



ENERGIZE YOUR DREAM



Powered by **CoachVille™**

Playsheets



CoachVille Center for Coaching Mastery
We are the champions of dreams!

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Welcome to the Energize Your Dream coaching experience!

Our aim is for you to play for your BIG Dream out in the world while becoming the next version of YOU by activating your Superpowers and Playfulness! SUPER FUN!

In this playbook you will find the playsheets for your 6 Session Energize Your Dream Adventure.

For each coaching session there is a sheet for notes that follows the flow of the method.

1) A one page sheet that follows the flow of the coaching session with key words and graphics: this is a great place to write your notes from the session.

2) There is a weekly Play Plan playsheet for you to write a few key items of your play plan... and then keep your notes from your experiences as you play in the world. (you will print 6 copies of this sheet)

We are playing in the Connected Age!

Relate for INFLUENCE and explore the fear of rejection.

Create for EXPRESSION and explore the fear of disappointment (and judgment).

Explore for VISIBILITY and explore the fear of trouble.

Experiment for CHANGE and explore the fear of mistakes.

This practice will help you get into the flow of noticing your “pivotal moments” of play... where you are in the growth/fear zone that you can explore with your coach. This will also mark your trail on the treasure map to your superpowers. FUN!

Printing Instructions...

Print Page 3... 6 Copies

Print Pages 4 – 11

Enjoy your adventure. Enjoy your coach!

The world is ready for YOU and your dream.

We are the champions of dreams!

Coach Dave

www.coachville.com



Your **BIG Dream**:



Your **Focus this week**:



Your **Superpowers**:

ACTIONS with the Spirit of Play

Challenges / Superpowers / Results:

Relate for **INFLUENCE** > *Risk Rejection*



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Create for **EXPRESSION** > *Risk Disappointment*



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Explore for **VISIBILITY** > *Risk Trouble*



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Experiment for **CHANGE** > *Risk Mistakes*



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Celebrations:



Growth:



SESSION FOCUS:
SHARE THE DREAM

Superpowers you want to activate:

How will it change your life for the better?

Your Hero's Journey challenges:



Activate the spirit of play:

What does playing at an Elite level look like?

Activities to play for your dream:



Growth Zone

What did you learn...

About playing for your dream?

About yourself and your Superpowers?

Play Plan: What are the actions / perspectives you will focus on?

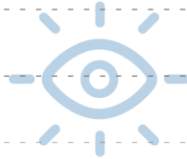
The BIG Dream:

Explore the Fear / Growth Zone

CELEBRATIONS



INSIGHTS



ACTIONS AND RESULTS



SESSION FOCUS: PLAN, PLAY, GROW

Results



Actions



Challenges



Impact



Superpowers



Spirit of Play



Growth



Growth Zone

What did you learn...

About playing for your dream?

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About yourself and your Superpowers?

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Play Plan: What are the actions / perspectives you will focus on?

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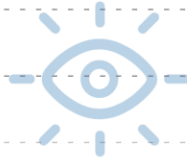
The BIG Dream:

Explore the Fear / Growth Zone

CELEBRATIONS



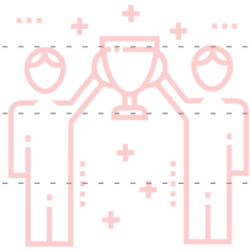
INSIGHTS



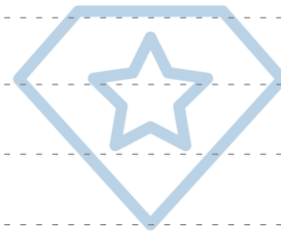
ACTIONS AND RESULTS



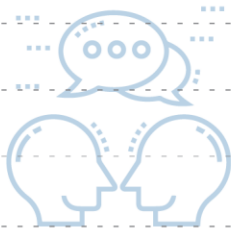
CHALLENGES



SUPERPOWER DISCOVERIES



SESSION FOCUS: ROLE PLAY



AH-HA MOMENTS



Growth Zone

What did you learn...

About playing for your dream?

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About yourself and your Superpowers?

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Play Plan: What are the actions / perspectives you will focus on?

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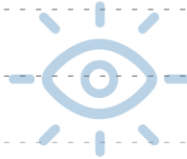
The BIG Dream:

Explore the Fear / Growth Zone

CELEBRATIONS



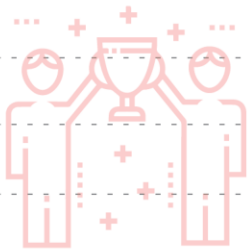
INSIGHTS



ACTIONS AND RESULTS



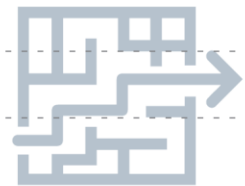
CHALLENGES



SUPERPOWER DISCOVERIES



**Session Focus:
Pivotal Moment**



THOUGHTS



BODY SENSATIONS



**IT'S NOT SAFE
FOR ME TO**



**SUPERPOWER
POTENTIAL**

HEART'S DESIRE



Growth Zone

What did you learn...

About playing for your dream?

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About yourself and your Superpowers?

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Play Plan: What are the actions / perspectives you will focus on?

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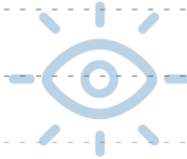
The BIG Dream:

Explore the Fear / Growth Zone

CELEBRATIONS



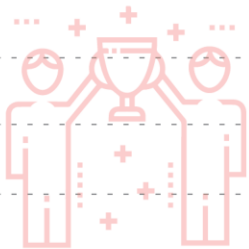
INSIGHTS



ACTIONS AND RESULTS



CHALLENGES



SUPERPOWER DISCOVERIES



Session Focus:
Role Play an "Ask"



THOUGHTS



BODY SENSATIONS



IT'S NOT SAFE FOR ME TO



SUPERPOWER POTENTIAL

HEART'S DESIRE



Growth Zone

What did you learn...

About playing for your dream?

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About yourself and your Superpowers?

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Play Plan: What are the actions / perspectives you will focus on?

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BIG Dream Celebration Play Sheet (Part 1)

Energy Element	Celebrations	Experiences
 <p>BIG DREAM</p> <p>The Call to Adventure to contribute yourself to the world</p>	<p><i>Describe your expanded clarity about your BIG Dream</i></p>	<p><i>Describe your BIG DREAM experiences...</i></p>
 <p>Super YOU!</p> <p>Expand and Unleash Your Superpowers</p>	<p><i>Describe the Superpowers you discovered or expanded?</i></p>	<p><i>Describe moments when you expressed your Superpowers?</i></p>
 <p>Conscious Mind</p> <p>Playful Conscious Mind</p> <p>Relate (influence)</p> <p>Create (share)</p> <p>Experiment (new acts)</p> <p>Explore (See + be seen)</p>	<p><i>Describe experiences relating for influence...</i></p> <p><i>Describe experiences creating and sharing...</i></p>	<p><i>Describe a few experiments and what you learned...</i></p> <p><i>Describe explorations and new visibility..</i></p>

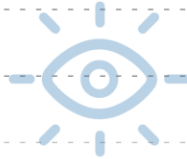
The BIG Dream:

Explore the Fear / Growth Zone

CELEBRATIONS



INSIGHTS



ACTIONS AND RESULTS



Play with the Supermind Connection

Gratitude for Challenges



Gratitude for Synchronicities



Clearly State Needs



The BIG Question



Session Focus: Capture Growth

Evaluate



Challenges



Actions



Results



Growth Zone

What did you learn...

About playing for your dream?

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About yourself and your Superpowers?

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Next Dream:

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