



INCLUDES A LEADING EDGE  
PERSONALITY ASSESSMENT

# YOUR BEST **LIFE** FORMULA

The 4 Vital Variables that Equate into Having  
Greater Happiness, Success & Life Fulfillment



**DIANA DENTINGER**

Creator of the Personality & Needs Profile®  
Your Life Your Way Coaching Methodology™

# WELCOME TO THE 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 70 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.



# THE FORMULA FOR THE BEST LIFE



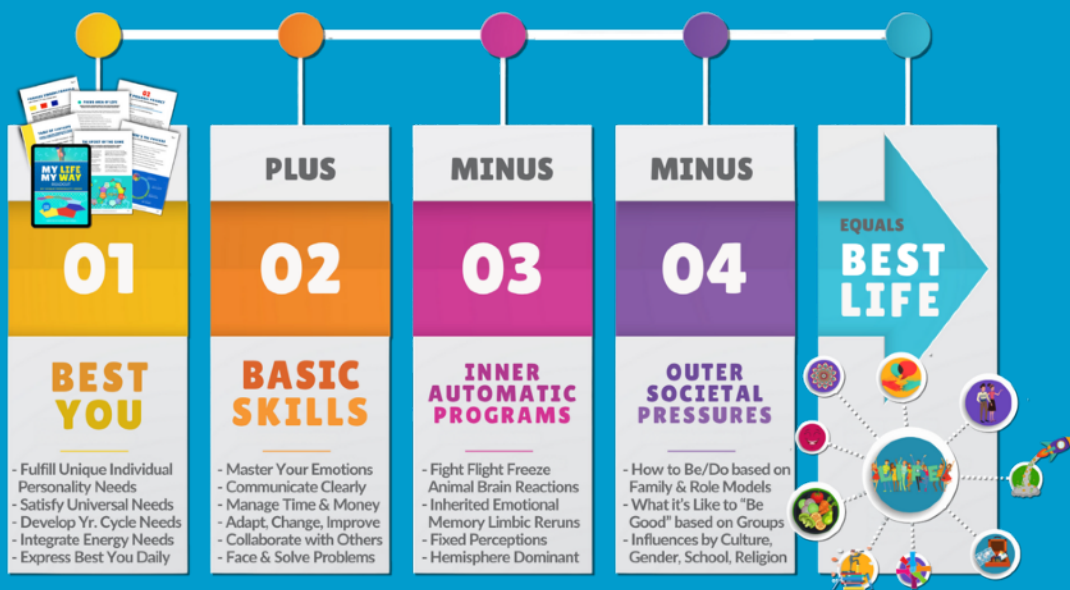
**BEST LIFE** = **BEST YOU** + **BASIC SKILLS**  
 minus **Inherited Automatic Programs** minus **Outer Social Pressures**

You might look at some people and think they have the “best life”. After my 35+ years of Coaching and Training, I can assure you that there are many who “enjoy” apparent financial abundance, family love, fun free time, yet are extremely miserable. On the outside they seem to have it all together, but on the inside they are lost.

SO I CREATED A 4 PART FORMULA TO SIMPLIFY CREATING THE BEST LIFE.

Follow along in the video to rate yourself with the formula. SCORE \_\_\_\_\_

## Your Best Life Formula



# STOP WORKING ON AREAS OF LIFE

Imagine you are a balloon and each area of your life (career, relationships, health, money, etc.) is another balloon connected to you. When you try to “work on” or fill up one of those areas, where does the air come from? It comes from you. You squeeze some of your own air (your energy, focus and life force) into that other balloon. But if you aren’t at least 95% full yourself, YOU end up deflating yourself.

The truth is, an area of life can never be fuller than you are of yourself. It’s about being fulfilled, whole, and self realized - a balloon that’s naturally buoyant, expanded and complete. When you live from fullness, you don’t “work on” areas of life. You bring yourself (your clarity, confidence and energy) into them. Areas of life become an extension of who you are, not a series of separate projects to fix.



# TAKE THE QUIZ

**INSTRUCTIONS:** Rate each statement from 1 = Not true at all to 10 = Fully true  
Imagine the rating in between as being: 2 = Rarely true for me, 3 = Occasionally true,  
6 = Sometimes true, 8 = Often true, 10 = Fully true for me.

## **SECTION A. BEST ME** - *How fully I express my real and complete personality*

1. *About Knowing Myself:* \_\_\_\_\_

I have a clear sense of my strengths, needs and natural talents.

2. *About My Resiliency:* \_\_\_\_\_

I use my strengths intentionally to handle challenges.

3. *About My Ability to Adapt:* \_\_\_\_\_

I adapt to change in a way that feels aligned with who I am.

4. *About My Focus to Get Things Done:* \_\_\_\_\_

I stay focused on what matters most, even when life gets busy.

5. *About Being the Best Me with Others:* \_\_\_\_\_

I bring the best version of myself into relationships, work and personal life.

## **SECTION B. BASIC SKILLS** - *Practical skills that support real world life fulfillment*

1. *About Communication Skills:* \_\_\_\_\_

I communicate clearly, confidently and respectfully.

2. *About Problem Solving:* \_\_\_\_\_

I make decisions and solve problems without overthinking.

3. *About Time Management Skills:* \_\_\_\_\_

I manage my time well and prioritize what's meaningful.

4. *About Interpersonal Skills:* \_\_\_\_\_

I navigate relationships with healthy boundaries and mutual respect.

5. *About Money Management Skills:* \_\_\_\_\_

I feel confident managing money and financial decisions.

ADD THE POINTS FOR THIS PAGE \_\_\_\_\_

# FINISH THE QUIZ

**INSTRUCTIONS:** Rate each statement from 1 = Not true at all to 10 = Fully true

These affirmations are formulated in a way to be more “negative” so not true is a lower score and fully true is a higher score.

## **SECTION C. INNER AUTOMATIC PROGRAM** - *The nervous system works for me*

1. I often switch into a reactive stress mode (fight, flight, freeze or fawn) over things that are not real threats.
2. My emotions sometimes feel like a roller coaster rising and falling faster than I can manage them when negative one surface.
3. I notice myself repeating behaviors or patterns that I know aren't good for me.
4. Fear of failure, rejection or criticism keeps me from doing what I truly want.
5. I set unrealistic expectations for myself, get overwhelmed and frustrated feeling like I'm “behind” in my life and not doing enough.

## **SECTION D. OUTER SOCIAL PRESSURE** - *Living from my inner authority*

1. I compare my success to others and feel like I'm not measuring up.
2. I compare how I look, behave or live with other people's standards or images.
3. I feel pressure to fit in socially even when it means abandoning my preferences.
4. I worry about disappointing my family or not living up to their expectations.
5. I feel pressure to have life “figured out” and get frustrated when I don't.

*Did this quiz and the questions help you reflect on your life right now?*

*Were you able to spot some reasons or causes for which you are not in your best?*

*Which area of improvement do you see best for you now?*

*How are you going to make this happen for positive change?*

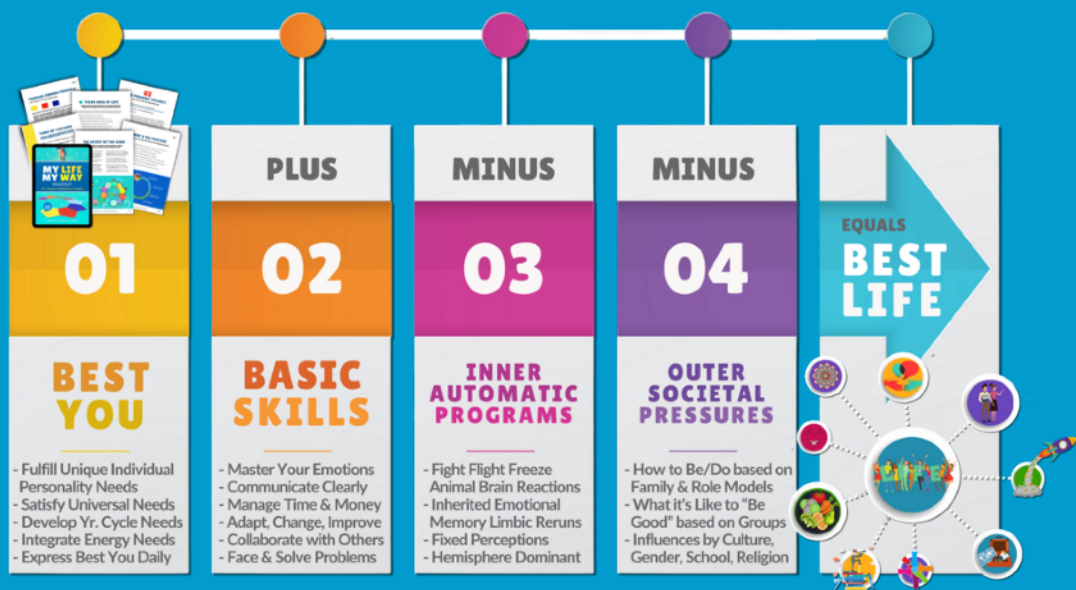
# SCORE THE QUIZ

Sections A & B score \_\_\_\_\_ minus Sections B & C score \_\_\_\_\_

**BEST LIFE POINTS** \_\_\_\_\_

Points → 80-100	Points → 60-79	Points → 20-59
You're rising into your Best and the Best Version of You.	You're growing with mixed momentum.	Your Best You is still under the surface somewhere.
Continue refining clarity. Consider getting your unique and complete Personality Profile to unlock all your potential for greater self expression.	You're on the path, but inner programs or outer pressures still subtract energy. A 3-hour coaching deep dive will accelerate clarity and rewire those friction areas.	Life feels harder than it needs to be, not because something is wrong but because pressure, stress or misalignment are subtracting too much. A Coaching program is best.

## Your Best Life Formula



# PAUSE ON INNER CHILD & SHADOW WORK

It's time to pause the endless cycle of self improvement. Inner child work, shadow work, or battling imposter syndrome may offer moments of insight, but they often keep you looping in the past and digging up old pain. These belong to what we call the **Inner Automatic Programs** and **Outer Social Pressures**, the inherited patterns and societal expectations that once shaped you.

Starting with **Best You** means they longer will define you. This simple yet powerful combination becomes the equation for your Best Life, a life built on clarity, capability, and confidence, not correction or comparison. You don't need to fix the old story, you need to write the next chapter so your energy naturally rises, your direction becomes clear, and your life aligns with a sense of effortless purpose.



# START BECOMING A BETTER YOU

If you've ever tried to build a better life from the "outside in", fixing what's "wrong" or chasing what's "missing" then you've probably noticed how temporary and fleeting the happiness can feel. That's because life can't "make you happy" just because you have more stuff, people, money, roles, accolades, etc. You are happiest when you are being the real you, the best version of who you are.

Using the **Your Best Life Formula** to see the best starting point for improvements, next you follow the Step by Step Process up the **Best You Blueprint**. Because when fully tap into your innate set of talents, "life" on the outside reflects that back to you positively. You don't need to chase fulfillment, you radiate it from the **inside out**. In the biology of behavior - **Needs Drive Behavior**. So fulfill your Personality Needs.

## The Best You Blueprint



# NEEDS DRIVE BEHAVIOR

The Best You Blueprint is built on four essential steps and layers of fulfilling NEEDS:

## 1. Know Yourself Completely

Discover your unique set of Personality Needs, which are your innate talents. These reside in the prefrontal cortex, in your brain, in the seat of Personality. Without the depth of knowing yourself, you easily become stuck. You feel limited and blocked. Instead when you know you have inner resourcefulness that gives you resiliency, creativity and empowerment, you tap in and find “the answers inside”. Life becomes simpler, because you stop looking outside of yourself or trying to be someone else.

## 2. Apply and Express Yourself

Live your uniqueness on a path of self realization, aligned with Maslow’s Universal Human Needs. This is how you give your best to your health, create your stability, maintain positive and supportive relationships as you gain confidence realizing your life purpose for a life well lived, feeling fulfilled without regrets.

## 3. Align with Your Body and Psyche

Be in harmony with your physical, hormonal, and psychological systems as you age and evolve through the developmental 7 Year Life Cycles. This helps you overcome feeling “behind” in life, which might often be based on comparison. Use your body as your compass about meeting milestones using your innate personality potential.

## 4. Amplify Your Energy and Attract Synchronicity

Express the Best You, applying and aligning yourself so your Energy expands. This is how you attract opportunities, people and synchronicities that match your “higher” intention, mission and vibration. Life flows, not because you control it, but because you are coherent with yourself first and foremost.

When you live this way, goals are no longer destinations, they are natural expressions of your wholeness. **The best life comes from becoming more you!**

# WATCH THE QUIZ ON PERSONALITY NEEDS

Phase 1: Knowing Yourself fully is about clear answers to vitally important existential questions.

In order of importance they are:

1. Who are you?
2. Why are you here?
3. Where do you excel?
4. What do you innately do well?
5. How do you do it?

Who You Are is your complete set of Personality Needs.

You see, you are a person, therefore you have a Personality.

Think of Personality being like a sports bag full of equipment. Each piece inside the bag is there to equip you with anything you need to do in life, both to solve challenges and realize desires.

But there are 2 huge problems:

1. You might not have tried to use each piece of equipment,
2. You might not know how to use more pieces at a time.

This results in feeling unequipped for all of life's challenges.

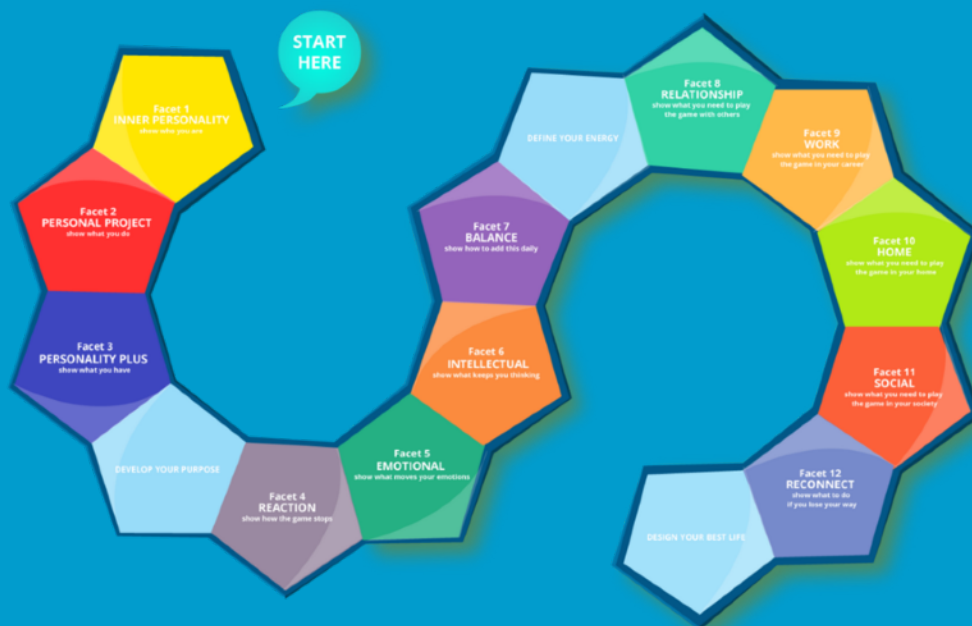


# PERSONALITY IS COMPLEX

But we have simplified it for you! It's just that you might be used to the mainstream or popular tests that oversimplify by putting you into four neat boxes or types. From Myers Briggs to Human Design to Enneagram, you are a "type". But that's not the whole story of who you are! **Modern Personality science** shows that traits come in layers and facets.

This is why the **12 Facets of Personality** in your unique Profile matter. Instead of forcing you into one category, you become aware of the multi-faceted person you really are. Once crystal clear on all the aspects of the complete you, this fuels your confidence which **skyrockets your energy**. And having energy is how you do more of what really matters to you, giving your best to all areas of your life.

## The **Best You** Game Board



# WHAT OTHERS SAY ABOUT THE 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*

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!



**Diana Lehner**  
Veterinarian &  
Animal Trainer  
AUSTRIA

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*

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.



**Stig Bertelsen**  
Quantum Healer  
Practitioner  
SWEDEN

YOUR LIFE YOUR WAY ACADEMY

*What Clients Say about having their Profile*

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.



**Sal Ramya**  
Soft Skills  
Trainer  
INDIA

YOUR LIFE YOUR WAY ACADEMY

*What Clients Say about having their Profile*

**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...



**Brid Hanlon**  
Healy & Timewaver  
Consultant  
IRELAND

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*

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!



**Costanza Arduino**  
Author, Bowen  
Practitioner  
ITALY

YOUR LIFE YOUR WAY ACADEMY

*What Clients Say about having their Profile*

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!



**Gillian Hipp**  
Ph.D. Movement  
Therapy  
UK

YOUR LIFE YOUR WAY ACADEMY

# THE FIRST STEP IS BETTER YOU



Here are the opportunities to get your unique **PERSONALITY & NEEDS PROFILE®** offered as a Readout (55 pages of descriptions) in a Playbook of over 200 pages. It comes with Video Masterclasses and the Best You Game Board for fast & fun growth. This **EXCITING** format takes the guesswork out of self discovery.



## 1. The Best You Yet (DIY)

Along with your unique Personality Profile it is structured as a fun 21 Day Challenge to have you integrate each aspect of who you really are. Better you for a better life.

<https://yourlifeyourwayacademy.com/profile/>



## 2. 90 Minutes Coaching

You are tired of trying to figure things out! Here Diana Dentinger guides you through who you are in your Complete Personality. You finally gain the deeper insights to make better decisions and move forward.

<https://yourlifeyourwayacademy.com/coaching/>



## 3. Your 3 Hours Coaching

Time is your most valuable asset. Why waste it stuck in uncertainty? In these hours, you get laser focused clarity with a boost of confidence and energy to fulfill your greater life purpose for success.

<https://yourlifeyourwayacademy.com/coaching/>

# **4 PHASES TO BECOME THE BEST YOU**

1. WHO ARE YOU? CAN YOU FIGURE OUT THE CORE 3 PERSONALITY NEEDS?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

2. UNIVERSAL NEEDS: HOW TO SOLVE MY CURRENT ISSUES & REALISE MYSELF?

\_\_\_\_\_  
\_\_\_\_\_

3. LIFE CYCLE NEEDS: WHAT IS BEST TO ACHIEVE IN THE NEXT 7 YEARS?

\_\_\_\_\_  
\_\_\_\_\_

4. ENERGY NEEDS: HOW TO ATTRACT OPPORTUNITIES & SYNCHRONICITIES?

\_\_\_\_\_  
\_\_\_\_\_

# FREQUENTLY ASKED QUESTIONS



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

The Personality Profile Readout is a 212 page readout with 5 pages of descriptions for each of your Unique Individual Needs in each of the 12 Facets of Complete Personality. The descriptions are “key worded” so your biology, neurology and psychology remember “what it’s like to be you”. These key words have the power to catalyse change so it is easy to step into your potential and feel energised. Ultimately your Personality Profile Readout is an Instruction Manual on how to live life your way being the best version of yourself. Offered in **VARIOUS COURSE OPTIONS** it includes a 20 part video series, exercises to facilitate the process of decision making and focused action taking.

## 2. How does the profiling process work?

First you 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, your questionnaire is put into a system that elaborates your Personality Profile Readout. It organises the Needs you have and in which Facet of Personality they are in. This Methodology is protected by copyright laws.

## 3. Does Personality change over time?

No, your innate Personality does not change. The degree to which you live Personality is what changes. You might have periods during life in which you fulfill your Unique Individual Personality Needs and therefore expressing your Personality potential. And there might be other periods in life in which you 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 developing an illness and emotional blocks when you are not expressing your fuller potential.

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

Most other “tests” or assessments have you 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 you would take the same test at a distance of time, there are probabilities that the results will vary. The results you obtain from these “tests” or assessments are that you are 1 of 4/8/9/16 types. But you are so much more! That is why the Your Life Your Way Academy is ay one stop, best place for personal growth.

**CLICK FOR ALL YOUR OPPORTUNITIES**

<https://yourlifeyourwayacademy.com/courses/>

# 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!

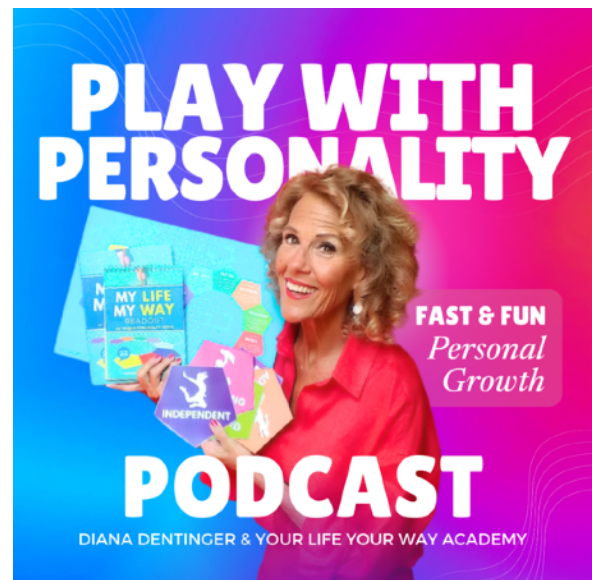
<https://www.youtube.com/user/dianadentinger>

<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.