

Transformation Coaching Session #2 Notes

Date: _____

1. WARM-UP and Dream sharing: 

2. CELEBRATE

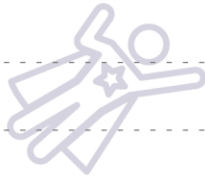
3. GROW

4. (Practice) PLAN: *Share the Dream*

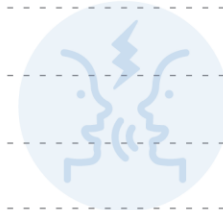
5. PRACTICE

Drive to be free:
Self-determination & self-trust

B



Love to befriend:
Co-create & care



Start here
Brief description:

A



Your Dream
Self-love & self-worth

G

Ripple Effect:

Focus:

Urge to become:
Self-expression & spirit of play

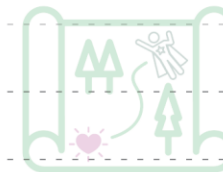


Need to belong:
Self-value & social safety instinct

F



Ability to believe:
Self-confidence & self-preservation



6. GROW (from Practice)
What did you learn about playing for your dream?



What did you learn about yourself and your superpowers?

7. PLAY PLAN: What is your transformation for this week? What social actions?
FROM: _____ **TO:** _____