

# Play Life Coaching Session #3 Notes

Date: \_\_\_\_\_

Session: *Play for Results*

The BIG Dream: \_\_\_\_\_

## Explore the Fear / Growth Zone

PEAK EXPERIENCE



CELEBRATIONS

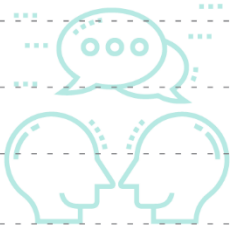


ACTIONS and RESULTS



Focus: Role Play

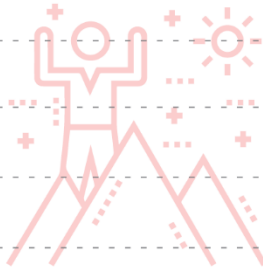
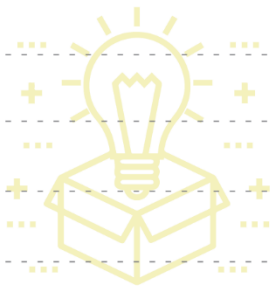
*Ah-ha Moments & Patterns*



**CREATE** for Inspiration

**EXPLORE** for Visibility

**EXPERIMENT** for Change



**Growth Zone** What did you learn...

Playing For Your Dream

Self and Superpowers

**PLAY PLAN**

