

# PLAY LIFE



*Playsheet Pack*  
*by Dave Buck, MCC*



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

# 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 to expand your Human Connection Super skills:

Create for INSPIRATION.

Explore for VISIBILITY.

Relate for INFLUENCE.

CO-Create for INSPIRATION.

Play for TRANSFORMATION

This practice will help you get into the flow of playing for peak experiences and 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 4...** Exploratory Session – **Print 1 copy**

**Page 5...** Play Life Play Plan - **Print 11 Copies**

**Pages 6 – 27 ... Print 1 Copy**

Page 28 – 36 ... 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



*Dave R. Buck*

Coach Dave Buck and the CoachVille Team!

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

SESSION FOCUS: EXPLORATORY SESSION

CELEBRATIONS



Peak experiences: 2.

1. **Your Dream**

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3. Peak Experience Technique

Do:

Feel:

Feel:

Do:

Thoughts:

Body:

Thoughts:

Body:



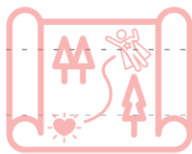
THOUGHT?

BODY?

DESIRE?

4. Growth gap:

Superpowers: 5.



Your **BIG Dream**:



Your **Focus this week**:



Your **Superpowers**:

## PLAY IN THE FEAR / GROWTH ZONE

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



## NOTICE & JOURNAL

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



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



Playfulness / Challenges / Results

Co-create for **INSPIRATION** > SHARE > *Risk Disappointment*



Play for **TRANSFORMATION** > *Risk Mistakes*



Desires 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 and Peak Experiences**      **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 

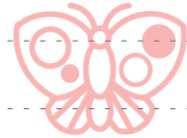
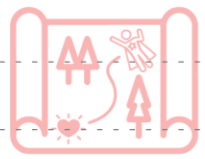
2. CELEBRATIONS 

3. GROW FROM PLAY 

4. PRACTICE PLAN: ACTIVATE THE DREAM

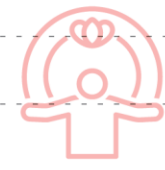
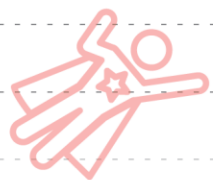
5. PRACTICE  
**Challenges**  
Growth opportunities **C**

**D** **Spirit of Play**  
Make it fun



**B**  
**Becoming**  
The next version of you

**E**  
**Peak Experiences**  
Meaningful moment



5. **Peak Experience Technique**

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

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

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


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





THOUGHT?

BODY?

DESIRE?

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:** \_\_\_\_\_

Plan


**1. Do Something Awesome**  
Social play action?  
.....  
.....  
What do you want to feel?  
.....  
.....

**2. Describe Their Feeling**  
What do you want them to feel?  
.....  
.....  
.....

**3. Desired Action**  
What do you want them to do?  
.....  
.....  
.....

Practice

**4. Imagine Yourself at Play**  
Thoughts:  
.....  
.....  
Body sensations:  
.....  
.....



**5. Push the Energy**

**6. Imagine Them Engaged**  
Thoughts:  
.....  
.....  
Body sensations:  
.....  
.....


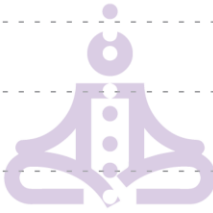

**7. YES! Imagine They Do It**

Grow

**8. THOUGHTS**      **9. BODY SENSATIONS**      **10. DESIRES**

.....

.....


## 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



### Explore



### Relate



### Co-create



### Play



## 5. Peak Experience Technique

Do:

Feel:

Feel:

Do:

Thoughts:

Body:

Thoughts:

Body:



THOUGHT?

BODY?

DESIRE?

## 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:

Plan


**1. Do Something Awesome**  
Social play action?  
.....  
.....  
What do you want to feel?  
.....  
.....

**2. Describe Their Feeling**  
What do you want them to feel?  
.....  
.....  
.....

**3. Desired Action**  
What do you want them to do?  
.....  
.....  
.....

Practice

**4. Imagine Yourself at Play**  
Thoughts:  
.....  
.....  
Body sensations:  
.....  
.....



**5. Push the Energy**

**6. Imagine Them Engaged**  
Thoughts:  
.....  
.....  
Body sensations:  
.....  
.....




**7. YES! Imagine They Do It**

Grow

**8. THOUGHTS**      **9. BODY SENSATIONS**      **10. DESIRES**

.....

.....


## 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

### Actions

### Results

### Growth



## 5. Relate for Influence & Role Play



### Ah-ha Moments from Practice



## 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 

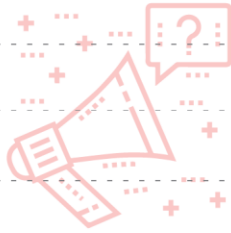
3. GROW FROM PLAY, CONT.

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:

1. Describe the Pivotal Moment



7. Pre-play the Pivotal Moment



2. Describe Reactions with Judgment-free Awareness



6. Your DREAM wants you to...



3. Describe the Physical Sensations (shape-color-temperature)



5. Superpower potential



4. It's not safe for me to...



Memory pops



**T** PLAY PLAN: What is the transformation you want to play for?

**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: EMBODY THE DREAM

▲ Speak the vision

● Embody the vision

5. Explore - Relate - Create 

for VISIBILITY - INFLUENCE - INSPIRATION

Action 1

for RESULT 1

▲ Do: \_\_\_\_\_ Feel: \_\_\_\_\_

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

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

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

Action 2

for RESULT 2

▲ Do: \_\_\_\_\_ Feel: \_\_\_\_\_

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

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

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

Action 3

for RESULT 3


▲ Do: \_\_\_\_\_ Feel: \_\_\_\_\_


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

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

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

6. Growth Zone 

 What did you learn about playing for your dream?

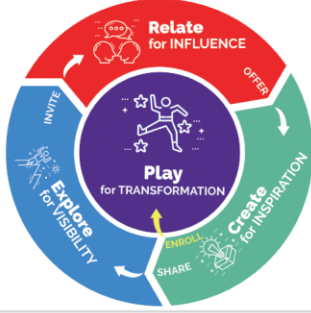
What did you learn about yourself and your superpowers? 



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

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

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



**Dream:**

Explore for **VISIBILITY** > Invite > **YES!**  
 Relate for **INFLUENCE** > Offer > **YES!**  
 Create for **INSPIRATION** > Share > **YES!** **Enroll > YES!**  
 Play for **TRANSFORMATION**

▲ *Speak the vision* ● *Embody the vision*

Explore - Relate - Create - Play 

for **VISIBILITY - INFLUENCE -  
 INSPIRATION - TRANSFORMATION**

**Action 1**

for **RESULT 1**

SCENE ONE ▲ Do: \_\_\_\_\_ Feel: \_\_\_\_\_  
 \_\_\_\_\_  
 ● Thoughts: \_\_\_\_\_ Body: \_\_\_\_\_  
 \_\_\_\_\_

Feel: \_\_\_\_\_ Do: \_\_\_\_\_  
 \_\_\_\_\_  
 Thoughts: \_\_\_\_\_ Body: \_\_\_\_\_  
 \_\_\_\_\_

**Action 2**

for **RESULT 2**

SCENE TWO ▲ Do: \_\_\_\_\_ Feel: \_\_\_\_\_  
 \_\_\_\_\_  
 ● Thoughts: \_\_\_\_\_ Body: \_\_\_\_\_  
 \_\_\_\_\_

Feel: \_\_\_\_\_ Do: \_\_\_\_\_  
 \_\_\_\_\_  
 Thoughts: \_\_\_\_\_ Body: \_\_\_\_\_  
 \_\_\_\_\_

**Action 3**

for **RESULT 3**

SCENE THREE ▲ Do: \_\_\_\_\_ Feel: \_\_\_\_\_  
 \_\_\_\_\_  
 ● Thoughts: \_\_\_\_\_ Body: \_\_\_\_\_  
 \_\_\_\_\_

Feel: \_\_\_\_\_ Do: \_\_\_\_\_  
 \_\_\_\_\_  
 Thoughts: \_\_\_\_\_ Body: \_\_\_\_\_  
 \_\_\_\_\_

**Action 4**

for **RESULT 4**

SCENE FOUR ▲ Do: \_\_\_\_\_ Feel: \_\_\_\_\_  
 \_\_\_\_\_  
 ● Thoughts: \_\_\_\_\_ Body: \_\_\_\_\_  
 \_\_\_\_\_

Feel: \_\_\_\_\_ Do: \_\_\_\_\_  
 \_\_\_\_\_  
 Thoughts: \_\_\_\_\_ Body: \_\_\_\_\_  
 \_\_\_\_\_

**Desires:**

# What are your Superpowers for Play?



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

 Explore for **VISIBILITY**

 Create for **INSPIRATION**


 Relate for **INFLUENCE**

 Play for **TRANSFORMATION**


**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).*



Your **BIG Dream**:

**Key Recurring Result(s) / Peak Experiences:**



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



.....  
.....  
.....



## Super YOU

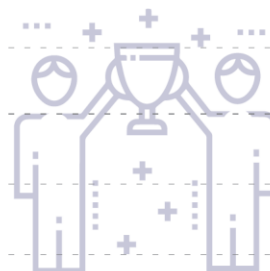
### Superpowers



### 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

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



.....

.....

.....

.....

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



.....

.....

.....

.....

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



.....

.....

.....

.....

Co-create for **INSPIRATION** > SHARE > *Risk Disappointment*



.....

.....

.....

.....

Play for **TRANSFORMATION** > *Risk Mistakes*



.....

.....

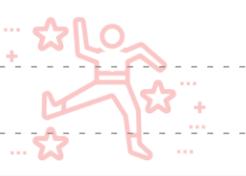
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1. WARM-UP & SPEAK YOUR BIG DREAM 


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 

1. Gratitude for Challenges



2. Gratitude for Synchronicities




3. Clearly State Needs




4. The BIG Question



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:

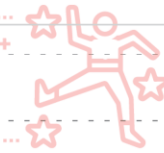
# Play Life Coaching Session #7 Notes

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) Playful Use of Resources 

C) Strategy for Results 

D) *Peak Experience Technique*  
Do: \_\_\_\_\_ Feel: \_\_\_\_\_ Do: \_\_\_\_\_  
Thoughts: \_\_\_\_\_ Body: \_\_\_\_\_ Thoughts: \_\_\_\_\_ Body: \_\_\_\_\_  
THOUGHT? BODY? DESIRE?

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

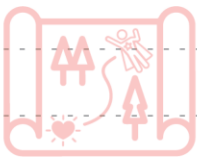


3. B) PIVOTAL MOMENTS

C) RESPOND TO CHALLENGES

4. PRACTICE PLAN: SUPERPOWERS & STRATEGY >

5. PRACTICE TOGETHER  
1) Pivotal Moment



Pivotal Moment Notes

2) Thoughts



3) Sensations



Memory Pops

4) Not Safe For Me To



6) Dream Intent



7) New Picture



5) Superpower Potential

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:

## 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

1) Name It 

2) Picture It Clear

4) Make A Plan

3) How It Got There

5) 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  
1) Role Play



Pivotal Moment Notes

2) Thoughts



3) Sensations



4) Not Safe For Me To



6) Dream Intent



7) Role Play

5) Superpower Potential



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



Action 1

▲ Do: \_\_\_\_\_ Feel: \_\_\_\_\_

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

Action 2

▲ Do: \_\_\_\_\_ Feel: \_\_\_\_\_

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

Action 3

▲ Do: \_\_\_\_\_ Feel: \_\_\_\_\_

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

▲ Speak the vision ● Embody the vision

for **INFLUENCE - INSPIRATION - VISIBILITY**



for **RESULT 1**

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

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

for **RESULT 2**

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

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>  <b>Body Awareness</b>  <b>Fears</b>  <b>Desires</b>  <b>Beliefs</b></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>  <b>People</b>  <b>Places</b>  <b>Things</b>  <b>Ideas</b></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>  <b>Attracted Experiences</b>  <b>Focused Intentions</b>  <b>Expressed Gratitude</b>  <b>Curious Questions</b></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>

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**

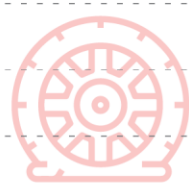


B) Reflections & Celebrations  
Memorable Experiences

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?

# Superpowers of Human Nature

## Drive to BE free

Self-determination  
Self-trust



CHOOSE YOUR ADVENTURE!

## Love to BEfriend

Care (give & receive)  
Co-create



CHOOSE YOUR COMPANIONS!

## To Dream

CHOOSE YOUR DESIRE!  
Self-worth  
Self-love



CHOOSE YOUR PRACTICE!



CHOOSE YOUR ENVIRONMENTS!

## Urge to BEcome

Self-expression  
Spirit of play

## Need to BELong

Social-value  
Social safety instinct

CHOOSE YOUR BELIEFS!



## Ability to BELieve

Self-preservation  
Self-confidence

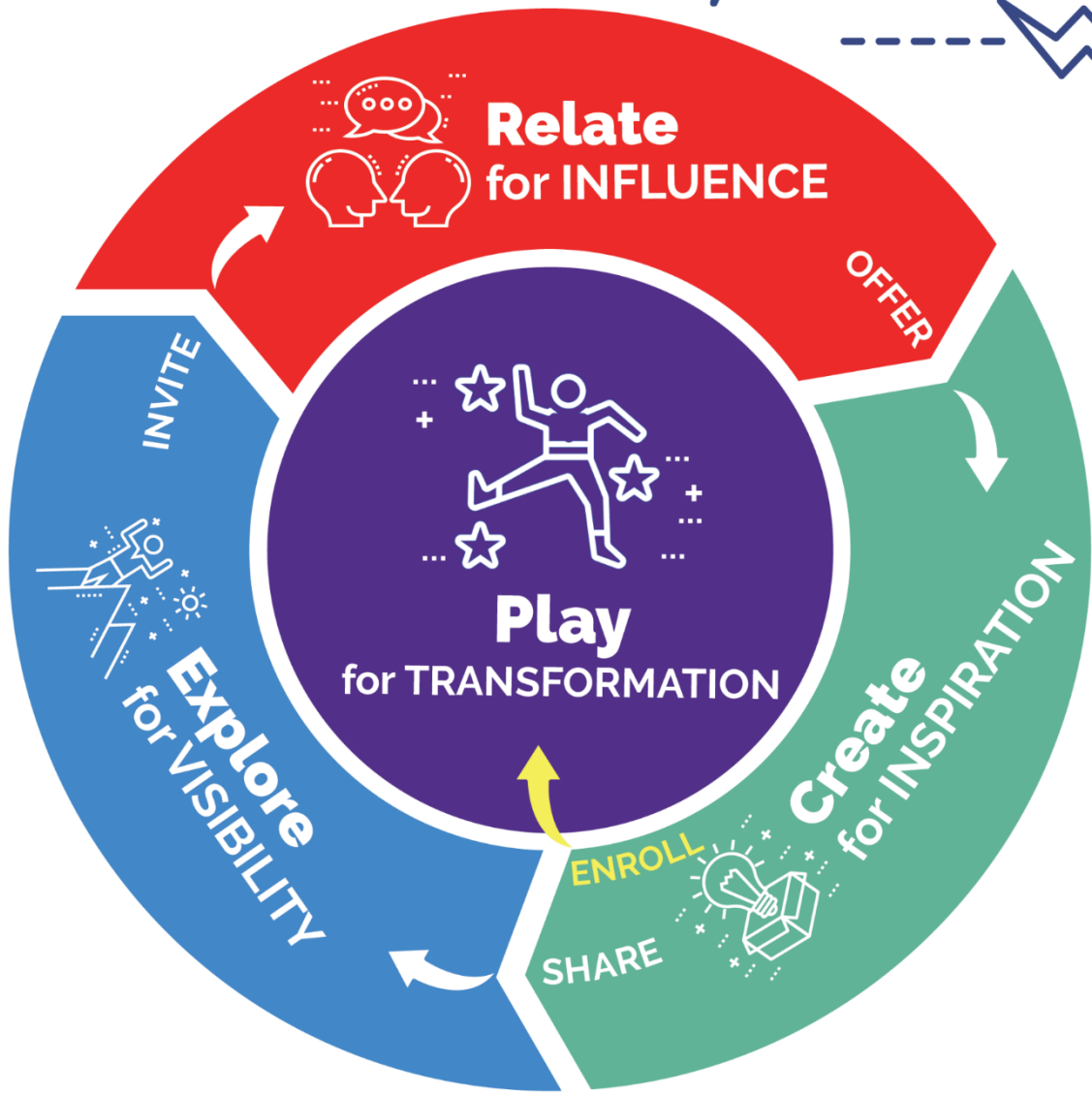


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# Social Play Model

## Human Connection Super Skills

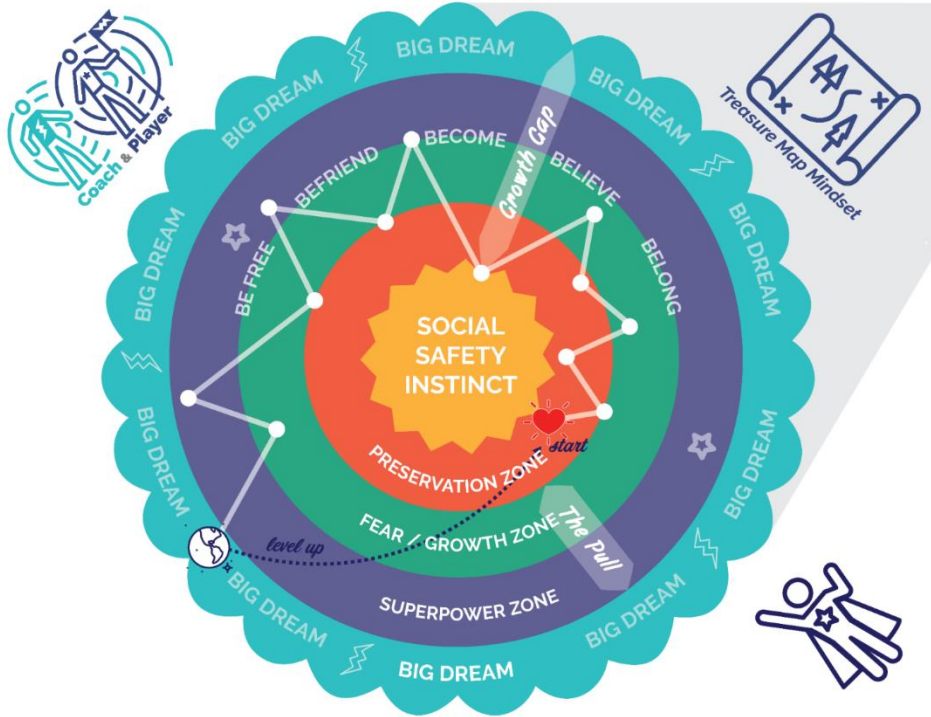


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# The Human Journey with a Coach

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!

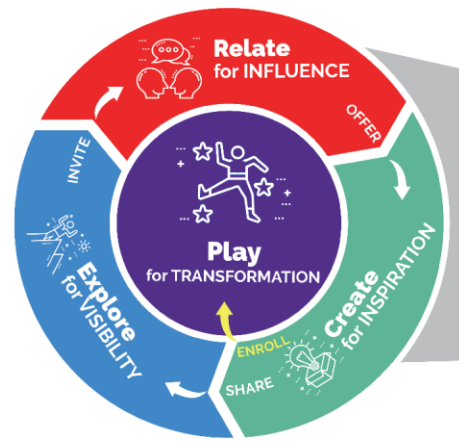
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<b>Celebrate!</b>	
<b>Plan</b>	CO-CREATION
<b>Practice / PLAY!</b>	OBSERVATION
<b>Grow</b>	CO-CREATION



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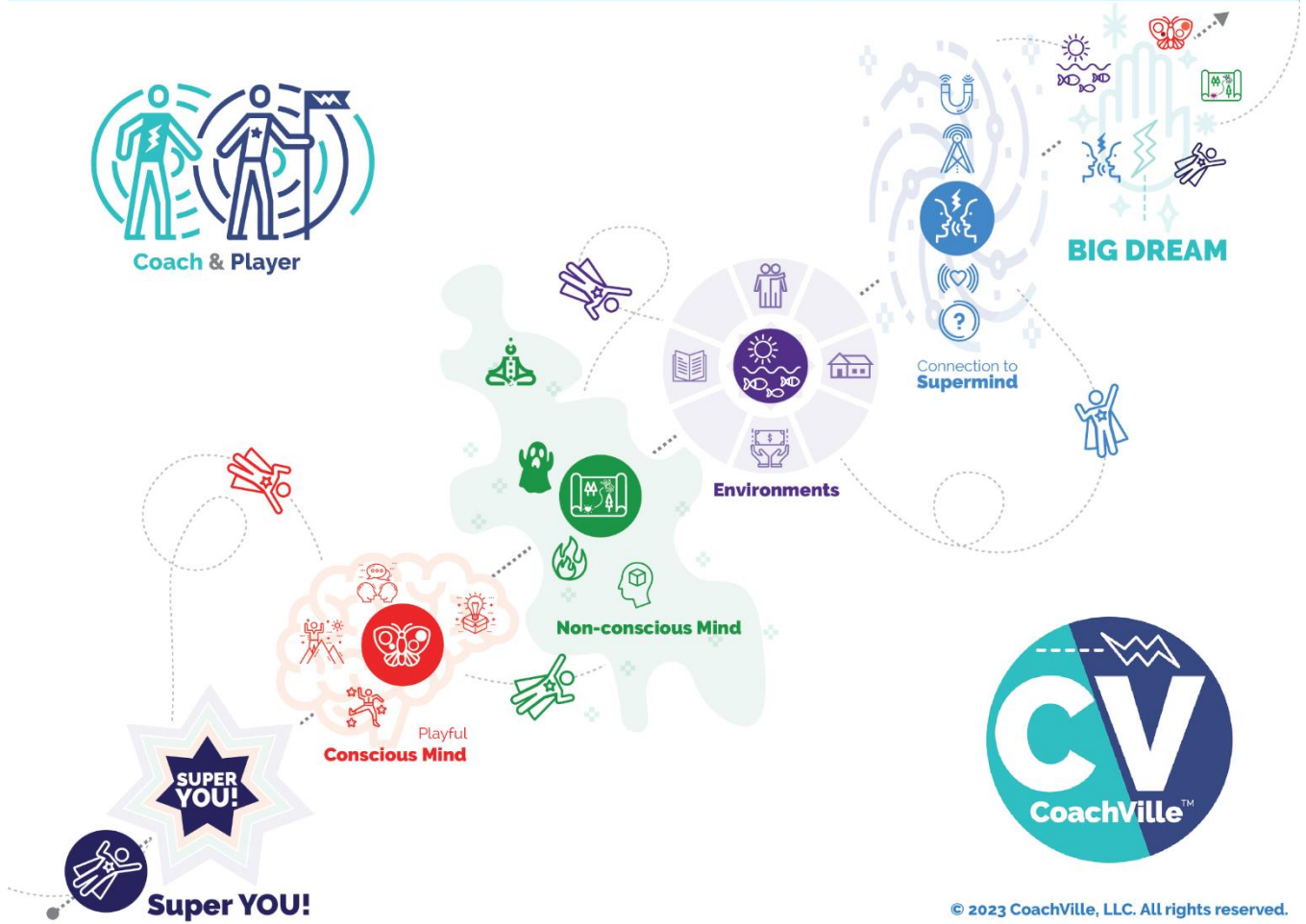
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## Social Play with 7 Social Fears



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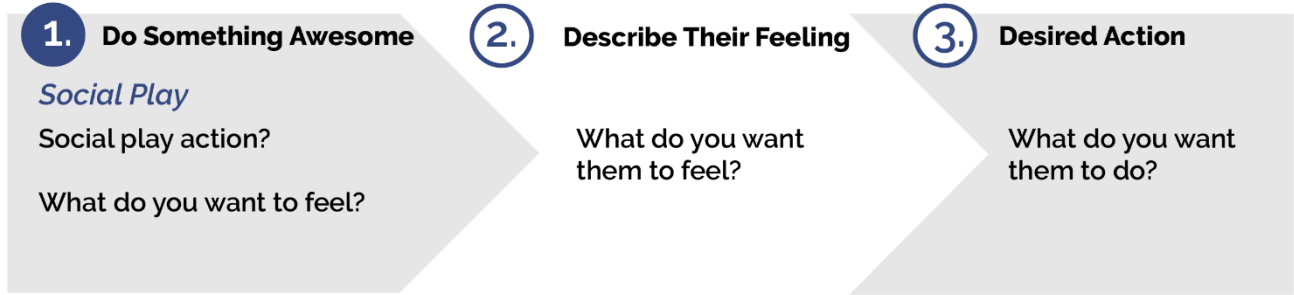
# The Energy Alignment Game



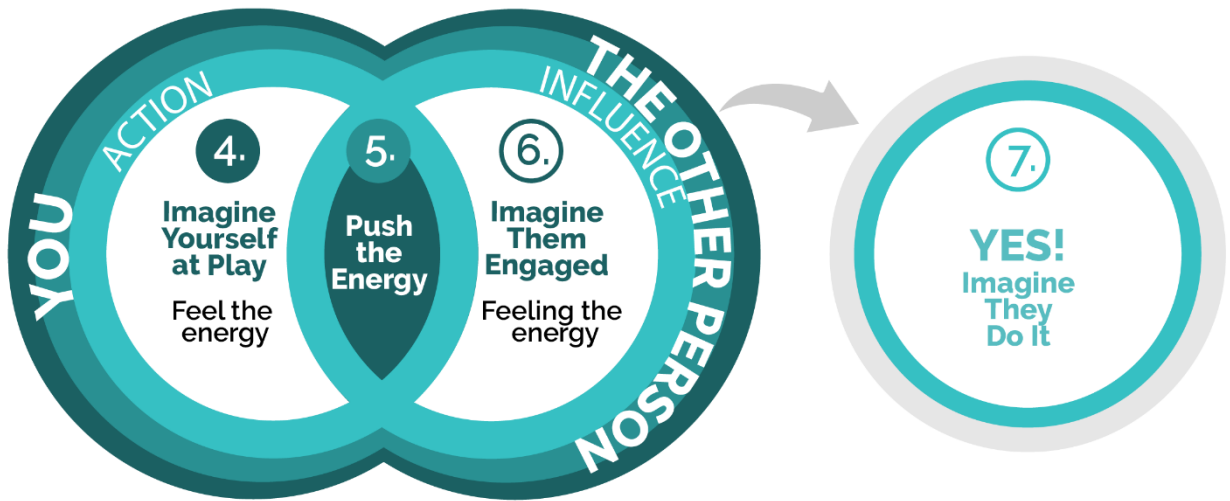
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# Peak Experience Technique For Intentional Co-Creation

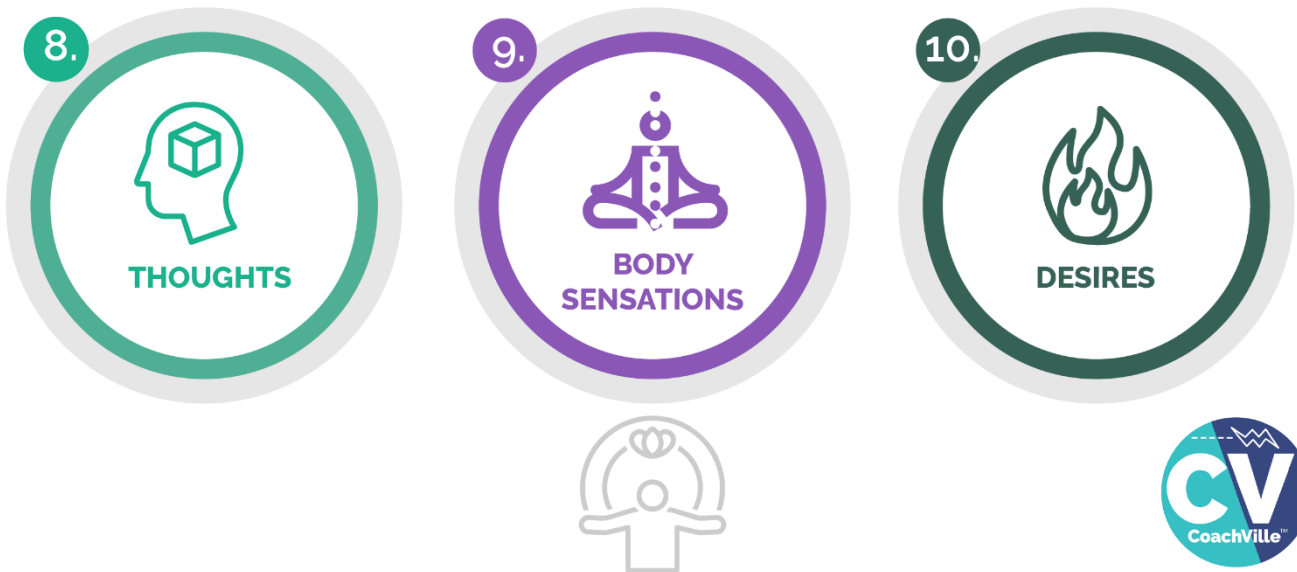
## Plan



## Play



## Grow



## 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)

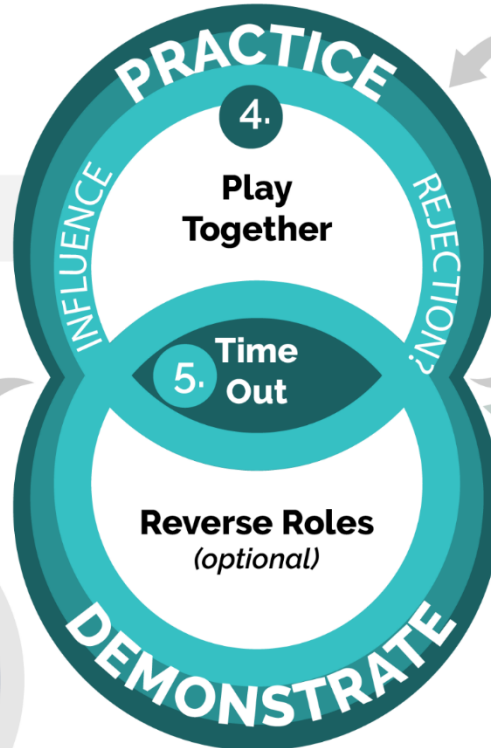
- Approach
- BIG Moment
- *Superpower\**

## 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

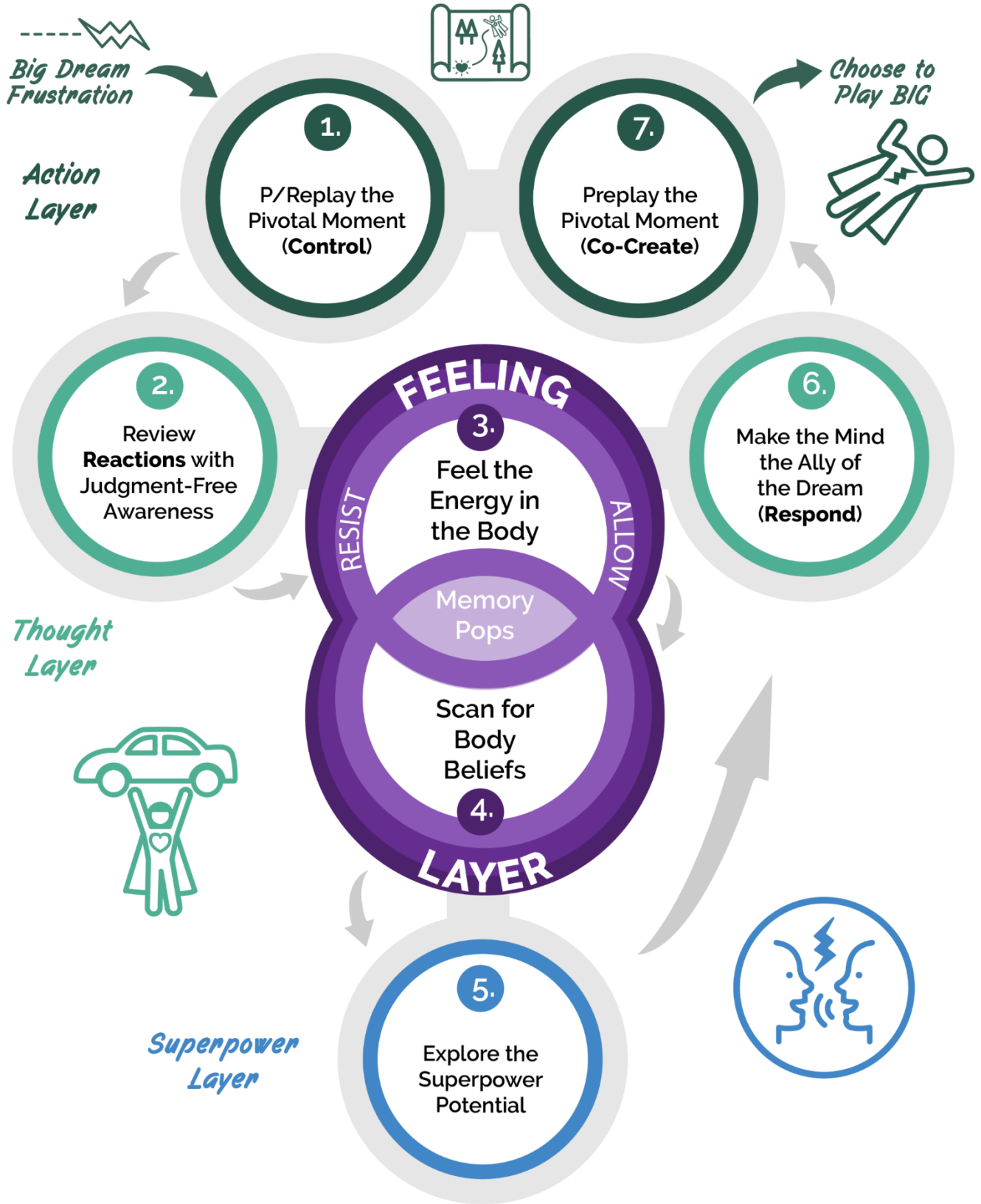
### 7. Debrief

- Clarity
- Confidence
- Energy



### Pivotal Moment Technique





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



That

was

fun!

Thanks for being awesome!

Coach Dave