

INNER Freedom Method

Create Winning Choices



CoachVille : Center for Coaching Mastery

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Inner Freedom Method™ Coaching Playbook

Welcome. On behalf of the entire CV Team, I want to welcome you to the Inner Freedom Method™ Coaching Program Playbook Introduction.

The themes of the program:
The Pursuit of Inner Freedom to Create Winning Choices

AND

Learn how to PLAY with fear!

The BIG IDEA that is the focus of this program is this: People playing a big game in life are often highly aware of exactly what to do, but they are unable to do it on a consistent basis because of the strong conflicting influence of FEAR.

The powerful truth is: **You can PLAY with FEAR!**
This is the coaching opportunity that we will explore in this program.



And we will play with our fundamental coaching theory: **ANY endeavor in life can be played as a winnable game worth playing.**

The emphasis will be on PLAYING a BIG Game in life and adopting a "PLAY framework" in your personal, business and career life. Specifically, you will design and play a game with actions that require you to play outside of your current comfort zone. This is a potentially transformational shift and we invite you to PLAY along with us.

Of course, there will be LOTS of coaching as well! As a part of our DTMOPP "Active learning" method you will collaborate with a coaching partner throughout the program. You will coach and be coached by the same person in all of the in-class coaching exercises. We believe this will allow you to go deeply into the coaching and experience a real coaching relationship.

Finally, with our accreditation with the International Coach Federation (ICF) the 24 Teleclass hours of the program qualify for Continuing Coach Education Units! (CCEU's) This is very exciting.

Enjoy the program and... Play BIG!

A handwritten signature in black ink that reads "Dave Buck".

Coach Dave Buck and the CV Team!

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Section 1: Program Quick Start

Pre-Class Action Plan

This is included in the Playbook Introduction so you will have an awareness of how to get started when you sign up for the class. It may look like a lot! But it is all fun, engaging and will go really fast.

Pre Class Action Plan

1) Read Section 1 of this Play Book: Quick Start And Read Section 2 of this Play Book: Program Introduction

This will give you a good overview of the program.

2) Coach Mission #1: Recruit 5 Practice Players

Read the Coach Mission #1 Playbook located on your program home page. It is just a few pages. Then get started recruiting the people you will coach through the 12 sessions in this program.

Note: This class is typically taken by folks who have been coaching for at least a little while. If that is you, then you can ask 5 people you are already coaching to use the Inner Freedom Method for 12 sessions. Otherwise, your game is to recruit 5 players before the start of class! (or as fast as you can after class starts)

3) Scan Section 3 Session 1

This is a brief outline of the discussion topics for Class Session #1, AND

PRINT: the Session 1 step-by-step coaching guide for you to follow with specific questions and discussion topics to use with your player. **(THIS IS VERY IMPORTANT)**

4) Listen to the first coaching demonstration recording

You will find the link to the audio on your program home page.

You can follow along with the Coaching outline to observe how it is used as a general structure for the coaching conversation.

5) Read Section 4 Chapter 1: Coaching Super Power Belonging

6) Play Mission #1: Name your BIG Move

Read the Inner Freedom Mission #1 Playbook located on your program home page. It is just a few pages.

Then name your game as a player for the 6 sessions of this program and share it with 5 of your biggest fans.

7) Read the "Dyad Guide"

You will find this document on your program home page. It will prepare you to have a great experience with your coaching partner in class.

Note: you only need to read this before your first ever CV Class!

You are READY for the first class!

8) Read the Start Here playbook for the game card!

As soon as the game card link is available: Read the Start Here Playbook. Especially the section on how to "Rock the game card lifestyle"!

The Game

Your REAL LIFE is the game!

Each week between classes you will play a fun and challenging game where you earn points for:

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- 1) Listening to the recorded coaching demonstrations
- 2) Sharing about what you have learned in class conversations
- 3) **Completing Missions** to coach your players
- 4) Completing Missions in your own game
- 5) Staying in contact with your class partner (player/coach)
- 6) Inspiring your team mates and being inspired by them

Your personal "game card" will keep you in the game with what you have accomplished and what you need to do next. The public leaderboard will allow you to see how everyone else is doing. Then you can explore the game cards of your class mates for ideas and inspiration. And... when you share you will attempt to inspire them as well!

Note: Center for Coaching Mastery Teleclass Students need a minimum of 50 points per game card to pass the class.

Two Missions to Start the Program!

There are two mission categories that run through your Inner Freedom Method Game cards: Coach Mission and Inner Freedom Mission.

The Coach Mission is all about using the Inner Freedom Method with your practice players to create learning for you and transformation for them. You will share about your experiences AND accumulate "Thanks Coach" comments.

The Inner Freedom Mission is about pursuing a BIG MOVE in your own game that is on the edge of your comfort zone, sharing about your experiences and accumulating "WOW" experiences.

There are detailed Playbooks for each of these "Missions" on your game card. These notes will spark your curiosity!

Coach Mission 1: Recruit 5 Players

Here is a brief excerpt from the Coach Mission 1 Playbook that you will find on the program home page and in the game card.

You are on a mission...

To become a great coach, you must embark on a mission to transform the way you approach the FEARS that your players face when they play BIG.

Coaches are ALWAYS looking for good players. Great Leaders are ALWAYS looking for good players. And then they aim to make them great!

As we move beyond the Industrial Age of Work into the Connected Age of Purpose more and more people are yearning to play a BIG game in Life. When they do this, they will naturally bump up against fear. They need a great coach with a reliable method to walk with them on the edge of their comfort zone!

This is a delicate matter but also a great opportunity.

*There is a BIG difference between:
a person who just seems to have a lot of problems, AND
a person who is a little stuck BECAUSE they are playing BIG.*

Coaching using the Inner Freedom method requires a combination of openness AND tenacity by the player AND the coach.



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Thriving in the Connected Age of Purpose requires deep connections, self-expression and the vulnerability to contribute to others in a unique way.

You need players with a strong desire to be great and the willingness to look deeper into themselves. This actually describes a LOT of people but many of them don't know it yet. Your mission is to recruit 5 good players who are ready. Ready to face the fears that come up when they take the creative risks necessary to play for results and to make good things happen in the world.

Who do you know who is ready for this? And who will help YOU fulfill your purpose to expand your capabilities with the Inner Freedom Super Powers?

Inner Freedom Mission 1: Choose a BIG MOVE

Here is a brief excerpt from the Inner Freedom Mission 1 Playbook that you will find on the program home page and in the game card.

BIG Idea: It's YOUR Game. To fully immerse yourself in the Inner Freedom Method you must experience it as a coach AND as a player. To do this you must choose a BIG MOVE that will compel you to "Play With Fear" on the edge of your comfort zone!

You are on a mission...

Think about what a HUGE opportunity this is. YOU PROBABLY KNOW WHAT THE ONE BIG MOVE IS! The ONE game action and result where if you did it with power and grace and energy every day – it could send your business, career or relationship into a state of awesomeness! Your ONE BIG MOVE is just over the edge of your comfort zone so it has been elusive or a struggle.

You see other players in the game making this move. You know it's possible. You want to do it. But for some reason, it's just not happening.

Now is your chance to put all of your energy into THAT ONE MOVE with the powerful assistance of your new Inner Freedom Super Powers and your Inner Freedom colleagues! Let's DO IT!

As you think about your BIG MOVE, consider that the idea of playing BIG is to express yourself and create results that contribute to the lives of others. It's not just about you doing something, it includes influencing or sharing with other people in a unique way.

Remember that you want to go for something that connects to your purpose in a BIG way so that it is meaningful and edgy; something that will inspire the needed combination of tenacity and vulnerability.

At this point you just need a place to start. You can refine the game as you play it.

Got it? OK, then you are ready.



Section 2: Program Introduction

Program Description

A 9-step Coaching Method to Create Winning Choices

Play with Fear and you can do anything. This is the mantra for this life changing program.

The Inner Freedom™ Method is a powerful 9-step method where you **identify subconscious patterns of fear** and transform them into a powerful source of energy to fulfill your purpose to Play BIG.

Your story as a player...

As you step into your big game in life you will often find yourself severely slowed or even stuck by the invisible force of FEAR! With the Inner Freedom Method you will create a **personal transformation...**

From: fear and emotions are something you "power through"; the subconscious mind is dark and mysterious and must be avoided.

To: you can play with fear and emotions; the subconscious mind is a vast resource of wisdom and power.

With the Inner Freedom Method you learn how to approach fear with the spirit of play; to explore it with curiosity. This brings deep understanding to the survival patterns that are creating conflict with your desire to play BIG. With expanded awareness we can transform inner conflict into positive energy, joyful self expression and deep confidence. This leads to winning choices and **winning results!**

The BIG Question: How BIG do you CHOOSE to play in this amazing game of your life?

With Inner Freedom it is truly your choice!

Your story as a Coach...

When you coach your player to play big in the outside world their "Inner World" will put up a LOT of resistance. Nearly every decision we make in social situations is instantaneously determined by patterns of feeling in the subconscious mind; what to say, NOT say, what to do, must NEVER do. When we start playing big, we often notice how restricted we feel; and it's frustrating.

This is your opportunity for coach-able moments of **transformation that lead to results...**

From: Motivate your workers to overcome (power through) fear and control their emotions.



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To: Teach your players to embrace fear and respond to their emotions.

When you bring the Inner Freedom Method to your coaching conversations your players will be amazed at the awareness that comes into focus. And they will be thrilled when freedom and RESULTS replace frustration! You will be a coaching hero! (always fun)

Jack Canfield, a leader in the personal growth industry, raves about the Inner Freedom Method. You will too.

With the Inner Freedom Method you will be able to coach the biggest players in the most challenging and high impact games.

When the word gets out about what you can do, you will be in high demand.

The BIG questions: How BIG do you want to be as a coach?

Do you see yourself as a coach approach leader of influence with people who truly want to make a difference in your community? in the world?

The BIG Picture

Humans are emerging from the Industrial Age of Work into the Connected Age of Purpose. More and more of us are yearning to live more fully; to experience and express our uniqueness AND our connectedness. To do this, we MUST be highly aware of and leverage ALL aspects of the Human Experience: including purpose, desires, emotions and fear.

Together we must embrace the truth that the game of life INCLUDES challenges and hardships that give us opportunities to grow more fully into ourselves and connect more deeply with others. We have a choice in how we play the moments of our lives. To be a coach in the world means living, loving and teaching these truths.

The 9-Step Inner Freedom Method™

The Inner Freedom Method™ is a sequence of transformational techniques that guide the player from feeling stuck (inner resistance) to feeling free (inner freedom).

Each of these steps creates a rich exploration

While you are coaching your player, you reveal areas of inner conflict and FEAR.

This is when your player is resisting or avoiding an important action of the game. Or where they are doing the action but they REALLY have to force themselves to do it; they do not have ease. OR they are doing the activity but they are not getting the results that they desire.

When any of these situations are occurring, it is a good time to use the Inner Freedom Method

Step 1) Replay (or PrePlay) the critical moment of choice

This is a tool to find the critical moments of choice where inner conflict is restricting positive action. You do this by looking straight at what is NOT happening.

Step 2) Use Judgment-free awareness

This is a tool to scan the mind for thoughts that reveal patterns of reaction or charged energy. It creates a safe space to acknowledge fear and other emotions.

Step 3) Feel the energy in the body

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Your body is your subconscious mind. All resistance begins as a subtle (or not so subtle) physical sensation. e.g. I feel something in my chest. Feeling the energy in the body will shift you from resisting to allowing and provide a gateway to intuition and inner knowing.

Step 4) Scan for emotions

Emotions are a powerful source of energy that can lead to deep awareness. Mostly we have been trained to suppress them. Exploring them will reveal sources of the inner conflict.

Step 5) Find the perfection in the Survival Intention that is causing the conflict.

At the heart of inner conflict is the imperative to SURVIVE, play safe or stay small. Attempting to play big brings these thoughts and feelings of conflict to the surface. Finding the perfection of this intention in your life is a key step toward freedom.

Step 6) Make your mind your ally

With this step you will explore the thoughts that arise from the SURVIVAL intention to stay safe and then create a new pattern of thought that will support your CORE Intention to play BIG. Here you will shift from thinking reactive thoughts to responding powerfully in the moment.

Step 7) Find the perfection in your current situation

Here you will explore how the challenges you are facing in your current situation are serving you to make your desire to play BIG a reality. When you recognize the perfection you can shift from attempting to control the situation to co-creating with reality.

Step 8) Experience the flow of gratitude

This step solidifies your capacity to expand your comfort zone and play big in the world.

Step 9) Replay the moment of choice with "Play BIG" pattern language

Creating new patterns of feeling, thought and action takes practice. Using visualization accelerates the process and reveals additional patterns of resistance to explore.

In the program you will learn and practice each of the steps independently and then learn how to use them all together in a fluid conversation.

The Inherent Forces: Survival and Contribution

There is a beautiful conflict within each and every one of us; the conflict that is the central theme of almost every worthwhile story.

It is the conflict between the imperative to survive and the desire to contribute to the world and accomplish something great.

This conflict is not a problem or a bad thing or something to avoid; rather it is what makes life so wondrous! Every single day, in fact many time each day, you are faced with choices and opportunities where you can step into your desire to play big and contribute to the world in a significant way OR you can choose to play safe, to survive and avoid "trouble".

In the Inner Freedom Method program you will learn how to embrace the dance between these forces and ride the powerful wave of energy that this beautiful conflict can provide you and your players.

In the program you will learn:

1. Why the big game creates inner conflict – EVERY TIME
2. How to quickly find the "Critical Moments of Choice" where the freedom to play BIG is blocked
3. Techniques for shifting the energy of thoughts, feelings and actions to restore the freedom to make winning choices.

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With these techniques your players will become Super Conductive -free to play BIG - and able to create results with greater ease.

Coaching Super Powers: Feel the Energy, Find the Perfection and Create Power Patterns

This is a life-changing collection of coaching super powers!

First you will learn how to guide your player into **feel the energy** in the body to create awareness of the deep wisdom of the subconscious mind; you do this through a practice of guided visualizations into the physical sensations in the body.

Next you will learn how to **find the perfection** in life situations both past and present. This practice is an ancient truth that has been taught through the centuries that you will learn how to use in a powerfully modern way. With this super power your player will be able to make their mind an ally of their BIG game.

Finally you will learn how to guide your player in the **creation of new power patterns!** The survival imperative operates in the subconscious mind through power patterns of feelings and thoughts; these thoughts and feelings operate below the surface to "keep you safe". While they do this very well, often they also keep you from taking the actions needed to play BIG and contribute to the world. So... you will need to help your player create a new set of power patterns that support their desire to Play BIG. This way, your player will have a conscious choice of when to play big and when to play safe. It is so awesome. (Note: this may sound like NLP, but it is not)

Big Breakthrough: Play with the fear on the edge of your comfort zone

The way to keep growing in a healthy way is to play just over the edge of your comfort zone; where the actions you need to take to be successful are outside of the realm where you have total certainty; where the outcome is a bit mysterious; where you have just a little bit of fear. As a Coach, you need to master the ability to guide your player into this "sweet spot" of growth on a regular basis - otherwise they will get bored!

At the same time, most people really resist stepping out of their comfort zones! Why? Because it is uncomfortable! (duh!) and we have all been trained to stay comfortable; to maintain control. So you need a few things: 1) the courage to play out of YOUR comfort zone; 2) A way to talk about the benefits of stepping up to bigger challenges and opportunities to contribute; 3) A powerful tool to bring your player through the uncomfortable experience of fear in a way that is engaging and effective. When your player sees that you have a tool that really works, they will play bigger more readily and really enjoy coaching with you.

You can PLAY with fear

Fear is a natural consequence of playing big in your life. It not to be ignored or overcome, it needs to be EMBRACED. You can learn a lot from your fear and when you do you are free to play as big as your life's intentions and purpose will take you.

What this means in practical terms is that you are FREE to act powerfully in the moment in a way that is creative, resilient and resourceful. You are fluid and get MUCH better results, more often with less struggle. This is what we want for our players - and for ourselves!

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Meet Player Lauri

As part of the Inner Freedom Method Coaching class you will "listen in" on 12 life-changing coaching conversations between Coach Dave and Player Lauri of StepIntoGreat.com

When these sessions began, Lauri was an aspiring author and business leader. She had a plan to write, create a local networking group and build a thriving business. There was only one problem (well 3 problems) ... She wasn't writing and she wasn't talking to anyone about her business and she wasn't signing any clients. This is where the story begins and you will be amazed at how it unfolds. You will often see yourself in her story as she expands her Inner Freedom; You will also benefit from the power of "osmosis coaching".



The Themes of the Program

1) Why Playing Big creates FEAR (aka Inner Conflict) - EVERY TIME

When we play the games of our lives, relationship, school, business, career and health, we utilize patterns of thought, feeling and action. We start creating these patterns subconsciously from an early age. These patterns serve us well because we don't have to figure everything out for the first time every time we do it! Most of the patterns operating in your life today were created when you were less than 12 years of age. However, when you want to play bigger, many of your current patterns will create inner resistance until you create new patterns.

2) Flow - just on the edge of your comfort zone

To really be in the flow of your game you have to be in the sweet spot between knowing what to do and not knowing what will happen next. There has to be a challenge in order to really engage your creativity. We call this being on the edge of your comfort zone. It is exciting because you can learn and grow but also risky because you can make mistakes.

3) Just a little bit of fear - will send you into "busy-work"

Did you ever notice that sometimes when you have an important action to take or phone call to make, you mysteriously find yourself reading your e-mail instead? This is a very common experience but most of the time it happens so fast and so subconsciously that we don't notice it. This reason is VERY simple: when the thought of doing something has even a LITTLE BIT OF FEAR associated with it, you will naturally move to do something where there is no fear; where you have total control. When you endeavor to play big you will notice this happening A LOT! We will explore how to catch it before you waste the whole day and how to use the Inner Freedom method to choose the critical activities that make the biggest impact on your results - the slightly scary ones! This is creating winning choices.

4) Judgment-free awareness - an essential tool for growth in any endeavor

The "judgment-free awareness" framework is absolutely essential if you want to play BIG. First described by Timothy Gallway in the "Inner Game of Tennis" the technique allows you to notice what you are doing and how you are doing it without harsh criticism. This allows you to stay fully engaged in what you are doing and focused on your picture of excellence - rather than the "mistakes" you are making right now.

5) Expanding Energy Awareness

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Humans have three fundamental forms of energy: thoughts, feelings and actions. These energies flow in patterns; we call these energy patterns. When these energy patterns are aligned, your desired results happen quickly and with relative ease; When they are flowing in different - even opposite - directions, seemingly undesired things happen with regularity. And we have the experience of feeling stuck or blocked.

At the same time, energy is bi-directional. Our energy flows out and at the same time we receive energy - this is often called attraction or magnetism. When our thoughts, feelings and actions are aligned we attract energy - in many wonderful and sometimes surprising forms - that supports the fulfillment of our desires. When they are not aligned, well, we attract all sorts of things that slow us down.

6) Expanding the capacity to feel

"I knew in my gut but I didn't listen". This is a common lament of the player that is not tapping into the full power of the wisdom stored in the body. In this program we will expand your capacity to feel the energy in your body and dramatically increase your access to intuition.

The technique for shifting energy in the body involves expanding the capacity to feel. We will learn an effective guided visualization technique for exploring the physical sensations that are triggered by life's experiences. Feeling physical sensations and noticing without reacting to the emotions that surround them is often a life changing experience. Using this technique shifts the player from a place of resisting to one of allowing. It shifts the energy from overwhelm to freedom.

7) Expanding the capacity to respond

The techniques for shifting energy in the mind involve integrating logic and emotion; where thinking clearly about a situation includes emotions but is not dominated by them. We will learn a technique called: Make Your Mind Your Ally with judgment-free awareness. Using this technique shifts the player from reacting to responding resourcefully in the moment. It shifts the energy from isolation to one of openness.

8) Recognize the perfection of the situation

The technique for shifting the energy of action from controlling to co-creating involves seeing the perfection in the situation. Finding the perfection requires seeing yourself in the big picture of your life, the community and the world. You will learn a guided inquiry that enables the coach and player to see from this perspective. Using this technique shifts the player from a place of control to a place of co-creating with everything that is happening. It shifts the energy from frustration to trusting the universe and life itself.

How this program will make you a better coach

- 1) Your confidence as a coach will increase dramatically because you KNOW you have the tools to handle ANY challenging situation your player is in.
- 2) Your ability to find the "critical moment" and shift the experience for your player from inner resistance to inner freedom will create extraordinary richness in every session. You will learn exactly what questions to ask and what to look for.
- 3) Understanding and using body awareness will allow you to help your players expand and tap into intuition and inner knowing
- 4) The ability to find the perfection in situations past and present is a most extraordinary booster to self worth; which is something EVERYONE values greatly
- 5) Your players will FEEL more capable to play BIG in the world after every session with you.
- 6) You will become masterful in reading the dynamic of in/out of the comfort zone and know just how to keep your players on the growing edge.
- 7) You will have a deep understanding AND a solution for the common challenges people face today: overwhelm, frustration, isolation and even apathy! This will give you great confidence in coaching a player through challenging situations.

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- 8) You will learn how to talk about FEAR and inner conflict as a catalyst for growth with your players.
- 9) You will expand your understanding of the dynamic balance between support and challenge which has the effect of boosting your players self-worth. This in turn will greatly enhance their ability to play the game and get results.

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The Inner Freedom Method Play Sheet – Explore Inner Conflict

This Play Sheet is useful for taking notes about your player and the situation. It will help you get a picture of the game and identify areas to explore for inner resistance.

Name of the Game:	Areas of Inner Conflict What is not happening?
Purpose of the Game – Why are you playing?	Actions that you are NOT doing Resisting / Avoiding – Experiencing Overwhelm
	1)
	2)
Primary Objectives in the game?	3)
1)	4)
2)	5)
3)	6)
Actions of the Game	Acting through resistance – forcing yourself Mind Reacting – Experiencing Isolation
1)	1)
2)	2)
3)	3)
4)	4)
5)	5)
6)	Results that are NOT happening Attempting Control – Experiencing Frustration
Intended Results of the Actions	1)
1)	2)
2)	3)
3)	4)
4)	5)
5)	
6)	

How to use the Inner Freedom Method Play Sheet

Left Side – The Game

1) Name of the Game:

In the first box on the left write the name of the game

2) Purpose of the Game – Why are you playing?

Understand how this game connects to the players life

3) Primary Objectives in the game?

Three things they want to accomplish in the next 3 months. Make sure at least one is tangible. AND make sure these objectives are a BIG stretch for the player that will pull them out of their comfort zone.

4) Actions of the Game

Create a list if recurring actions; Actions that are important in the game on a daily basis. Especially find out actions that would be BIG even if they are not doing them right now.

5) Intended Results of the Game

For each recurring action, what does the player want to have happen when they do this activity.

Right Side - Areas of Inner Conflict - What is not happening?

This part of the play sheet is used as you get into the game and identify specifically what your player needs to focus on how to play better and get more consistent results.

6) Actions that you are NOT doing - Resisting / Avoiding – Experiencing Overwhelm

Ask your player which activities do they tend to resist or avoid

7) Acting through resistance – forcing yourself - Mind Reacting – Experiencing Isolation

Ask your players which activities they do only when they really FORCE themselves to do it. Or they do it typically after procrastinating.

8) Results that are NOT happening - Attempting Control – Experiencing Frustration

Here you will note the results that your player wants most to achieve BUT they are not happening often enough.

Section 3 – Session Outlines

Session 1 – Coaching Outline – Find the Inner Conflict in the Big Game

Use the Inner Freedom Method Play Sheet to guide your inquiry

Coach: This coaching outline is similar to the outline you used while recruiting your players. So, a few of the questions you have already asked; in this conversation you will want to go a little deeper. Remember, people generally hesitate at first talking about what is not happening because in the Industrial Age that meant you were in trouble. So the consistent nature of the conversation will begin to put your player at ease. They will likely share more this time than they did in the recruiting conversation.

1) Define the Game

Fill in the left side of the play sheet.

ASK: What is the (New/BIG) Game?

ASK: What is the purpose of the game?

ASK: What are your objectives for this game over the next 3 months

ASK: What are the primary actions of this game? What do you need to do?

ASK: What are the recurring actions of the game?

ASK: What are the results that you are playing for on a regular basis?

What needs to happen on a regular basis for you to win?

{Coach, mostly listen during this part. Share insights and curious questions if they pop up.}

2) Explore the Game for FEAR and Inner Conflict

Fill in the right side of the play sheet.

{Coach, here you really need to focus on being full present, judgment-free awareness even a little lightness. People often take being a little stuck REALLY seriously. Your “lightness” and not getting sucked into any “drama” will prepare your player for the energy of PLAYING with fear.}

ASK: What are the actions that you are NOT taking?

ASK: What are you resisting or avoiding?)

ASK: Are there are times when you could be doing important things and you find yourself doing trivial things or “busy work”

ASK: Are you experiencing overwhelm? Too MUCH to do? Often you can’t figure out where to begin?

{Coach, mostly listen. Share insights and curious questions if they pop up.

AVOID offering solutions!}

ASK: What are the actions that you are taking but you experience resistance?

In other words, you have to force yourself to do them? Or you have to “talk” yourself into it.

ASK: Are you experiencing reactive or negative thoughts?

{Coach, mostly listen. Share insights and curious questions if they pop up.

AVOID offering solutions!}

ASK: What desired results are NOT happening?

ASK: Where are you experiencing frustration?

{Coach, mostly listen. Share insights and curious questions if they pop up.

AVOID offering solutions!}

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3) Review the Situation

ASK: From this review, what is your assessment of your situation?

4) Do they need challenge or support?

(Are they in or out of their comfort zone?)

ASK: Do you think you need challenge or support to start winning this game?

If support / encouragement is needed...

SAY: This is where the next level of coaching begins. It sounds like you are out of your comfort zone here. That is good. It means you are playing a big game! I have a powerful method that we will use together to get you into the flow of creative action and results.

If challenge is needed...

SAY: OK. This might sound strange, but I think the problem is that the game is too easy for you right now. You are feeling stuck because you are trapped inside your comfort zone. You are not challenging yourself. So, I am going to challenge you to play a bigger game to get out of this rut.

5) Give them the "Play and Journal" Game:

ASK: What is one recurring activity that is outside of your comfort zone that you can engage in this week to expand your awareness of inner resistance?

ASK: What are the results that you want to come from that activity?

SAY: Keep a little journal of your experiences as you play (or avoid playing): .
NOTICE AND JOURNAL...

- a) Actions that you KNOW would help you to win – but you avoid
- b) Actions that you take through great resistance.
- c) Thoughts that pop up while you are playing that are not supportive.
- d) Thoughts that pop up while you are not playing
- e) Notice the results that are happening and NOT happening

SAY: I want you to play as BIG as you can this week. Really put yourself into it.

Section 4 – The Inner Freedom Method

Chapter 1 – Inner Freedom: Play with Fear

What Inner Freedom is

Inner Freedom is the ability to freely choose the best action or non-action in any moment. Inner Freedom accelerates your ability to create the results that you desire in your game and in your life.

Inner Freedom.

Feeling of being At ease in the situation

The courage to act in the moment

Being in the flow and knowing what to do next (or knowing when to do nothing)

The absence of fear

Awareness and integration of feelings (body wisdom) and thoughts and emotions

How to PLAY with fear

What does “Play with fear” mean to you?

- a) Approach fear with the spirit of play; with curiosity and full engagement
- b) Play EVEN when you experience fear

The BIG IDEA - The power to manifest aka to create results

Your pure heart intentions are a powerful source of energy.

Your feelings, thoughts and actions are the energy that will go toward that intention and attract opportunities

When they are aligned they flow in the direction of your vision - things happen

When they are not aligned they create resistance and then your hearts intentions do not manifest.

Create a BIG game that will pull you outside of your comfort zone

Your comfort zone – what is it?

The comfort zone is not good or bad

Inside your comfort zone you are familiar with everything happening

Inside your comfort zone you are familiar with your thoughts and feelings and actions

Inside your comfort zone you know what to do because you have done it before

Familiar / comfortable does NOT mean you like it or it is desirable: You may not like it but it is "comfortable"

Outside the comfort zone it is where you are growing

Outside the comfort zone is where you are trying new things

Outside the comfort zone is where you experience risk

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As part of the game for in the Inner Freedom program you will take on a Play Mission that will pull you out of your comfort zone... Intentionally!

Here are a few notes about this from the content in this chapter.

How to step outside of your comfort zone...

Key Point: Focus on actions where you are engaging with other people rather than things you will do alone. Solo tasks are generally safe - even if new - People actions are more scary.

example: if you are wanting to walk 2 miles a day and that is outside of your comfort zone.

Make it REALLY outside your comfort zone by enrolling a few people as walking partners. Every day walk 2 miles with someone!

REMEMBER: Tasks are Safe - People are Dangerous

REMEMBER: It only takes A LITTLE BIT OF FEAR for something to be outside your comfort zone

Explore the BIG game for FEAR and inner conflict

Inner conflict is a natural consequence of playing BIG in the world.

What does it mean to play BIG in the world?

"Playing BIG" means different things to different people. However there are some common characteristics.

- Express your talents - especially those you keep hidden (your true gifts)
- Play to add value to the lives of others
- Challenge yourself to do something you have not done before
- Be assertive about who you are and what you want
- Stretch to expand the value you create for others
- Take action on desires from your heart

We have a theory:

When you play a bigger game, you create inner conflict.

Inner conflict creates chaos in your world.

- When you play BIGGER you are doing things you have never done before. Or they are similar but with more risk or more importance.
- When you push into the unknown, you often experience doubt and uncertainty. You have to face the risk that you may fail or be disappointed; or disappoint others
- The human imperative to be comfortable, safe, in control, in familiar terrain is a powerful force in our lives.
- Humans are pattern creation beings - everything we do more than a few times we create a pattern; we do this so that we can do it without "thinking" about it every time; e.g.. driving home from a familiar place. brushing your teeth
- You experience "chaos" when you don't have a pattern for something. You can't quickly make sense out of what you are seeing or doing.
- Often your beliefs about yourself don't fit in the bigger game which creates inner conflict with who you know yourself to be.
- Often physical sensations (feelings) start to buzz in your body; This FEELS uncomfortable which creates inner conflict with the desire for comfort.
- Often the people in your life get uncomfortable because they don't like to see you change. (even if they often complain about the way you ARE!!)

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- You have a strong desire to NOT disrupt your relationships. Often this is why people pull back from their big game rather than experience inner conflict.
- When you play bigger there will be A LOT of activities that create "a little bit of fear"; A little bit of fear will STOP YOU almost every time.
- This program is ALL ABOUT how you PLAY with that fear.