



WORLD *Power*

CoachVille Center for Coaching Mastery



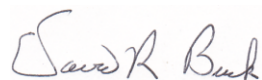
Great coaching will transform our world!

Welcome. On behalf of the entire CV Team, I want to welcome you to the World Power Method™ Coaching Program.

This PDF contains the Coaching Guides for the World Power Method.

Please print this PDF and have the Coaching Guide in front of you for practicing in class and for coaching your practice players.

Enjoy the program and... Play BIG!

A handwritten signature in black ink that reads "Dave Buck". The signature is written in a cursive style with a large, stylized 'D' and 'B'.

Coach Dave Buck and the CV Team!

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Coaching Outline for Session 1

Step 0: the dream / quest

SAY: First we need to create a picture of your big dream / or your quest

ASK: What is your BIG DREAM?

ASK: What is the purpose of this dream in your life?

ASK: What are your 3 primary objectives?

ASK: What are the 3 biggest challenges you are facing?

Step 1: Design Your Academy

SAY: Now we need to create a picture of WHO YOU need to become to be able to achieve this dream.

ASK: How would you describe an EXCELLENT pursuer of this dream?

{Listen.}

SAY: Next we need to create a picture of where you really come alive.

ASK: Is there a place or an activity where you feel REALLY alive?

{Listen.}

SAY: Next we need to start to create a picture of an environment where you will come alive AND grow as a person.

ASK: If we were going to design an academy for pursuers of your dream:
What would happen there?
Who would be there?

{Listen.}

{Encourage them to think of...
activities,
challenges,
thought leaders AND
people they already know.}

Step 2: Create Power Patterns (first draft)

SAY: Next we want to create power patterns that are phrases of 3-5 words that capture the essence and energy of WHO you will become in this Academy

We will play with some ideas together.

{Talk with your player about their picture of an excellent player and note words and phrases that have some energy. The phrase should have the same alive feeling as the alive place or activity that they described.}

{Draft a few Power Patterns.}

{Don't worry about trying to get the perfect ones at this point.}

This week:

- 1) Clarify your objectives
- 2) Clarify the WHO YOU need to become "Power Patterns"
- 3) Add elements to your Academy

Coaching Outline for Session 2

Step 1: Design Your Academy

ASK: Any insights from designing your academy?

Step 2: Create Power Patterns (update)

Ask: Any insights from looking for power patterns?

Step 3: Scan Your Environments

Say: Next we will begin to scan your environments to see what is there and compare it to the Power patterns we want to create.

Say: We will begin with the Relationship Environment

Say: Identify 5-7 most important people in your world - your inner circle - people you are engaged with almost every day.

Say: Pick one person; I will go through the steps.

Ask: What is the primary conversation? what are you talking about?

Ask: What is the energy / mood between the two of you?

Ask: What assets do they bring to your dream?

Ask: Are there any blocks?

Ask: Are there any tolerations? Anything about this relationship that is draining your energy?

Say: now pick one of your power patterns. Let's rate this person on a scale of 1-5 for that pattern.

Ask: do you see this pattern in them?

{Next: Do a quick scan through a few more people}

Then:

Say: We want to try to name the Patterns that we see in your current environment. If you became a concoction of the combination of these people, who would you become?

{Coach Note: it can be helpful to compare and contrast it to one or more of the Power Patterns.}

Ask: What is missing from your existing relationship environment that you think you need?

Ask: What is one thing in your relationship environment that you can improve to bring it closer to your Power Patterns?

Wrap up with an objective for the week

Say: Look around at your physical environment. Make a list of anything around you that is draining your energy in any way.

Coaching Outline for Session 3

Step 1: Design Your Academy

ASK: Did you have any insights or experiences making updates to your academy

Step 2: Create Power Patterns (update)

ASK: Did any new Power Patterns come to mind?

Step 3: Scan Your Environments

SAY: Today we are going to scan your Physical Environment

ASK: Which places in your environment have the biggest impact on your dream?

{explore together.}

{home office and office at your job are obvious choices. Where else?}

Scan the physical environment

- 1) Recurring Activity: what happens in each place- over and over again?
- 2) Mood: How do you feel there? What is the energy or mood?
- 3) Assets: How does this place or thing serve your dream?
- 4) Tolerations: Is there anything in this environment that is draining your energy? Anything messy, broken, incomplete?
- 5) Anything Missing? what do you need that you don't have?
- 6) Compare each place or thing to your Power Patterns - scale of 1-5

Step 4: Name the present patterns

ASK: If you continue to spend time in this environment the way it is, who will you become?

{Compare to related Power Pattern and create a name (Present Pattern) to accentuate the differences.}

Step 5: Identify Tolerations: Consider the source, purpose & meaning of each one

{Explore the purpose of one or two tolerations}

ASK: How is this toleration serving you in some strange way?

Step 6: Zap Tolerations = Fixing - Cleaning - Missing

{Make a plan to ZAP 3 tolerations}

ASK: What are 3 tolerations you can ZAP this week in the physical environment?

{Be open and creative in the way you approach them.}

ASK: What is one thing in your physical environment that you can improve to bring it closer to your Power Patterns?

Coaching Outline for Session 4

Step 1: Design Your Academy

ASK: Did you have any insights or experiences making updates to your academy

a) Recap on Toleration Zapping from the past week

{check in on each of the 3 discussed last week}

Step 2: Create Power Patterns (update)

ASK: Did any new Power Patterns come to mind?

Step 3: Scan Your Environments

3) Today we are going to scan your Relationship Environment a little deeper

ASK: Which people in your environment have the biggest impact on your dream?

{explore together. You can scan deeper on the relationship you started with 2 weeks ago.
and / or

do a complete scan on 1 or 2 different relationships}

Scan the relationship environment

1) Recurring Conversation: when you see them or talk with them, what do you talk about?

2) Mood: How do you feel around them? What is the energy or mood?

3) Assets:

How could this person influence your dream?

How do they influence it right now?

Do they provide support?

Do they challenge you in a healthy way?

4) Tolerations:

Is there anything in this relationship that is draining your energy?

Any unfulfilled expectations,

Any broken promises,

Anything unspoken?

Any subtle lack of support?

5) Anything Missing?

do they know about your new dream?

have you asked them for support?

6) Compare each person to your Power Patterns - scale of 1-5

Step 4: Name the present patterns

ASK: If you continue to spend time in this environment the way it is, who will you become?

Step 5: Identify Tolerations: Consider the source, purpose & meaning of each one

{Explore the purpose of one or two tolerations in the relationship environment}

Step 6: Zap Tolerations = Fixing - Cleaning - Missing

{Make a list of 2 tolerations to ZAP this week in the physical environment}

{Choose 1 toleration to zap in the relationship environment.}

{Be open and creative in the way you approach each one.}

Step #7: Conduct Experiments

Design an experiment in the Relationship environment and Physical environment

ASK: What is an experiment you can do in your relationship environment to bring it closer to your Power Patterns?

ASK: What is an experiment you can do in your physical environment to bring it closer to your Power Patterns?

Coaching Outline for Session 5

Step 1: Design Your Academy

ASK: Did you have any insights or experiences making updates to your academy

a) Recap on Toleration Zapping from the past week

b) Recap on Experiments from the past week

{check in on each of the 3 discussed last week}

Step 2: Create Power Patterns (update)

ASK: Did any new Power Patterns come to mind?

Step 3: Scan Your Environments

3) Today we are going to scan your Network Environment

SAY: The Network Environment is the environment of opportunities

There are two components:

Influential People you know on a first name basis; and

Groups and communities you participate with. Today we want to focus on what we call the 7 most influential people.

These are people who could potentially REALLY help you achieve your dream.

ASK: Let's start by thinking of a few people that you know on a first name basis who could potentially be very influential in your success.

{explore together. Do a complete scan on 1 or 2 different influential people}

Scan the network environment

1) Recurring Conversation: when you see them or talk with them, what do you talk about?

2) Mood: How do you feel around them? What is the energy or mood?

3) Assets:

How could this person influence your dream?

How do they influence it right now?

Do they provide support?

Do they challenge you in a healthy way?

4) Tolerations:

Is there anything in this relationship that is draining your energy?

Any unfulfilled expectations,

Any broken promises,

Anything unspoken?

Any subtle lack of support?

5) Anything Missing?

do they know about your new dream?

have you asked them for support?

6) Compare each person to your Power Patterns - scale of 1-5

Step 4: Name the present patterns

ASK: If you continue to spend time in this environment the way it is, who will you become?

Step #8: Enter New Territories

8) Plan to enter a new territory

ASK: What is a New Territory you can enter in your Network Environment.

Either a new community to participate in, OR

An influential person you can reach out to and meet

{If you have time...}

Step 5: Identify Tolerations: Consider the source, purpose & meaning of each one

{Explore the purpose of one or two tolerations in the network environment}

{Also explore 2 tolerations in ANY environments}

Step 6: Zap Tolerations = Fixing - Cleaning - Missing

{Make a list of a few tolerations to ZAP this week in the network environment}

{Choose at least 1 toleration to zap in the Network environment.}

{Plus 2 others in ANY environments.}

{Be open and creative in the way you approach each one.}

Step #7: Conduct Experiments

Design an experiment in the Network environment and one in ANY environments

ASK: What is an experiment you can do in your Network environment to bring it closer to your Power Patterns?

ASK: What is another experiment you can do in any environment to bring it closer to your Power Patterns?

Coaching Outline for Session 6

Step 1: Design Your Academy

ASK: Did you have any insights or experiences making updates to your academy

a) Update on Toleration Zapping from the past week

b) Update on Experiments from the past week

c) Update on New Territory

{check in on each of these discussed last week}

Step 2: Create Power Patterns (update)

ASK: Did any new Power Patterns come to mind?

Step 3: Scan Your Environments

3) Today we are going to scan your Memetic Environment

SAY: The Memetic Environment is the environment of ideas

We are surrounded by ideas coming at us: e-mail, books, radio, tv, magazine, music, news, blogs, tweets
a meme has information AND a mood/vibe;

your nonconscious mind is being programmed by the mood of the memes surrounding you all the time.

ASK: What are the primary memetic sources in your environment right now?

List 4 or 5

Which 1 or 2 do you think are most influential on the way you think?

Scan the memetic environment

1) Recurring Conversation: what is the recurring theme?

2) Mood: How do you feel when you listen / read it? What is the energy or mood?

3) Assets:

How could this memetic source influence your dream?

How do they influence it right now?

Does it provide support?

Does it challenge you in a healthy way?

4) Tolerations:

Is there anything in this memetic source that is draining your energy?

Anything creating dread or anxiety?

5) Anything Missing?

does it fuel you in a beneficial way?

6) Compare each memetic source to your Power Patterns - scale of 1-5

Step 4: Name the present patterns

ASK: Consider this memetic source - how would you describe the present pattern?

Step 5: Identify Tolerations: Consider the source, purpose & meaning of each one

{Explore the purpose of one or two tolerations in the memetic environment}

{Also explore 1 toleration in ANY environments}

Step 6: Zap Tolerations = Fixing - Cleaning - Missing

{Choose at least 1 toleration to zap in the Memetic environment.}

{Plus 1 other in ANY environment.}

Step #7: Conduct Experiments

Design an experiment in the Memetic environment and one in ANY environments

ASK: What is an experiment you can conduct in your Memetic Environment to bring it closer to your Power Patterns?

ASK: What is another experiment you can do in any environment to bring it closer to your Power Patterns?

Step #8: Enter New Territories

ASK: What is a New Territory you can enter in your Memetic Environment?

Coaching Outline for Session 7

Step 1: Design Your Academy

ASK: Did you have any insights or experiences making updates to your academy

a) Update on Toleration Zapping from the past week

b) Update on Experiments from the past week

c) Update on New Territory

{check in on each of these discussed last week}

Step 2: Create Power Patterns (update)

ASK: Did any new Power Patterns come to mind?

Step 3: Scan Your Environments

3) Today we are going to scan your Financial Environment

SAY: The financial Environment is the environment of freedom and security related to MONEY

there is a strong memetic component in the financial environment because there are so many ideas about money.

ASK: What are the primary activities of your financial environment?

List 4 or 5

Let's start with the activity of paying the bills.

Scan the Financial environment

1) Recurring activity: How do you organize and pay your bills?

2) Mood: How do you feel when you pay the bills

3) Assets:

How could the way you pay the bills become as asset?

Does it provide support?

Does it challenge you in a healthy way?

4) Tolerations:

Is there anything in the way you pay the bills that you are tolerating?

Anything creating dread or anxiety?

5) Anything Missing?

does it fuel you in a beneficial way?

6) Compare paying the bills to your Power Patterns - scale of 1-5

** Circle Back around

ASK: What is another key activity to explore

e.g.. Buying things, budgeting, going to work

Explore the mood of a few activities?

Explore the assets of the financial environment - how do they help your dream?

Explore Tolerations in the financial environment

Step 4: Name the present patterns

Consider paying the bills - how would you describe the present pattern?

Step 5: Identify Tolerations: Consider the source, purpose & meaning of each one

ASK: Any tolerations to ZAP in your financial environment?

Step 6: Zap Tolerations = Fixing - Cleaning - Missing

{Choose at least 1 toleration to zap in the Financial environment.}

{Plus 1 other in ANY environment.}

Step #7: Conduct Experiments

Design an experiment in the Network environment and one in ANY environments

ASK: What is an experiment you can conduct in your Financial Environment to bring it closer to your Power Patterns?

ASK: What is another experiment you can do in any environment to bring it closer to your Power Patterns?

Step #8: Enter New Territories

ASK: What is a New Territory you can enter in your Financial Environment?

Coaching Outline for Session 8

Step 1: Design Your Academy

ASK: Did you have any insights or experiences making updates to your academy

- a) Update on Toleration Zapping from the past week
- b) Update on Experiments from the past week
- c) Update on New Territory

{check in on each of these discussed last week}

Step 2: Create Power Patterns (update)

ASK: Did any new Power Patterns come to mind?

Step 3: Scan Your Environments

3) Today we are going to scan your SELF Environment

SAY: The Self Environment is the environment of talents, values and habits.

ASK: What are your **best talents**?

List 4 or 5

ASK: Any hidden talents that you have but don't see how they impact your dream?

{listen for a few}

Scan the Self environment

1) Recurring activity: What is a talent that you express often?

2) Mood: What is the mood when you express this talent

3) Assets:

How is this talent as asset?

What support do you need to make more out of this talent?

What challenges do you face when expressing this talent?

4) Tolerations:

Is there anything in the way you express or don't express this talent that you are tolerating?

Anything creating dread or anxiety?

5) Anything Missing?

6) Compare expressing this talent to your Power Patterns - scale of 1-5

** CIRCLE BACK around

SAY: Let's explore one of your **underutilized or hidden talents**.

ASK: Which one?

- 1) Recurring activity: What is a talent you are NOT expressing in your dream?
- 2) Mood: What is the mood when you express this talent
- 3) Assets:
How COULD this talent be an asset?
What support do you need to make more out of this talent?
What challenges do you face when expressing this talent?
- 4) Tolerations:
Is there anything in the way you express or don't express this talent that you are tolerating?
Anything creating dread or anxiety?
- 5) Anything Missing?
- 6) Compare expressing this talent to your Power Patterns - scale of 1-5

** Circle Back around

ASK: What is a **value** that we could explore?

ASK: What is most important to you?

ASK: Can you think of something that is important to you but you may not be expressing it fully in your dream?

{wait for answer}

SAY: Let's explore that one.

- 1) Recurring activity: What activities express this value in your dream?
- 2) Mood: What is the mood when you express this value
- 3) Assets:
How COULD this talent be an asset?
What support do you need to live from this Value?
What challenges do you face when living from this Value?
- 4) Tolerations:
Is there anything in the way you express or don't express this value that you are tolerating?
Anything creating dread or anxiety?
- 5) Anything Missing?
- 6) Compare expressing this value to your Power Patterns - scale of 1-5

** Circle Back around

SAY: Let's talk about **habits**

What are some of your habits that may affect your dream or your energy level
some may be positive for your dream

some may be draining on your dream - e.g. tolerations

choose one to explore

{Coaches note: use the habit conversation to create balance in the conversation}

{if the talents and values are strong, look for a habit that may be a toleration.}

{if the talents and values are weak, look for a habit that is an asset to their dream}

2) What is the mood when you express this habit?
and what is the mood AFTER you express this habit?

3) is this habit an asset or a toleration?

{explore}

6) Compare this habit to your power patterns

Step 4: Name the present patterns

Ask: Consider your expression of talents, values and habits overall - how would you describe the present pattern?

Step 5: Identify Tolerations: Consider the source, purpose & meaning of each one

ASK: Any tolerations to ZAP in your Self environment?

Step 6: Zap Tolerations = Fixing - Cleaning - Missing

{Make a list of one or more tolerations to ZAP this week in the Self Environment}

Step #7: Conduct Experiments

Design an experiment in the Self environment and one in ANY environments

ASK: What is an experiment you can conduct in your Self Environment to bring it closer to your Power Patterns?

ASK: What is another experiment you can do in any environment to bring it closer to your Power Patterns?

Step #8: Enter New Territories

ASK: What is a New Territory you can enter in your Self Environment?

Coaching Outline for Session 9

**** World Power Method Coaching Dialogue ****

{Outline for coaching session}

Step 1: Design Your Academy

ASK: Did you have any insights or experiences making updates to your academy

a) Update on Toleration Zapping from the past week

b) Update on Experiments from the past week

c) Update on New Territory

{check in on each of these discussed last week}

Step 2: Create Power Patterns (update)

ASK: Did any new Power Patterns come to mind?

Step 3: Scan Your Environments

3) Today we are going to scan your SPIRITUAL Environment

SAY: The SPIRITUAL Environment is the environment of Oneness practices, sacred spaces and natural places. It is all about feeling connected to something greater whether you call it God, the Universe or the Earth.

SAY: The Spiritual Environment is Juice for your internal batteries!

SAY: And then seeing how this can be an asset to your BIG dream

Explore Oneness Practices

ASK: Do you currently have any oneness practices? like meditation or journaling?

{List a few and choose one to explore}

1) Recurring activity: What is the spiritual practice and how often do you do it?
How often do you WISH you were doing it?

2) Mood: What is the mood when you do this activity

3) Assets:

How is this practice as asset?

What support do you need to make more out of this practice?

What challenges do you face when doing this practice?

4) Tolerations:

Is there anything in the way you do or don't do this practice that you are tolerating?

Anything creating dread or anxiety?

5) Anything Missing?

6) Compare doing this practice to your Power Patterns - scale of 1-5

**** CIRCLE BACK around to Sacred Spaces**

SAY: Let's explore one of your sacred spaces. Do you have any place like this in your home or some place that you regularly go?

{List a few. Choose one.}

{If there are none then envision creating one or finding one.}

1) Recurring activity: What is the activity that you do in this space?

2) Mood: What is the mood of the space

3) Assets:

How COULD this space be an asset?

What support do you need to make more out of this space?

What challenges do you face when getting to this space?

4) Tolerations:

Is there anything in the space that you are tolerating?

Anything creating dread or anxiety?

5) Anything Missing?

6) Compare this sacred space to your Power Patterns - scale of 1-5

**** Circle Back around to Natural Places**

SAY: How about connection to nature.

ASK: Are there any outdoor places where you go regularly to feel connected to the earth?

{List one or more. then choose one to explore.}

1) Recurring activity: What recurring activities happen in this place?

2) Mood: What is the mood of the place

3) Assets:

How COULD this place in nature be an asset to your BIG dream?

What support do you need to be in this place enough to keep your "internal batteries" charged?

What challenges do you face doing this practice?

4) Tolerations:

Is there anything in the way you spend time in this place that you are tolerating?

Anything creating dread or anxiety?

5) Anything Missing?

6) Compare expressing this talent to your Power Patterns - scale of 1-5

4: Name the present patterns

ASK: Consider your oneness practices, sacred spaces and natural places, how would you describe the present pattern?

Step 5: Identify Tolerations: Consider the source, purpose & meaning of each one

ASK: Any tolerations to ZAP in your Spiritual environment?

Step 6: Zap Tolerations = Fixing - Cleaning - Missing

{Make a list of one or more tolerations to ZAP this week in the Spiritual environment}

Step #7: Conduct Experiments

Design an experiment in the Spiritual environment

ASK: What is an experiment you can conduct in your Spiritual Environment?

Step #8: Enter New Territories

ASK: What is a New Territory you can enter in your Spiritual Environment?

Coaching Outline for Session 10

Step 1: Design Your Academy

ASK: Did you have any insights or experiences making updates to your academy

a) Update on Toleration Zapping from the past week

b) Update on Experiments from the past week

c) Update on New Territory

{check in on each of these discussed last week}

Step 2: Create Power Patterns (update)

ASK: Did any new Power Patterns come to mind?

Step 3: Scan Your Environments

3) Today we are going to scan your Body Environment

SAY: The Body Environment is the environment of Appearance and Radiance.

SAY: It is all about feeling connected to your body and how others respond to your energy.

SAY: The Body Environment is your personal magnet.

Explore Appearance

SAY: appearance is your clothes, hair, skin, body shape

ASK: Which of these is the most challenging for you?

{Choose one and name it. In the script we will call it AAA. For example, if the player chooses clothes replace AAA with “your clothing”}

1) Recurring activity: What are the recurring activities related to AAA

2) Mood: What is the mood when you do this activity

3) Assets:

How is AAA an asset?

What support do you need to make more out of AAA?

What challenges do you face when doing the activity?

4) Tolerations:

Is there anything about AAA that you are tolerating?

Anything creating dread or anxiety?

5) Anything Missing?

6) Compare AAA to your Power Patterns - scale of 1-5

** CIRCLE BACK around to RADIANCE

SAY: Let's explore the aspect of radiance! This is your strength, fitness, health, energy.

ASK: Which of these should we explore for your dream?

{Choose one and name it. In the script we will call it BBB. For example, if the player chooses strength replace BBB with “your strength”}

1) Recurring activity: What is a recurring activity related to BBB?

2) Mood: What is your mood when you do this activity

3) Assets:

How COULD BBB be an asset?

What support do you need to make more out of BBB?

What challenges do you face when do the activities?

4) Tolerations:

Is there anything about BBB that you are tolerating?

Anything creating dread or anxiety?

5) Anything Missing?

6) Compare BBB to your Power Patterns – scale of 1-5

Step 4: Name the present patterns

ASK: Consider your Body Environment, how would you describe the present pattern?

Step 5: Identify Tolerations: Consider the source, purpose & meaning of each one

ASK: Any tolerations to ZAP in your Body environment?

Step 6: Zap Tolerations = Fixing – Cleaning – Missing

{Make a list of one or more tolerations to ZAP this week in the Body environment}

Step #7: Conduct Experiments

ASK: What is an experiment you can conduct in your Body Environment?

Step #8: Enter New Territories

ASK: What is a New Territory you can enter in your Body Environment?

Coaching Outline for Session 11

Step 1: Design Your Academy

ASK: Did you have any insights or experiences making updates to your academy

a) Update on Toleration Zapping from the past week

b) Update on Experiments from the past week

c) Update on New Territory

{check in on each of these discussed last week}

Step 2: Create Power Patterns (update)

ASK: Did any new Power Patterns come to mind?

Step 3: Scan Your Environments

3) Today we are going to scan your Technology Environment

SAY: The Technology Environment is the environment of Equipment and Virtual Spaces.

SAY: It is all about feeling good about the tools you use to connect and add value.

Explore Equipment

SAY: Equipment is your computer, phone, tablet, etc.

ASK: Which of these do you use on a regular basis?

{Choose one and name it. In the script we will call it AAA. For example, if the player chooses tablet replace AAA with "your tablet"}

1) Recurring activity: What are the recurring activities related to AAA

2) Mood: What is the mood when you do this activity

3) Assets:

How is AAA an asset?

What support do you need to make more out of AAA?

What challenges do you face when doing the activity?

4) Tolerations:

Is there anything about AAA that you are tolerating?

Anything creating dread or anxiety?

5) Anything Missing?

6) Compare AAA to your Power Patterns – scale of 1-5

** CIRCLE BACK around to VIRTUAL SPACES

SAY: Let's explore VIRTUAL SPACES! These are Facebook, LinkedIn, Twitter, YouTube, etc. Not the people there the way you use the tool to connect or add value.

ASK: Which should we explore for your dream?

{Choose one and name it. In the script we will call it BBB. For example, if the player chooses Facebook replace BBB with "Facebook"}

1) Recurring activity: What is a recurring activity related to BBB?

2) Mood: What is your mood when you do this activity

3) Assets:

How COULD BBB be an asset?

What support do you need to make more out of BBB?

What challenges do you face when do the activities?

4) Tolerations:

Is there anything about BBB that you are tolerating?

Anything creating dread or anxiety?

5) Anything Missing?

6) Compare BBB to your Power Patterns - scale of 1-5

Step 4: Name the present patterns

ASK: Consider your Technology Environment, how would you describe the present pattern?

Step 5: Identify Tolerations: Consider the source, purpose & meaning of each one

ASK: Any tolerations to ZAP in your Technology environment?

Step 6: Zap Tolerations = Fixing – Cleaning – Missing

{Make a list of one or more tolerations to ZAP this week in the Technology environment}

Step #7: Conduct Experiments

ASK: What is an experiment you can conduct in your Technology Environment?

Step #8: Enter New Territories

ASK: What is a New Territory you can enter in your Technology Environment?

Coaching Outline for Session 12

Step 1: Design Your Academy

ASK: Did you have any insights or experiences making updates to your academy

a) Update on Toleration Zapping from the past week

b) Update on Experiments from the past week

c) Update on New Territory

{check in on each of these discussed last week}

Step 2: Create Power Patterns (update)

ASK: Did any new Power Patterns come to mind?

Step #9: Allow Adaptation to Take Place / Personal Evolution

SAY: We will continue designing a winning environment for your BIG dream.

ASK: Where do you think we should explore today?

{explore...}

- experiences of coming alive / dead
- creating power patterns
- experiments to put those patterns into the 9 environments

{then... Wrap up the 12 weeks together}

ASK: Who have you become over the past 12 weeks?

ASK: What are you most proud of creating?

ASK: What have you learned about yourself by exploring your environments?