



PLAY *Life!*



Playsheets



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

Welcome to the Play Life Method!

Where you will play for our BIG Dream out in the world as you learn how to thrive in the Connected Age of Purpose.

In this playbook you will find the playsheets for your 12 Session Play Life Adventure.

For each coaching session there is a sheet for notes that follows the flow of the method.

- 1) A one page sheet that follows the flow of the coaching session with key words and graphics: this is a great place to write your notes from the session.
- 2) There is a weekly Play Plan playsheet for you to write a few key items of your play plan... and then keep your notes from your experiences as you play in the world.

We are playing in the Connected Age!

Relate for INFLUENCE.

Create for EXPRESSION.

Explore for VISIBILITY.

Experiment for CHANGE.

This practice will help you get into the flow of noticing your “pivotal moments” of play... where you are in the growth/fear zone that you can explore with your coach. This will also mark your trail on the treasure map to your superpowers. FUN!

Printing Instructions...

Print Page 3... 12 Copies

Print Pages 4 – 22

Enjoy your adventure. Enjoy your coach!

The world is ready for you and your dream.

We are the champions of dreams!

Coach Dave



Dave R Buck

Coach Dave Buck and the CoachVille Team!

www.coachville.com

Your **BIG Dream**:



Your **Focus this week**:



Your **Superpowers**:



PLAY IN THE FEAR / GROWTH ZONE

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



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.....

NOTICE & JOURNAL

Challenges / Results / Playfulness

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



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.....

.....

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



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.....

.....

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



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.....

.....

Insights on the Adventure:



.....

.....

Environmental Upgrade Ideas:




.....

.....

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**

Play Life Coaching Session #1 Notes

Date: _____

Session: Share the Dream

Focus:

Performance-Possibility Gap

*Become the
Next Version of YOU*

*Change Lives
For the Better*

*Superpowers
to Develop*

Your BIG Dream

*Activities
to Play Better*

Fears

Challenges

Growth Zone

What did you learn...

About playing for your dream?

About yourself and your superpowers?

Play Life Coaching Session #2 Notes

Date: _____

Session: *Design the Way to Play*

The BIG Dream: _____

Explore the Fear / Growth Zone

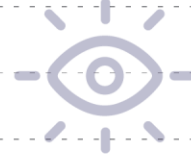
CELEBRATIONS



ACTIONS AND RESULTS



INSIGHTS



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

Session: *Play for Results*

The BIG Dream: _____

Explore the Fear / Growth Zone

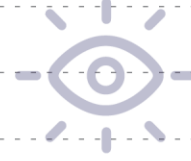
CELEBRATIONS



ACTIONS AND RESULTS



INSIGHTS



Focus: Role Play

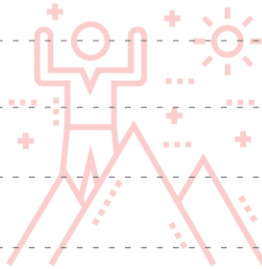
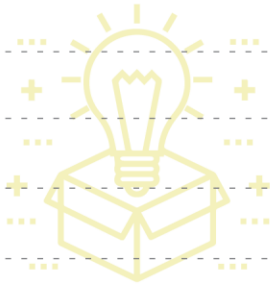
Ah-ha Moments & Patterns



CREATE for Expression

EXPLORE for Visibility

EXPERIMENT for Change



Growth Zone What did you learn...

Playing For Your Dream

Self and Superpowers

PLAY PLAN



Play Life Coaching Session #4 Notes

Date: _____

Session: *Embrace Challenges*

The BIG Dream: _____

Explore the Fear / Growth Zone

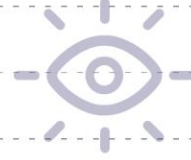
CELEBRATIONS



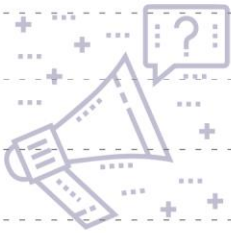
ACTIONS with RESULTS



INSIGHTS



ACTIONS without Results



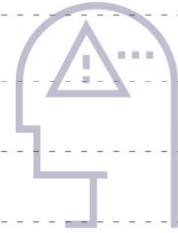
CHALLENGES

Growth

Superpower

Spirit of Play

ACTIONS Avoided



Focus:
Pivotal Moment



Pivotal Moment Notes

Thoughts

Sensations

Not Safe For Me To

Pre-Play

Dream's Intent

The New Picture



Growth Zone What did you learn...

Playing For Your Dream

Self and Superpowers

PLAY PLAN

Play Life Coaching Session #5 Notes

Date: _____

Session: Evaluate

The BIG Dream: _____

Explore the Fear / Growth Zone

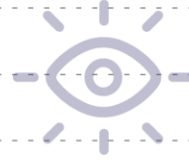
ACTIONS with RESULTS



CELEBRATE



HOW DID YOU PLAY?



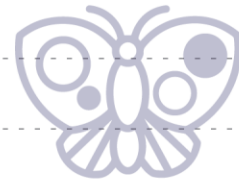
ACTIONS without Results

CHALLENGES

SPIRIT OF PLAY

Feedback While Playing?

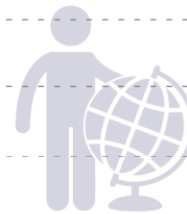
Growth



Focus:
Play Better

Experiments

Upgrades
Resources



Growth Zone What did you learn...

Playing For Your Dream

Self and Superpowers

PLAY PLAN

Play Life Coaching Session #6 Notes

Date: _____

Session: Practice Skills

The BIG Dream:

Explore the Fear / Growth Zone

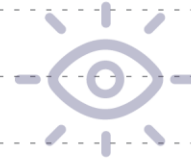
ACTIONS with RESULTS



CELEBRATE



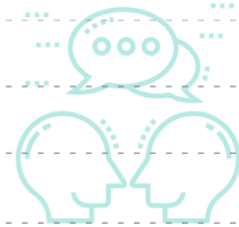
PIVOTAL MOMENTS



Respond to Challenges

Session: Practice Skills
Focus: Role Play

Growth?

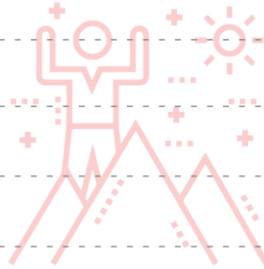
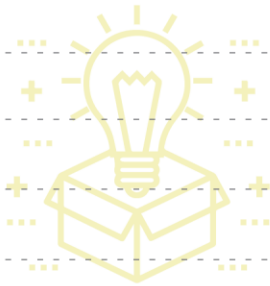


Ways to Practice

CREATE for Expression

EXPLORE for Visibility

EXPERIMENT for Change



Growth Zone What did you learn...

Playing For Your Dream

Self and Superpowers

PLAY PLAN



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



What are your Superpowers?

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

Step 2: Contemplate the energies you selected.

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



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01 Creative Self-Expression
 ◆ Aligning with universal expansion

02 Receive Higher Guidance
 ◆ And all support

03 Implement the New
 □ Using principles of organizing

04 Pursue Answers
 ▼ That create understanding

05 Trust Inner Timing
 □ Attuned to the natural world

06 Maintain Emotional Balance
 ◀ In intimacy and conflict

07 Support Shared Interests
 ◆ The guide at their side

08 Trusted Agent for Creatives
 □ Impresario of style

09 Attentive Focus
 □ Fascinated by features

10 Empowered Self Love
 ◆ And appreciation of life

11 Espouse Ideas
 ▼ That promote harmony

12 Romantic Perception
 □ For a better future

13 Listen with Acceptance
 ◆ Appreciate uniqueness

14 Excellence with Prosperity
 □ Commitment to becoming skillful

15 Adaptable Magnetism
 ◆ Friends at all levels

16 Choose then Enthuse
 □ Develop versatile skills

17 Debate Opinions
 ▼ For future well-being

18 Improve Integrity
 ▶ Review everything for flaws

19 Approach with Sensitivity
 ▶ Inner drive to connect

20 Assured Presence
 □ Anticipate the right moment to act

21 Take Charge Naturally
 ▶ Authority for common good

22 Gracious with Emotions
 ◀ With beauty and affection

23 Express Complex Ideas Simply
 □ Find what is essential

24 Inventive Thinking
 ▼ Review and rationalize

25 Innocent Trust
 ◆ Accept universal love

26 Accumulate Material Rewards
 ▶ Artfully balance needs

27 Nourish Well-Being
 □ In many forms

28 Play with Tenacity
 ▶ Meet life's challenges

29 Commit then Persevere
 □ Never give up

30 Intense Desire
 ◀ With total engagement

31 Natural Influence
 □ Provide guidance and instruction

32 Endure by Adapting
 ▶ Balance continuity and change

33 Mindful Narrator
 □ After retreat and recharge

34 Great Power
 □ Fueled by inner balance

35 Seek Experiences
 □ Learn from everything

36 Resolve Crisis
 ◀ Ride the emotions

37 Develop Harmonic Friendships
 ◀ Community foundation

38 Inspired Fighter
 ▶ For freedom and underdogs

39 Dynamic Activist
 ▶ Embrace the world mirror

40 Accomplish Great Feats
 ▶ With unshakable resolve

41 Imagine Fulfilling Experiences
 ▶ Emptiness leads to fantasies

42 Respond and Complete Things
 □ Enjoy growth as a benefit

43 Breakthrough Perceptions
 ▼ Assimilate new concepts

44 Build Teams and See Patterns
 ▶ Alert to instinctive clues

45 Tribal Leader
 □ Provide wellbeing for your people

46 Love of Your Body
 ◆ Delight and determination

47 Figure Out How
 ▼ Transcend through transmuting fear

48 Depth of Natural Ability
 ▶ Keeping fresh becomes wisdom

49 Wise Rebel for New Principles
 ◀ Timing waves of change

50 Elevate Tribal Values
 ▶ Traditional or novel with merit

51 Act with Shocking Initiative
 ▶ Arousing alternative possibilities

52 Gain Perspectives through Stillness
 ▶ Show restraint

53 Initiate Experience
 ▶ Pressure and desire to expand

54 Ambition to Advance
 ▶ Independent when subordinate

55 Access to Spirit
 ◀ Emotional waves trigger creativity

56 Tell Meaningful Stories
 □ Travel to find stimulation

57 Gentle Intuitive Clarity
 ▶ Vibrational sensitivity to truth

58 Joyous Vitality
 ▶ The spark to engage with life

59 Penetrate Barriers to Intimacy
 □ Establish union

60 Resourceful Facing Limitations
 ▶ Practical magic

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

62 Logically Organize Details
 □ Precision planning

63 Inspired by Doubt
 ▶ Critical perception and inquiry

64 Inspired by Possibilities
 ▶ Seeking a perfect answer

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



Strategic Play Plan Play Sheet (page 1)

Date: _____

Your **BIG Dream**:

Key Recurring Result(s):



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

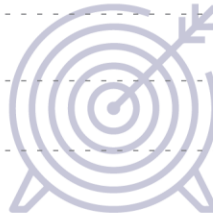


Super YOU

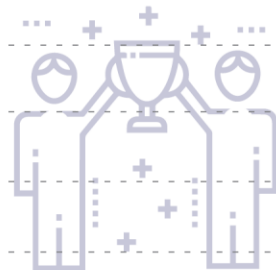
Superpowers



Skills



Experiences



Resources in Your Environments



People | Everyone You Know and Networks



Places | Physical and Virtual Spaces



Things | Tools, Technology and Finances



Ideas | Knowledge and Information



Strategic Play Plan Play Sheet (page 2)

Actions to Co-Create Results Utilizing Super YOU and Resources

Strategic Actions

Utilize Super YOU and Resources



RELATE for Influence



CREATE for Expression



EXPLORE for Visibility



EXPERIMENT for Change



Play Life Coaching Session #7 Notes

Date: _____

Session: *Play Plan for Your Superpowers*

The BIG Dream:

Explore the Fear / Growth Zone

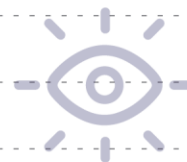
CELEBRATE



ACTIONS with RESULTS



PIVOTAL MOMENTS



Respond to Challenges

**Focus:
Superpower**



Pivotal Moment Notes

Thoughts

Name

Playful

Action & Result

Sensations

Growth?

Pre-Play

Playful Use of Assets

Strategy for Results

Dream's Intent

The New Picture



Growth Zone What did you learn...

Playing For Your Dream

Self and Superpowers

PLAY PLAN

Play Life Coaching Session #8 Notes

Date: _____

Session: *Expand Inner Freedom*

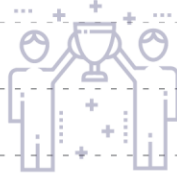
The BIG Dream:

Explore the Fear / Growth Zone

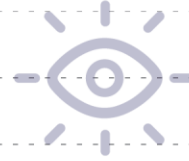
CELEBRATE



ACTIONS with RESULTS



PIVOTAL MOMENTS



Respond to Challenges

Focus:
Pivotal Moment



Superpower Action & Result

Pivotal Moment Notes

Thoughts

Sensations

Growth?

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: *Expand World Power*

The BIG Dream:

Explore the Fear / Growth Zone

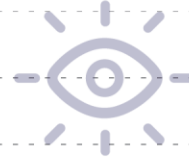
CELEBRATE



ACTIONS with RESULTS



PIVOTAL MOMENTS



Respond to Challenges

Focus: Winning Environment

Zap Tolerations

Name It

Picture It Clear

How It Got There

Make A Plan

Celebrate



Growth?

The 7 Most Influential People



Name

Talk About

Energy

Assets

Request

Support

1.

2.

3.

4.

5.

6.

7.



Growth Zone What did you learn...

Playing For Your Dream

Self and Superpowers

PLAY PLAN



Session: Transformational Play

The BIG Dream: _____

Explore the Fear / Growth Zone

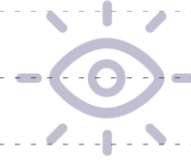
CELEBRATE



ACTIONS with RESULTS



PIVOTAL MOMENTS



Respond to Challenges

Focus:
Transformational
Role Play



Pivotal Moment Notes

Thoughts

Intended Result

Sensations

Growth?

Role

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: Pursuit of Mastery

The BIG Dream:

Explore the Fear / Growth Zone

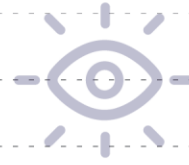
CELEBRATE



ACTIONS with RESULTS



PIVOTAL MOMENTS



Respond to Challenges

Focus:
Pursuit of Mastery



Play Together

Growth?

Play with the Supermind Connection

Gratitude for Challenges

Gratitude for Synchronicities

Clearly State Needs

The BIG Question



Growth Zone What did you learn...

Playing For Your Dream

Self and Superpowers

PLAY PLAN

Play Life Coaching Session #12 Notes

Date: _____

Session: *Celebration*

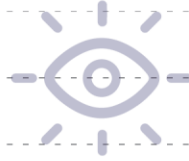
The BIG Dream:

Explore the Fear / Growth Zone

ACTIONS with RESULTS



PIVOTAL MOMENTS



RESPOND TO CHALLENGES

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

BIG Dream ~ Energy Alignment Celebration Play Sheet

Energy Element	Celebrations	Experiences
 <p>BIG DREAM</p> <p>BIG DREAM</p> <p>The Call to Adventure to contribute yourself to the world</p>	<p><i>Describe your expanded clarity about your BIG Dream</i></p>	<p><i>Describe your BIG DREAM experiences...</i></p>
 <p>Super YOU!</p> <p>Super YOU! Expand and Unleash Your Superpowers</p>	<p><i>Describe the Superpowers you discovered or expanded?</i></p>	<p><i>Describe moments when you expressed your Superpowers?</i></p>
 <p>Conscious Mind</p> <p>Playful Conscious Mind</p> <p>Relate (influence)</p> <p>Create (share)</p> <p>Experiment (new acts)</p> <p>Explore (See + be seen)</p>	<p><i>Describe experiences relating for influence...</i></p> <p><i>Describe experiences creating and sharing...</i></p>	<p><i>Describe a few experiments and what you learned...</i></p> <p><i>Describe explorations and new visibility..</i></p>

Energy Element	Celebrations	Experiences
 <p>Non Conscious Mind Body Awareness Fears Desires Beliefs</p>	<p><i>Describe new awareness of your body, fears, desires and beliefs...</i></p>	<p><i>Describe the steps out of your Self-Preservation zone that you made...</i></p>
 <p>Environments People Places Things Ideas</p>	<p><i>Describe upgrades that you made to your environments...</i></p>	<p><i>Describe the growth experiences your environments afforded you...</i></p>
 <p>Supermind Connection Attracted Experiences Focused Intentions Expressed Gratitude Curious Questions</p>	<p><i>Describe the perfection of the challenges you attracted?</i></p> <p><i>Describe the focused intentions you developed</i></p>	<p><i>What experiences are you most grateful for?</i></p> <p><i>Describe your most potent curious questions...</i></p>