



INCLUDES A LEADING EDGE
PERSONALITY ASSESSMENT

QUICK RELIEF IMPOSTER SYNDROME

THE 3 ESSENTIAL STEPS TO FEELING
MORE CONFIDENT WITH YOUR NEW
ROLES OR CURRENT RESPONSIBILITIES

DIANA DENTINGER

Creator of the Personality & Needs Profile®
Founder of the Your Life Your Way Academy

YOU ARE IN THE RIGHT PLACE!

DO ANY OF THESE SOUND LIKE WHAT YOU STRUGGLE WITH?

Perfectionism: Are you constantly striving to be flawless? Do you feel dissatisfied with less than perfect results? Do you fear feeling inadequate or being a fraud?

Overworking: Might you be compensating for what you perceive as incompetencies by working more? Could it be to prove your worthiness or to cover up deficiencies?

Self-Doubt: Do you persistently questioning your abilities and attribute your success to external factors such as luck rather than your own skills and intelligence?

Fear of Failure: Are you avoiding challenges or new opportunities? Do these trigger an intense fear of failure, which may expose what you think are your inadequacies?

Discounting Success: Do you find yourself diminishing or dismissing what are earned accomplishments, often attributing them to help from others instead of your effort?

Comparing to Others: Are you often comparing oneself to colleagues or peers and feeling inferior, irregardless of the reality of your abilities or achievements?

Fear of Exposure: Does anxiety creep in when you think about being exposed? Deep down do you not feel you deserve your position or success?

Inability to Accept Praise: How often do you feel uncomfortable with compliments or recognition? Do you believe they are undeserved or misunderstood?

Procrastination: Do you delay starting tasks or projects for a fear of not performing them to an impossibly high standard or of not living up to expectations?

Burnout: Have you ever suffered from emotional and physical exhaustion due to chronic stress and overworking? Could this be to prove yourself and avoid criticism?

THIS PROCESS WILL BE VERY USEFUL IF YOU HAVE SOME OF THESE SIGNS!

THIS IS THE OBJECTIVE!

KNOW THE REAL YOU TO GAIN SUCCESS YOUR WAY



Aiming & achieving goals,
Traveling for work,
Training & being active,
Leaving the herd mentality.

Using my intuition,
Sensing the way,
Being profound,
Nurturing the soul.

Inspiring others,
Doing breath work,
Giving self authorisation,
Living with purpose.



CONSCIENTIOUS
PERSONALITY NEED

- I innately teach well, transmit & unite.
- I desire to acknowledge the good & continue learning.
- I feel energised by being grateful, benevolent & idealistic.




Teaching & Coaching,
Provoking thought,
Raising consciousness,
Life long learner.




ADVENTUROUS
PERSONALITY NEED

- I innately coordinate well, demonstrate & progress.
- I desire to succeed & perform to the best of my abilities.
- I feel energised by being capable, talented & heroic.




INDEPENDENT
PERSONALITY NEED

- I innately complete & realize things effectively.
- I desire to love unconditionally & dance through life.
- I feel energised by being autonomous, free & deliberate.



Promoting freedom,
Being an Entrepreneur,
Feeling free of fears,
Being spontaneous & light.



NURTURING
PERSONALITY NEED

- I innately perceive well, use my intuition & easily predict.
- I desire to uncover things below the surface & go deep.
- I feel energised by being sensitive, profound & secretive.



ENTERTAINING
PERSONALITY NEED

- I innately guide well, discover & fantasize.
- I desire to consider others & make life sacred.
- I feel energised by being sincere, authentic & altruistic.




Following inner GPS,
Guiding clients,
Discovering & exploring,
Considering all as sacred.




INSPIRING
PERSONALITY NEED

- I innately dream a lot so I follow my deeper calling.
- I desire to renew, rejoice & reawaken my mission.
- I feel energised by being purposeful, elevated & believing.



ADAPTABLE
PERSONALITY NEED

- I innately listen well, offer perspective & save.
- I desire to serve & help those who need what I have.
- I feel energised by being understanding, inclusive & diverse.



Caring from the heart,
Listening to my heart,
Having different
Points of View.

YOU ARE A UNIQUE INDIVIDUAL WITH A UNIQUE PERSONALITY & PURPOSE!

WELCOME & GET READY FOR FUN!

Welcome here, I'm **DIANA DENTINGER**, your guide to bring out the best you ever. Back in 1985, I started my career as an Entrepreneur and Corporate Team Building Trainer. Since then, I've been on a mission to **design programs that are fast, fun and highly effective**. Whether you're navigating a journey for personal growth or seeking a spiritual compass, I've got something for you!

Over these 35+ years, I've helped hundreds of one on one clients in over 20 countries of the world. They are people like you, **wanting more out of life!** But in their race to success, the overwhelm of their roles and responsibilities, their fears and struggles, they lost themselves. Their feelings of confusion, frustration, guilt and regret also put a strain on their own health and relationships. What brought their **inner spark back to life was knowing who they are**. I've heard so many personal stories in my long Coaching Career. Humans are very fragile yet also very powerful!

In 2004, my Coaching skills skyrocketed when I become a **BioPsychology (Neuroscience) Psychosomatic Illness** therapist. These profound and practical approaches helped me unravel the mysteries of each person's inner conflicts and talents. Reverse engineering the research, I created the **Personality & Needs Profile®** and the **Your Life Your Way™** Coaching Methodology. For these I was awarded Top 100 World Women Achievers in 2018.

Here's the thing: You're here because you're ready for more and better! You've tried some techniques that worked, others that were a waste of time, others that only gave short term benefits. **How about tools that are spot on for you as a unique individual?!** This practical and personalised process gives you the key to unlock your greater potential for more happiness, health and vitality.

Born in Chicago, IL, I grew up in a huge midwestern USA family that taught me about life's variety and richness. I've spent most of my life in Europe (since 1984) raising my four kids in Northern Italy. Here's to you **becoming crystal clear & confident** for a happier, healthier and **more fulfilling life**, your way.



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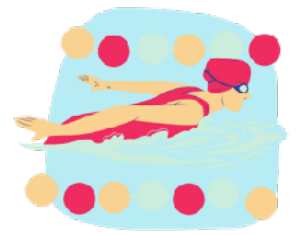


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STARTING OFF BEING BLUNT



Alright, let's first talk about why we might be better to stop using the term "Imposter Syndrome". Seriously, we've been throwing around this phrase like it's going out of style, but guess what? It's not even a legitimate medical diagnosis. From here on out you might read it a few more times before switching over to something more real!

Here are some solid reasons to reinforce why a change in this "name calling" is best.

Stop Slapping Labels on Yourself Like They're Going Out of Fashion

First off, let's talk about how "Imposter Syndrome" has become this self-imposed label. It's like we're all walking around, branding (cows with a burning hot iron) ourselves as frauds without any doctor's note to show for it. Imagine diagnosing yourself with a serious condition just because you Googled your symptoms. Sounds absurd, right? Well, that's exactly what we're doing here. It's high time we stop self-diagnosing our doubts and fears as some sort of "syndrome".

Say "No" to Playing Doctor Without a Degree

And here's another thing - why are we so obsessed with medicalizing every emotion or feeling we experience? Not feeling 100% confident in this "game of life" doesn't mean you need a prescription. It means you're human. It means you need greater awareness and experience. Let's get out of the habit of slapping medical labels on our foreheads without a real diagnosis. It's misleading and, quite frankly, it's making us overlook the simpler, more real aspects of life.

Keeping It Real: You're Not an Imposter, You're Just Not Feeling Yourself

Now, getting to the heart of the matter, feeling like an "Imposter" is basically a way to say you're not feeling real, authentic or genuine. But (radical idea?) instead of wallowing in self-doubt, how about focusing on discovering who we really are? Peel back the layers of labels, expectations, and societal pressures, and meet the real you.



CONTINUING BLUNTNESS

The Ultimate Game-Changer: Knowing the Real You

This is where the happiness happens. The only real way to drop those "Imposter" vibes is to get to know the real you. Identity is NOT an option. It is vitally essential. It is NOT philosophy or psychology. Let's call it the biology of your **PERSONALITY & NEEDS**. Knowing and feeling what makes you feel alive is cellular, NOT mental. The ease and depth of tapping into your inner self, helps you align the outer world so every step you take and every move you make feels like a great fit for the real you.

Live Authentically and Watch the "Imposter" Flee

Once you're equipped with the knowledge of who you truly are, thanks to the leading edge **Personality & Needs Profile®** and the Your Life Your Way Coaching Methodology, you start to live in sync with your real self. You choose a path, roles, and responsibilities that naturally fit who you are. And guess what? That nagging feeling of being a fraud starts to dissolve. You no longer try to fit a square peg into a round hole; you're living your truth and it feels freaking fantastic.

Conclusion: Be Real, Be You, and Ditch the Imposter Act

In the end, the fastest, most effective, and enduring solution to "feeling like a fake" is simple: know the real you and be that person in every situation. With the clarity and understanding of your innate talents and needs, self doubt, confusion and overwhelm become things of the past. Sure, it will require some time and effort to learn and grow into your best version, but it'll be in ways that amplify who you are and what you're already innately attuned to.

So let's stop with the "Imposter Syndrome" narrative and start living our lives as the authentic, amazing individuals we were born to be. It's NOT JUST about feeling better; it's about BEING better - genuinely, unapologetically, uniquely you.

TAKE STOCK OF WHERE I AM NOW

THE PDF GUIDE IS NOW WRITTEN IN THE FIRST PERSON (I, ME, MY)



How much do I feel I CANNOT BE ME in my personal life with family? Rate this from 1 (very little) to 10 (very much).

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Instead how much do I feel THIS with my friends from 1 to 10?

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

How much do I feel I CANNOT BE ME in my professional life with colleagues, a boss or clients? Rate this from 1 to 10 (very much).

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Explain how my life is more difficult because I feel I CANNOT BE ME.

Describe how I want to feel instead.

THE 3 STEPS TO CHISEL AWAY WHO I AM NOT



HEARD OF THE 5 W'S? These are the question words. Journalists especially use them to write stories. So now I use them to tell myself a more beneficial STORY. The most important W to answer is **WHO**. This process is for me to uncover the real me.

01 STEP

RE-COGNISE MYSELF: First I read through the 22 Unique Individual Personality Needs (innate talents) and I choose 3 that feel the most like me. Certain ones will ring so true to who I am when I express my best. **STEP 1** is about feeling which words, specifically **VERBS** of action, give me a clear image of what is most natural for me to do, what I have always done, what I am drawn to do more of.

02 STEP

RE-ACCEPT MYSELF: Next in **STEP 2**, I read the 3 Personality Needs I chose and connect emotionally with myself doing those actions. I want to identify more with the **ADJECTIVES** that describe me the best. These are deeper than just being “happy”. These are the energy I emit when I express my best self & realise projects.

03 STEP

RE-INFORCE MY KNOWING & FEELING: Finally in **STEP 3** I remember specific times I have been **SO ME** to become aware of how to replicate those ways of being in the various areas of life. I have become real and will remain real from now on!



To stay motivated, I will remind myself of the drama of feeling like a "fake"! It's an energy drain. Even though I might be on a first name basis with doubt (hahaha) it doesn't mean it's true. Sometimes I get caught up in the opinion of others and worry about them judging me instead of rocking the fact that I am amazingness in the making.

Newsflash: nobody hits the perfection score in the game of life! There is always room to improve and evolve into better. When I chuck worry and anxiety in the bin, I have more time to focus on mastering the art of being the real me? Imagine how fast things shift when I invest positive energy into levelling up my self love, my self confidence and useful skills? Now, that's a game plan worth striving for!

CLEAR ON WHO I REALLY AM

01 STEP

KNOW MYSELF. It sounds like something straight out of an ancient philosophy book gathering dust on a library shelf, right? But hold up! Why have we been sleeping on this age old wisdom? Maybe it seems too basic? Or perhaps it's just too complex to wrap our heads around.

Here's the deal: to shake off that label I've slapped on myself, I'm gonna go on a fun ride of self discovery to **KNOW WHO I AM**. Getting existential, this is the top dog question compared to lower and basic ones like **WHAT** to do or **HOW** to do things. Thanks to Google (not really thanks), we might have been trained or become masters of **HOW TO** as if constantly hunting for quick fixes was the key to happiness.

But, as Diana Dentinger states, once I start nailing down the **WHO** part, I'll see how ridiculously easy it is to flip the perception I have of myself, tweak how I see myself, and super charge my self confidence. (Diana is buzzing with excitement for me!)

On the next pages I find the names of the 22 Personality Needs along with a few lines of descriptions of these 22 different ways of being. I will especially focus on the **VERBS OF DOING**, how I show who I am through action. That is my brain's role.

**READING OUT LOUD ALL THE DESCRIPTIONS ON THE NEXT 6 PAGES,
I CIRCLE ONLY 3 THAT SOUND & FEEL THE MOST LIKE ME**



ADAPTABLE PERSONALITY NEED



- I innately listen well, offer perspective & save.
- I desire to serve & help those who need what I have.
- I feel energised by being understanding, inclusive & diverse.



ADVENTUROUS PERSONALITY NEED



- I innately coordinate well, demonstrate & progress.
- I desire to succeed & perform to the best of my abilities.
- I feel energised by being capable, talented & heroic.



BALANCED PERSONALITY NEED



- I innately evaluate well, order & measure the pros and cons.
- I desire to decide what is right for me respecting others.
- I feel energised by being dutiful, fair & trustworthy.



CONNECTED PERSONALITY NEED



- I innately mediate well, join & negotiate.
- I desire to reconcile & heal those with pain.
- I feel energised by being affectionate, peaceful & moderate.

**CONTINUE READING THE DESCRIPTIONS OUT LOUD
TO CIRCLE THE 3 TOTAL THAT SOUND & FEEL MOST LIKE ME**



CONSCIENTIOUS PERSONALITY NEED



- I innately teach well, transmit & unite.
- I desire to acknowledge the good & continue learning.
- I feel energised by being grateful, benevolent & idealistic.



DYNAMIC PERSONALITY NEED



- I innately move well, articulate & finish what I start.
- I desire to advance & evolve my life projects.
- I feel energised by being unpredictable, changing & abstract.



ENGAGING PERSONALITY NEED



- I innately communicate well, conceive & create.
- I desire to design & produce, even with nature.
- I feel energised by being charming, romantic & loquacious.



ENTERTAINING PERSONALITY NEED



- I innately guide well, discover & fantasize.
- I desire to consider others & make life sacred.
- I feel energised by being sincere, authentic & altruistic.

**CONTINUE READING THE DESCRIPTIONS OUT LOUD
TO CIRCLE THE 3 TOTAL THAT SOUND & FEEL MOST LIKE ME**



ESTABLISHED PERSONALITY NEED



- I innately lead well, delegate & protect.
- I desire to have and own my things and belongings.
- I feel energised by being stable, assertive & materialistic.



EXPRESSIVE PERSONALITY NEED



- I innately celebrate well, liberate & live joy.
- I desire to let out what I have inside as if life were a party.
- I feel energised by being positive, optimistic & ecstatic.



INDEPENDENT PERSONALITY NEED



- I innately complete & realize things effectively.
- I desire to love unconditionally & dance through life.
- I feel energised by being autonomous, free & deliberate.



INNOVATIVE PERSONALITY NEED



- I innately begin well, invent & accelerate.
- I desire to play & experiment with many things.
- I feel energised by being curious, spontaneous & skillful.

**CONTINUE READING THE DESCRIPTIONS OUT LOUD
TO CIRCLE THE 3 TOTAL THAT SOUND & FEEL MOST LIKE ME**



INSPIRING PERSONALITY NEED



- I innately dream a lot so I follow my deeper calling.
- I desire to renew, rejoice & reawaken my mission.
- I feel energised by being purposeful, elevated & believing.



KNOWLEDGEABLE PERSONALITY NEED



- I innately study well, write & organize.
- I desire to reveal the mysterious unknown so others are aware.
- I feel energised by being hospitable, prepared & informed.



MAGNETIC PERSONALITY NEED



- I innately take charge well, assert & harmonize.
- I desire to master things that interest me & let myself go.
- I feel energised by being courageous, disciplined & humble.



NURTURING PERSONALITY NEED



- I innately perceive well, use my intuition & easily predict.
- I desire to uncover things below the surface & go deep.
- I feel energised by being sensitive, profound & secretive.

**CONTINUE READING THE DESCRIPTIONS OUT LOUD
TO CHECK THE 3 TOTAL THAT SOUND & FEEL MOST LIKE ME**



ORIGINAL PERSONALITY NEED



- I innately take risks well, wander & envision the future.
- I desire to be worry free & out of the box about life.
- I feel energised by being wild, youthful & without limits.



PASSIONATE PERSONALITY NEED



- I innately focus well, investigate & calculate.
- I desire to arouse the senses & move the energy of money.
- I feel energised by being charismatic & highly creative.



QUESTIONING PERSONALITY NEED



- I innately analyze well, contemplate & diagnose.
- I desire to counsel & advise others about their issues.
- I feel energised by being wise, calm, quiet & reflexive.



RADICAL PERSONALITY NEED



- I innately restructure well, transform & demolish.
- I desire to give value to & regenerate things in projects.
- I feel energised by being tenacious, transgressive & rebellious.

**FINISH READING THE DESCRIPTIONS OUT LOUD
TO CIRCLE THE 3 TOTAL THAT SOUND & FEEL MOST LIKE ME**



SELECTIVE PERSONALITY NEED



- I innately design well, empathize & please for pleasure.
- I desire to enjoy life & make every simple thing beautiful.
- I feel energised by being sensual, stylish & enthusiastic.



SUPPORTIVE PERSONALITY NEED



- I innately collaborate well, construct one level at a time.
- I desire to partner with people of high standards.
- I feel energised by being present, brilliant & successful.

**WHO DO I FEEL I AM THE MOST? WHICH 3 PERSONALITY NEEDS?
WRITE THE NAMES & KEY WORDS FROM THE DESCRIPTIONS BELOW**

1.

2.

3.

REMEMBER TIMES I HAVE DONE THESE NEEDS



Write times I did the **VERBS** of the **PERSONALITY NEEDS** I choose.

1.

2.

3.

4.

5.

6.

7.

THE NEUROSCIENCE ABOUT PERSONALITY

Only read if I enjoy the nerdy science like Diana... here's the take.

Most people have the misconception that they craft their identities from scratch, but that is not how it works. Our very essence, down to the biological core, is shaped by our DNA - it's not just an opinion, but a fact. **DNA is the blueprint of our being, carrying the intricate codes that make us who we uniquely are.**

While over 99% of our DNA makes us the same as everyone else, it's that tiny sliver under 1% that sets us apart. Within this fraction lies **Memory Information** passed down from our family lineage, defining not only our physical features but also embedding predictable emotions, talents, life problems and potential solutions.

Know that DNA is not just about outward appearances. My DNA contains whispers of **Emotional Memory from my parents and ancestors** that ingrain predispositions to act and react, to perceive and sense, to think about things a certain way.

Unpacking the complexity of Personality is hefty and that has been Diana Dentinger's mission. The biology is that these **Emotional Memories**, stored as images in our limbic systems, sketch the stories we tell ourselves, our personal narratives, which again, influence our actions and reactions. Our biggest issue is how to STOP automatically replaying inherited emotional dramas stored in the DNA, brain and cells that drain and consume our energy!



Sure of my Personality Needs, I simply live my Personality Potential which is stored in my frontal cortex. I become able to exit the vicious cycles of the past. This is how the game of life is set up, the rules, the challenge. Overcoming the repetitive programming is how I feel empowered to steer my life with intention.

The journey is about playing daily full out with unwavering confidence and vitality. I throw myself into the game aware of my talents to realise who I came to be!

I CAN SIMPLIFY THIS FOR MYSELF!



GETTING MY UNIQUE & COMPLETE PERSONALITY PROFILE GIVES ME ACCESS TO REAL ANSWERS FAST BECAUSE THE GUESS WORK AND TRAIL & ERROR TAKE TIME!

1. Go from feeling confused about what to do to letting who I am be naturally expressed. This attracts the opportunities that are most aligned to the real me.
2. Go from feeling overwhelmed with too much on my plate to defining what is really priority for me that brings more success and fulfilment into my daily life.
3. Go from feeling frustrated that I know there is more that I want from life to finally having the clear answers about how to make that all happen!

CLICK TO GET MY PERSONALITY PROFILE

<https://yourlifeyourwayacademy.com/profile>

WHAT I DO IN THE 21 DAY BEST YOU YET CHALLENGE

ONE POSSIBLE OPTION FOR A DIY PROCESS

GET STARTED WITH THE BEST YOU YET PROGRAM

1. Add to cart, complete the payment, get instructions.
2. Fill Out the Client Questionnaire in 20 - 30 minutes to receive my Complete PDF Personality Profile via email.
3. Do the Preparation Fun like the Self Image Picture.

SET UP THE MATERIALS

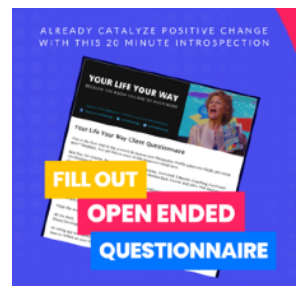
1. Download the 20 page PDF Personality Profile.
2. Print the 110 page Playbook Manual.
3. Print the Path to Prosperity Game Board.

PLAY THE GAME & FOLLOW THE SCHEDULE

1. Dedicate only **10 MINUTES A DAY** to read, watch & reflect.
2. Days 1 - 6 discover my core 3 Personality Needs.
3. Days 7 & 9 define my unique Life Purpose Statement.
4. Days 10 - 14 expand with my 3 Energy Needs.
5. Days 15 - 19 complete with my 6 Outer Needs.
6. Days 20 & 21 decide my next steps for progress.

SUCCEED AT BEING MY BEST

1. Increase my confidence & energy levels.
2. Measure the meaning of my actions.
3. Recite daily my Empowering Personal Mantra.
4. Join the Sunday Dice Rolls for further integration.
5. Expect Self Realization made fast and fun!



CLICK HERE TO GET MY COMPLETE PROFILE

<https://yourlifeyourwayacademy.com/profile>

I CAN DO IT OVER MORE WEEKS TOO

FUN KNOWING MYSELF IN THE 12 FACETS OF PERSONALITY SO STEP BY STEP EVERYTHING IN MYSELF & MY LIFE TRANSFORMS!



DEDICATE 30 MINUTES A WEEK TO MY CLARITY & CONFIDENCE

Week 0: Fill Out the Client Questionnaire & Do Preparation Fun

Week 1: Discover Who I am in the Core 3 Personality Need Facets

Week 2: Define my Life Purpose Statement, Personal Mantra & Image

Week 3: Increase my Vitality knowing myself in the 3 Energy Needs

Week 4: Make the first small Life Changing Decisions

Week 5: Give my best in my 4 Outer Life Area Personality Needs

Week 6: Overcome my Reaction to Stress for Greater Resiliency

Week 7: Focus on Best Self & Health Habits based on my Personality Needs

Week 8: Accelerate my Professional Success & Time Management Skills

Week 9: Improve my Communication for Personal & Professional Fulfillment

CLICK HERE TO GET MY COMPLETE PROFILE

<https://yourlifeyourwayacademy.com/profile>



We are all **emotional** beings. Yet **how I live right** now might not **satisfy** me enough. I want to **be happier** for more hours a day and this is possible **when I express the best version** of who I am.

HOW DO I FEEL WHEN I AM ME

STEP 02

We're walking, talking bundles of emotions with a side of brainpower. The real deal about how our biology and physiology work is this: our brains are like super-efficient storage units, but they collect images and associations from the past.

Here's how the game works: I get triggered by something, and bam! I'm feeling all the past emotions (those that are inherited). Then, in a split second, my brain says, "Hey, let's do something about this," and I spring into an automatic reaction and action before my conscious thoughts decide if it is beneficial. Only afterwards do I realise how little conscious control I have.

In STEP 1 I felt out which 3 PERSONALITY NEEDS feel like the most like me. I do have more in my Complete Personality but for now we don't want to complicate this DIY process. spotting myself in action like a pro. Now, in **STEP 2** I want to reread those precise 3 and focus on the last line in the description of how I feel being me.

This is about diving into the essence of my vibe - my "ways of being." Think of it like my favourite 3 ice cream flavours on my unique cone. No one else looks, tastes, smells, and feels like me. This Methodology goes way beyond traits and types. It is not about being introverted or extroverted. It is about being the talents as solutions to unresolved family history conflicts. This cellular information is there and it's time to wake it up for a real connection to who I am.

As I reread those **3 PERSONALITY NEEDS** that scream "This is so me!" I stop being a copycat of everyone else, comparing myself to others or submitting to societal pressures to be a certain way. How I feel when I am naturally me is how I strengthen my self confidence to showing up real.

WHAT AM I FEELING WHEN DOING MYSELF



Write about more personal experiences and include the positive emotions.

1.

2.

3.

4.

5.

THIS IS THE MOST SUPPORTIVE **SELF TALK** I CAN HAVE!
I BEGIN TO REALIZE HOW DOING “WHO I AM” FEELS GREAT!

Just like my body craves a good night's sleep, delicious food and enough water to keep me hydrated, my **PERSONALITY NEEDS** have their own set of cravings. It's all about health for my body and meaning for my inner self. And what does my Personality really want? To let the real me shine through, loud and proud!

Those lists I have been working on in **STEPS 1 & 2**? They're more than just words. They're profound clues to solve the mysteries of my life. Think of my complete Personality as offering me my why, where, what, when and how so no question goes unanswered. This is life changing.

03 STEP

MY PRACTICAL PROOF

We get it, the idea of a Complete Personality sounds like it could be a puzzle with way too many pieces. But, don't worry, we've got your back. To get crystal clear on which of these **NEEDS** are uniquely mine, I can hop over to the **Your Life Your Way Academy website to get my complete Personality Profile**. It's packed with detailed insights into my unique makeup, plus some entertaining video breakdowns to boot. **This PDF DIY GUIDE is just the tip of the iceberg**, introducing me to the deep dive of understanding my Personality and getting real with myself.

Here in **STEP 3**, I take the key words and phrases from the descriptions and recall the most impactful times that I've lived out these needs in full color. These next exercises gives me the solid evidence I need to boost my confidence in all the various roles I might be playing today.

Here's an example: If someone identifies with the Adaptable Personality Need, the key words for this Need are: serve, listen, and offer perspective, with a mantra that goes something like, "I am helpful, open-minded & caring." Maybe there's a memory of working on a philanthropic project helping old folks in a retirement home by reading them the newspaper or being the first one there with chicken soup every time a friend gets sick. Remember how incredible and vibrant it felt helping out! This is the kind of gold we're digging for. It is very down to earth and practice. Over the next days I can take time to reflect on my awesomeness! I've got this!



EXERCISE OF REMEMBERING

THE NAME OF THE 3 NEEDS PLUS THE KEY WORDS FROM STEP 1 & 2 LISTS	WHAT WAS I DOING? HOW OLD WAS YOU? WHERE WAS I?	WHO WAS I WITH? WHO DID I DO THIS FOR? HOW DID I FEEL?
PERSONALITY NEED 1		
PERSONALITY NEED 2		
PERSONALITY NEED 3		



EXERCISE OF REINFORCING

Now that I've taken a walk down memory lane and spotted some of the standout moments I've experienced, it's time to craft some awesome affirmations that pump me up. Noticed how I've been a rockstar in similar situations before and totally have the stuff inside me to do it again? Yes! That's me painting my essence for all to see!

Example: Let's say I choose these **3 PERSONALITY NEEDS** - Adaptable, Inspiring, Nurturing. I can whip up some empowering mantras about who I am, how I feel being me, what I have done in the past and what I can do in the future **BECAUSE I HAVE THE POTENTIAL INSIDE.**

This is all about **tapping into my past wins to boost my confidence and feel grounded** in taking on new challenges with some added awareness. I am essentially remixing my past successes to play better in my current and future projects & roles.

PART 1: WHAT KIND OF PERSON AM I?	PART 2: WHAT HAVE I DONE IN THE PAST?	PART 3: WHAT DO I WANT TO DO NOW OR IN THE FUTURE?



EXERCISE FOR MORE CONFIDENCE

So, at its core, **CONFIDENCE** is all about having a **SOLID TRUST IN MYSELF**.

Embracing the real me? It's the best feeling in the world. Be aware that not everyone is going to get me, understand me. And guess what? That's perfectly fine. Their mission in life is to figure out their own real selves. Mine? Be my best version!

Feeling confident shouldn't just be limited to one slice of my life. Whether I am hanging out with family and friends, navigating my career, or mingling with new faces in social scenes, I want that self assurance to shine through. Sure, the energy vibe might shift slightly depending on the setting. I might dial up the professionalism at work compared to letting loose in my personal life - but the underlying essence?

It stays coherent to me. Let's get interactive. In the table below, brainstorm activities that involve others. Have the guts to get creative and notice the lift in my spirits. Confidence is contagious; when I radiate real inner **self yessing** (knowing) others can't help but feel excited to join in on whatever adventure or activity I propose.

BEING MORE REAL WITH FRIENDS & FAMILY	BEING MORE REAL AT WORK IN A PROFESSION	BEING MORE REAL IN SOCIAL SETTINGS WITH STRANGERS
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
6.	6.	6.
7.	7.	7.
8.	8.	8.



PRIORITISING MY ACTIVITIES

What to do more of to feel more real!

What to do less of that is not aligned to the real me.

What to do with a renewed attitude to feel more confident!

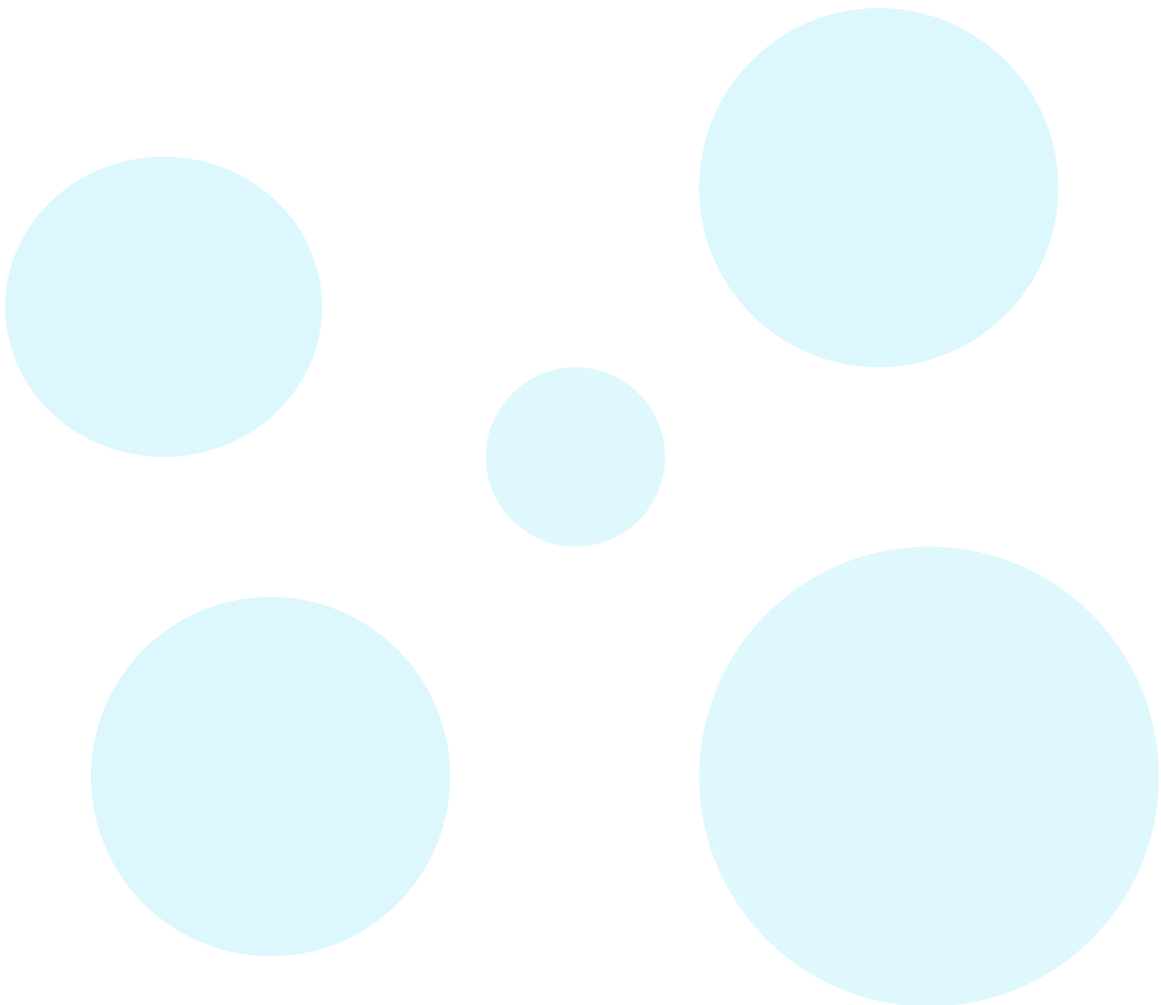
I can start **tweaking little bits of my daily routine**, focusing on one change at a time. Ask myself if these tweaks bring me closer to feeling complete, more vibrant, and overall happier. Sure, there are things (like household tasks) that I might not exactly jump for joy over, but I can still create meaning to do them with positive energy.

I can change my attitude and change how I talk to myself about those less desirable tasks and chores. That way I feel a bit more excited about whatever needs to be finished. In what area of life does this happen - at home, at work?

ENHANCING BEING RESILIENT

Once again, inside the circles, jot down the **PERSONALITY NEEDS** that scream **THIS IS SO ME**. Around each circle, brainstorm activities, skills or knowledge that I desire to refine to make me even better at living out and expressing these Needs.

Example: If someone has the Engaging Need because they are a communication whiz, they might decide to enroll in a Public Speaking course, aiming to rock a TedTalk someday. That's spot on for them. For every **Personality Need** I identify with, there's room to level up & sharpen talents through learning & practicing skills.



CONTINUE BRAINSTORMING

WHAT OTHER FUN IDEAS FOR EXPRESSING MY BEST	HOW TO REWARD MYSELF FOR IMPROVING MYSELF	EXTRA IDEAS TO REKINDLE MY LOVE FOR LIFE



Keep this space bookmarked for those **lightning bolt ideas (from the ether)** that **flash in** out of the blue over the coming weeks. I'll jot them down here remembering to plan how I'll treat myself for making the daily choice to live the real me.

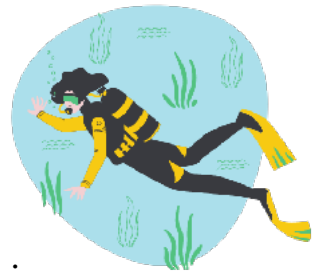
Life's disappointments, whether they're from family drama, work hiccups or global news, can sometimes cut off our spark and drive. Whenever I feel that happen, I flip back to this page. **I remind myself of the quirks and joys that make me uniquely me** and lean into them to grow more zest for life.

For example, if I resonate with the Selective Need, arranging a beautifully set table with some fresh flowers can instantly uplift my spirits. Notice how a simple change in attitude can transform my entire outlook and reality?

LIVING THE REAL ME DAILY

We have a habit of putting off our joy, marking our calendars for vacations or special events as the official times to smile more, laugh more, relax more and finally enjoy life more. We cut off from the daily grind. But does the day to day have to suck?

If I found myself grinning as I discovered my **PERSONALITY NEEDS**, noting down the loveable and memorable aspects of myself, then deep down, I know the truth: embracing these aspects of myself more actively and deliberately is a deeper way to have profounder happiness, health, success and fulfillment.



A significant word here would be **CONSCIOUSLY**. Instead of floating in the sea of sameness trying to be like others, detached from my essence, I dive into what I do that reflects and expresses my Personality! I am consciously aware of me.

By understanding and reminding myself of the **WHO & WHY** behind my actions, I inhale life sustaining energy. I feel more consistently awesome about myself, and hey, chances are, I'll even do things better, leading to better outcomes and results. A part of this energy is also feeling into my unique biorhythms, when I do best.

BEST ACTIVITIES IN THE MORNING	BEST IN THE AFTERNOON	BEST IN THE EVENING

SETTING REALISTIC GOALS & EXPECTATIONS

Knowing myself first serves as a **cornerstone for setting realistic** and personally meaningful goals, as well as for establishing personal expectations that are in harmony with my real self.

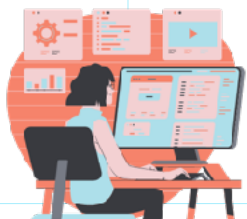
This mini self discovery process is not merely an exercise in positive self indulgence but a strategic approach to ensuring that the goals I set are both attainable as well as also truly satisfying and reflective of my deepest aspirations.

Understanding my **PERSONALITY NEEDS** as talents and strengths helps me avoid unrealistic expectations that I often set due to external pressures or societal norms, which lead to unnecessary stress increasing the struggle and feelings of inadequacy.

Set some goals now that foster a sense of progress and achievement, my way!

Best is to set **one main goal for each of the 4 areas** of life over a short time span.

FOR MY GROWTH OVER THE NEXT 3 MONTHS	FOR MY HEALTH OVER THE NEXT 3 MONTHS	FOR MY RELATIONSHIPS OVER THE NEXT 3 MONTHS	FOR MY CAREER OVER THE NEXT 3 MONTHS



ACCEPTING FEEDBACK FROM OTHERS

This can be double edged but I've gotta be open to it. Feedback is inherently a mixed thing **due to its potential to inform but possibly also mislead**. On one hand, I can be offered critical insights that are not visible from my own perspective, highlighting blind spots and areas for my growth.

On the other hand, I must know that feedback is filtered through the giver's own experiences, beliefs, **NEEDS** and emotional state, which can distort the message and its relevance to me, the recipient. This distortion is particularly tricky in the context of Imposter Syndrome (not being the real me), if I already grapple with self doubt.

When I **have my complete Personality & Needs Profile®**, I fully know my set of innate talents, strengths and weaknesses. Thus it becomes a self directed path to personal improvement. I don't just blindly accept feedback nor am I hurt by criticism (that in the end might not really be about me).



As with many things in life, when I go beyond confusing messages so they don't drain my energy, as well as the messages that I feel (and feel deeply) are not about me, I can tap into my inner yessing to feel what serves me, without putting up walls. **The key is to align with my real self and my unique growth trajectory.**

FEEDBACK I GOT & IT WAS HELPFUL	FEEDBACK I GOT & IT WAS LESS ABOUT ME	FEEDBACK I GOT THAT WAS CONFUSING



MOVING BEYOND JUST COPING

Every day for the next weeks, I'll jot down a small challenge I faced and how I dealt with it. **Then reflect on what I learned and how it made me better.** It's about recognizing my ability to bounce back and grow, turning obstacles into stepping stones. Then I can do a happy dance, sing, take a walk in nature or do something physical in my body to register these wins on a cellular level. Go ahead!

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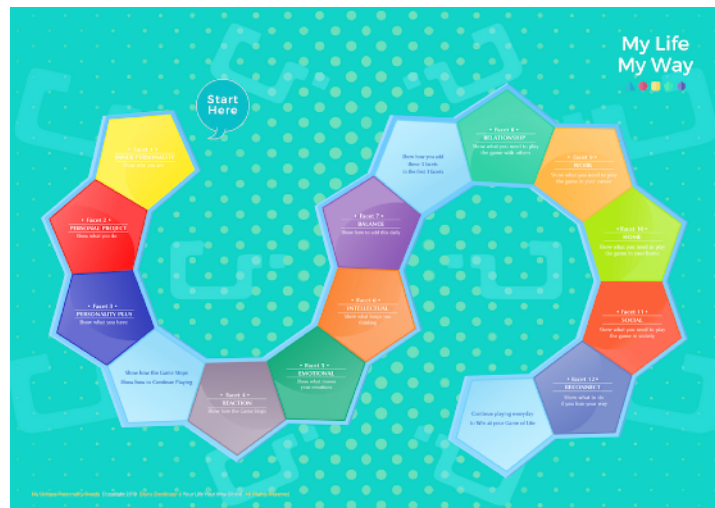


CELEBRATE GOOD TIMES!

How about celebrating those wins?! **I make it a habit to acknowledge** at least one thing I did well each day. It could be anything from giving a successful presentation to just getting out of bed when I didn't feel like it. I'll share it with someone, write it down or just do a little victory dance. It's about savouring the moment and reinforcing that positive vibe. I am NOT just coping; I am thriving. I'll keep it real and stay true to my journey - it's all part of **growing into the best version of myself.**

[illegible]

THIS IS ONLY THE BEGINNING



Identifying which innate **PERSONALITY NEEDS** I feel are mine is just the start. But I might not have “guessed right”. It is **VITAL TO UNDERSTAND** precisely which Personality Needs I have and in **WHICH FACET OF PERSONALITY**.

Personality is quite complex but it has been super simplified for me when I get a Partial or Complete Personality Profile in a DIY, Group or One on One Program.

Here is the list of the **12 FACETS**. I have a **PERSONALITY NEED** in each one.

- | | |
|-------------------------|-------------------------|
| 1. MY CORE PERSONALITY | 7. MY BALANCE NEED |
| 2. MY PERSONAL PROJECT | 8. MY RELATIONSHIP NEED |
| 3. MY PERSONAL PLUS | 9. MY WORK NEED |
| 4. MY REACTION NEED | 10. MY HOME NEED |
| 5. MY EMOTIONAL NEED | 11. MY SOCIAL NEED |
| 6. MY INTELLECTUAL NEED | 12. MY RECONNECT NEED |

KNOWING MY COMPLETE PERSONALITY takes away all the energy drains, confusion and frustration. I face my issues and make better decisions. I finally eliminate stress and struggle from my life to do more of what is meaningful to me!

WHAT OTHERS SAY ABOUT THEIR PROFILE

What Clients Say about having their Profile

After going through my Personality Profile with Diana, I started to feel good naturally, have more energy, **peak my performance** and even increased my income by 58% in 6 months.



Mopani MK
Banking Industry
Motivational
Speaker
UK

YOUR LIFE YOUR WAY ACADEMY

What Clients Say about having their Profile



Diana Lehner
Veterinarian &
Animal Trainer
AUSTRIA

The course **opened my eyes** on which needs I have to address and how. Now I am aware of whenever I get off course and about my next steps. Life is so much more enjoyable when you **stop wandering in circles** and start walking towards your goals. I'm equipped with everything I need but wasn't sure how to use it all!

YOUR LIFE YOUR WAY ACADEMY

What Clients Say about having their Profile

This program is astounding. After a 2 Day Intensive with Diana, I even got my wife, sister, and children coached. **Everyone needs Your Life Your Way.** Thanks for making it accessible to more people!



Miguel Ribeiro Ferreira
Shark Tank
Judge, Portugal

YOUR LIFE YOUR WAY ACADEMY

What Clients Say about having their Profile




Stig Bertelsen
Quantum Healer
Practitioner
SWEDEN

Sometimes even we who work professionally with giving feedback need feedback ourselves & I mostly go to Diana for this. She is also a **power house of compassionate energy** built on a foundation of researched academic skills.

YOUR LIFE YOUR WAY ACADEMY

What Clients Say about having their Profile



Sal Ramya
Soft Skills
Trainer
INDIA

I have attended many workshops and heard so many Coaching styles, patterns and topics but none of them is so unique as yours. This Coaching is tailor made for each and every individual. If knowledge is powder, knowledge of yourself I the ultimate light and power. I am really glad for having met you. My heartfelt thanks.

YOUR LIFE YOUR WAY ACADEMY

What Clients Say about having their Profile



Brid Hanlon
Healy & Timewaver
Consultant
IRELAND

Absolutely brilliant! I had no idea of who I was... I even feel upset about it because I managed to provide without knowing and my reference points were always outside, who does that person say I am, do I fit in... then I must be ok even if I don't know who I am. I have a lot of catching up to do...

YOUR LIFE YOUR WAY ACADEMY

What Clients Say about having their Profile


I got **more out of 2 days with Diana** than in 8 UPW's. I was even involved in the organization of Robbin's events. This is just what I was looking for in my own Personal and Professional Development.



Callum Bridgeford
Avocado Ninja
CEO Health Store
UK

YOUR LIFE YOUR WAY ACADEMY

What Clients Say about having their Profile



Costanza Arduino
Author, Bowen
Practitioner
ITALY

With Diana's help I finally understood the **profounder reasons why I was afraid** to publish my books, angel cards and meditations. She mentioned if there was someone in the family tree that worked with angels. It was crazy when my father told me the story!

YOUR LIFE YOUR WAY ACADEMY

What Clients Say about having their Profile



Gillian Hipp
Ph.D. Movement
Therapy
UK

This Methodology found a spare puzzle piece that I hadn't been aware of in my Personality. Actually, it was the **missing piece that's not been there for my whole life.** Massive weight lifted... I love working through all this and something has really shifted for me... very grateful to you! The universe works in amazing ways!

YOUR LIFE YOUR WAY ACADEMY

READY TO START NOW?



I can get a simple, **STREAMLINED PROCESS** making it easy for me to dive deep into every aspect of my being when I get my unique **PERSONALITY PROFILE** offered along with Video Masterclasses. I want to know myself and create a great life.

Diana Dentinger lays it all out for me in a **FUN, GAME LIKE** format taking the guesswork out of discovering the multifaceted person that I truly am.



OPTION 1 – THE 21 DAY BEST YOU YET CHALLENGE

1. My Complete Personality Profile with Descriptions in all 12 Facets,
2. A 110 Page Manual Playbook for going fast and deep into myself,
3. 10 Part Masterclass Video Trainings to understand the process fully,
4. The Path to Prosperity Game Board and Member Activities!

OPTION 2 – ACCELERATE WITH 1 ON 1 COACHING

1. My Complete Personality Profile with Descriptions in all 12 Facets,
2. A 110 Page Manual Playbook for going fast and deep into myself,
3. 20 Part Masterclass Video Trainings to understand the process fully,
4. The Path to Prosperity Game Board and Life Changing Insights!
5. Personal guidance by Diana Dentinger, creator of the Methodology.

FREQUENTLY ASKED QUESTIONS



1. What is a Personality & Needs Profile® Readout?

The Personality Profile Readout is a 20 page readout with 12 pages of descriptions of my Unique Individual Needs in each of the 12 Facets of Complete Personality. The descriptions are “key worded” so my biology, neurology and psychology remember “what it’s like to be me”. These key words have the power to catalyse change in me so it is easy to step into my potential and feel energised. Ultimately my Personality Profile Readout is an Instruction Manual on how to live life my way being the best version of myself. Offered in **VARIOUS COURSE OPTIONS** it is accompanied by a 110 page Playbook with worksheets, reflection questions and exercises to facilitate the process of self awareness, decision making and focused action taking.

2. How does the profiling process work?

First I fill out a Questionnaire writing at least 30 words to each of the 15 open ended questions such as: “Name the number one challenge that if it were solved would change my life for the better?” When correctly filled out, my questionnaire is put into a system that elaborates my Personality Profile Readout. It organises the Needs I have and in which Facet of Personality they are in. This Methodology is protected by copyright laws.

3. Does Personality change over time?

No, my innate Personality does not change. The degree to which I live my Personality is what changes. I might have periods during my life in which I fulfill my Unique Individual Personality Needs and am therefore expressing my Personality potential. And there might be other periods in my life in which I do not. Being that this Profile and Methodology were created by reverse engineering the root causes of psychosomatic illnesses, there is a higher probability of me developing an illness and emotional blocks when I am not expressing my fuller potential.

4. How does this Profile differ from other Personality Assessments?

Most other “tests” or assessments have me answer a multiple choice questionnaire, forced yes or no answers, or even rating an affirmation from strongly agree to strongly disagree. These are called Psychometric tests. They are not based on science. And if I would take the same test at a distance of time, there are probabilities that the results will vary. The results I obtain from these “tests” or assessments are that I am 1 of 4/8/9/16 types. But I am so much more! That is why the Your Life Your Way Academy is my one stop, best place for personal growth.

MORE ABOUT THE PERSONALITY PROFILE

<https://yourlifeyourwayacademy.com/profile>

MORE FUN & INSPIRATION

From **Podcast Episodes** each week on a variety of topics, both in audio and video format, to **Self Help Books** for my continued personal growth, Diana Dentinger shares her vast professional experience and profound wisdom to help me live a great life being the great person I am meant to be!

<https://www.youtube.com/user/dianadentinger>

<https://www.linkedin.com/in/dianadentinger>

<https://www.instagram.com/dianadentinger/>

<https://www.facebook.com/YourLifeYourWayGlobal>

<https://www.tiktok.com/@diana.dentinger>



THE 21 DAY **BEST YOU YET** CHALLENGE

With Complete Personality Profile with Descriptions in all 12 Facets.

ACCELERATE WITH **ONE ON ONE COACHING**

Personalized Guidance on Life and Your Complete Personality Profile.