

# CoachVille ... Human RACE

## Start Here - Playbook



### Quick Summary:

#### Transform Your Life Into Play!

Before it's too late.

Use Coach Approach Principles, Methods and Superpowers to...

#### Transform OUR World

**From:** a place of work where humans are focused on checking tasks off of a to-do list and doing everything perfectly;

**To:** a game worth playing where humans are focused on creating results, facing challenges worthy of the human spirit, becoming great players and loving the game every day.

#### Transform YOUR Life

**From:** an individual with a strong desire to be a positive influence in the lives of others but maybe a little stuck in task-mode.

**To:** a Coach Approach Leader with the ability to fulfill your purpose, transform lives and make a better world by changing the way you play the game.

### Quick Outline

1. Human RACE Overview {Time Investment 5 Minutes}
2. An "Epic Back Story" for our game
3. DO THIS FIRST: Declare Your Intent for the Human RACE Game
4. Game Badge Overview (FUN!)

#### Optional

5. How to ROCK the REAL Life Game Lifestyle
6. Compelling Invitations

## 1) Human RACE Overview

### Deep Personal Transformation Accelerates World Changing Results

The Human RACE Game is a provocative and fun way to explore coaching principles, methods and superpowers and use them to bring about transformation in your own life and create results with the people in your world.

Examples:

# CoachVille ... Human RACE

## Start Here - Playbook

**1) Coaching Principle: Life is a game** with 3 fundamental components:

**Be yourself:** Personal transformation from “hidden self” to created-self: Own your worth.

**Build Relationships:** Team transformation from solitaire to leadership: Live your why.

**Add Value:** Results transformation from working hard to playing the game: Create your life.

Note: this is the Coach Approach to life, business, leadership and career.

**2) Coaching Methods** that foster transformation:

**Play Two Win Method:** Transform your daily life from work to play

**Inner Freedom Method:** Transform your comfort zone from fear to choice

**World Power Method:** Transform your environment from an obstacle to a “success academy”

**3) The Coaching Super Powers** will take us on a journey through the coaching themes of: **Belonging, Results and Awareness.**

### 28-Day Challenge

Each month we will embark a 28-Day Challenge or “Mission” where we will learn and apply a variety of Coach Approach ideas in pursuit of *personal transformation and world changing results.*

Examples:

Challenge Name	Success Principle – Coaching Super Power
The Bigger Why	Build relationships – Create Belonging
Play-First	Add Value to Others – Create Results
Own Your Worth	Be Yourself – Create Awareness
Spirit of Play	Use the Play Two Win Method – Transform work into play
Comfort Zone	Use the Inner Freedom Method – Transform fear into choice
World Power	Use the World Power Method – Transform your environments into a Success Academy

### The RACE Model

The RACE Model – from of our Play 2 Win Method - is an essential part of the Human RACE. Here is the big idea:

You can transform any endeavor in life into Play by using the RACE model; Why is this important?

Because playing a game is more effective and way more fun than going to work!

Here is the high level view of the RACE Model...

### Results – Actions – Challenges – Evaluation

**Results** = You define the results you are playing for in your community. A result is what happens in the world “as a result” of your action.

# CoachVille ... Human RACE

## Start Here - Playbook

**Actions** = This is what you DO to create the result you are playing for. The actions are how you play the game.

**Challenges** = A challenge is anything that stands between you and the result you are playing for. You will face MANY challenges ;-). Challenges are what make a game fun. If there are no challenges between you and the result you seek then it is no longer a game... it is work. Work is when you have total control and what you want to have happen, happens every time without fail. **BORING!**

**Evaluation** = Evaluation is how you look at a game activity after the game play is complete to determine what results were created and what results you failed to create. This is where deep learning begins. The BIG KEY to evaluation is to embrace failure as a gateway to learning and playing better in the next game.

## 2) An “Epic Back Story” for our game

### Great Coaching Will Transform Our World

A fun game always starts with an “Epic Back Story” ;-). Here’s ours:

Our world is in trouble. (Every Epic story starts with our world in trouble!) The Industrial Mindset of Management Science ruled by **Command, Control and Compliance** (The 3 C’s) threatens the joyful life of Human Kind and the Earth itself.

But you can do something about it! Join a small but mighty Guild of Humans, “The CoachVille Coaches”, learn the Coach Approach Principles, Methods and Superpowers and **use them to transform lives, companies and communities from places of work into winnable games worth playing.**

With these abilities you can live a Coach Approach Life of **connection, collaboration and contribution** (The new 3 C’s) by creating the **personal transformation that accelerates world changing results.**

You can play overtly as a Professional Coach or you can be a covert operator and coach within a company, community or cause. Either way, you will earn badges and win rewards as part of a team on a mission to create life-changing conversations and change our world for the better.

We need you.

Start NOW.

# CoachVille ... Human RACE

## Start Here - Playbook

### 3) Do This First

Share on your game card and collect points. YES!

 <p>The <b>RED</b> Rocket is the symbol of the Power Up Section on the game card.</p>	<p><b>Step 1: Click through to your game card.</b> Look for the Power Up section (Find the Red Button with the Rocket!)</p> <p>Find the <b>Human RACE</b> badge. You will see the game card description...</p>  <p><b>START HERE: Human RACE Game 2015:</b> I just read the game overview! This is why I am excited about becoming a <b>Human RACER</b> by transforming my life from work to PLAY...</p> <p>Click on the SHARE button in the right column.</p>  <p>A text entry window will appear. Complete this statement on your game card by sharing thoughts.</p>
	<p><b>Get your FB friends cheering you on! (optional)</b></p>  <p>Under the share box you will see the Facebook login button and “Share On Facebook” button.</p> <p>If you share on Facebook you earn +1 Bonus point in your total score.</p>

#### A few notes about the CoachVille Gamecard System

A **POWER UP** is something that prepares you to do something in the game better. (with more power)

A **GAME ACTION** is when you do something in the world and share about what happened.










A **BIG WIN** is when you get a desired result in the world by taking action and share about what happened.

# CoachVille ... Human RACE

## Start Here - Playbook




### 4) Game Badge Overview

These are the badges that you can earn in the Human RACE game. Not every badge is present in every 30 Day Challenge.

Game Badge	 <b>Power Up</b>	 <b>Game Action</b>	 <b>Big Win</b>
<b>Participation</b>			
	<b>Human RACE</b> Read this playbook to get an overview of the game.	Share about your experiences in playing your life as a game to be a positive influence in the lives of others.	You create an experience of aliveness with someone in your world!
	<b>Contribution</b> There will be a game card element for each gathering where you share your highlights and insights.	* None *	* None *
	<b>Partner</b> Learn how to invite your friends and colleagues to “join the guild” and play the game.	Share about the Human RACE game with a “Game Changer” that you know.	They join the game! WOOO HOOOO.
<b>Methods</b>			
	<b>Play 2 Win</b> Prepare to play the game for results and bring the spirit of play into your actions.	Take your action and share about what you learned from the experience. (photo?)	Get the result and share about what happened.
	<b>Inner Freedom</b> Prepare to engage in activities that are outside of your comfort zone.	Take an action that is out of your comfort zone and share about what you learned from the experience. (photo?)	Your courageous action creates a result and you share about what happened.
	<b>World Power</b> Prepare to upgrade your “9 Environments of You”™ to create your personal success academy.	Take action to upgrade your environment: Zap a toleration, acquire a resource, conduct an experiment or enter a new territory. (photo?)	Something happens in the world because your environment was upgraded and you share about it.

# CoachVille ... Human RACE

## Start Here - Playbook

Game of Life			
	<p><b>Be Yourself</b> Here you earn points by making a plan to Own Your Worth</p>	<p>Take actions to recover who you were born to be, uncover who you learned to be and discover who you choose to be.</p>	<p>You inspire another person to walk the path of transformation to Own Their Worth and share about it.</p>
	<p><b>Build Relationships</b> Here you earn points by making a plan to live your bigger Why</p>	<p>Take actions to invite others or respond to invitations, interact and influence.</p>	<p>You influence another person in a positive way and they send you a "thank you" note and you share about it.</p>
	<p><b>Add Value</b> Here you earn points by making a plan to Create Your Life through Play.</p>	<p>Take actions in pursuit of results that add value to another person.</p>	<p>Co-create your desired results that add value to another person and share about what happened.</p>

**{Keep Reading}**

# CoachVille ... Human RACE

## Start Here - Playbook

### 5) How to ROCK the REAL Game Card Lifestyle

#### Important Information for first time players

The REAL Game Card is what makes participating in programs at CV unique from any other learning place in the world!!! It is what makes our environment a “Community of Mastery”.

**Playing the game card will accelerate your path to mastery by 100 Times!**

**REAL = Results Energize Authentic Living**

This is how you play:

#### 1) Start with Power Ups

At the start of the game, go to the Power Up section of the game card to find the play sheet for each element of the game – Like the one you are reading right now. This will tell you what you need to do to earn points in the game. It will also focus your real life business actions in a really powerful way.

#### 2) Play Your Game in the real world

Go out in the world and do awesome things, take actions in pursuit of results.

#### 3) Visit your game card every day and share your Game Actions and Big Wins

It is important to share something every day about your game as a player. This keeps your brain in “play, share and learn mode”. Plus, your team mates in the game want to know what happened.

#### A) Go to the Game Action Section of your game card

\* **Scroll through** the “Game Action” elements until you find one that you can share something about. They are in strategic order of importance.

\* **Share something** that you did. What did you learn?

**Always share with the intention to inspire others;  
even when you feel like you failed or had a crappy day.  
(Failure can be just as inspiring as success)**

#### B) Go to the BIG Win Section of your game card

If you created a result in one of the game elements, SHARE ABOUT IT. This is a big deal.

**C) Participate:** Visit the game cards of your team mates and read a few shares and make a comment.

This is a very important process that will clear your mind so that you are FREE to jump in and play the next day with a clean slate!

**Important: It may seem like it takes time, but in reality the Game Card GIVES you LOADS of time.**

# CoachVille ... Human RACE

## Start Here - Playbook

### 10 Big Reasons to Rock The REAL Game Card Lifestyle

- 1) You are insanely busy. When you give of your time – time that you don't even have - to contribute to your community, you are a hero. Your community needs heroes. It is as simple and powerful as that.
- 2) Sharing consistently activates a part of your brain that accelerates learning from successes so you get better results much faster. You also avoid repeating mistakes; which is a good thing.
- 3) Sharing about your experiences in writing reveals powerful insights that would otherwise remain hidden. In other words, **you CREATE and LEARN while you are writing**. For example if you are facing a challenge and you type into your game card: "The perfection of this situation is..." FLASH! Insight.
- 4) Learning from others – by reading their game cards - accelerates your path to mastery because you amplify your own learning experiences.
- 5) Sharing your insights in a way that contributes value to others in the community boosts your experience of your own value; receiving external feedback from others creates a MEGA boost of self-worth.
- 6) KNOWING that you are part of a learning community – rather than operating in isolation- boosts your overall feeling of goodwill. Feeling goodwill keeps you operating in the BIG part of your brain where you are creative, while feeling alone keeps you in the smaller/ animal part of your brain where you are reactive. "Isolation is the dream killer" – Barbara Sher
- 7) Having a place to go – your game card - to remember what you have accomplished in the recent past is a significant self-worth boost; When your self-worth is high you take more positive risks which leads to faster learning and better results.
- 8) Having a place to go to be reminded of your own objectives and see a written recap of what you have learned and accomplished recently helps you bounce back from disappointment and course correct very quickly. This minimizes or eliminates time lost due to feeling lost or down about what you are doing; which over time greatly accelerates your path to success.
- 9) Sharing in writing about your game activities at some point every day has the tremendous effect of clearing your mind. This then releases bandwidth being used to "remember" to be used for creativity. AWESOME! It frees up your mind to start the new day with a new game.
- 10) Long term awesomeness! You can come back and review these game cards at any time in the future when you need a boost and to see how far you have traveled on the path to mastery.

#### **BONUS Reason: Get REAL! Results Energize Authentic Living**

Playing the game card gets you focused on Playing for Results every day. When you play for results, your life is better.

# CoachVille ... Human RACE

## Start Here - Playbook

### 6) Compelling Invitations

1) Are you playing the biggest game of your life without a great coach?

**Uhhhh..... Why would you do that?**

Find a great coach for the deep personal transformation that accelerates world changing results...

The CoachVille Agency: Transformation Results Coaching

<http://blog.coachville.com/agency/>

2) Do you have a Dream and a Team?

**A dream...** to do something great in your world

**A team...** employees, advocates, partners, customers... Family...

If you do,

**Then we highly recommend becoming a great Coach.**

Check out the CoachVille Center for Coaching Mastery!

Become a Transformation Results Coach and bring out the best in everyone around you.

<http://blog.coachville.com/become-a-coach-training/>