

# Play Life Coaching

## Playsheet Pack

By Coach Dave Buck, MCC

## **This is the Play Life Coaching Method “Playsheet Pack”**

In this playsheet pack you will find the “coaching notes” sheets for your 12 Session Play Life Adventure. And a few awesome full-page diagrams of the essential concepts and techniques that your coach will use with you.

**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 INSPIRATION.

Explore for VISIBILITY.

Experiment for DISCOVERY.

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...**

**Page 3... Print 12 Copies**

Pages 4 – 22 ... Print 1 Copy

Page 23 – 27 ... Optional Print

Enjoy your adventure. Enjoy your coach!

The world is ready for you and your dream.

We are the champions of dreams!

Coach Dave



Coach Dave Buck and the CoachVille Team!

[www.coachville.com](http://www.coachville.com)

Your **BIG Dream**:



Your **Focus this week**:



Your **Superpowers**:



## PLAY IN THE FEAR / GROWTH ZONE

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



.....

.....

.....

## NOTICE & JOURNAL

Challenges / Results / Playfulness

Create for **INSPIRATION** > *Risk Disappointment*



.....

.....

.....

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



.....

.....

.....

Experiment for **DISCOVERY** > *Risk Mistakes*



.....

.....

.....

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 Feedback**

**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*

1. WARM-UP & SPEAK YOUR BIG DREAM



2. CELEBRATIONS



3. GROW FROM PLAY



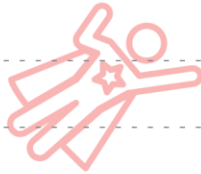
4. PRACTICE PLAN: ACTIVATE THE DREAM

5. PRACTICE

## Becoming

The next version of you

C



D

## Challenges

Growth opportunities



## Purpose

Change lives for the better

B



E

## Fears

And blocks



Your Dream

A

## Peak Experiences

Meaningful moment

G



F

## Spirit of Play

Make it fun



## 6. Growth Zone

What did you learn about playing for your dream?



What did you learn about yourself and your superpowers?



7. PLAY PLAN: What is your transformation for this week? What social actions?

FROM:

TO:

# Play Life Coaching Session #2 Notes

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

1. WARM-UP & SPEAK YOUR BIG DREAM



Session: *Design the Way to Play*

2. CELEBRATIONS



3. GROW FROM PLAY



4. PRACTICE PLAN: DESIGN THE WAY TO PLAY

5. PRACTICE & EXPLORE THE GROWTH GAP

**Outcomes**



**Mastery**



**Becomings**



**Upgrades**



**Results**



**Actions**



**Challenges**



**Evaluate**



Life Situations

6. **Growth Zone**



What did you learn about playing for your dream?

What did you learn about yourself and your superpowers?



7. **PLAY PLAN:** What is your transformation for this week? What social actions?

**FROM:**

**TO:**

# Play Life Coaching Session #3 Notes

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

1. WARM-UP & SPEAK YOUR BIG DREAM



Session: *Play for Results*

2. CELEBRATIONS



3. GROW FROM PLAY



4. PRACTICE PLAN: PLAY FOR RESULTS

5. PRACTICE & EXPLORE THE GROWTH GAP  
Relate for Influence & Role Play



*Ah-ha Moments from Practice*



5. **CREATE** for Inspiration

**EXPLORE** for Visibility

**EXPERIMENT** for Discovery



6. **Growth Zone**



What did you learn about playing for your dream?

What did you learn about yourself and your superpowers?



7. **PLAY PLAN:** What is your transformation for this week? What social actions?

**FROM:**

**TO:**

# Play Life Coaching Session #4 Notes

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

Session: *Embrace Challenges*

1. WARM-UP & SPEAK YOUR BIG DREAM



2. CELEBRATIONS



3. GROW FROM PLAY  
A) Achieved Results



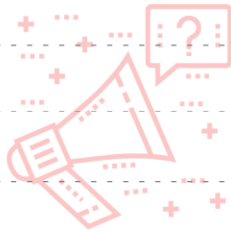
3. PRACTICE PLAN: SOCIAL PLAY AND ROLE PLAY

B) ACTIONS without Results

C) CHALLENGES

D) ACTIONS Avoided

GROWTH



SUPERPOWER



SPIRIT OF PLAY

4. PRACTICE PLAN: NAME THE PIVOTAL MOMENT >

5. PRACTICE TOGETHER  
Pivotal Moment



THOUGHTS

SUPERPOWER POTENTIAL

SENSATIONS

DREAM'S INTENT

NOT SAFE FOR ME TO

THE NEW PICTURE

6. **Growth Zone**



What did you learn about playing for your dream?

What did you learn about yourself and your superpowers?



7. PLAY PLAN: What is your transformation for this week? What social actions?

FROM:

TO:

# Play Life Coaching Session #5 Notes

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

Session: Evaluate

## 1. WARM-UP & SPEAK YOUR BIG DREAM



## 2. CELEBRATIONS



## 3. GROW FROM PLAY

A) Achieved Results



## 3. EVALUATE

B) ACTIONS without Results



C) RESIST ACTION



D) FEEDBACK



## 4. PRACTICE PLAN: ELEVATE THE SUPERMIND CONNECTION & CO-CREATE

## 5. PRACTICE TOGETHER A) Supermind Connection

1. Gratitude for Challenges



2. Gratitude for Synchronicities



3. Clearly State Needs



4. The BIG Question



## 5. B) CO-CREATE WAYS TO PLAY BETTER



C) CO-CREATE RESOURCES



## 6. Growth Zone

What did you learn about playing for your dream?

What did you learn about yourself and your superpowers?



## 7. PLAY PLAN: What is your transformation for this week? What social actions?

FROM:

TO:

# 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



# Play Life Coaching Session #6 Notes

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

Session: Practice Skills

1. WARM-UP & SPEAK YOUR BIG DREAM



2. CELEBRATIONS



3. GROW FROM PLAY  
A) Achieved Results



3. B) PIVOTAL MOMENTS

C) RESPOND TO CHALLENGES

4. PRACTICE PLAN: SOCIAL PLAY

5. PRACTICE TOGETHER  
A) Role Play



B) Ways to Practice Other Skills

CREATE for Inspiration



EXPLORE for Visibility



EXPERIMENT for Discovery



6. Growth Zone



What did you learn about playing for your dream?

What did you learn about yourself and your superpowers?



7. PLAY PLAN: What is your transformation for this week? What social actions?

FROM:

TO:

# 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**



Explore for **VISIBILITY**



Create for **INSPIRATION**



Experiment for **DISCOVERY**

- |   |  |  |
|---|--|--|
| <b>01 Creative Self-Expression</b><br>◇ Aligning with universal expansion | <b>23 Express Complex Ideas Simply</b><br>□ Find what is essential         | <b>44 Build Teams and See Patterns</b><br>▷ Alert to instinctive clues         |
| <b>02 Receive Higher Guidance</b><br>◇ And all support                    | <b>24 Inventive Thinking</b><br>▽ Review and rationalize                   | <b>45 Tribal Leader</b><br>□ Provide wellbeing for your people                 |
| <b>03 Implement the New</b><br>□ Using principles of organizing           | <b>25 Innocent Trust</b><br>◇ Accept universal love                        | <b>46 Love of Your Body</b><br>◇ Delight and determination                     |
| <b>04 Pursue Answers</b><br>▽ That create understanding                   | <b>26 Accumulate Material Rewards</b><br>◇ Artfully balance needs          | <b>47 Figure Out How</b><br>▽ Transcend through transmuting fear               |
| <b>05 Trust Inner Timing</b><br>□ Attuned to the natural world            | <b>27 Nourish Well-Being</b><br>□ In many forms                            | <b>48 Depth of Natural Ability</b><br>▷ Keeping fresh becomes wisdom           |
| <b>06 Maintain Emotional Balance</b><br>◁ In intimacy and conflict        | <b>28 Play with Tenacity</b><br>▷ Meet life's challenges                   | <b>49 Wise Rebel for New Principles</b><br>◁ Timing waves of change            |
| <b>07 Support Shared Interests</b><br>◇ The guide at their side           | <b>29 Commit then Persevere</b><br>□ Never give up                         | <b>50 Elevate Tribal Values</b><br>▷ Traditional or novel with merit           |
| <b>08 Trusted Agent for Creatives</b><br>□ Impresario of style            | <b>30 Intense Desire</b><br>◁ With total engagement                        | <b>51 Act with Shocking Initiative</b><br>◇ Arousing alternative possibilities |
| <b>09 Attentive Focus</b><br>□ Fascinated by features                     | <b>31 Natural Influence</b><br>□ Provide guidance and instruction          | <b>52 Gain Perspectives through Stillness</b><br>△ Show restraint              |
| <b>10 Empowered Self Love</b><br>◇ And appreciation of life               | <b>32 Endure by Adapting</b><br>▷ Balance continuity and change            | <b>53 Initiate Experience</b><br>△ Pressure and desire to expand               |
| <b>11 Espouse Ideas</b><br>▽ That promote harmony                         | <b>33 Mindful Narrator</b><br>□ After retreat and recharge                 | <b>54 Ambition to Advance</b><br>△ Independent when subordinate                |
| <b>12 Romantic Perception</b><br>□ For a better future                    | <b>34 Great Power</b><br>□ Fueled by inner balance                         | <b>55 Access to Spirit</b><br>◁ Emotional waves trigger creativity             |
| <b>13 Listen with Acceptance</b><br>◇ Appreciate uniqueness               | <b>35 Seek Experiences</b><br>□ Learn from everything                      | <b>56 Tell Meaningful Stories</b><br>□ Travel to find stimulation              |
| <b>14 Excellence with Prosperity</b><br>□ Commitment to becoming skillful | <b>36 Resolve Crisis</b><br>◁ Ride the emotions                            | <b>57 Gentle Intuitive Clarity</b><br>▷ Vibrational sensitivity to truth       |
| <b>15 Adaptable Magnetism</b><br>◇ Friends at all levels                  | <b>37 Develop Harmonic Friendships</b><br>◁ Community foundation           | <b>58 Joyous Vitality</b><br>△ The spark to engage with life                   |
| <b>16 Choose then Enthuse</b><br>□ Develop versatile skills               | <b>38 Inspired Fighter</b><br>△ For freedom and underdogs                  | <b>59 Penetrate Barriers to Intimacy</b><br>□ Establish union                  |
| <b>17 Debate Opinions</b><br>▽ For future well-being                      | <b>39 Dynamic Activist</b><br>△ Embrace the world mirror                   | <b>60 Resourceful Facing Limitations</b><br>△ Practical magic                  |
| <b>18 Improve Integrity</b><br>▷ Review everything for flaws              | <b>40 Accomplish Great Feats</b><br>◇ With unshakable resolve              | <b>61 Inspired by Wonder</b><br>△ Search for a bigger "why"                    |
| <b>19 Approach with Sensitivity</b><br>△ Inner drive to connect           | <b>41 Imagine Fulfilling Experiences</b><br>△ Emptiness leads to fantasies | <b>62 Logically Organize Details</b><br>□ Precision planning                   |
| <b>20 Assured Presence</b><br>□ Anticipate the right moment to act        | <b>42 Respond and Complete Things</b><br>□ Enjoy growth as a benefit       | <b>63 Inspired by Doubt</b><br>△ Critical perception and inquiry               |
| <b>21 Take Charge Naturally</b><br>◇ Authority for common good            | <b>43 Breakthrough Perceptions</b><br>▽ Assimilate new concepts            | <b>64 Inspired by Possibilities</b><br>△ Seeking a perfect answer              |
| <b>22 Gracious with Emotions</b><br>◁ With beauty and affection           |  |  |

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



Your **BIG Dream**:

Key Recurring Result(s) / Peak Experiences:

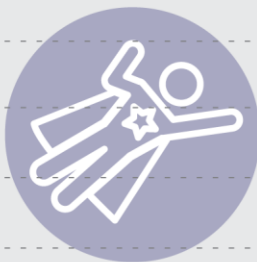


Describe your theory (BIG idea) about how to get the result(s):

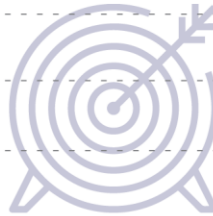


## Super YOU

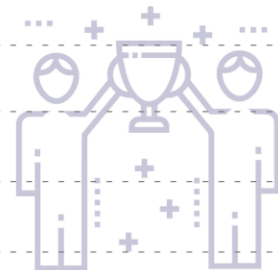
### Superpowers



### 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 Inspiration



**EXPLORE** for Visibility



**EXPERIMENT** for Discovery



# Play Life Coaching Session #7 Notes

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

Session: *Play Plan for Your Superpowers*

## 1. WARM-UP & SPEAK YOUR BIG DREAM

## 2. CELEBRATIONS

## 3. GROW FROM PLAY

### A) Achieved Results

## 3. B) PIVOTAL MOMENTS

## C) RESPOND TO CHALLENGES

## 4. PRACTICE PLAN: SUPERPOWERS & STRATEGY >

## 5. PRACTICE TOGETHER

### A) Superpower

Name \_\_\_\_\_

Playful 

### B) Pivotal Moment Notes

Thoughts \_\_\_\_\_

Memory Pops \_\_\_\_\_

Sensations \_\_\_\_\_

Not Safe / Now Ready \_\_\_\_\_

Pivotal Moment, cont.


### C) Playful Use of Resources


### D) Strategy for Results

Dream's Intent \_\_\_\_\_

The New Picture 

## 6. Growth Zone

 What did you learn about playing for your dream?

 What did you learn about yourself and your superpowers?

## 7. PLAY PLAN: What is your transformation for this week? What social actions?

FROM: \_\_\_\_\_

TO: \_\_\_\_\_

# Play Life Coaching Session #8 Notes

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

Session: *Expand Inner Freedom*

1. WARM-UP & SPEAK YOUR BIG DREAM



2. CELEBRATIONS



3. GROW FROM PLAY  
A) Achieved Results

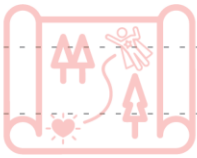


3. B) PIVOTAL MOMENTS

C) RESPOND TO CHALLENGES

4. PRACTICE PLAN: SUPERPOWERS & STRATEGY >

5. PRACTICE TOGETHER  
Pivotal Moment



Pivotal Moment Notes

Thoughts



Sensations



Memory Pops

Not Safe For Me To

Dream Intent

New Picture



6. **Growth Zone**



What did you learn about playing for your dream?

What did you learn about yourself and your superpowers?



7. PLAY PLAN: What is your transformation for this week? What social actions?

FROM:

TO:

# Play Life Coaching Session #9 Notes

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

Session: *Expand World Power*

1. WARM-UP & SPEAK YOUR BIG DREAM



2. CELEBRATIONS



3. GROW FROM PLAY  
A) Achieved Results



3. B) PIVOTAL MOMENTS

C) RESPOND TO CHALLENGES

4. PRACTICE PLAN: SUPERPOWERS & STRATEGY >

5. PRACTICE TOGETHER  
A) Zap Toleration

Name It



Picture It Clear

Make A Plan

How It Got There

Celebrate

B) THE THREE MOST INFLUENTIAL PEOPLE

	Name	Talk About	Energy	Resources	Request	Support
1.						
2.						
3.						

C) QUICK ROLE PLAY NOTES >

6. **Growth Zone**



What did you learn about playing for your dream?

What did you learn about yourself and your superpowers?



7. PLAY PLAN: What is your transformation for this week? What social actions?

FROM:

TO:

# Play Life Coaching Session #10 Notes

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

Session: Transformational Play

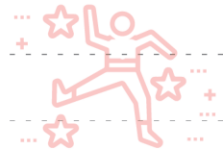
1. WARM-UP & SPEAK YOUR BIG DREAM



2. CELEBRATIONS



3. GROW FROM PLAY  
A) Achieved Results



3. B) PIVOTAL MOMENTS

C) RESPOND TO CHALLENGES

4. PRACTICE PLAN: SUPERPOWERS & STRATEGY >

5. PRACTICE TOGETHER  
Role Play



Pivotal Moment Notes

Thoughts



Sensations



Memory Pops

Not Safe For Me To



Dream Intent



New Picture



6. Growth Zone



What did you learn about playing for your dream?

What did you learn about yourself and your superpowers?



7. PLAY PLAN: What is your transformation for this week? What social actions?

FROM:

TO:

# Play Life Coaching Session #11 Notes

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

Session: Pursuit of Mastery

1. WARM-UP & SPEAK YOUR BIG DREAM



2. CELEBRATIONS



3. GROW FROM PLAY  
A) Achieved Results



3. B) PIVOTAL MOMENTS

C) RESPOND TO CHALLENGES

4. PRACTICE PLAN: CO-CREATION SERIES >

5. PRACTICE TOGETHER

Relate - Create - Explore



▲ Speak the vision ● Embody the vision

for **INFLUENCE - INSPIRATION - VISIBILITY**



Action 1

▲ Do: \_\_\_\_\_ Feel: \_\_\_\_\_

● Thoughts: \_\_\_\_\_ Body: \_\_\_\_\_

for **RESULT 1**

Feel: \_\_\_\_\_ Do: \_\_\_\_\_

Thoughts: \_\_\_\_\_ Body: \_\_\_\_\_

Action 2

▲ Do: \_\_\_\_\_ Feel: \_\_\_\_\_

● Thoughts: \_\_\_\_\_ Body: \_\_\_\_\_

for **RESULT 2**

Feel: \_\_\_\_\_ Do: \_\_\_\_\_

Thoughts: \_\_\_\_\_ Body: \_\_\_\_\_

Action 3

▲ Do: \_\_\_\_\_ Feel: \_\_\_\_\_

● Thoughts: \_\_\_\_\_ Body: \_\_\_\_\_

for **RESULT 3**

Feel: \_\_\_\_\_ Do: \_\_\_\_\_

Thoughts: \_\_\_\_\_ Body: \_\_\_\_\_

6. **Growth Zone**

DESIRES >



What did you learn about playing for your dream?

What did you learn about yourself and your superpowers?









7. PLAY PLAN: What is your transformation for this week? What social actions?

FROM:

TO:

# BIG Dream ~ Energy Alignment Celebration Play Sheet

Energy Element	Celebrations	Experiences
 <p><b>BIG DREAM</b> 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><b>Super YOU!</b> 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><b>Playful Conscious Mind</b> Relate (influence) Create (inspiration) Experiment (new acts) 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><b>Non Conscious Mind</b></p> <p>Body Awareness</p> <p>Fears</p> <p>Desires</p> <p>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><b>Environments</b></p> <p>Environments</p> <p>People</p> <p>Places</p> <p>Things</p> <p>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><b>Supermind Connection</b></p> <p>Attracted Experiences</p> <p>Focused Intentions</p> <p>Expressed Gratitude</p> <p>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>


# Play Life Coaching Session #12 Notes

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

Session: *Celebration*

1. WARM-UP & SPEAK YOUR BIG DREAM 

2. CELEBRATIONS 

3. GROW FROM PLAY  
A) Achieved Results 

3. B) PIVOTAL MOMENTS

C) RESPOND TO CHALLENGES

4. PRACTICE PLAN: CELEBRATION

5. PRACTICE  
A) Evaluate & Celebrate


**Outcomes**




**Mastery**



**Becomings**



**Upgrades**

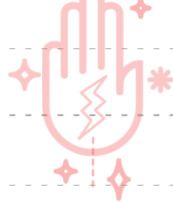


B) Reflections & Celebrations


Memorable Experiences 


Disappointments 

Key Celebrations 

Dream for Next Season 

6. **Growth Zone**

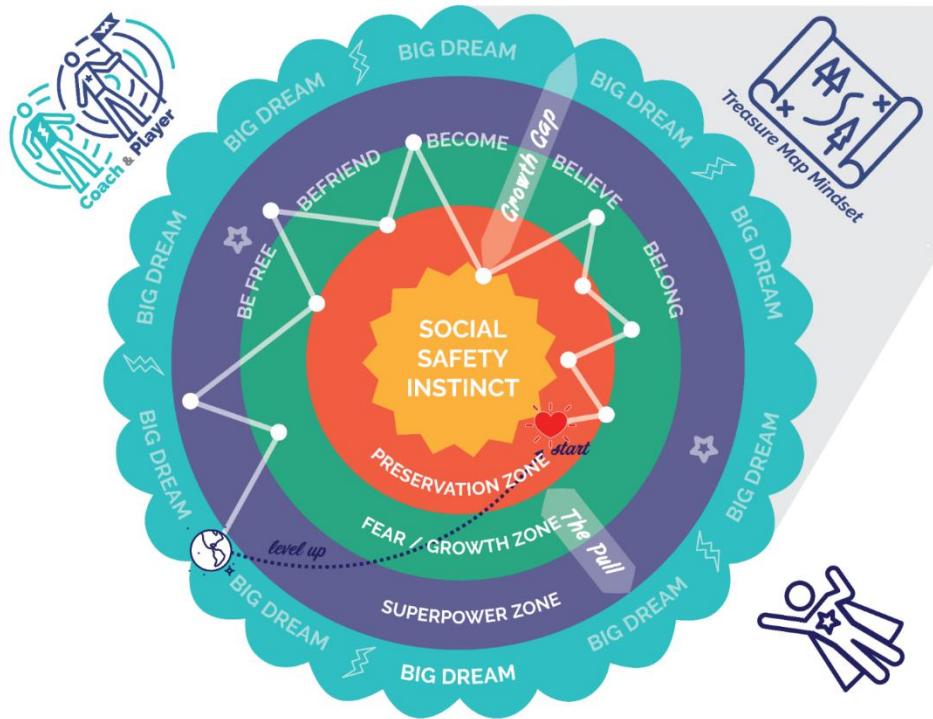
What did you learn about playing for your dream? 

What did you learn about yourself and your superpowers? 



# The Human Journey with a Coach

The Social Safety Instinct pulls the player in. The BIG DREAM pulls the player out.



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

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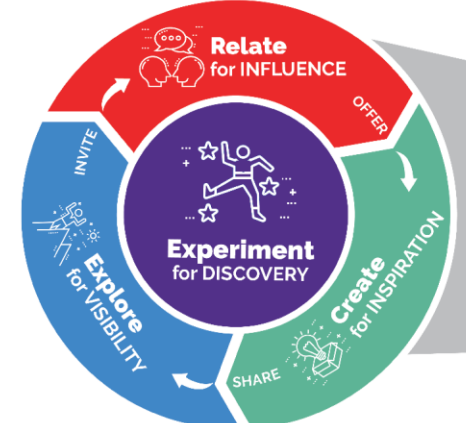
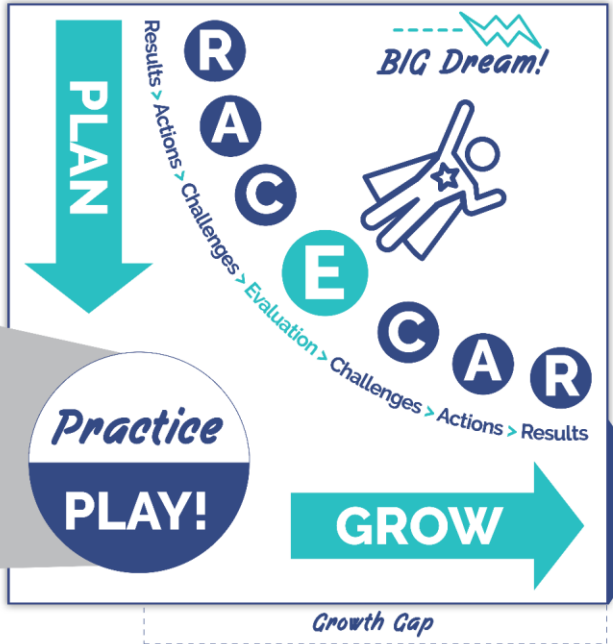
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*Celebrate!* 

Plan	CO-CREATION
Practice / PLAY!	OBSERVATION
Grow	CO-CREATION



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## Social Play with 7 Social Fears



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## Plan

### 1. Define The Situation

- |                  |                  |
|------------------|------------------|
| <b>Influence</b> | <b>Intention</b> |
| • Ask for        | • Result         |
| • Offer / Invite | • Feeling        |
| • Request        | <b>Timing</b>    |
| • Share Truth    | • Specific       |
|                  | • Recurring      |

### 2. Define The Role

- Specific or Composite
- Character Sketch
- Attitude Toward The Situation

### 3. Advanced Prep (optional)

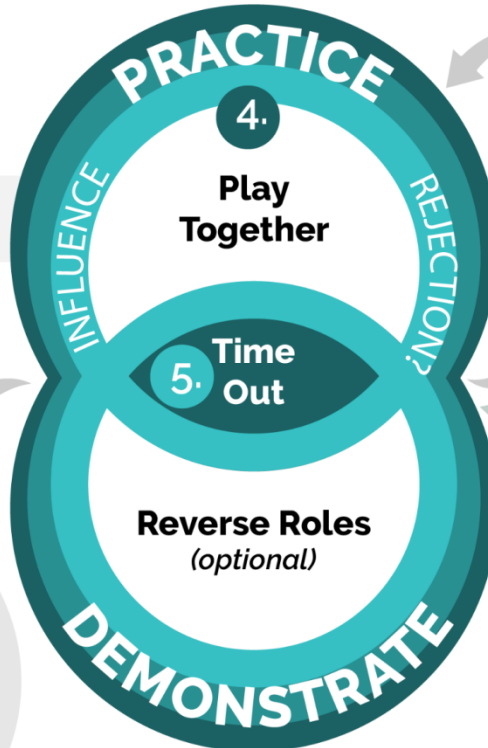
- Approach
- BIG Moment
- *Superpower\**

## Play

### Relate for INFLUENCE



- The Coach Is Observing**
- A: Clarity of Intent
  - B: Energy Alignment
  - C: Words Flowing
  - \* Superpower



### 6. Level Up

- Share Observations
- Tweak Role
- New Approach
- Energy Block?

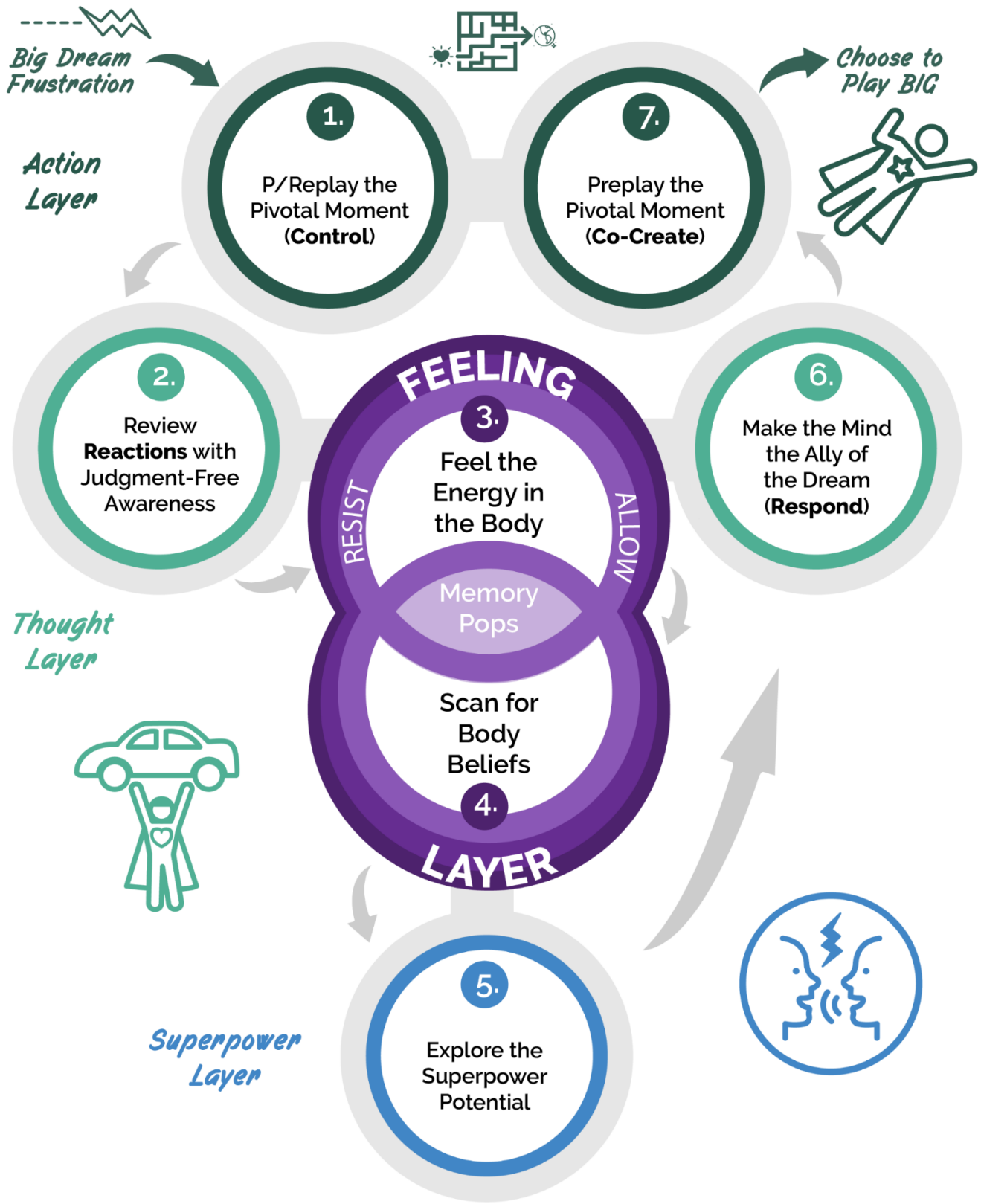
## Grow

### 7. Debrief

- Clarity
- Confidence
- Energy

**Pivotal Moment Technique**





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



That  
was  
fun!

Thanks for being awesome!  
Coach Dave