Coaching Outline for Session #2
Design the Object of the Game

Note to the Coach: The Numbered Bold Lines are there to give you a reference point, you don't say them to your player.

1) Quick Life Check in

Say: Welcome back! It's great to be with you again.

Say: Today we are going to get into the details of your game!

Ask: Does that sound good to you?

Wait for the "yes". (Agreement)

Ask: Before we do that…How are you? Can you give me a 1-minute update on what is happening in your life?

If there is something BIG going on…

Ask: is this something we need to address during our session?

{If yes, make a note of it}

2) Recap the Define the Game Conversation

Say: In our first session we got into your game and your purpose and the Spirit of Play. Today we are going to do a quick recap and then we are going to really dive into designing your game.

Say: Let's recap our conversation by coming up with a fun name for your Game.
Ask: What do you want to call your game?

3) Start Designing the Game

Say: OK, now we are going to take the ideas we started talking about in our last conversation and transform them into an actual game. We are going to explore your objectives and how we can reach them in a game.

ASK: What are the primary tangible **OUTCOMES** that you want to play for in the next 3 months?

ASK: What are the recurring daily or weekly **RESULTS** that will grow into each tangible outcome?

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ASK: What are the recurring **ACTIONS** that will create each result?

ASK: For each action, describe what **MASTERY** looks like to you?

ASK: On a scale of 1-5 (5 being mastery) how would you rate your skill level for each action?

ASK: What are the **CHALLENGES** you expect to face while playing for your results?

ASK: Who will you **BECOME** – what character traits do you want to develop – as you face these challenges?

4) Wrap Up your Design the Game Conversation

Say: "OK, this is a good place for us to wrap up this session. Next time, we are going to delve deeper into your situation and start crafting a way for you to play better."

Say: "My challenge for you is to pursue the results we spoke about with the actions and notice what challenges you experience along the way.

ASK: "Can you do that?"

Wait for them to say: "YES!"

ASK: "This was a great session. Can you give me a 30 second wrap up of what you learned today"?

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How to use the Play Two Win Method Play Sheet

1) Define the Object of the Game
In the star at the top of the left column write the name of the game
Then identify the 2 BIGGEST reasons WHY your player is playing this game in the Purpose/Values Box
Next identify how playing this game is a reflection of what matters most to your player (aka Values) write one point in the box.
Finally, find out how your player can bring the spirit of play to this game. This is important because most people go for objectives without play and never tap into their creative energy!

2) Design the object of the game
This part is a little tricky because there are many elements in any worthwhile life game.

a) Start by naming the main desired Outcome; and figure out what recurring results that will accumulate to this outcome.

b) Next identify the actions of the game! These actions will create the desired results AND lead to the areas of Mastery they want to develop.

c) Next identify the challenges of the game and how facing them will lead to your player Becoming the person they want to be.

d) Next identify the (environmental) Upgrades that your player desires. This would be things like a new house, a new relationship or a bigger bank account etc.

e) As your player talks about objectives they will reveal aspects of their situation that impact their ability to play and win.

These will go in the Green Boxes in the bottom row of the chart.
Game Plan: When they don't know HOW to create the results they need
Practice Skills: A lack of skill is when they don't have the ability take the action to get consistent results.
Inner Freedom: A lack of confidence or presence of fear will go in Inner Freedom
World Power: Missing resources, conflicting commitments and other obstacles will go in World Power.

Write the time frame for the playing the game and achieving these objectives at the top of the page. Typically 3 months is a good place to start.

By pulling these elements together you can then address a MOST important question: Is this a winnable game?

3) Play for Results!
Here you will note the recurring results and the recurring actions in the Blue Circles.
This is BIG. Here you will note the specific results that your player desires on a weekly basis. While LOTS of things will happen while playing a game, there are specific results that will build toward the desired 3-month objectives

4) Embrace Challenges
Every game has challenges! Here you note the challenges that your player anticipates will occur while playing for the desired results. Then as you get into the game over time you will add to this from their playing experiences.

5) Evaluate what matters
Here you make of note of what you will evaluate, or count, to determine how well the game is going for the player.

6-9) The Four Steps to Playing Better

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This part of the play sheet is used to identify "coaching situations" that you see at the start of the game. Then you will keep adding to it as you as you get into the game with your player. You will identify specifically what your player needs to focus on to play better and get more consistent results.

Here is a quick review

6) Game Plan
Here you will describe how your player will approach the game. This is the thinking part of the game.

First note the strengths and talents that your player can leverage to win and also talents that they want to enhance while playing.

Next, what is the BIG idea about how they will approach the recurring activities in a way that gets the desired results. How will an accumulation of results add up to the 3 month objective?

Here you can also note missing resources that could strengthen their game plan.

7) Practice Skills
Here you will make notes about specific daily practices that your player will do to master the skills of the game. This will include critical recurring conversations that you can Role Play.

8) Expand Inner Freedom
Here you will make note of any fears, doubts and obvious blocks to the flow of thoughts, feelings and emotions. This is also known as the inner game. These blocks are often revealed in the way your player responds to challenges.

9) Expand World Power: Design Personal Environments
Here you will make note of specific environmental changes that are needed to create sustainable results. This can be competing commitments, obligations, things that are broken or out of date or missing resources.

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