

Coach Mission 2c: Coach Using Inner Freedom

Inner Freedom Method Playbook



**“Inner Freedom Coaching Axiom #1:
“All growth happens at the edge of your comfort
zone.” - Coach Dave**

Quick Summary:

BIG Idea: Mission 2 is now in the final game card. 12 more sessions with your 3 players; and/or extra session with other players to get to 12.

Now is the time your players are probably on the verge of major breakthroughs. Keep going. Even if it seems like the same FEAR, keep looking for a deeper pattern. Something will POP and it will be life changing.

Your coaching mission is in the final plays!

Stay fully present to your players. Look for ways to go deeper. Look for ways to challenge them toward BIGGER results and bigger fears. This kind of deep connection creates life changing opportunities that don't happen very often. You could be the one.

Keep playing with them. Keep enjoying them.!

Here are a few things that might happen...

- 1) If they still haven't broken through on the big move, they might be giving up. Don't let this happen. Miracles can happen in sessions 9,10,11 and 12.
- 2) If they have had several breakthroughs they might be tempted to settle BACK into their comfort zone. This is when you have to challenge them to play for results. To play big enough, to ASK big enough, where “No” is likely but “Yes” would be truly life changing. Most people never have the support needed to make those kind of plays. But your player has YOU!
- 3) Remember if you don't get all 12 sessions with your recruited players you can continue to fill in sessions by doing Session #1 with people you know. And perhaps some of the #1's you have done are wanting a session #2 or 3! Hah. We love that. Say “yes” and do it.
- 4) It is probably getting really fun with your recruited players. These kinds of moments are truly special. Embrace them.