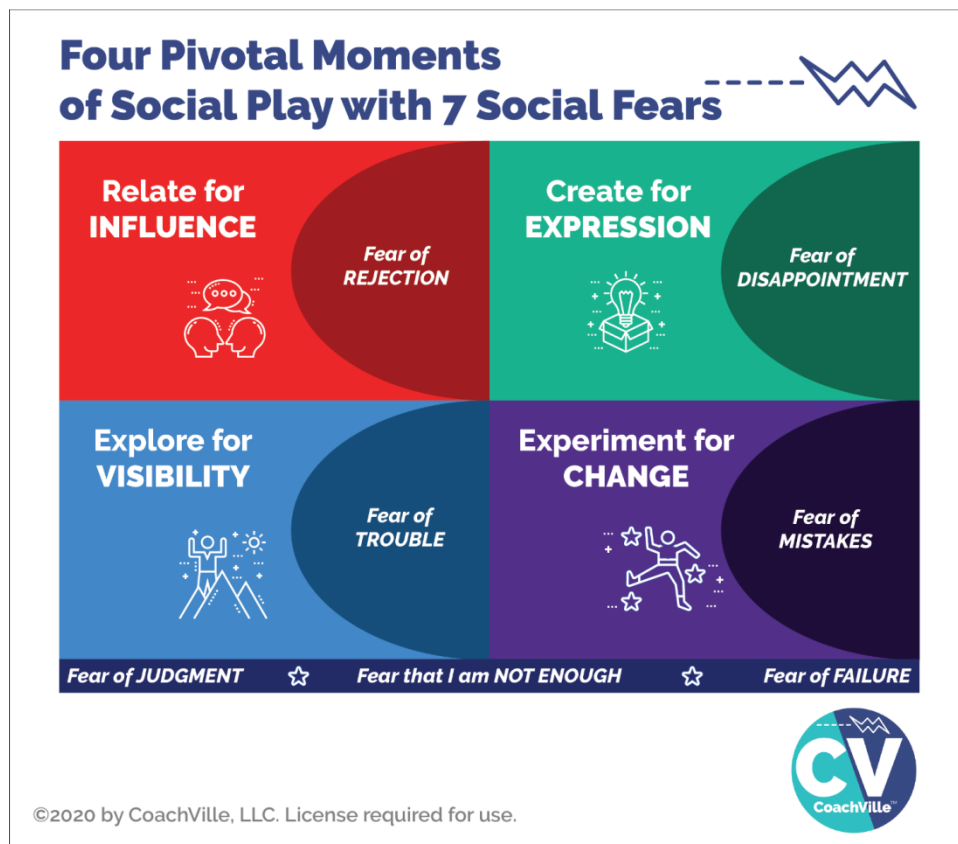
A key to successful play is to start with an intention, be open to new possibilities AND keep track of what happens; and most important is to not look at any outcome as a failure but as learning.

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

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

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

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 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!!!

Quick Prep for the Role Play Technique

On the right is a detailed graphic that will help you prepare. (Full size on page 25 of the Play Sheet Pack)

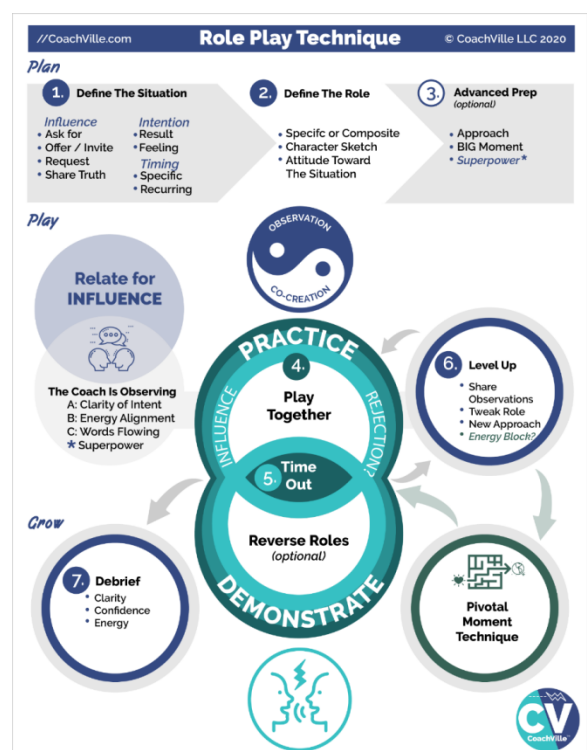
Role Play is a form of ACTIVE Conversation. This is when Life Coaching gets dynamic!

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

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

1) Define the Situation

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



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

2) Define the Role

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

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

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

3) Advanced Prep

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

4) Play together

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

5) Time Out!

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

6) Level Up

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

Repeat.

4) Try it again.

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

Options

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

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

We will explore that for Session #4

7) Debrief

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

##!##

The big point of this is to get into ACTIVE conversation where you can grow by practicing with your coach. Then you can go out into the world and play for your dream with more confidence.

Prepare for Session #03 – Play for Results

Warm up

We will start the session with the warm up. Come to the session knowing the Peak Experience that you want to visualize.

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

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

The focus of this session is to co-create ways to play better for the results needed by your Dream.

Role Play ~ Relate for Influence

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

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

Create – Explore – Experiment Ways to play better

Have a few ideas for each of the 3 other types of Social Play.

You and your coach will have fun talking about what they are and how make each one a fun and playful growth experience.

Growth Zone

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

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

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

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

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

I LOVE when that happens!

Play Life Coaching Session #3 Notes			Date:
Session: Play for Results			
The BIG Dream:			
PEAK EXPERIENCE	CELEBRATIONS	ACTIONS and RESULTS	
Focus: Role Play		Ah-ha Moments & Patterns	
CREATE for Expression	EXPLORE for Visibility	EXPERIMENT for Change	
Growth Zone What did you learn...		PLAY PLAN	
Playing For Your Dream		Self and Superpowers	

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 to co-create awareness. Help your player see the growth opportunity in every challenge.

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

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 Peak Experiences. Often the joy of play itself can pull you through challenges where they would normally stop.

Judgment-Free Awareness

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

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

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

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

YOU MATTER.

When we separate the action from the result, and recognize that your unique contribution co-creates the result, something awesome happens in your life: YOU MATTER!

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

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

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

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

It is vital that you experience the difference between “getting it done” and “playing for results” where YOU MATTER!

A few points to be aware of:

- enjoy the feeling of taking action
- avoid looking at your Dream actions as a glorified task list
- avoid task obsession - getting it done at all costs - remember to enjoy your Dream AND your life
- avoid the job mentality: I HAVE to do this even though I don't enjoy it
- be sensitive to the level you can play right now while keeping your vision on the great player you desire to be
- **keep your sights and intentions on the desired results of the Peak Experiences of Play! (but don't obsess about them)**

An example: Writing an article

An Industrial worker: Gets it written and posted somewhere = checks the task as complete.

An Inspired Player:

- Writes the article to engage participation with readers;
- Tracks participation on the blog about it,
- Jumps into the online conversations about it,
- Makes connections with readers who are inspired or provoked by it,
- Makes offers to talk on the phone,
- Gets a few appointments.

The desired **RESULT** of the article was to engage readers and get appointments.

The BIG Upside!

The key point is that the desired results of your actions don't just happen “automatically” because you took the action.

This is actually great news!

Because what it really means is that YOU matter!

The way YOU approach the action will create different results than the way another person does it.

Your energy matters. Your skill matters. Your ideas matter.

You are a player with a Dream with YOUUnique skills, energy and ideas making things happen in the world in your own way...

The Triple Play - Results - Mastery - Joy

Results + Mastery + Joy is the Triple Play!

Industrial workers just want to get the job done.

Purposeful players are in a bigger game!

- 1) Play for Results - Something happens in the world
- 2) Pursue Mastery – Take actions to become a better player and grow
- 3) Enjoy the Peak Experiences - Enjoy the moments of living your dream

Pivotal Moments

The Background

The Pivotal Moment is one of THE most important concepts in playing and coaching life.

Understanding this will help you make the most of your relationship with your Life coach. It will accelerate your personal growth and the realization of your BIG Dream.

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

In 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.

I am going to help you do this right now.

The “Pull” between Play Safe and Play BIG

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

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

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

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

This is the main type of pivotal moment that I want to bring to your attention.



This is when you have an urge to take action for your dream. It can be a planned action you have on your play sheet, OR it can be a spontaneous opportunity that pops into your life.

Your Dream wants you to do it.

Remember in Chapter 1 I told you that your Dream will take on a life of its own and it will ask you to do things? Have you noticed this happening? But then, something else happens within your body and inner being that brings up an uncomfortable feeling. This usually leads to thoughts about why it is NOT a good idea to do this now; maybe tomorrow!

This is known as resistance. Often the time between the urge to act and the resistance is so FAST that you don't even notice that your Dream was calling you.

When you start playing for your dream these kinds of moments will happen... A LOT... everyday.

The spontaneous urges to act are very similar to the spontaneous BIG opportunities that I mentioned before; will you go for it? Or will you hold back?

These are the moments that make playing for your dream so dynamic and fun. But when you are resisting an action it doesn't always feel fun. (Hah! Understatement)

In Session #4 your coach is going to do a really powerful and profound coaching technique with you called: The Pivotal Moment of Choice (Pivotal Moment for short). To set this up I am going to share with you a few really provocative and empowering ideas.

Pivotal moments are coach-able moments.

In addition to the experience of the "Pull", there are a few more typical examples:

- 1) A BIG choice that you are making.
- 2) A BIG opportunity that you have in front of you.
- 3) A recurring action that – if you got better at it – would accelerate your progress.

1) The BIG Choice

There are some big choices in life that can change the trajectory of your life. Should you go for the new job? Should you leave your job and start a business? Should you stay in the partnership or move on / let it go?

You may have heard the classic song by "the Clash: "Should I stay or should I go?"

The lyrics are: "Should I stay or should I go now. If I go there will be trouble and if I stay it will be double." Classic.

Your coach can help you play with the scenarios to expand your inner awareness about each choice. Then you can choose with confidence and clarity.

2) The BIG Opportunity

Sometimes you are aware of these moments and you are in an inner debate about if /when to make the move. Example: calling an influential friend to ask them to support / promote you. Your coach can help you practice this moment to uplevel your actions and your energy alignment.



Sometimes these moments just happen. And the question is: will you seize the moment or not? Like the time I found myself sitting on a plane next to one of the BIGGEST icons in the history of Coaching: Timothy Galway. Note: I sat there in a daze and didn't say anything to him for 5 hours! I still remember that flight as clear as day 15 years later. DANG!!!!

After the experience you can replay the moment with your coach to reclaim your power and be more prepared for the next spontaneous opportunity.

3) The Recurring Action

This is an action that is vital for playing for your dream. For example: if you have a business, you talk to potential clients often and how well you play in these conversations has a big impact on your business dream. If you are playing in a career you have opportunities to introduce yourself or speak up with influencers in your organization on a regular basis. What do you do in these moments?

Your coach can practice these moments with you with role play AND with the Pivotal Moment Technique we are going to practice this week.

Playing these moments with clear intention, positive energy and familiar words can really impact your results. And if you get positive results more often they accumulate into your dream becoming reality! Remember: Peak Experience Results accumulate into Ultimate Experience Outcomes.

The Quick Guide to Noticing Pivotal Moments

There are three SUPER common experiences that can reveal a Pivotal Moment

- 1) You have the urge or plan to do something but then you resist doing it
- 2) After resisting for a period of time, you eventually power through the resistance and force yourself to do it. This is honorable... AND... it is worth exploring as a pivotal moment so that you can do it without expending so much energy the next time.
- 3) You are taking an action but you are not getting the results that you expect or desire. Remember we don't have control, but we do have influence. You can practice these moments to reveal ways to improve your results.

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

- Talking to someone at a network event ~ should I share my dream? Or just say that I work at the bank. (or whatever)
- Thinking of sharing something on FB Live ~ should I just Go Live and share my idea? Or wait until it is perfectly planned some day in the future.
- Thinking of making a follow up call to someone you met ~ should I pick up the phone and invite them for coffee? Or wait until I have everything together perfectly.
- I have this time on my calendar to write a blog post/article/chapter ~ should I sit down and write something right now? Or should I wait until I feel inspired; or wait until my office is perfectly organized?

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

The AMAZING power of your imagination

When you do the Peak Experience Technique with your coach, you are warming up your Imagination!

The Pivotal Moment Technique is the Life Coach version of the way performers and athletes watch video of their performances with their coach and then use guided visualization techniques to envision new possibilities. You and your coach are going to use your imagination in a very powerful and practical way.

Instant Replay

Using your imagination you can recall and focus on a recent moment that didn't go the way you desired; and while doing this you will experience very similar thoughts and physical sensations as when it actually happened. This is very much like when athletes and performing artists watch video with their coach to look for ways to play better.

Powerful Pre-play

This is another tool used by elite performers and athletics and performance arts. Another option is to pre-play a moment that is coming up in the near future. Using your imagination you can bring the future experience into your mind... AMAZING. And even more amazing, you will experience thoughts and feelings as if it was happening now. Then your coach will guide you through an exploration of the moment to find ways to play better.

Co-created Experience NOT Self-Help

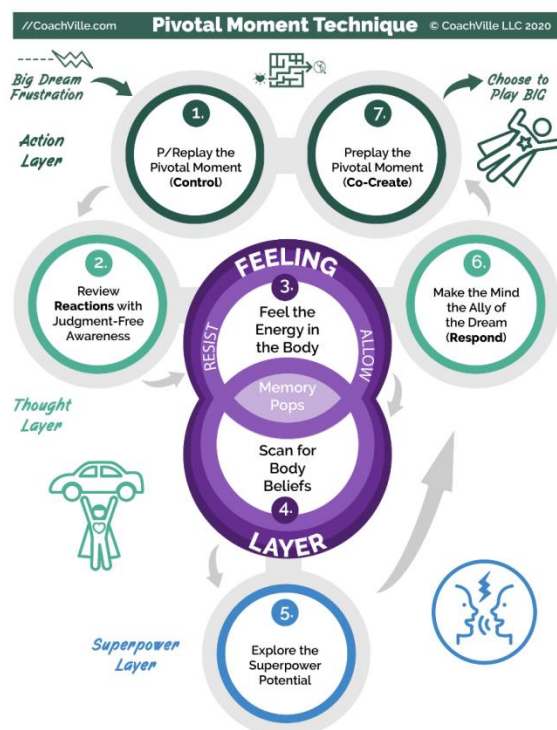
A key point I always like to share about the Pivotal Moment Technique is that it is NOT a self-help technique; you can't do it by yourself. It is a guided technique; a co-created experience. It is the experience of belonging between the coach and player that allows it to work as well as it does.

This often disappoints folks because we have been so indoctrinated into the belief that everything should be done alone; or its better when you can do it yourself. You probably know by now that I do not share in that belief!! LOL.

Quick Prep for the Pivotal Moment Coaching Technique

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

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



Pivotal Moments is a powerful 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.

This is a form of ACTIVE conversation that I shared with you in the Introduction.

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

Set Up)

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

1) P/Replay the Pivotal Moment (Control)

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

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

2. Review Reactions with Judgment-Free Awareness

Your coach will ask you to describe the thoughts in your mind WITH judgment-free awareness and curiosity. Often these are your reactions to what is happening or not happening.

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

3) Feel the Energy in the Body

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

Feeling the energy in your body brings you more fully into the present moment. Body awareness in the presence of another person (your coach) with whom you feel safe is the pathway to transformation. Whenever we are in a pivotal moment our body will react to the situation with physical sensations; sometimes they are intense, sometimes they are subtle. If you are new to the practice of body awareness be patient and allow it to arise!

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

Memory Pop)

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

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

4) Scan for Body Beliefs

Your body is attempting to alarm you about the potential for social risk. It's intention is to keep you safe; to preserve something. In this step you will give voice to the self-preservation belief.

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

5) Explore the Superpower Potential

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

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

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

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

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

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

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

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

7) Preplay the Pivotal Moment (Co-Create)

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

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

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

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

Time to experience it

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

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

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

Prepare for Session #04 – Embrace Challenges

Warm Up

We will start with the usual warm up. FUN! It is especially important to warm up your imagination before every session.

Then we will do the usual sharing of celebrations, actions and results in a reflective way.

Actions without Results ~ Challenges ~ Actions Avoided

In this session your coach will go deeper into exploring challenges with you.

This includes actions without results and actions avoided.

The BIG Key here is to ENJOY and embrace this conversation. See it as a fun exploration for growth opportunities rather than seeing it as something going wrong.

Look over your Play Plan Play Sheet and be curious about anything that didn't happen the way you wanted it to.

Pivotal Moment

From the judgment-free exploration of challenges you and your coach will choose a moment to explore with the Pivotal Moment Technique.

On the play sheet there are little spaces for each of the steps in the method. Write a few keywords for each section as you go along.

Growth Zone

When you get into playing with a Pivotal Moment it can get pretty intense. It is ACTIVE conversation after all.

You will experience growth while you are in the technique.

It is valuable to take a step back to see and share the growth you experienced.

Play Plan

Write a few notes about your Play Plan on this sheet during the session.

Then, remember to write out your Play Plan for the week as soon as you can after the session.

Play Life Coaching Session #4 Notes			Date:
Session: Embrace Challenges			
The BIG Dream:			
PEAK EXPERIENCE	Explore the Fear / Growth Zone CELEBRATIONS	ACTIONS and RESULTS	
ACTIONS without Results	CHALLENGES	ACTIONS Avoided	
	Growth		
	Superpower		
	Spirit of Play		
Focus: Pivotal Moment	Pivotal Moment Notes	Pre-Play	
	Thoughts	Dream's Intent	
	Sensations	The New Picture	
	Not Safe For Me To		
Growth Zone	What did you learn...	PLAY PLAN	
Playing For Your Dream	Self and Superpowers		

By now you are seeing the value of playing with intention and keeping a journal of notes as the week unfolds. This will make your coaching experience more rich and life affirming.

Session #05) Evaluate What Matters

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



This session is also called: Evaluate – Elevate – Co-create (The Ate's)

Coach: Guide your player to evaluate results and feedback with judgment-free awareness; Highlight opportunities for growth. Celebrate! Then spritz in a little Supermind Elevation Technique just for fun. ;-) Guide your player on the path of becoming an avid co-creator.

Player: Seek feedback in the pursuit of growth as you play for your dream. Be willing to look at anything and learn from results, messes, mistakes, failure and success. Celebrate! Enjoy the technique to elevate your connection to the Supermind. Embrace your transformation from isolated worker to playful co-creator!

Learn and grow with judgment-free awareness

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

What matters? ...BIG Question.

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

Feedback is the breakfast of champions!

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

Where to look...

Your coach will help you explore these three categories.

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

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

Evaluating is “the way” of the player.

Evaluating has become a very touchy subject for many of us because of our traumatic experiences of being evaluated and shamed in the compulsory education SYSTEM and

Industrial jobs. So we need to put this on the table before we can explore the fun, judgment-free player version of evaluation.

Education is certainly a thorny issue at best.

On one hand if you do not have access to education or only have access to under-resourced education you are at a serious disadvantage in pursuit of a “good life” in the Industrial World.

At the same time, being exposed to compulsory Industrial Age Education is traumatizing for most Humans, which can greatly deter the pursuit of our Dreams in the Connected Age.

A shared dream for co-created learning

Here is my vision for a human-nature powered learning environment.

Free, highly-resourced and readily available for any child anywhere ages 4-12.

The learning is self-directed, co-created and highly egalitarian where every child has a voice in the guidelines and organization of the community; a safe space with light adult presence for support, guidance, lessons that the children request and look out for danger.

Mixed age groups of children co-create games, challenges, projects, adventures, stories, shows, studies and pursue whatever they want to learn about and for the most part teach each other.

The goal is for every child to reach the age of 12 with a profound appreciation for their human nature and the value of their unique abilities; an experience of belonging within the community; a deep respect for the uniqueness of all other people; knowing they have a voice in how groups of people co-create together; and the ability to read, write and solve basic math problems at what is now considered the 5th grade level; and most children in this environment will far surpass this level by 8 years of age.

From here they are set to thrive in the Connected Age.

At this stage of Human Evolution, it is absolutely possible to create an egalitarian education environment that is truly focused on liberation AND what children and all of us are born to do... Play Together for our Dreams.

As you may have figured out by now, I am all about a co-creating a world that fully embraces and nurtures our AWESOME Human Nature.

This is not what happens in the present day Compulsory Education SYSTEM

You may find these thoughts disturbing because they challenge common customs. These ideas are the next level of the conversation we started in the Introduction when we compared the Industrial / Hierarchical Control with the Connected Age.

If you think this part will agitate you too much, skip down to this: !###!! >

A quick point before we dive in is that I am talking about the Compulsory Education SYSTEM, NOT the teachers or school principals etc. who are just doing what they were taught / told to do.

First off, little children under the age of 12 should never be subjected to testing or ranking of any kind; but ESPECIALLY NOT based on their intellectual capabilities. Stressing and shaming related to answering questions on a test is an absurd and dehumanizing practice.

Children do not learn much at all by sitting still, being silenced and listening to adults talk. As children we learn by being self-directed, following our curiosity and playing with – co-creating with - other children of various ages.

I am not going to go into a big rant here... just a small rant. There is the history that most people don't know about “public education”.

While it is pitched as the great liberator of people, the underlying purpose was quite sinister (in my view). The Education system as we practice it today in most countries – where children are forced to sit down, shut up and listen to lessons enforced by an adult teacher – was created by the “Puritans” and “Pietists”; both protestant Christian groups in Western Europe in the 17th Century and later in New England.

Its purpose was simple: A) teach children how to read so they could read the Christian Bible; B) transform free spirited co-creative children into obedient servants. They called their purpose: **“To break the will of the child”**. YIKES!!! In other words, get the children *under control*.

Monarchs and then Oligarchs (people who obtain great wealth and use it to rule others) have all promoted the Compulsory Education SYSTEM because it is an effective way to get people under control and into a mindset of servitude. And so it continues to this day.

All of us had our “wills” broken by this SYSTEM. Hopefully this helps you understand what happened to us; why there is so much anger, depression, distrust and bullying in the world.

Testing and ranking both thwarts learning (creativity, curiosity and self-determination) AND cultivates segregation and discord among the children. It creates stress and feelings of inadequacy and shame. It normalizes bullying; which is what we see all around the world today among adults.

Meanwhile what children need most to cultivate from ages 4 – 12 is curiosity, mutual respect and a sense of belonging and value among their peers and in the community at large.

Nor is it a good idea for little children under 12 to participate in competitive and ranked athletics or performance arts. Participating in athletics and arts with light adult supervision has its place for sure; just skip the rankings. This practice of ranking children in ANY endeavor – voluntary or involuntary - is dehumanizing. Contrary to the pervasive adult myth, it does NOT build character. In fact, it destroys humanness.

Once children reach Age 13 or so, they have the emotional capacity to understand competition; and hopefully the autonomy to choose where to focus their efforts based on their passions.

Then in corporate work we have the torment of the “annual performance review”; a practice derived from the degrading Education System. This is where we find out what we are doing wrong and what interventions will be required to fix our issues. UGH! And let's not even discuss the dehumanizing forced ranking systems many organizations employ.

My vision for the purpose of Life Coaching in the world is to restore the “will” – the Playfulness and Human Superpowers to Become, Believe and Belong - of Humans everywhere. I have been doing this for many years now and it is awesome.

You have a Life Coach now so you are on the path of restoring your Humanity!

!!###!! > End of rant about the compulsory education SYSTEM <

Going back to Evaluation...

There is a lot of power in evaluating for your life as a player. But it is important to understand the contrast of the de-humanizing traumas of the Industrial Hierarchical Control Culture and School System. Understanding what happened to you and me and all of us will help you find a place of peace with it; and hopefully find the determination to live and play in a new way. This is also called post-traumatic growth.



Evaluation is simply YOU assessing how well you are playing based on your own vision of what is possible for you; always with judgment-free awareness. This is where you embrace the Performance-Possibility Gap and are eager to play for the next level.

When you play for something that you care about – like your DREAM – you always want to play better; you desire growth and becoming the next version of you. This is difficult to do while alone; but easy to do when you have a coach who is observing you, sharing what they see, and empowering you to TALK THROUGH what you see and feel.

Embrace Feedback

Feedback is the breakfast of champions.

When we talk about feedback we are mostly talking about feedback from “life”; feedback from what is happening around you.

In the Industrial Age of Control – where there was supposed to be a right way to do everything – feedback meant you were doing it wrong.

But when you play, you develop a way of doing things that is unique to you. Yes, you can learn by observing others, or by listening to what your coach is observing when you practice together, but you also put your energy into it. It's YOUR way.

So feedback is how you navigate the results in pursuit of co-creating your way with the world around you.

My mentor, Hall of Fame Soccer Coach Manny Schellscheidt, used to say: “If your eyes are open and you want to learn, the game will teach you everything you need to know as you play it”.

When you observe what is happening – and not happening – with judgment-free curiosity, you can learn a LOT.

You and your coach have been engaging in conversations like this every week. Are you starting to feel that they can be engaging, fun and valuable?

This is what the Co-Create Awareness Technique is all about. Let's give this a little more clarity right now.

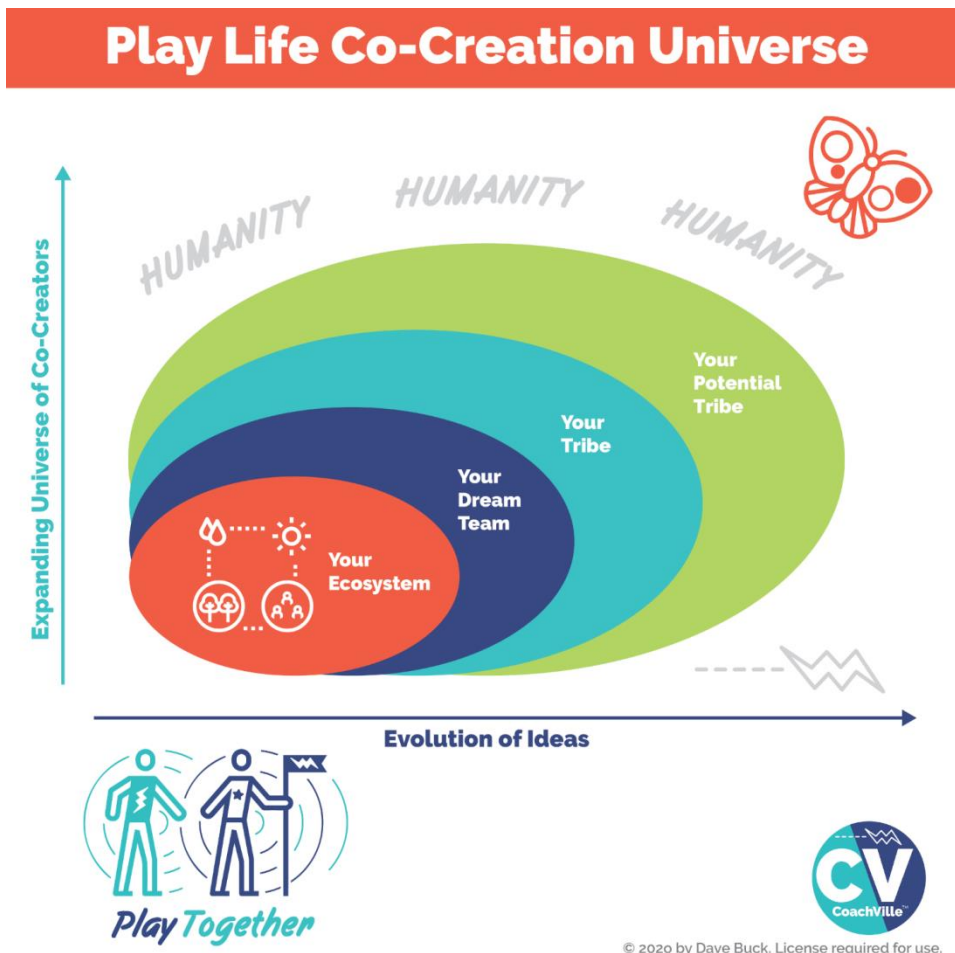
Life as a co-creation

Co-creating is how we are meant to live.

We are all natural co-creators until we are subjected to the Industrial Culture which forces us into isolation. I mentioned some of the mantras in the chart in the Introduction. In particular: “do your own work, if you help your neighbor you are a cheater”; and “sit down, shut up, and do as you're told”. The Industrial Culture of Hierarchical Control aims to make us isolated workers and servants.

Your Life Coach aims to FREE you from the Industrial Mindset so you can become the joyful, playful co-creator that you were born to be! And then you can free others.

Your Life Coach has been co-creating experiences with you and then urging you out into the world to co-create with your community and with life; and to find your place of belonging where you can be your Powerful SELF! Hopefully this is beginning to feel more and more natural to you.



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

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

Your Ecosystem:

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

Your Dream Team:

This is your trusted inner circle and includes your Coach!

Your Tribe:

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

Your Potential Tribe:

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

Humanity:

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

The BIG Idea

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

Coaching Technique: Co-create Awareness ~ Abera Ca Dabera

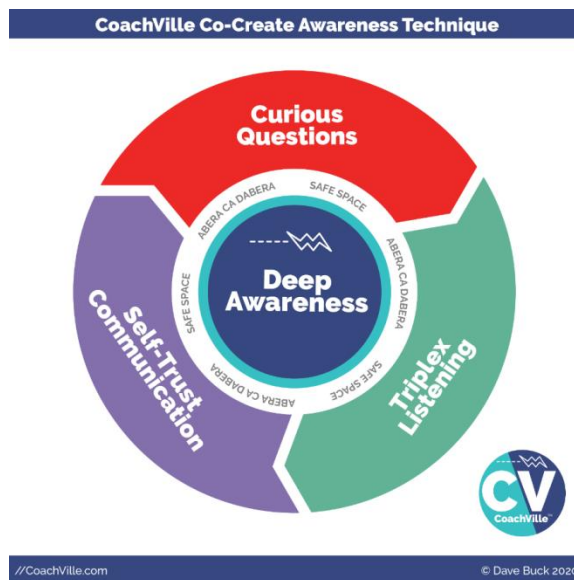
A big benefit of playing with a coach is the opportunity to talk about your experiences and your plans with someone who is really good at listening to you and SEEING YOU!

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

Remember from the Introduction when we talked about the 5 types of conversation? Here is an important distinction. Talking about what happened can either be type #2 Reporting or type #3 Reflections.

Our aim is to make it type #3 where you talk with the intention to gain awareness.

These explorations have the potential to create some big “Ah – Ha” moments because of what we call “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 not about being “right”.

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

As you engage with your coach while they are asking curious questions, triplex listening to you and sharing via self-trust, opportunities will arise to *Go Deep* into the situation. This is where your coach will ask a more revealing question or share a more provocative insight. You will know that it is “deeper” by the way you feel about it... a little edgy. Often these deeper conversations will enter some new territory in your relationship: which will be powerful for both the coach and the player. Going deep is the real juice of 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 of compelling answers: one would be everything; another would be only what is most important to see right now to make the next improvement.

Your coach will help you become aware of:

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

Talking about what happened after playing in the world

There are two fundamental coaching scenarios:

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

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

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

Blind Spots

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

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

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

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 enables you to speak powerfully. With this power you can:

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

A key to the 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, 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!”

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).

The Supermind Connection (Energy Alignment Game)

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

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

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

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

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

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

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

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

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

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

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

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

When you imagine the Peak Experiences of our Dream with your coach this creates a powerful magnet of energy pulling inspiration and experiences from the Supermind.

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

Recognize the Perfection of Every Situation.

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



When you face a situation and thing: “this shouldn’t be happening”, you cut off your connection to the Supermind. By actively speaking about how your challenges are serving you and your Dream you strengthen your connection to the Supermind. This often requires strong support of a coach with an active imagination to see situations this way.

The Energy Alignment Game

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

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!!**

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 Life Coaching than most people too; but that is a conversation for another day!

NEXT...

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

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

Quick Prep for the Elevate the Supermind Connection Technique

Elevate your Supermind Connection

In this session your coach is going to do a little technique with you to Elevate Your Supermind Connection to align with your BIG Dream.

This technique is a sequence of explorations that will open your mind to the web of Human Consciousness. It’s fun.

While this technique has powerful practical implications it also is part of a bigger picture for you and all of us in the Human Family: **cultivating the deep knowing that we belong here.** That each of us matters. That each of our dreams has a purpose that only we can fulfill. While cultivating belonging within our immediate surroundings is vital. We can also cultivate belonging in a higher dimension. Both layers of belonging are vital.

The key to success with the questions in this technique is to speak from the heart. Use your Human Superpower to “Create as you Speak”. (Abera Ca Dabera)

In other words don't try to “think” of the right answers. There are no right answers. There is only the opportunity to create right now.

Prepare of Session #05 – Evaluate What Matters

In this session we are going to do several fun segments.

Warm up & Celebrations

We will begin with the warm up and celebrations.

Evaluate

Your coach will explore what you have experienced over the last few weeks to co-create awareness. Then BOTH of you can evaluate how well you are playing so far and build the desire and energy to play better.

Elevate

Then you will dive into the Elevate the Supermind Connection technique together. Remember... speak from the heart. Be spontaneous.

Co-create ways to play better

Then you will get into some ACTIVE conversation to envision ways to play better for your dream.

How can you bring the spirit of play more fully into your play plan each week?

How can you play for more of the peak experiences you imagine?

Your Coach may have some ideas for you.

Growth Zone

Finally it is time to step back for a moment and take a breath. Whew! That was a fast moving, wide ranging exploration. What did you learn about yourself?

Remember to fill in your Play Plan as soon as possible to capture all of the ideas that were flowing.

Play Life Coaching Session #5 Notes			Date:
Session: Evaluate			
The BIG Dream:			
PEAK EXPERIENCE	Explore the Fear / Growth Zone		ACTIONS and RESULTS
ACTIONS without Results	RESIST ACTION	FEEDBACK	
Elevate the Supermind Connection			
Gratitude for Challenges	Gratitude for Synchronicities	Clearly State Needs	The BIG Question
Focus: Play Better		Experiments	Upgrades Resources
Growth Zone What did you learn... Playing For Your Dream		Self and Superpowers	PLAY PLAN

Mid-Season Review

In the playsheet pack is a playsheet that you can use for a mid-season review. (Mini version on the right)

Playing for your BIG Dream is probably a new experience for you. We are almost half way through the 12 coaching sessions so now that we are a few weeks into the adventure, it is a good time to take a little step back and review.

This is a valuable self-reflection exercise.

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

Do you feel on purpose with your objectives?

Is there anything you would like to change?

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

Or perhaps you can see that something was too ambitious and you can scale it back to make it achievable over the next 6 weeks.

Are the actions and results you are playing with leading you toward the peak experiences you are imagining every week with your coach?

This is YOUR DREAM!

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

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

Share any significant updates with your coach in your next session.

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 #06: Practice Skills

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

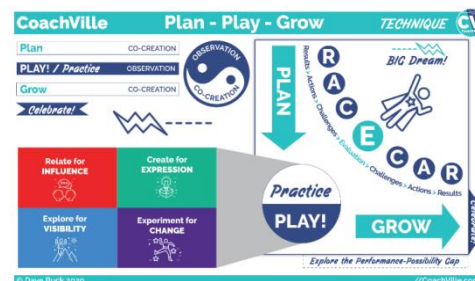
Coach: Role Play conversations! Embrace ACTIVE conversation and jump in and be whoever your player needs you to be so that they can practice. Co-create with your player a way to practice every action essential to the Dream.

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



Practice Skills

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



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

What is Practice?

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

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

A BIG part of practice is the idea of a “safe space”. A safe space is a space where you feel free to experiment; where you are not overly concerned about making a mistake. In 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 in the world more often.

Observation ~ Co-creation

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

YOU WANT TO BE SEEN!

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

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

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

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

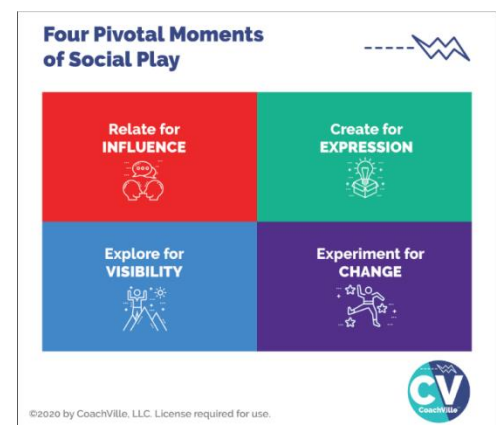
There are 3 primary techniques your coach can use with you to observe and help you improve your results: Role Play Conversations, Pivotal Moment Visualization and Show & Review.

Relate for Influence ~ Role Play

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

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

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 & 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:

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

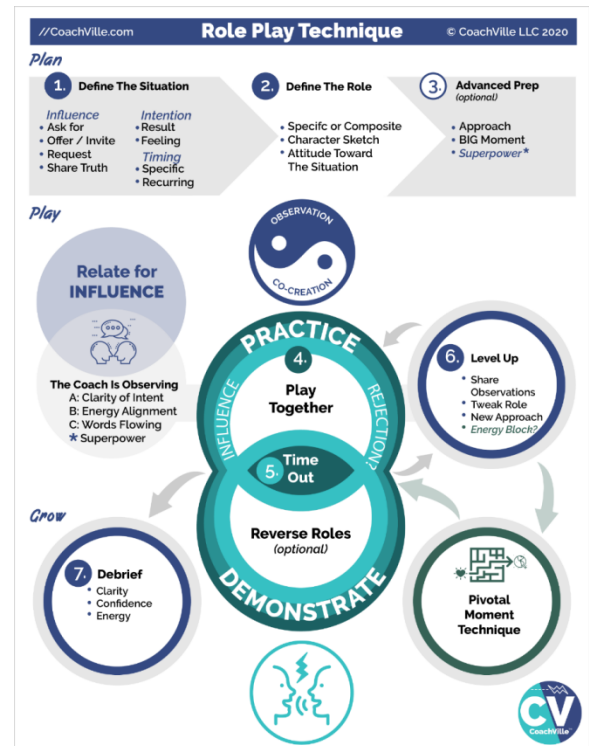
This list is oriented toward a Professional Coach or a service provider business. Even if that is not you, it is meant to spark your creativity for conversations you can practice.

Here is a list of situations.

Relate for Influence Situations

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

- Someone asks you what you do...
You respond by sharing a few details about the benefits of hiring you.
- 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.
- 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.
- You invite someone you met in a networking situation to have a 1-1 phone conversation to explore mutual possibilities.
- You HAVE the conversation with someone to discuss mutual possibilities.
- 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.
- You reach out to someone you know who is very influential to share your dream and ask them for support.
- 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.

Quick Prep for Ways to practice Social Play

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

Good question.

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

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

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

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

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

Players practice... A LOT.

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

We are here to play together!

Prepare for Session #06 – Practice Skills

Warm up

We will start the session with the warm up. Come to the session with a conversational Peak Experience that you want to visualize.

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

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

The focus of this session is to co-create practice plans for each activity of your Dream

Challenges

Always come to your session prepared to explore your challenges with your coach. In this case bring special attention to any conversations that presented a challenge.

Role Play ~ Relate for Influence

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

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

Create – Explore – Experiment *Ways to practice*

Play Life Coaching Session #6 Notes			Date: _____
Session: Practice Skills			
The BIG Dream:			
PEAK EXPERIENCE	Explore the Fear / Growth Zone	CELEBRATIONS	ACTIONS and RESULTS
Respond to Challenges		Session: Practice Skills Focus: Role Play	
Growth?			
Ways to Practice			
CREATE for Expression	EXPLORE for Visibility	EXPERIMENT for Change	
Growth Zone What did you learn... Playing For Your Dream Self and Superpowers			
PLAY PLAN			

Bring clarity about a few activities for each of the 3 other types of Social Play: Create, Explore and Experiment.

You and your coach will have fun talking about ways that you can practice them both with your coach and with your Dream Team.

Growth Zone

Here you will notice a big open pathway to growth! As a player for a Dream YOU can choose to become really good at doing ANYTHING your Dream and your Heart desires. For real.

You are only limited by your imagination and by now you are probably recognizing that your imagination is AMAZING!

You are a player.

You can become a great player through practice.

YES!!! You have the power.

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.

Quick note to prepare you for Session #7

Preparing for Session #7 with your coach is a little more involved than the previous sessions. There is an exercise to dedicate some “thinking and strategizing” time to your Dream. As you know by now I am “all-in” for play and spontaneous co-creation! And at the same time, it can be really valuable to invest some time and energy to strategic planning; planning for how you can make the best use of your Superpowers and everything around you to LIVE your Dream.

Your Dream matters.

Even if you don’t think of yourself as a logical or strategic person, this exercise will serve you well. You can do it.

Please set aside an hour to play with this before your coaching session. The details are near the end of this chapter.

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 on your personal path to do this. But you may be wondering: how did I lose my Superpowers and Playfulness? In this chapter I am going to share with you how these fears got into you. We will go into a few more details related to the ‘compulsory education’ rant from a few chapters ago!

Knowing this will set you on the path to renewed freedom and power to be a positive impact in the world!

Become – Believe – Belong (reprise)

I have referred to the 3 BE’s of Human Nature a few times starting with the Introduction to this little book.

- 1) **The Urge to Become.** All humans have an inner urge to become the next version of themselves.
- 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.
- 3) **The Ability to Believe.** Humans are believers. The ability to believe is the catalyst of all human civilization.

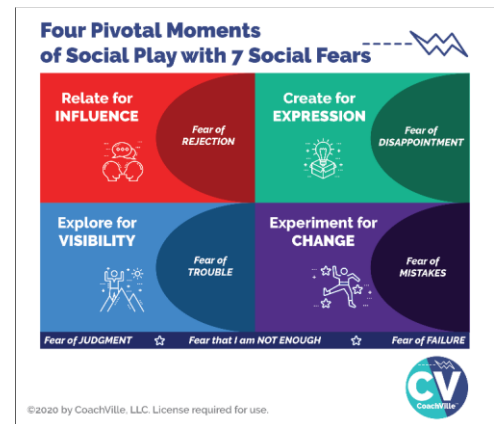
In the next section we will go into it a little deeper.

To set this up consider these concepts.

The Urge to Become through play is meant to keep you curious, growing and creatively adapting to new challenges for your whole life. This urge to play has been shamed and crushed in the Industrial Culture leading to a life of meaningless toil for most people.

The Need to Belong – the strongest Human Need - is meant to serve you well when you are born into a group of people who expect you to be a unique, equal and valued contributor to the groups wellbeing. In the Industrial Culture this need was used against you to keep you small. **BLAGH!**

The Ability to Believe is meant to further bond you with the group who respects you and encourages you share the narrative of the group for coordinated actions; while fully expecting you to contribute your unique ideas to the unfolding story. The ability to believe



has enabled groups to co-create astonishing advancements as well as unspeakable atrocities. Clearly it is a power that must be used with great wisdom; and right now in many cases it clearly is not.

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

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

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

You were born onto the Earth to experience the Human Journey!

You were born with your Human Superpowers to Become, Believe and Belong.

You were born with a collection of unique abilities to express and share with the people of the world.

You were both with a Dream in your heart – actually many dreams – that are there to call you to adventure.

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

{Model on the next page}

The Story of Little "you" and Super YOU!



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

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

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

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

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

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

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

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

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

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



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

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

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

Tenacious Self Love

Related to the story of how we lost our Superpowers, I want to share with you something I am very passionate about. It's called: Tenacious Self-Love. AND the idea that there is no such thing as self-sabotage; at least not in the way the mainstream self-help gurus describe it.

The self-help movement has come up with a lot of derogatory ways to describe our inner being when we are stuck in one of these "Pull / Pivotal Moment" situations.

In the Industrial Control culture again your YOUNique voice was silenced. As your voice was silenced from the outside you absorbed that energy and began to silence your own voice to fit in and stay safe. This is Self-preservation.

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

Beliefs that hold us back, doubt and fear are part of our Self Preservation instinct which is both vital and honorable. The experience of beliefs and fears limiting our ability to play big for our dream is a **TOTALLY NATURAL HUMAN EXPERIENCE**.

However it has acquired a lot of blame and shame names in the personal growth movement. This is not helpful! You have probably heard or said many of these things and I highly recommend you stop saying them about yourself or anyone else!

I recommend you remove these phrases from your vocabulary.

- I / You have self-sabotage.
- I / You have limiting self-beliefs.
- I / You can't get out of my / your own way.
- I / You are a procrastinator.
- I / You have negative self-talk.
- I / You have a gremlin inside of me / you
- I / Your ego is the problem
- I / You need to crush my / your fear

Nasty statements like this are intended to make you think that there is something wrong with you; that the guru will then tell you how to "fix". UGH!

As Life Coaches we don't buy into any of this and neither should you.

We want you to see yourself as AWESOME and wholesome! We want you to practice viewing your inner experience with judgment-free awareness.

- Your Big Dream and
- Your Superpowers and
- Your Playfulness and
- Your Social Safety Instinct and
- Your Self-preservation beliefs and
- Your Fears, doubts, resistances,
- ALL of the “voices” within you...



ALL have honor; they all serve a meaningful purpose in your life.

I have found that the more we can bring tenacious self-love to all aspects of our being... the easier it gets for us to choose to play BIG for our Dreams. This is an AWESOME thing!

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

“Strategic” Planning for your Peak Experiences

There are three play sheets needed for this exercise. You will find them in the Play sheet pack pages 12-14.

64 Superpowers for Change

The first step is to take a deeper look for your Superpowers.

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 recognize the “Pull” that you experience when you aim to express your Superpowers.

Now that you know more about your dream, more about YOU and more about how you came to fear your most unique powers.... Let's take a deeper look at this list. On the right is a mini version of a more detailed version of

What are your Superpowers for Play?

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

Relate for INFLUENCE	Create for EXPRESSION
Explore for VISIBILITY	Experiment for CHANGE

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).

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 recognize the phrases that feel powerful to YOU. Come up with 1 or 2 Superpowers that you feel inside of you for each of the 4 areas of Social Play; Superpowers that your Dream needs you to develop and express NOW. Your coach is here to help you practice and become the next version of you... Super YOU!

Strategic Play Plan Play Sheets

Next we are going to THINK –strategize - about your weekly Play Plan in a slightly more methodical way. We are going to encourage your playful mind and your logical mind to partner together to co-create. YES! Let’s walk through it together.

Your BIG Dream

YES! Write it down again. It helps every time; trust me.

Key Recurring Results

These are the “what happens in the world” events that you are playing for.

Another way to think of this is this: What are the peak experiences you are imagining and practicing for that make your Dream come alive?

Describe Your Theory

What is your idea about HOW you can co-create these results with the world? What is the sequence of steps? Write it out in 5 or 6 steps. A step is an action or an event. Not 100 tasks. You just need a little bit of structure here.

You can do it!

Super YOU!

Write out a few of your Superpowers from the previous page. I know I keep asking you to write these things out. There is a magic to writing these power phrases down.

Skills

Think of the skills – and also knowledge – that you have that could possibly be of value in this adventure. Be creative. Own the value of your life so far.

Experiences

Recall some of your most profound life experiences and capture them each in a few words. The experiences you have had most likely serve a purpose for your Dream. Life is not random. Things do add up.

Your environments include the people, places, things and ideas that are all around you. Look around – do a virtual scan - at your environments for possible resources and supports. This is how we take the Dream Team idea to the next level. You know people. You know people who have access to resources and opportunities. **ASK FOR WHAT YOU NEED!** Your Dream needs you to be courageous and the people around you to be generous.

Actions to Co-Create Results Utilizing Super YOU and Resources

You have enough experience now with the weekly playsheets. You can see which items are flowing and which are stalled. Now is the time to allow all of you to contribute to the plan.

- Write out a few of the most important actions in each of the four areas on the left side.

Have fun!

Your Dream – and the peak experiences that you imagine – are closer to you now than they were an hour ago!

Awwwww yeah!

Prepare for Session #07 – Play Plan for Your Superpowers

In this session you and your coach are going to explore some of the ideas and insights that you came up with in your Strategic THINK session. Expansive thinking is powerful. Then when you talk about it you amplify the power.

Warm Up

Yes. The usual.

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Respond to Challenges

What did you experience out in the world?

Focus: Superpower

Next your coach is going to guide you through the Pivotal Moment Technique where you imagine using one of your Superpowers in an activity of your Dream.

Be prepared with the name of one of your Superpowers and a Social Play Activity that you can do with it.

You will do the usual Pivotal Moment and Preplay together. FUN!

Playful Use of Assets

This is about some of the resources you wrote out on the Strategic Play Sheet.

Strategy for Results

Here you will share your strategic plan with your coach. They will help you talk it through and build your confidence.

Growth Zone!

You got this.

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 into the fear / growth zone. Learn how to play with fear; learn how to choose when to stay safe and when to play BIG for your dream. Embrace fear as a treasure map to your superpowers.

What Inner Freedom is

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

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

This is a transformational experience:

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

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

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

Your non-conscious mind is always ready. (Energy Alignment Game)

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

In this model I am highlighting a few key elements:

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

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



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

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

As you play for your BIG Dream your non-conscious fears, desires and beliefs will come to light! You will have the opportunity to explore them in deep conversations with your Dream Team and your 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; especially the Industrial Control Culture.

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

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

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 your Dream.

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

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



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

Let's go deeper!

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, Human Nature and unique power that you were born to express. Super YOU! 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 Safety Instinct 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 when you are stopped by fear it means you have “issues”.

Remember last chapter I encouraged you to stop saying things like “Self-limiting beliefs”.

“Self-limiting beliefs” make us sound foolish! Why would anyone limit themselves?

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

Also in the Fear / Growth zone you have the three BE's of Human Nature: the Urge 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 impacts our choices in life on a mostly non-conscious level. That is why your coach uses the body awareness technique during the Pivotal Moment exercise. Through this exercise you bring non-conscious fears and growth opportunities in to conscious awareness. I encourage you to really dive in on these moments with your coach; this is how you unleash your greatest power: Super YOU!

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.

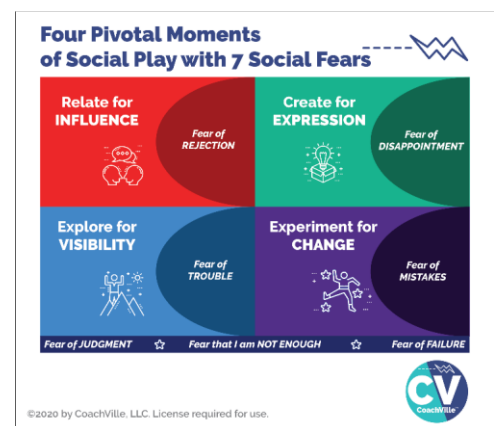
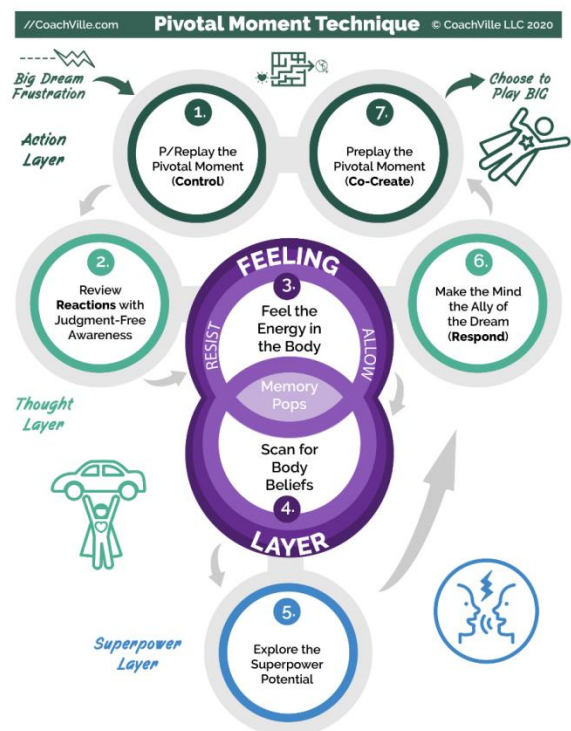
In Life coaching YOU notice the pivotal moments of play and then your coach can help you explore them and find ways to play better. This includes practicing your skills and unleashing your superpowers by exploring your choices and fears.

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 for Expression : Fear of Disappointment.
- Explore for Visibility: Fear of Trouble
- Experiment for Change: 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.



Prepare for Session #08 – Expand Inner Freedom

Warm Up (including a Peak Experience)

Celebrations

Actions and Results

Respond to Challenges

Pivotal Moment

Then it will be time to play with a Pivotal Moment. You have done this with your coach a few times now.

I recommend you pick a really juicy one to explore before the session. Pick a moment that you KNOW you want to do; a moment that is part of or leads to one of the Peak Experiences of your Dream

Or you and your coach can choose one based on your current challenges.

Use the sections of the Play Sheet to write out a few keyword notes.

Growth Zone

Make a few notes.

The BIG thing is to go out and play. Notice if the moment you practiced now seems more at ease for you.

Play Life Coaching Session #8 Notes			Date:
Session: <i>Expand/Inner Freedom</i>			
The BIG Dream:			
PEAK EXPERIENCE	EXPLORE THE FEAR / GROWTH ZONE	CELEBRATIONS	ACTIONS AND RESULTS
Respond to Challenges	Focus: Pivotal Moment Superpower Action & Result	Pivotal Moment Notes	
Growth?		Thoughts	
		Sensations	
Not Safe For Me To	Dream Intent	New Picture	
Growth Zone What did you learn...			
Playing For Your Dream	Self and Superpowers	PLAY PLAN	

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 Superpowers of human nature: the NEED TO BELONG!

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

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

But what if...

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

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

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

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

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

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

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

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

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

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

Environments (Energy Alignment Game)

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

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

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

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

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

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

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

First of all, your 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

VERY IMPORTANT: You will need a printed copy of the Coaching Notes Play sheet for this session with your coach.

Playing BIG for your dream is 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.

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.

After the usual start with the warm up, celebrations, actions and results and responding to challenges, we will play with these Active Techniques to explore your environments.

I call this “Transformational Play”.

Play Life Coaching Session #9 Notes		Date: _____																																																								
Session: <i>Expand World Power</i> The Big Dream: _____																																																										
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Respond to Challenges _____ _____ _____ _____ _____ Growth? _____ _____ _____	Focus: Winning Environment <i>Zap Tolerations</i> Name It _____ Picture It Clear _____ How it Got There _____ Make A Plan _____ Celebrate _____ 																																																									
The 7 Most Influential People <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 12.5%;"></th> <th style="width: 25%;">Name</th> <th style="width: 25%;">Talk About</th> <th style="width: 25%;">Energy</th> <th style="width: 25%;">Assets</th> <th style="width: 25%;">Request</th> <th style="width: 25%;">Support</th> </tr> </thead> <tbody> <tr> <td>1.</td> <td colspan="6" style="height: 40px;"></td> </tr> <tr> <td>2.</td> <td colspan="6" style="height: 40px;"></td> </tr> <tr> <td>3.</td> <td colspan="6" style="height: 40px;"></td> </tr> <tr> <td>4.</td> <td colspan="6" style="height: 40px;"></td> </tr> <tr> <td>5.</td> <td colspan="6" style="height: 40px;"></td> </tr> <tr> <td>6.</td> <td colspan="6" style="height: 40px;"></td> </tr> <tr> <td>7.</td> <td colspan="6" style="height: 40px;"></td> </tr> </tbody> </table>				Name	Talk About	Energy	Assets	Request	Support	1.							2.							3.							4.							5.							6.							7.						
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Growth Zone Playing For Your Dream What did you learn... Self and Superpowers PLAY PLAN																																																										

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.

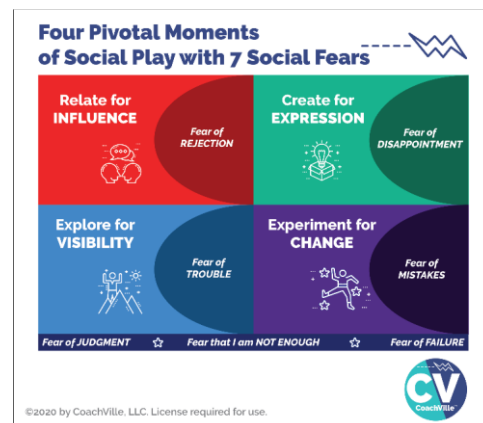
Playful practice of activities + Aligning energy together = Transformation!

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 Social Fears: Rejection, Disappointment, Mistakes, Trouble, Failure, Judgment and I am NOT Enough. I can hear you saying: Coach Dave, these feelings are not too much fun!

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

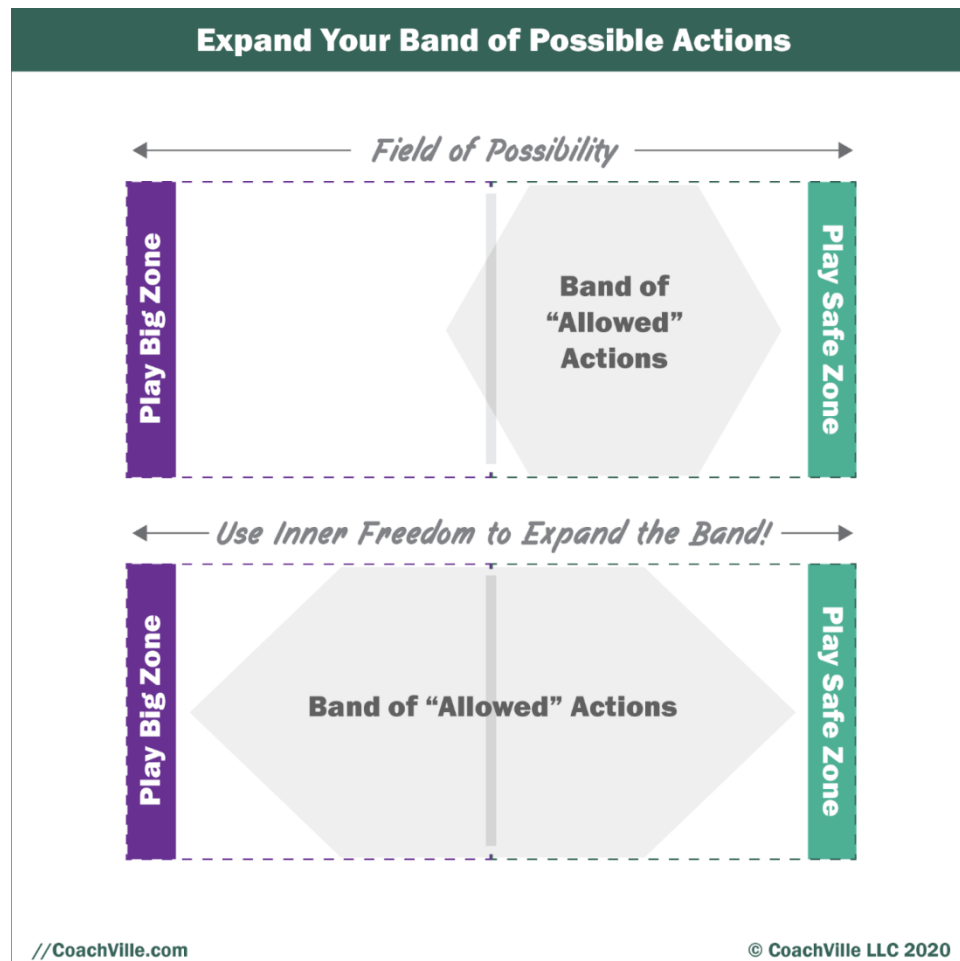


you had an amazing Play Life Coach! Playing life with a coach is very different than playing alone!

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 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.

Play for YES... Relate for influence...The “Game of Ask”

Play for “yes”, relate for influence, the game of “ask”, there are so many ways to talk about this one pivotal action: asking others for what your DREAM wants or needs. This is a really big deal. And for most people with a dream this is an area with tremendous personal growth potential. This is an area where you can PLAY so much better.

We are going to explore this from a few perspectives because my aim is for you to get excited about growing this capability by practicing with your coach.

You already experienced the Role Play Technique with your coach so you can imagine the value of practicing conversations where you intend to ask for something.

You already experienced the Pivotal Moment Technique with your coach so you can imagine exploring the doubts and fears that come up when you intend to ask for something.

In your next coaching session you are going to experience something we call: Transformational Play. This is when we blend these two powerful techniques together; like a mashup!

What should you practice asking for?

Hopefully you got some ideas in your 7 Most Influential People exercise last session or from subsequent conversations over the past week.

Let's talk about this next because I want you to get into the vibration of this growth opportunity.

Consider this: to play for a BIG Dream in life will require contributions and participation from a bunch of other people. Ultimately everyone who contributes or participates in your dream will do so BECAUSE you asked them to and they said: "Yes"; and then took action for you or with you.

Like I said, ASKING is a really big deal.

Asking includes these related activities as well:

- Invite
- Offer
- Request

Most people fall into one of two categories:

A) You DON'T ask for anything; except for maybe asking someone to pass the salt at dinner.

B) You are relatively comfortable asking people for things; up to a certain point! Then, not so much.

Either way, there is a growth opportunity.

If you are in the A Group, then starting to ask for what you, and your dream, want or need will be huge.

If you are in the B Group, then your opportunity is to PLAY Bigger with what you ask for; to imagine asks that are outside of your current self-preservation zone.

For example: I can ask someone to buy from my company because I know I will deliver, but I struggle asking for referrals because that feels like asking for help... which I NEVER do.

You get the picture. What are the "Asks" that would REALLY take you and your dream to the next level?

On a related note, something I tell our coaches all the time: "it only takes one major influencer recommending you to change your life forever." I know because it happened to me.

There might be an "Influencer ask" like that available to you in your business, career or community aspirations.

ASK someone... ASK them...!

- Ask them to do something with you



- Ask them to do something FOR you
- Ask them to recommend you
- Ask them to refer you
- Ask them to introduce you
- Ask them to join your group / email list
- Ask them to co-create an experience with you
- Ask them to participate in what you are creating
- Ask them to share about it
- Ask them to buy from you
- Ask them to attend your event / experience
- Ask them to bring a friend
- Ask them to give you feedback
- Ask them to share a resource they have with you
- Ask them to support you
- Ask them to give you something



ASK THEM! Your Dream is worth it.

Reward and Risk; Play BIG and Play Safe

Play with social risk... again... your dream is worth it.

Asking (along with offering, requesting, inviting) is an essential Social Play Human activity.

Little children ask each other, and big people too, to do “things” quite easily and naturally; it is an essential activity in playful co-creating.

It is playful because it is something that can't be controlled BUT can be influenced with skill, creativity, energy etc.

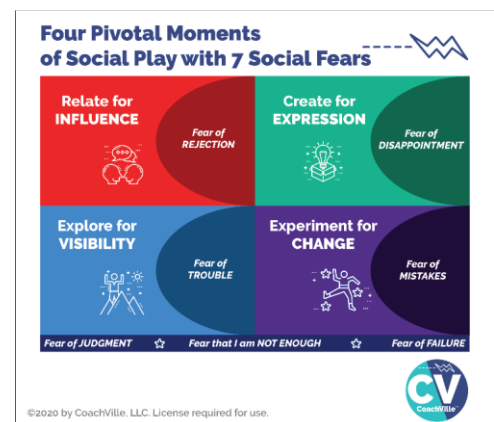
Here is the Social Play / Social Fear chart again.

By now you have a ritual to add some social play activities to your play plan each week.

When you take playful action you are in pursuit of a social reward and you are taking a social risk.

Understanding reward and risk is an essential part of play. And it is super essential to playing well for your Dream.

If you are playing basketball and you have the ball, if you choose to shoot for the basket you are in pursuit of rewards: points, admiration of your teammates, the joy of a high five! If you miss you risk the disappointment of your teammates and the supporters (fans).



If you are singing a song on a small stage at a local venue you are in pursuit of rewards: the joy of performing and the admiration and applause of the observers. You are also taking the risk of making a mistake in public by hitting a wrong note or forgetting the lyrics and the possibility of disappointment if some people don't enjoy it.

There are similar dynamics involved when you play for your dream.

- Influence is a reward
- Expression is a reward
- Change is a reward
- Visibility is a reward

All of the social fears associated with play are risks that you must embrace in order to pursue the reward! Rejection, disappointment, mistakes, trouble, judgment and failure are all possible outcomes when you engage in social play.

You have to embrace the risk in order to pursue the reward.

Transformational Play means:

- Practice the actions so that you get the desired rewards more often.
- Embrace the feeling of risk so that you can play fully and learn from every experience; then use the learning to improve your practice.
- Develop the body awareness to proactively choose when to risk and when NOT to risk (AKA Play Safe); rather than REACTIVELY resisting the action. This is what the Pivotal Moment Technique is all about.

In this session with your Life Coach you will get a little taste of Transformational Play. We will get to this in a moment.

Understand Belonging and Social Status

Understanding the Need to Belong and the power of social status within your body and mind is an essential element of personal awareness.

Here is the 3 Superpowers of Human Nature again:
Become – Believe – Belong?

The Need to Belong is the Biggest Circle because it has the biggest influence on our ability to play for our dreams. The social / tribal part of the brain and body takes up a lot of space and a lot of energy when you are around other people; it is constantly assessing your environment for social safety and status. And if you are alone but have your phone/internet device with you, the realm of social safety and status is in your hand.



I have made a serious study of Human Nature by reading about human evolution and coaching lots of people. You don't need a PhD to understand that the Need to Belong is a BIG part of our Human Nature. It's happening / operating ALL THE TIME. What we can do is understand how its signals and impulses impact the way we play for our dreams.

It greatly influences how you perceive your value relative to another person or within a group; and this greatly influences your comfort or discomfort in asking for something in any situation.

By exploring and practicing an ASK with your Coach you can become aware of the influences, your choices and your opportunities for growth. The Urge to Become fuels your dream. Then with your coach you can uplevel your beliefs and your belonging to play for the Dream.

A quirky little example:

Your Urge to Become thinks: I am a loose acquaintance of Influencer Jane. I should ask her to support my dream.

Then your Need to Belong might wonder: I would LOVE to be in Influencer Jane's inner circle. But do I have enough status to ask her? Does she value me and what I am doing?

Then your Beliefs step in:

I don't believe Influencer Jane cares about my dream.

If I ask Influencer Jane and she says "no", I will never be able to ask her for anything again.

OR

Influencer Jane might say "yes" if I can position my dream as a win-win for her and our community.

Influencer Jane is really busy. I better wait a few months before I talk to her.

****!!****

Anyway, you get the idea: it can get pretty swirly in there! And this stuff flashes through us really fast. Unless your BIG Dream, your playfulness and your superpowers are fully activated, it is likely that your Self-Preservation Beliefs will have more pull.

This is where practicing with your coach – slowing down the moment, using judgment-free awareness – can help you explore all of these elements so that you can practice and choose with clarity and power. AWWW YEAH!

In the next section I will share with you a short story of "little you" and BIG SUPER YOU. It will help you understand how our self-preservation beliefs got so strong.

But one more thing about asking...

Success is NOT a "numbers game"

There is a mantra from the Industrial Age of Control that success is a numbers game. It goes like this: if you just ask enough people eventually you will get a "yes". While it can be powerful to have determination and to keep going in the face of rejection, success is NOT a numbers game at all.

This mantra presumes that we are all robots completing tasks and making logical decisions all day. HAH!!!

Success in asking is about skill, energy and LOVE!

Your skills – connecting, sharing, listening – have a big impact on how other people feel and respond to you.

Your energy – attitude, clarity, playfulness – have a big impact on how other people feel and respond to you.

Your LOVE – passion, sensitivity, caring – have a big impact on how other people feel and respond to you.

Again... all of these can be improved by practicing with your coach.

The Delusion of Control

On a related note: it is easy to fall into the Industrial Control trap that you should be able to make a list of TASKS and complete them on time.

An ASK is not a TASK!

You can't control other people; this is an unfortunate delusion. Because we were SUPPOSED to be able to control everything, including people, in the Industrial Age a lot of clever manipulation techniques were devised to convince people to do what you want them to do. While you may be able to manipulate people sometimes, this is an extremely stressful way to go through life. I don't recommend it!

The growth opportunity of the Connected Age of Play is to see your life as social play and hire a coach to help you expand your playful influence! (Like you already did!)

Quick Prep for Transformational Play

You have seen this Role Play Technique Model.

You know about *Defining the situation* and *The Role* for your coach so that they can provide you with a practice partner.

Now you can add the *Advanced Prep* by talking through your Approach and how you aim to use one of your Social Superpowers! AWESOME!

Then you jump in and *play together*. Get into it. Express yourself.

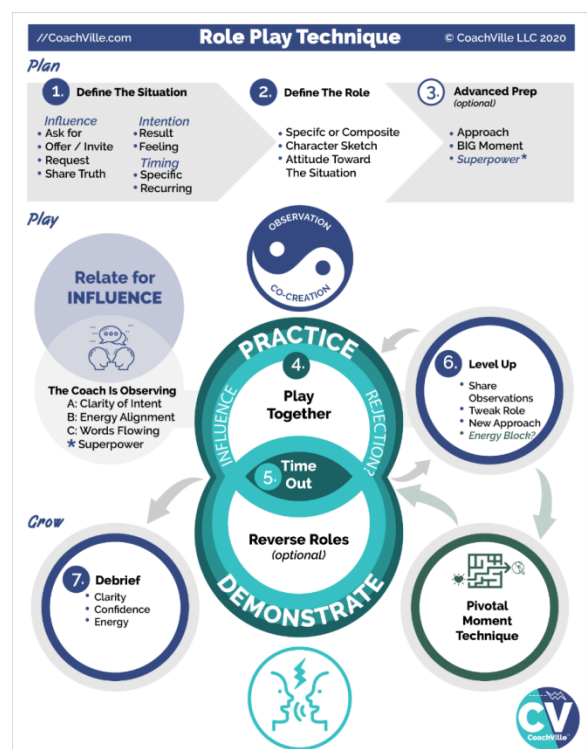
Then someone calls *time out*.

Now it is time to *Level Up*.

How was the energy flowing?

Remember, the energy is more important than the words!

Did your energy get stuck somewhere during the ASK?



Now you notice the Pivotal Moment circle in the lower right part of the Model!

AH HA! Now we can connect the dots.

Next you can use the Pivotal Moment Technique to explore the energy.

You can accelerate the preplay part because you were literally just playing the scene.

Then you can explore the moment where the energy of the ASK got stuck.

You will find some amazing insights here.

THEN you go back and Role Play the situation again, this time with new energy freedom!

WHOA!

THEN...

When you go out into the world to play for your dream you will have so much more confidence and clarity.

BIG PICTURE...

Imagine what you can do if you practice and align the energy on every big conversation, every big creation, BEFORE you do it for real.

Imagine what you can do your energy aligned for your Dream and your Superpowers on full display.

I can see you doing that.

That is the purpose of Play Life Coaching.

Prepare for Session #10 – Transformational Play

You can see in the Play Sheet what this session is all about. This is an extremely profound form of ACTIVE conversation that prepares you for the approach, the words and the energy of whatever you aim to offer, invite to or ASK for.

This is your ticket to social play at a high level.

Enjoy it.

Then go out in the world and play ALL-IN for the peak experiences of your Dream.

In the realm of Social Play, if you can imagine it and practice it, you can do it and LIVE it.

AWWW Yeah.

Play Life Coaching Session #10 Notes			Date:
Session: Transformational Play			
The BIG Dream:			
PEAK EXPERIENCE 	Explore the Fear / Growth Zone CELEBRATIONS 	ACTIONS and RESULTS 	
Respond to Challenges Growth?	Focus: Transformational Role Play  Intended Result Role	Pivotal Moment Notes Thoughts Sensations	
Not Safe For Me To 	Dream Intent 	New Picture 	
Growth Zone What did you learn... Playing For Your Dream		Self and Superpowers	PLAY PLAN

Session #11: Pursuit of Mastery

[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 peak experiences that you envision; to impact world in a positive way.



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

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

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

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

Now you know what 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 (Super YOU) and co-creating more impactful results in the world.

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

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

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

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 Control brought about pervasive Hierarchical Relationships; where someone is always “in charge”; where someone is the boss of those below them in the hierarchy.

The BIG Picture: The coaching relationship is the next evolution of Human Relating! The Coach Approach of co-creating is the leadership framework for the 21st Century: the Connected Age of 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 or being the “fixer”. Yes, knowledge and experience have great value. But the value comes through when you practice together and co-create!

Coaching is SEEING your player ~ LISTENING to your player.

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



Observation ~ Co-creation

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

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

This is how coaching happens in athletic and performance art coaching and most people have an experience or an understanding of this process. At CoachVille we emphasize this framework because we want 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 social 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 peak experiences and results in the world. We play for something that we cannot control but we can influence with our strategy, energy, creativity and skill; and we have the opportunity to practice and then play better each time we play.

Coaching is co-creating and observing play.

BIG Dream!

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

Remember back to session 1 with your 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.

Quick Prep for Supermind Connection Part 2

In this session your coach will do the Elevate Your Supermind Connection Technique with you again.

Let's take a deeper look.

First let's do a quick refresh.

The Supermind is the web of Human Consciousness past that we all have access to. It is sometimes referred to as “The Universe” or “The Field”. The Supermind is responsible for spontaneous insights, synchronistic events and profound inspirations. Juicy stuff!

When we look at the Energy Alignment Game Model we see that the Supermind Connection sits right next to your BIG Dream. There is a strong relationship between them. There are four elements to the Elevate Technique:

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

The **emanating heart** is for the process of intentional gratitude.

The **radio tower** is the power of speaking your Dream's intentions to put them “out there”.



The **magnet** is for recognizing that your Dream is magnetic and will attract experiences to you; and the importance of staying open to the perfection of each situation.

The Deeper View

As you play with this technique again you may notice that your connection with the Supermind has expanded over the past 6 weeks. You may have discovered that you can connect with the Supermind personally, fluidly and regularly; it is a channel that you can keep open!

And when you engage in a co-created Supermind conversation with another person – AKA Your Coach – it amplifies the connection because your Coach is a Supermind Connector too. Often they will “receive” an insight that is meant for you which they will share as an “inkling”. It’s powerful.

The bigger “purpose” of this is for you to feel a profound belonging to Life and Life Force Energy; to feel that YOU are part of it; that your Dream is part of it.

The insights and inspirations that you need to live your Dream will find their way to you in a variety of forms. Playing for a Dream is sooooo much fun!!

Prepare for Session #11 – Pursuit of Mastery

Check this out! In this session you and your coach will do all the things that have become powerful rituals by now. Embrace and enjoy the power of this. Know that every time you connect in this way you are growing.

Then after the Elevate Your Supermind Connection Technique you will play together with whatever you choose!

This is to set the stage for “free flow” coaching after the Play Life coaching engagement is complete.

You know all of the ways that your coach can practice with you.

What do you want to do in this session? What does your Dream need you to do next.

With Role Play, Pivotal Moment, Co-creating Awareness, Strategizing for your Superpowers, Upleveling your Environments there are so many powerful options.

As you become a more accomplished player you can ask your coach for what you want to practice and how you want to practice.

Your coach will probably be right there with you. And sometimes they may have a different idea that they feel will stretch or challenge you in a good way.

Coaching is a powerful co-creation.

Play Life Coaching Session #11 Notes			Date:
Session: Pursuit of Mastery			
The BIG Dream:			
PEAK EXPERIENCE	Explore the Fear / Growth Zone	ACTIONS and RESULTS	
Elevate the Supermind Connection			
Gratitude for Challenges	Gratitude for Synchronicities	Clearly State Needs	The BIG Question
Focus: Pursuit of Mastery		Play Together	
Growth Zone What did you learn...		PLAY PLAN	
Playing For Your Dream		Self and Superpowers	

Celebrate Your Energy Alignment

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

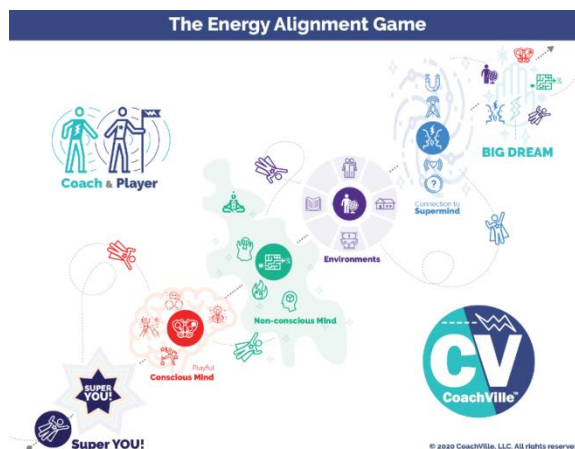
Before we get into the prep for Session #12 there is another powerful self-reflection exercise that I encourage you to invest a few minutes into.

On pages 20 and 21 of the Playsheet Pack are two pages to celebrate your Energy Alignment. I encourage you to reflect on what you have experienced and discovered about energy alignment over the last 3 months. Some aspects may be subtle while others will be super obvious.

Celebrating and affirming your actions toward and learning about Energy Alignment will speed your path of transformation and fulfillment of your next BIG Dream.

Energy is similar to the Supermind in this regard: when you feel like you have access to energy you feel like you belong in Life; Life seems mysterious in a good way and also that you can understand what is happening at the same time. When you feel like you belong in Life you feel much more capable to choose where you best belong in the world of people, places, things and ideas (AKA Your Environments).

This might seem like a strange concept. But when you can appreciate the mysteries of Life and also feel confident and at ease with how to play for your Dreams, you really have something. You become more magnetic and your possibilities grow. It's awesome.



Session #12: Celebration

[Listen to the prep audio to prepare for Session #12](#)



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

Along the way you played with and played for Peak Experiences; the rewards for playing well.

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

Prepare for Session #12 – Celebration

Get out your playsheets from the past 12 weeks and read them over!

This is the story of your BIG adventure.

You will start the session with the *Warm Up*.

And then *Celebrate* your last week of play.

Often BIG things happen in the last week because of the building momentum of play.

Evaluate and Celebrate

Outcomes

What happened in the world as a result of you playing for this dream?

You can look at your original sheet from week 2 and your Midseason Review for ideas.

It's possible some of those events happened.

It's probable some unexpected events happened.

Mastery, Becomings, Upgrades

What did you get better at doing?

What aspects of Super YOU did you express?

What upgrades did you make in your environment of people, places, things and ideas?

Memorable (Peak) Experiences

In my opinion this is the real reason we play for our Dreams: These moments when we feel most alive; these moments when what we have been planning and practicing and imagining happen in our lived experience.

These are the moments to talk about and cherish.

These are the moments that propel us into our next adventure.

Disappointments

It's OK to be disappointed! There are some peak experiences that you were imagining and practicing that didn't quite happen.

There were Superpowers that you didn't fully express.

Disappointment – in the right measure – can be the fuel for your next adventure.

Key Celebrations

What are you MOST proud of?

Dream for Next Season

This is the BIG ONE!

What are you dreaming of now?

What is your next adventure?

After a little rest and rejuvenation... you will be ready to go.

Play Life Coaching Session #12 Notes			Date: _____
Session: Celebration			
The BIG Dream: _____			
Explore the Fear / Growth Zone			
PEAK EXPERIENCE 	CELEBRATIONS 	ACTIONS and RESULTS 	
Celebrate 12 Weeks Together			
Outcomes 	Mastery 	Becomings 	Upgrades 
Reflections			
Memorable Experiences 	Disappointments 	Key Celebrations 	Dream for Next Season 
Growth Zone What did you learn... Playing For Your Dream			
Self and Superpowers			

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

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

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

A simple formula!

Here is a simple 2-step formula for an amazing life of adventure!

Step #1: Have a coach – play for your dreams.

Step #2: Be a coach – champion the dreams of others.

Fun.

We are the champions of dreams!!

Coach Dave

CoachVille