

# Play Mission 1: Start Your Play Plan

## Coaching Superpowers Playbook



### “Player Axiom #1: “Your life is for play.” - Coach Dave

#### Quick Summary:

**BIG Idea:** It’s YOUR Life. It’s YOUR Dream. To become a great coach you must also become a great player by exuding the Play Approach to life. This does not mean “become frivolous”. It means you fully immerse yourself in living your dream, taking actions and playing for results! You unleash the spirit of play and take risks to expand your creative influence. AND have fun doing it.

#### You are on a mission!

As we move beyond the Industrial Age of Work into the Connected Age of Play it is important to PLAY for your DREAM rather than WORK on it. You do this by being creative and collaborative in the way you make game moves in pursuit of the experiences you most desire. This is a transformational shift that will require some practice!

A Game of Actions and Recurring Results is focused on making an impact in the world around you. In other words, something happens in the world as a “result” of your actions.

When you CHOOSE to play your life as a game, you step into a massive opportunity for personal transformation.

**From** Managing your life & completing tasks

**To** Loving your life & co-creating results

When you play for results that you really care about, you tap into your unique abilities in a powerful way. You express yourself more fully; even parts of yourself you may have forgotten about. You begin to see resources around you that you may have become blind to. It is like magic.

The KEY distinction is the shift from control to influence.

Managing your life is about attempting to control people and circumstances.

Playing your life is about releasing control and building your unique influence instead. When you do this your imagination opens up and you start to LOVE your life again. You stop worrying about doing it wrong and start embracing the risks to create something awesome.

The first step is to identify just ONE Game Move that you can play for during the 6 weeks of this program. This may be a radical new idea for you. There is a chart below to spark your imagination.

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### Quick Game Plan for PLAY Mission 1

#### 1) Power Up: Name your Game Move

Share a few thoughts about the Action -> RESULT you will play for and the ways you can make it fun.

#### 2) Game Action: Enlist support for your Recurring Results

Share about your GAME MOVE with 5 people on your team. Enlist their encouragement and support. Then share about your experience of talking about your GAME MOVE.

#### 3) BIG WIN: "YES. I will support you."

The big win is when you get an enthusiastic "Yes" to support you in playing for results, share about the experience on your game card.

#### 4) Find the Fun!

Remember, it is a game!

### 1) Power Up: Name your Game Move

**Play Power:** The mission is to consider your options for a recurring RESULT that you can create on a regular basis. This GAME MOVE may last through the entire program or it may evolve into something else as you play it.

#### 1) What is your Game Move?

OK. You got the basic idea from reading about the mission. Here are a few points to emphasize.

It is best if you choose something that you already do every day but will play it in a new way. But if there is nothing like that already in your day, they you can choose something that you REALLY WANT to do. DO NOT choose something that you generally have to FORCE yourself to do.

Whatever it is, you are going to do it in a way that requires participation by other people! Remember: a result is when something happens "in the world"; the world is other people!

The way to get into play is to find Action -> Result game moves.

An "Action -> Result" game move is often based on a key skill of your game.

Here you take a similar action each day with the intention of producing a result in the world.



### Game Move Ideas

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Action	Result
The Leadership skill of ASKING people involved with your company as employees, customers or advocates to talk with you about THEIR vision for the company / cause	They respond with a “yes” or “no”. Play for “YES”, I will talk with you about it AND have the conversation.
The Visibility skill of networking and follow up: attend networking events and make a follow up call every day.	Play for “YES, I want to know more about what you do.” OR “YES, I will recommend you to someone”.
The Visibility skill of blogging/posting: write provocative posts that spark engagement.	Play for comments about the value of your article”.
The Enrollment skill of recruiting clients for your business: Connect with potential clients.	Play for “YES, I would LOVE to be your client!”
The Leadership skill of sharing with a colleague about something important to you in order to enlist their support.	Play for “YES, I will support you”.
The Sharing skill of writing a chunk of your book and asking for feedback from different readers.	Play for “YES, I would love to read it and give you feedback.”
The Connecting skill of organizing a talk or a “meetup” or even a party.	Play for “YES, I will attend.”
A Personal challenge to exercise in a unique way every day WITH a different person each time.	Play for “YES, I will exercise with you.” AND they show up.

Also, your Action -> Result game move can also be a collection of 2 or 3 actions that you plan to do on different days:

### Examples:

On Monday I go to a networking event, on Tuesday-Friday I follow up

On Monday I write a Blog post, On Tuesday-Friday I call people and ask for feedback.

Remember Player Axiom #1: “Your REAL life is the game”. – Coach Dave

Take note of Player Axiom #2: “Feedback is the breakfast of champions!”

## 2) Choose your Game Move

As you think about your Game Move remember that playing means to express yourself and contribute to the lives of others. It’s not just about you getting something done. It includes influencing or sharing with other people in a unique way.

If you are not 100% sure what your Game Move is, that is OK, pick something that you are willing to experiment with. You only need a place to start. You can refine the game as you play it. You can’t get it wrong.





Got it? OK, you are ready to play.

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### 3) Update your game card.

Once you have your initial idea for your recurring result, update your game card!

	<p><b>Click through to your game card.</b>          Look for the Power Up section – (Find the Red Button with the Rocket!)          Find the <i>Play Life</i> badge.</p>  <p><b>You will see the game card description...</b></p> <p><i>Play Mission 1: I just chose a few recurring actions and results for my play plan. Here is what I am going to do...</i></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 how you will approach this mission.</p>
	<p><b>Our game system connects to FaceBook. Get your FB friends cheering you on! (optional)</b></p>  <p>Under the share box you will see the “Share On Facebook” button.          If you share on Facebook you earn +1 Bonus point in your total score.</p>

## 2) Game Action: Enlist support for your play plan

This is the Connected Age of Play. Your game is NOT a game of solitaire. Playing BIG in the world involves becoming a positive influence in the lives of others... so you need to get other people involved.

Also, you may need to make a few changes in your daily routine to make space for your play plan and that will require some support from the people in your life.

AND here is the other thing... sharing about your Play Plan and especially the results you are playing for with your “team” is an essential leadership practice!

Your Team = family, friends, colleagues, advocates, customers; everyone who shares your DREAM is on your TEAM!

You can find your own words but it can be helpful to share it in the context of the program.

Example: **Say something like:** “I am participating in a program called Coaching Superpowers where we create a play plan in pursuit of influential results in the world. Can I share mine with you?”

Go for it! And share about each conversation you have whether they like your play plan or not!

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Note: Trust us! We KNOW that sharing about this is a really BOLD move in and of itself.

	<p><b>Click through to your game card.</b> Look for Game Action section – (Find the Blue Button with the Star Reacher!) Find the <i>Play Life</i> badge.</p> <p><b>You will see the game card description...</b></p> <div data-bbox="451 506 740 793"></div> <p><i>Play Mission 1: I just shared about my Play Plan with someone on my “team”. Here is what happened and what I learned...</i></p> <div data-bbox="1370 680 1419 743"></div> <p>Click on the SHARE button in the right column. A text entry window will appear. Complete this statement on your game card by sharing about what you learned in the conversation. (If you both said “YES” also share in the BIG Win Section)</p>
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### 3) BIG WIN: “YES. I will support you.”

When someone on your team listens to you share about your Play Plan and expresses their intention to support you... THAT IS A BIG WIN. Relish it.

So when this happens you will share in both the Game Action area AND the Big Win area for the same conversation.

	<p><b>Click through to your game card.</b> Look for Big Win section – (Find the Green Button with the Trophy Holder!) Find the <i>Play Life</i> badge.</p> <p><b>You will see the game card description...</b></p> <div data-bbox="451 1402 740 1690"></div> <p><i>Play Mission 1: I just got an acknowledgement of support for my PLAY PLAN from someone on my team! I am so grateful because...</i></p> <div data-bbox="1321 1591 1370 1654"></div> <p>Click on the SHARE button in the right column. A text entry window will appear. Complete this statement on your game card by sharing why you are excited to coach this player.</p>
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### 4) Find the Fun!

**Collaboration is fun** – Find ways to get other people involved with your PLAY PLAN. Playing with others is always more fun than playing solitaire and you tend to get better results as well (although it is more risky).

#### Transformations from worker to player

<b>Industrial Work Mindset (the old way)...</b>	<b>Spirit of Play Mindset (the new way)...</b>
Do what you are told to do.	It's YOUR Dream. Define your own key initiative and have fun going after it.
Do your own work! Bunker in to work in solitude. If you ask for help from others that is cheating. (we all learned this lesson in Industrial Age School)	Humans are collaborative creatures. We are at our best when we engage others in our initiatives. People love to contribute, play along and give feedback.