

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

SESSION FOCUS: EXPLORATORY SESSION

CELEBRATIONS



Peak experiences: 2.

1. **Your Dream**



3. Peak Experience Technique

Do:

Feel:

Feel:

Do:

Thoughts:

Body:

Thoughts:

Body:



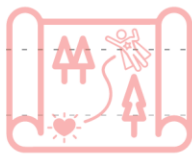
THOUGHT?

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



Becoming

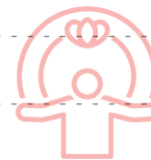
The next version of you

B

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


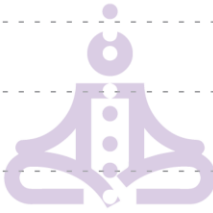

6. Imagine Them Engaged
Thoughts:
.....
.....
Body sensations:
.....
.....

7. YES! Imagine They Do It

Grow

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

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


1. WARM-UP & SPEAK YOUR BIG DREAM



2. CELEBRATIONS



3. GROW FROM PLAY



4. PRACTICE PLAN: DESIGN THE WAY TO PLAY

5. PRACTICE & EXPLORE THE GROWTH GAP

Outcomes



Mastery



Becomings



Upgrades



Create



SHARE

Explore



INVITE

Relate



OFFER

Co-create



ENROLL

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:
.....
.....


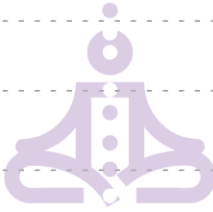

7. YES! Imagine They Do It

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



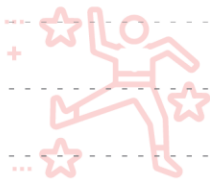
4. PRACTICE PLAN: PLAY FOR RESULTS

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



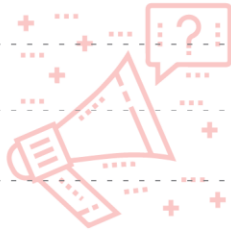
3. GROW FROM PLAY, CONT.

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?

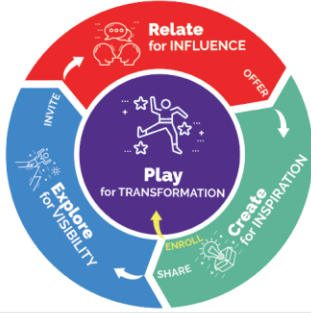
What did you learn about yourself and your superpowers? 



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

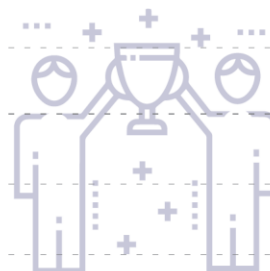
Superpowers



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*



.....

.....

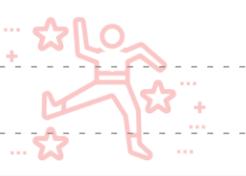
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1. WARM-UP & SPEAK YOUR BIG DREAM 


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: _____

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: _____

1. WARM-UP & SPEAK YOUR BIG DREAM



2. CELEBRATIONS



3. GROW FROM PLAY

A) Achieved Results



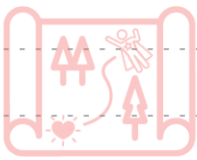
3. B) PIVOTAL MOMENTS

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? 



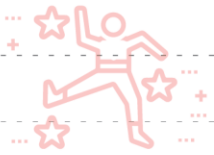
7. PLAY PLAN: What is your transformation for this week? What social actions?

FROM:

TO:

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:

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>BIG DREAM 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! 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>Playful Conscious Mind 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>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>

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

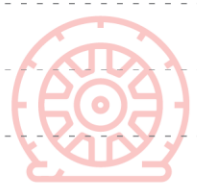


B) Reflections & Celebrations
Memorable Experiences

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!



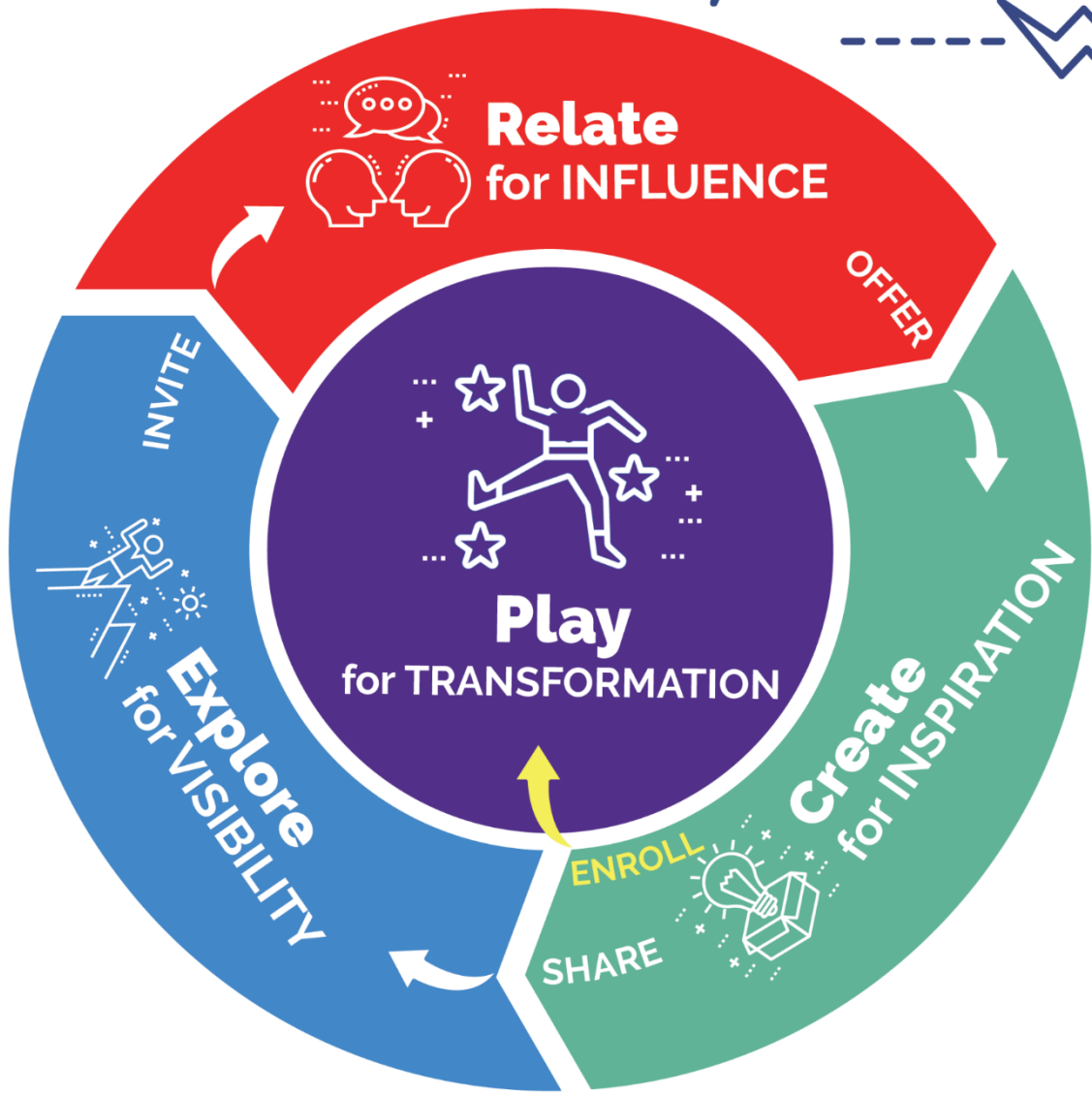
Ability to BELieve

Self-preservation
Self-confidence



Social Play Model

Human Connection Super Skills

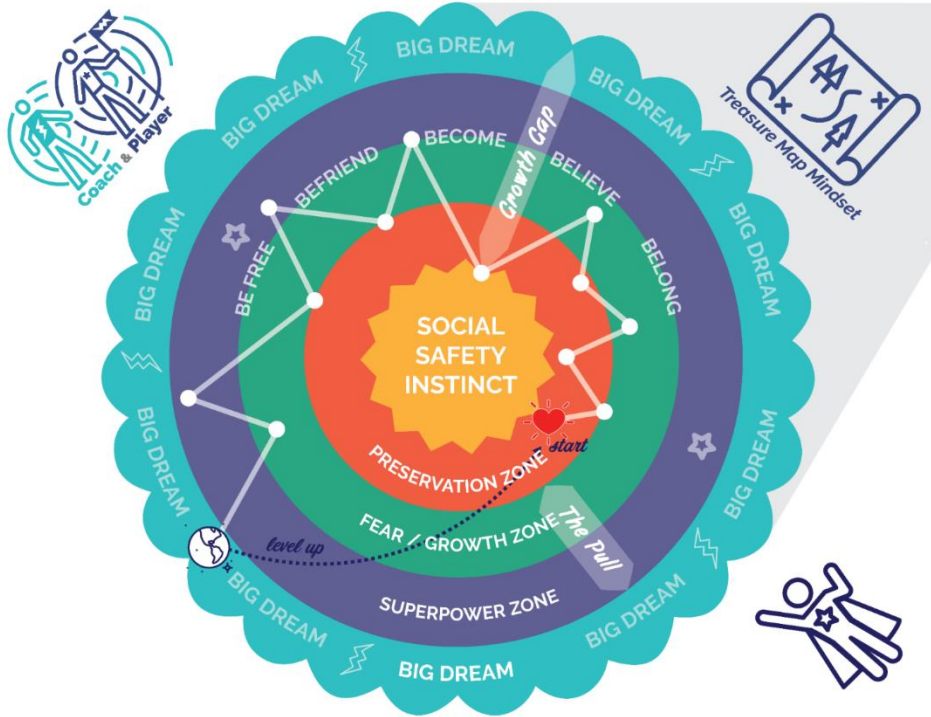


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The Human Journey with a Coach

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!

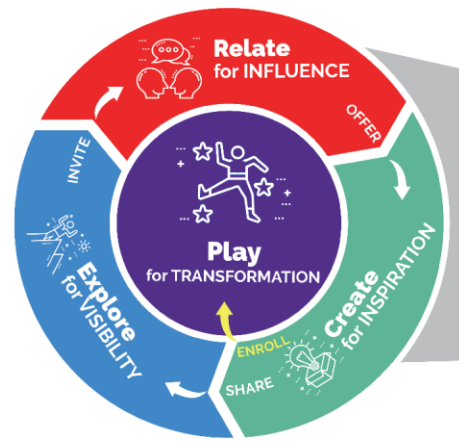
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Celebrate! 

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



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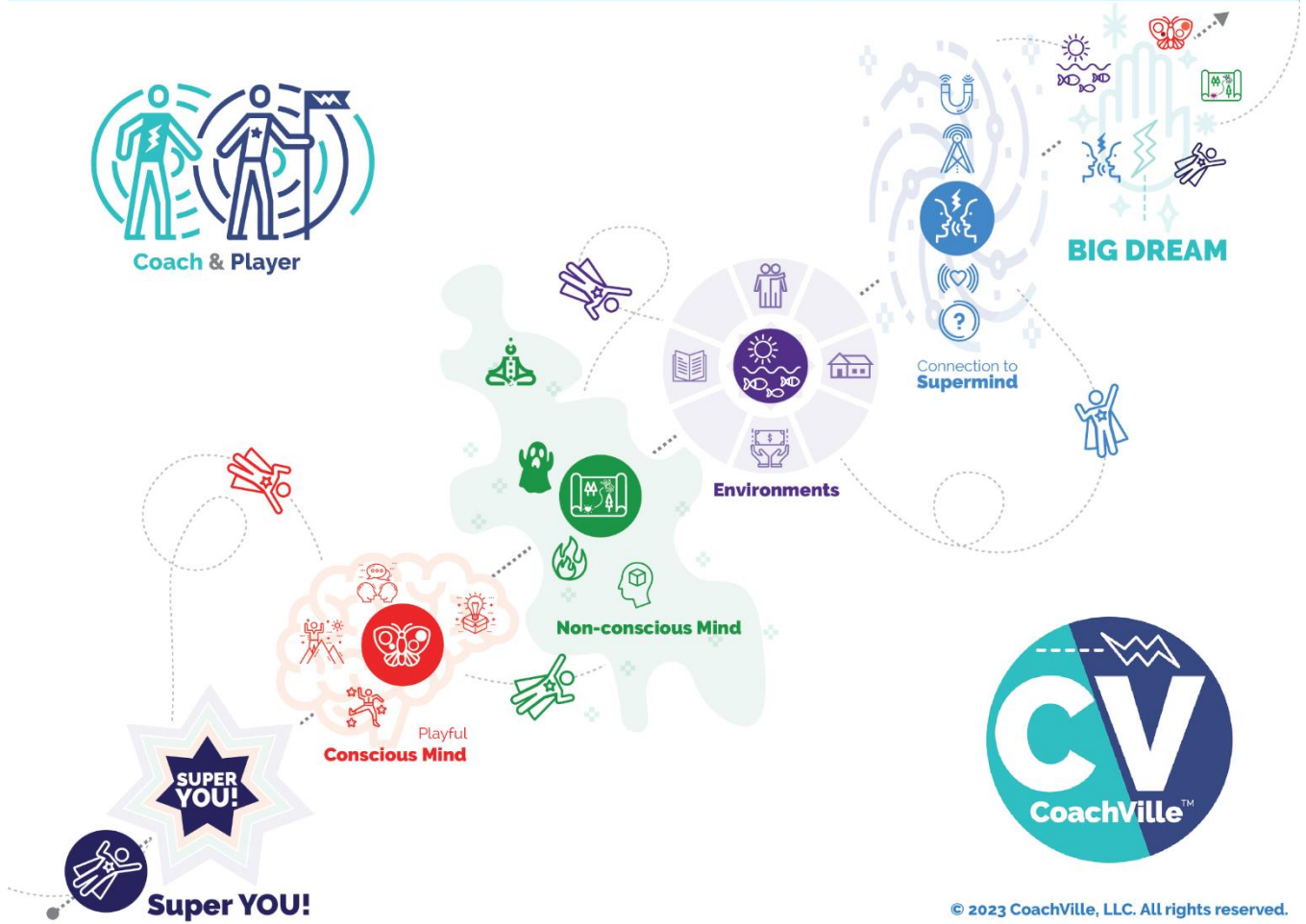
Social Play with 7 Social Fears



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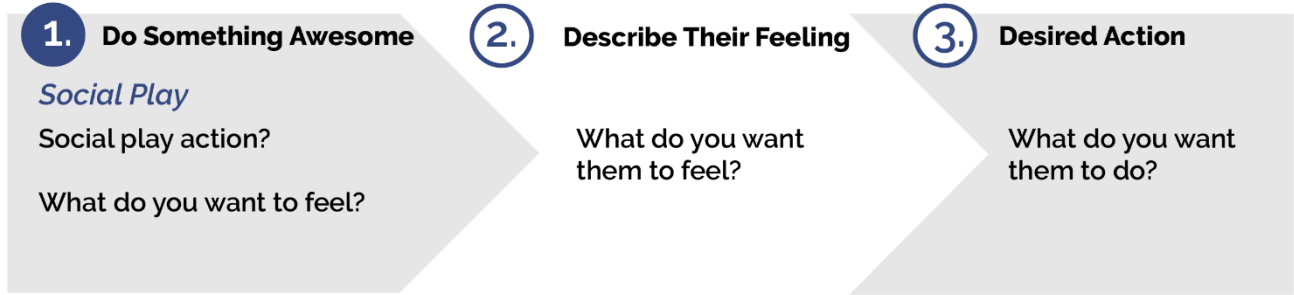
The Energy Alignment Game



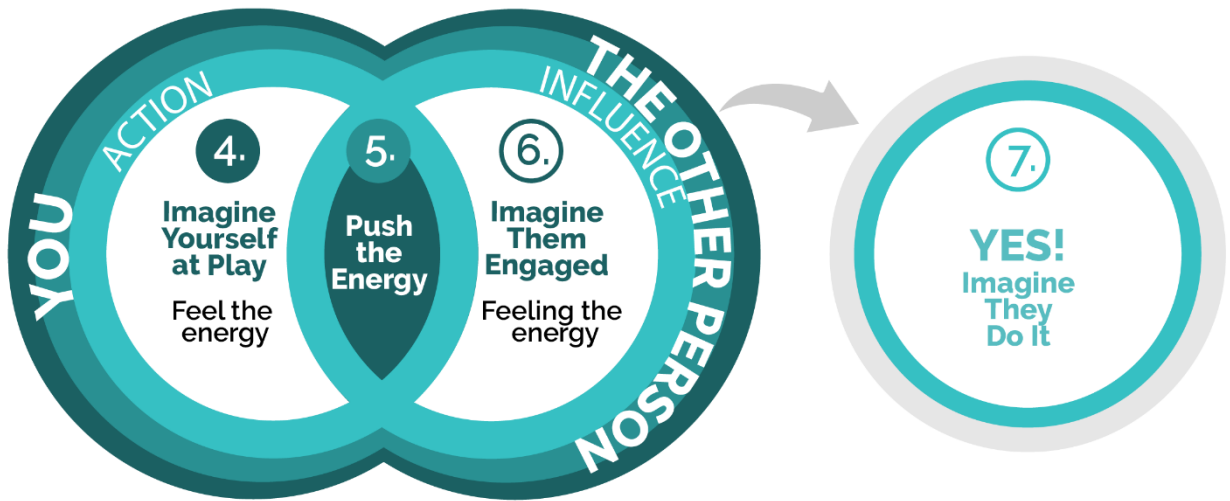
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Peak Experience Technique For Intentional Co-Creation

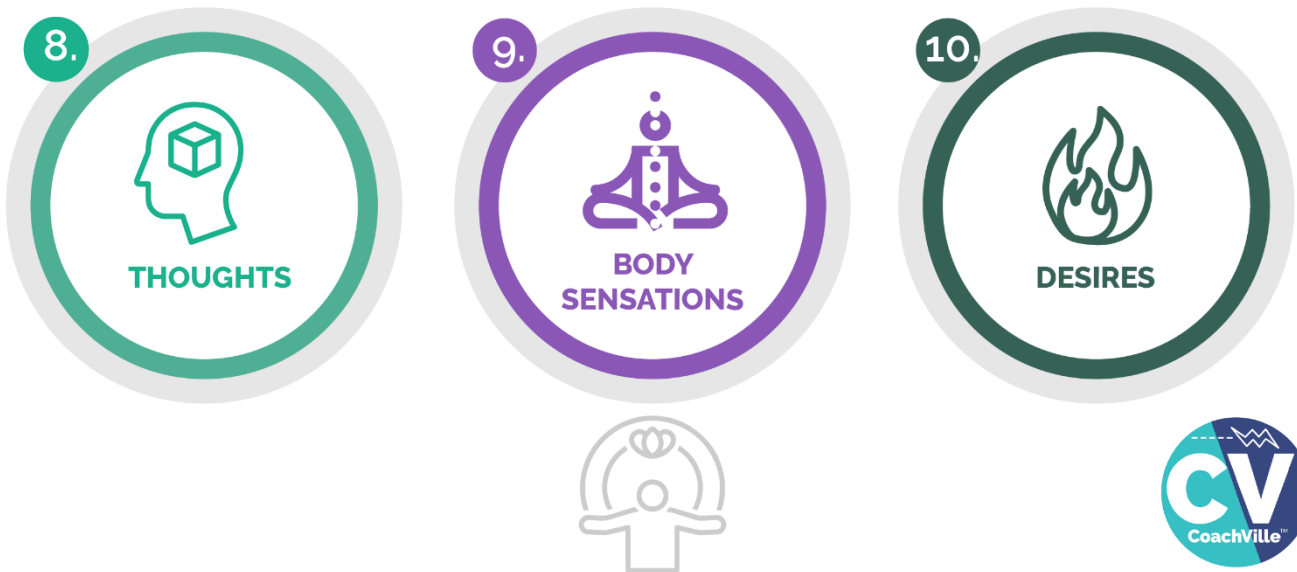
Plan



Play



Grow



Plan

1. Define The Situation

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

2. Define The Role

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

3. Advanced Prep (optional)

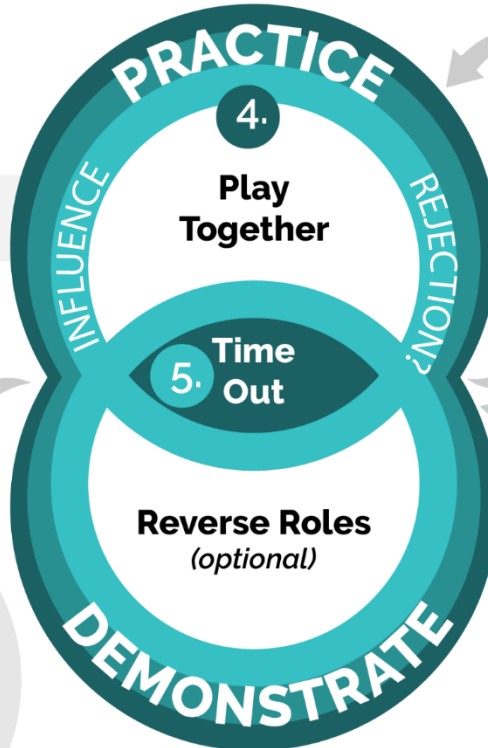
- Approach
- BIG Moment
- *Superpower**

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

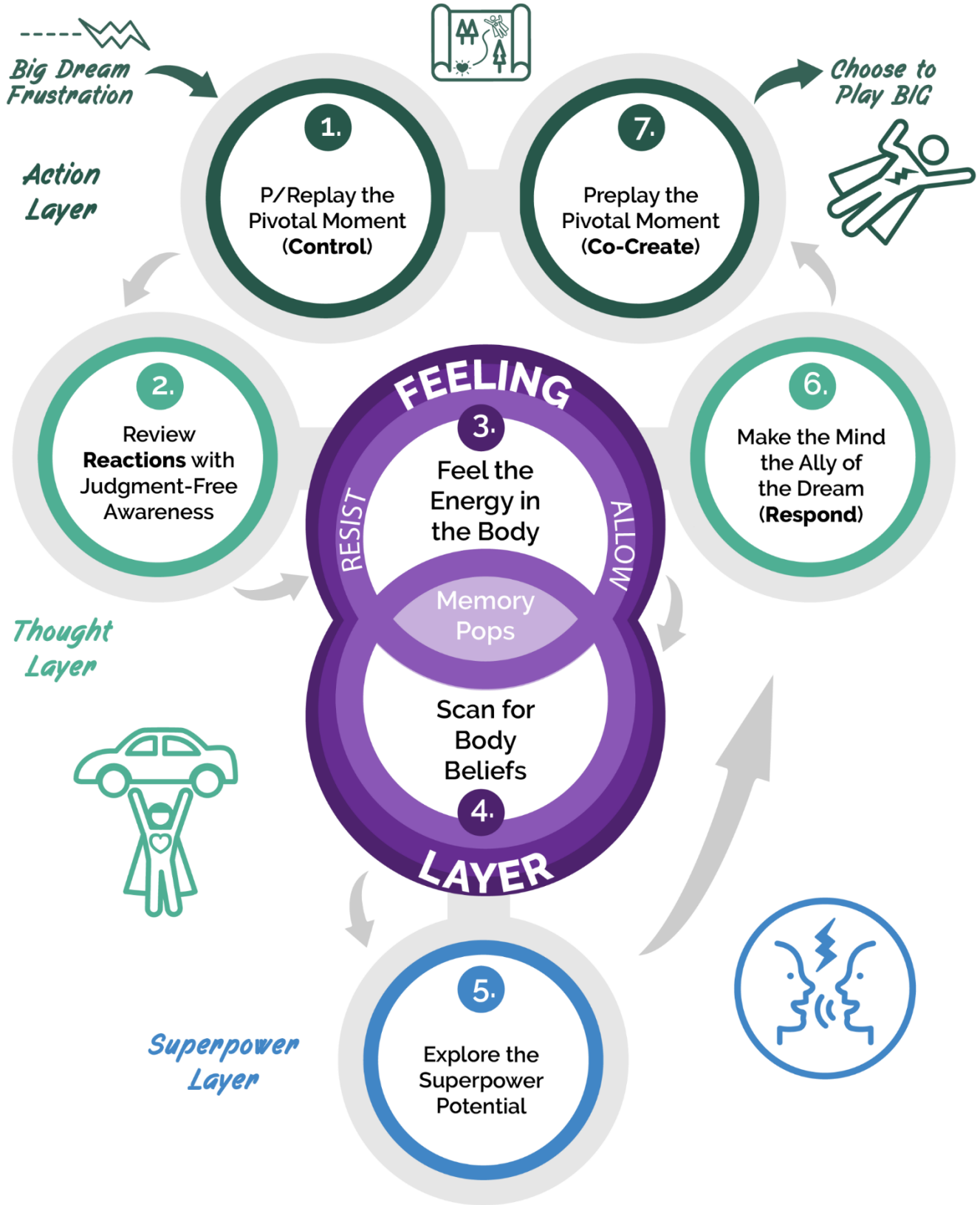
7. Debrief

- Clarity
- Confidence
- Energy



Pivotal Moment Technique





The Story of Little "you" and Super YOU!



That

was

fun!

Thanks for being awesome!

Coach Dave