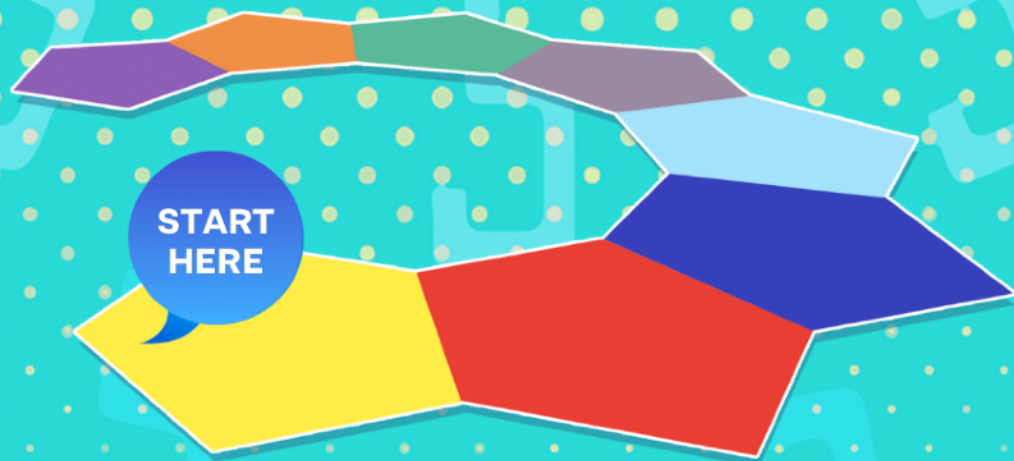




MY LIFE MY WAY

PLAYBOOK REFLECTION EXERCISES
PERSONALITY & NEEDS PROFILE®



YOUR LIFE YOUR WAY COACHING METHODOLOGY™

USAGE

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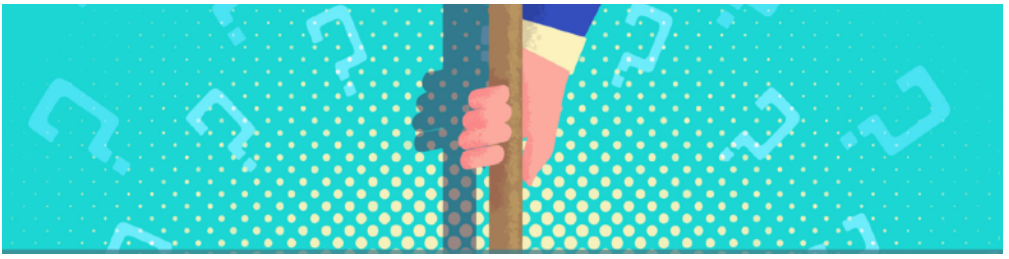
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READY TO PLAY ALL OUT?
THIS PLAYBOOK BELONGS TO

YOUR NAME HERE

This process gives me life changing answers to the
fundamental, practical and existential questions:
Who am I, Why am I here, Who more can I be!

WELCOME TO THE FUN

I'M DIANA DENTINGER

Thank you for stepping up to “play all out” in your game of life. One of the most fun things in life could be when you are being the best version of who you are. You feel great, you have energy, you attract opportunities and you are a pleasure to be around.

So congratulations for investing in yourself. It takes courage and determination to take action, especially when it comes to improving yourself and your inner game.

Like thousands of others, you are beginning a journey of self discovery to connect more deeply to who you are. This gives you a more refined ability to know what you really want in life and why it feels so important & meaningful to you. I hope you find this very exciting!

I created the Personality & Needs Profile® and the Your Life Your Way Coaching Methodology™ after decades of research and experience as a Corporate Team Building Trainer, Coach and BioPsychologist specialised in unblocking the root emotional causes of Psychosomatic illnesses, all with the power of key words (the ones here in your Profile).

Since the foundation is quite nerdy and serious, my intention is to simplify the science and offer you a faster, more fun and highly effective way to become your best. Ready to live healthier, happier and more fulfilled?! Enjoy the process.

To stay inspired, watch fun content here:

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

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

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

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



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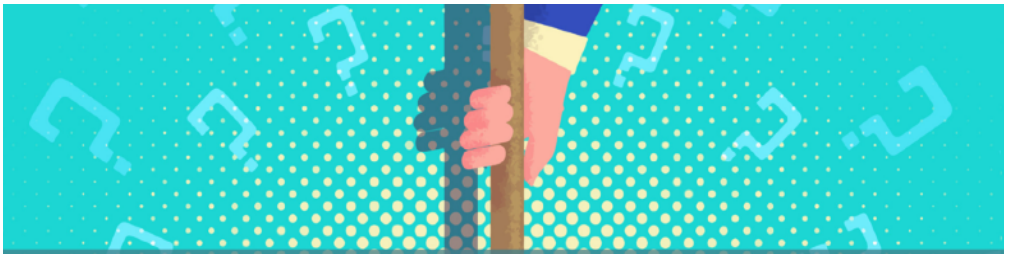
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SECTION

01

PREPARE



GET THE MOST FROM THE PROCESS

Now this Playbook is written in the first person

The majority of workbooks are written in you. But isn't that strange? Because when I want to know about myself then shouldn't I read it in "I"? Yes, of course! That's why this Playbook is so much more effective.

Each time I read the descriptions about my Personality Needs, the words sink in more deeply, they move me intimately and my heart opens to the greatness I have inside. To get the most out of this process with my Profile (in a day or over 21+ days) I will complete the preparation list below:

1

Draw Myself on the Next Page

This becomes how I measure the changes I am making.

2

Decide a Focus Area for this Process

This is to place my attention on improving one specific thing.

3

Choose Some Cheerleaders for Support

This is so I consider sharing my insights with people who care.

4

Measure My Energy throughout the Day

This serves to indicate when and where my energy is draining.

5

Write Out the Benefits of Positive Change

This helps me stay motivated until the very end.

1. MAKE A SKETCH
OF HOW I SEE MYSELF

A large, empty, light gray rectangular area with rounded corners, intended for a sketch. It occupies the majority of the page below the title.

2. DECIDE AN AREA OF FOCUS FOR THIS PROCESS

Which area requires more of my attention now?

During these (21) days of discovery, I will first focus on knowing and being a better version of myself. That way I can express a more confident me to improve this area. Being more aligned to my innate talents will help me find practical solutions to my current challenges. Circle the one area and explain to myself why this is important.



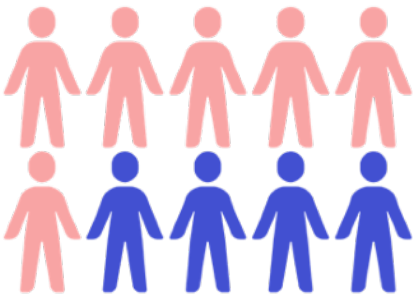
3. CHOOSE

SOME CHEERLEADERS

Are there people who support my growth?

People resist change due to deep rooted psychological factors, like fear of the unknown or preference for the status quo. It's a natural response as the brain seeks familiarity, making the known, even if it is unpleasant, seem safer than an uncertain future.

In this process I will be changing. From becoming clearer on who I am, feeling more confident in myself, to having more energy, I want to do more of matters to me. Are there people in my life that are happy or even neutral about me changing?



When I feel driven to change into a better version of myself, then having people who “get” my need is a plus.

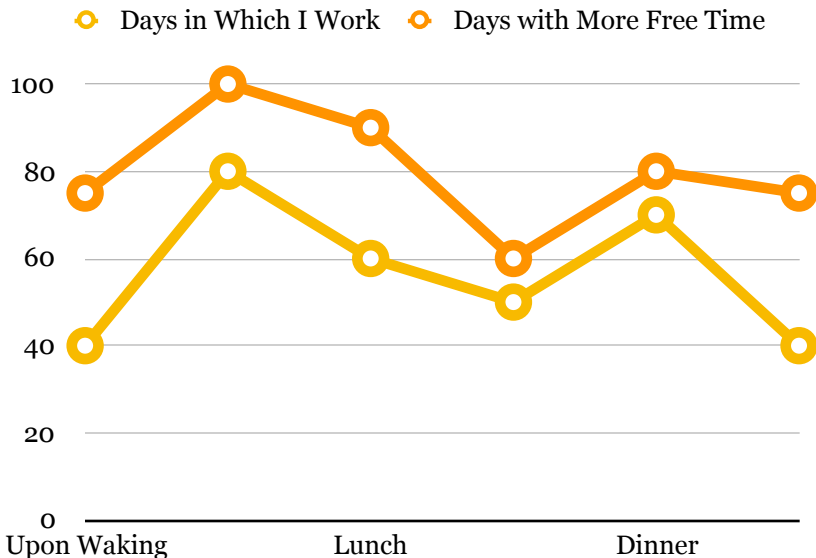
It simply takes away the tension I might feel if some people ask or question my “new” or more real feelings, thoughts and behaviors.

These people are the ones who encourage me and who are not attached to an “old me”. Because when I change, it is also a change for them. How they knew me to be will shift. Are they fine with this potential instability as I journey forward?

4. MEASURE MY ENERGY THROUGHOUT THE DAY

When do I notice a rise and fall in my energy?

Energy ups and downs during the day are primarily driven by my circadian rhythm (internal body clock), which dictates cycles of alertness and sleepiness, alongside lifestyle factors like food, sleep quality and activity levels. On the chart below is the typical slump post lunch, but that might not be me. Chart out my energy levels and write down what I observe about myself and my habits throughout the day.



5. WRITE OUT ALL THE BENEFITS OF POSITIVE CHANGE

Why is it important for me to improve myself?

Writing things down doesn't just help me remember them, it makes my intellectual capacity more efficient by helping me focus on the truly important stuff. Changing into a better me should qualify as truly important stuff. Below on the left I will write down 5 positive benefits to me improving my life.

And then on the right I will write down the costs if I stay the same or don't improve. This is an exercise to reinforce committing to this (21 day challenge) by anticipating both the positive outcomes of my effort or the more disappointing ones.



CUT OUT THE DICE

FOLD AND GLUE IT TOGETHER

Then roll the 12 sided dice. Or find 2 di and roll them to get a number from 2 to 12. The number on top represents a Facet of Personality (there are 12). So when going through my Profile I can pay attention to my Need in that Facet (the number). Cut out this page to fold and glue together the 12 sided dice on the next page.



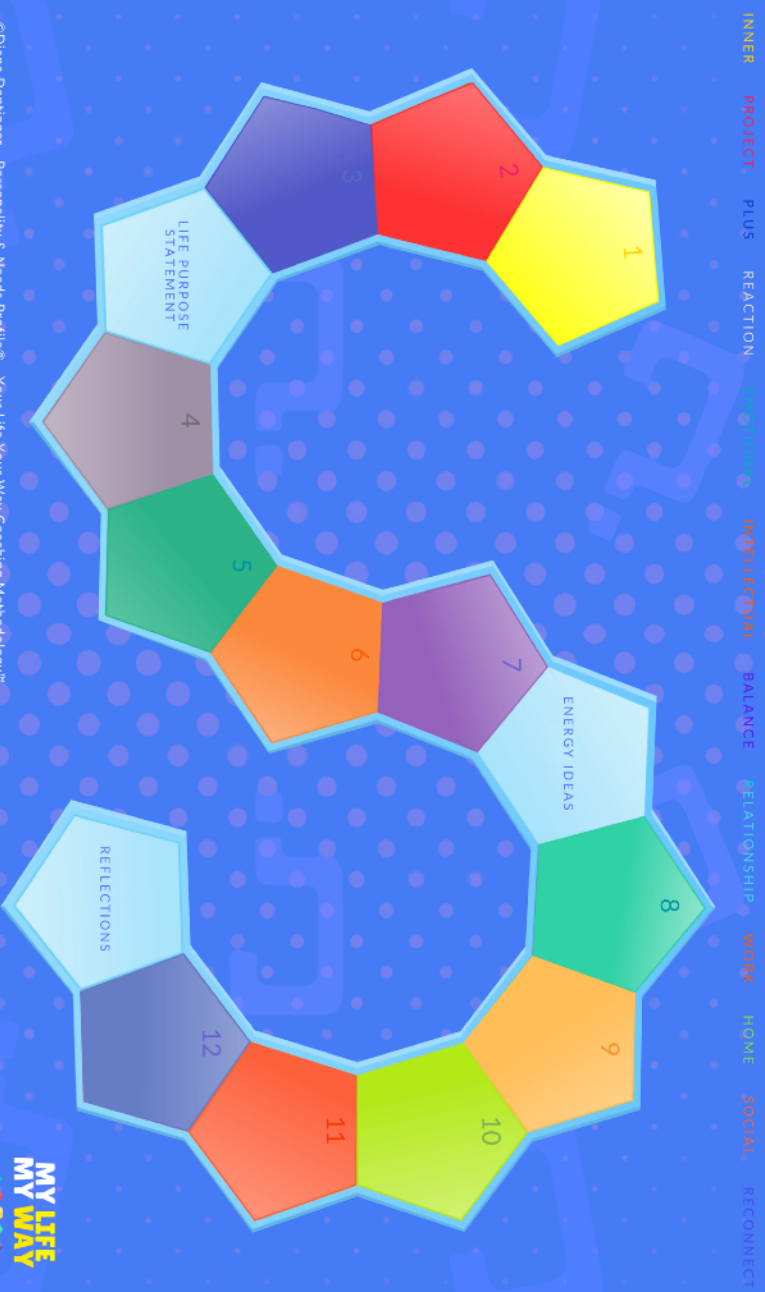


THE GAME BOARD

BEHIND THIS PAGE

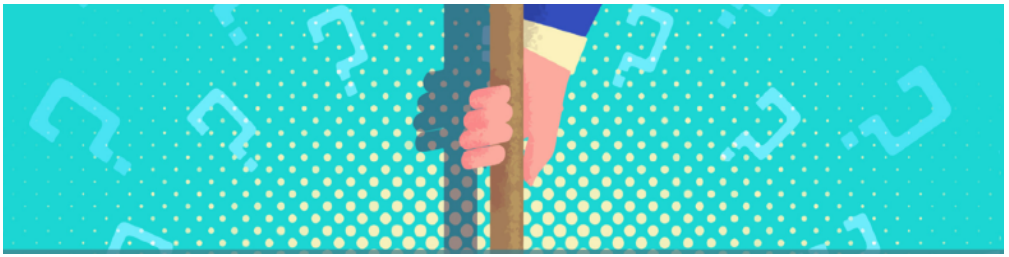
The Best Me Game Board

For My Key Words & Dice Rolls





**BEFORE DECIDING
WHAT YOU WANT,
KNOW WHO YOU ARE**



KNOW ABOUT PERSONALITY

Where does Personality come from?

Often people have the illusion of creating themselves from nothing but nothing could be further from reality. The only “reality” is our biology, meaning our DNA. It is not an opinion, it is real. DNA is the chemical matter we are made of. It is the hereditary material which contains coded information about us as unique human beings.

More than 99% of our DNA information makes us the same as everyone else. The less than 1% is what makes us unique. And in this small percentage we have memory information from our father and mother that determines what we look like. We have traits that seem more or less like them in a unique blend.

We not only get your looks, we also get Inherited Emotional Memory at conception. The sperm and egg contain information that program how we “feel”, therefore think, act and react to situations and circumstances. These are stored in the brain, just like the survival mechanisms of fight and flight that everyone inherits automatically.

More precisely, the emotions we inherit from our parents and ancestors get stored in the limbic system of the brain. The outside world and people can easily set these off which keep us in a roller coaster of ups and downs. Yet the gift and empowerment we get with these inherited emotions comes as innate talents that reside in the prefrontal cortex of the brain. That is the seat of Personality.

Having my Personality Profile allows me to become aware of when I am expressing my best (from the prefrontal cortex) or repeating emotions not originally mine (limbic).

THREE METAPHORS TO EXPLAIN PERSONALITY

Which one is easiest for me to visualize?

I am a Person, therefore I have a Personality. My Personality describes the unique patterns of thoughts, feelings and behaviors that distinguish me as a person from other people. It is made up of my complete set of strengths and weaknesses.

Knowing who I am as a Person requires getting crystal clear on what is contained in my innate and practiced Personality. I feel better about myself when I express the strengths in my Personality. I feel grounded and aligned. But discovering my complete Personality has been hard up until now. So with these metaphors I can see how I might have not been using everything I have inside. Not my fault. Just the way it is.



**PERSONALITY
AS A SPORTS BAG
FULL OF
EQUIPMENT**

Let's say in my bag I have goggles for swimming, a helmet for horseback riding, a golf ball, bow and arrow, bowling ball and skis. I am easily confused about how to use all the pieces together so I just focus on using a few.



**AS A VILLA
WITH 12
DIFFERENT
ROOMS**

As a child we learn how to do things with our mirror neurons in the brain. We do as others do. In this metaphor, we grow, get a house but decorate it based on the styles of others. It rarely reflects who we really are inside.



**AS A PUZZLE
WITH 12 PIECES
TO FIT TOGETHER
EQUIPMENT**

The puzzle came without a box. There is no way to see what I am supposed to make. Figuring it out with lots of trial and error takes time. So I give up and decide to place the few pieces I am really sure of, just the corners.

PERSONALITY COMES IN LAYERS

I want to be myself from the inside outwards.

There are 12 Facets of Complete Personality. In the Vitruvian Personality Model below the most inner layer has the colors of yellow, red and blue. These are called the Core 3 Facets of Personality because they are about the inner most me. They are who I am 24/7. The same colors are used on The Best You Game Board, the second Model.

The middle layer of Personality is called the “Energy Facets” and the colors are green, orange and purple. I use these to have more vitality. Then finally the external ring shows my “Outer Facets” which are what I give to relationships, work home & society.

Vitruvian Personality Model



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Remember the famous drawing by Leonardo da Vinci in which he sketched the perfect proportions of a man holding his arms out and inside a circle and square? Diana Dentinger used this as inspiration to model how Personality can be seen in layers from the Core outward.

This Model was created by taking a 12 sided dice - called a dodecahedron - and unrolling it to make a path. People take one step, Personality Facet, at a time. Dice is the childhood nickname of Diana. Plus the 12 sided dice signifies ether or spirit - Platonic solid from ancient Greece.

The Best You Game Board



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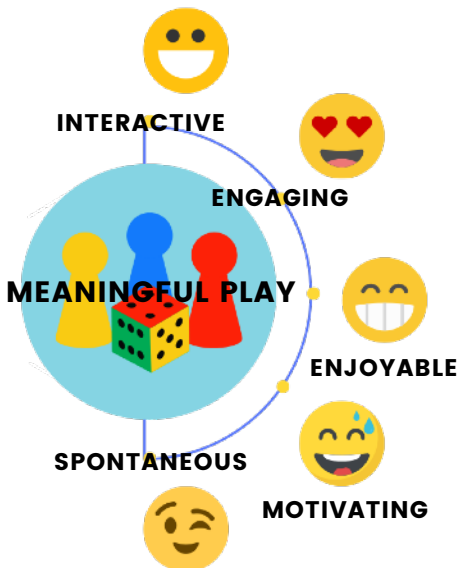
THE SPIRIT OF THE GAME

Is having fun just child's play?

Back to the sports or puzzle metaphor about Personality. How about if I play this game of self discovery with the spirit of curiosity and fun? This might bring more lightness to my life. These are not just qualities of children. Adults can be curious too.

Let's say I think back to the sports that I have played. I see how I got frustrated when I only focused on winning or losing. I forgot maybe to just play to the best of my abilities.

Unless I had a highly competitive coach, I might also remember teamwork and passion, balanced with discipline and respect for the rules and the opponents. Before I read through my Personality Needs, +I want to remind myself to have fun and to enjoy the process. There are no rules here and there are no opponents. It is just me.



What can I write below about how I usually play games - sports, board games, etc?

What way of being functions best for me so I stay fully committed to reading the whole Profile and reflecting on myself and my life?

THE 7 STEP GROWTH PROCESS

What to do while reading my Personality Needs

Following a process, when learning something new, is crucial because it transforms intaking passive information into active, structured understanding. This ensure that I retain the new knowledge, apply it and build upon it rather than just forget it.

Below is the structured approach I will follow that involves me reading about my Personality Needs, then observing myself and reflecting. These 7 Steps help me manage the input by first remembering times I have already been that specific Personality Need. This sharpens and strengthens neural connections, wiring the brain to the real me as a default mode! These steps are about gaining meaningful self awareness and awakening my profound inner yessing to never doubt myself again.



SECTION

02

MY INNER FACETS

PAGE 18

THE FIRST 3 FACETS OF PERSONALITY

Where my Personality Need is determines how I use it

The Core 3 Facets (areas) of Personality are designed using the 3 primary colors of yellow, red and blue. This is done for a reason. Because these are the primary and main Facets that make up the most inner part of who I am.

The real and best me, in my true essence and life purpose, resides in these 3 Facets. Not always have I seen who I really am nor have others been able to see it. To be fully aware and centered in my identity as a Person with a Personality, it is useful to focus for 2 or 3 days on these Facets. This helps me integrate and understand the process.

It is not anyone else's responsibility to know me. It is only mine. And when I am clear, then I can also clearly communicate myself, my Needs (that I fulfill), my preferences, my desires, what I do to make great days and how I experience stress.

Below is the explanation for the first 3 Core Facets and what they signify. I must remember that it is not just the names and descriptions of my Personality Needs that are important but also where they are, which determines how I use who I am.



The Facet of my Inner Personality Need is who I am 24/7. It is the deepest part that influences why I do what I do and how I describe a life well lived. This also influences my career choices.



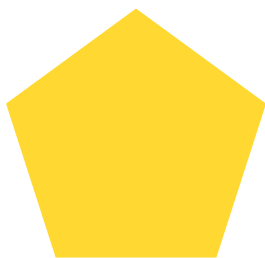
The Facet of my Personal Project Need is what I must fully fulfill in this lifetime. I will face many challenges around topics relating to my Need here. Of all, this one is the most important.

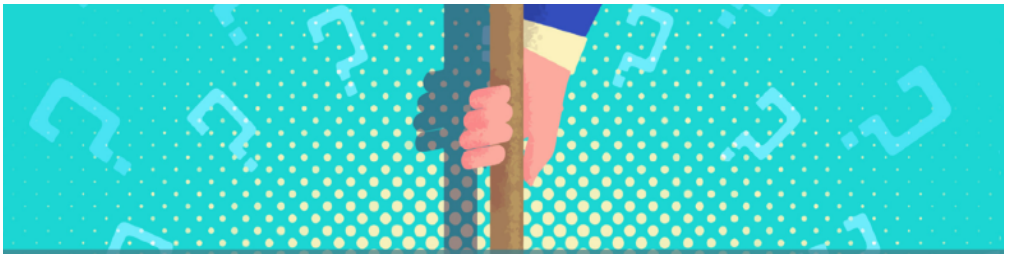


The Facet of my Personality Plus Need is like a tool that I use to enhance the first 2 Facets. I will love my Personality Need here. It is less about who I am and more about how I do things.

FACET ONE

INNER PERSONALITY





DEMO EXAMPLE DESCRIPTION

<https://yourlifeyourwayacademy.com/LINK TO YOUR NEED>

My Best Behavior and Fuller Potential

I innately love to observe, serve and accommodate. I am flexible and I donate my time, energy and resources to help others. The more I help, the better I feel. In a certain sense, helping is how I feel accepted.

I am great at quietly observing. I listen well. I can suspend judgement about other people's varying and often conflicting points of view. That makes me good at helping someone gain perspective. This is how we find solutions.

In this precise Facet of my Personality, I have the gift of giving. It comes from a big heart. I just need to remember to give to myself too.

Sometimes I put other people's needs first without noticing. When I catch that predictable behavior, I can choose to communicate a confident yes or a kind no, especially when I am not in the mood, don't have the time or don't have the energy. I am at my best when I am serving, donating and listening from my heart.

Remembering Exercise

Write down examples of how I serve, donate and listen.
Also add how I feel when being me doing these verbs of action.

My Automatic Stress Behavior

Under stress, I tend to sacrifice my needs for those of others. I can become someone who is easily walked on, like a doormat. I become extra quiet. I willingly suffer in a passive way. I avoid conflict. I try to be nicer than usual (fawn response) just to be accepted.

When I do this, I am accommodating someone else's will instead of what I feel in my heart is best for me. Over time, this erodes my self confidence. It drains me. I begin to not accept myself.

In that stressed state, I do their will and not my own. I say yes when my heart is saying no. And that keeps me from tapping into what I really desire to do in my life beyond the "negative" aspect of needing to be accepted.

The Cinderella Metaphor

The metaphor for the Adaptable Personality Need is Cinderella. On a bad day, she is on her knees scrubbing the floors while the stepmother stands over her. Cinderella does not raise her head. She stays quiet and small. She avoids power struggles to keep the peace.

That is exactly what I might do when I am tired, low on energy or in a bad mood. I look down. I stay super quiet. I grind to get the chores done. I do not want more demands. The problem is that this not who I truly am. I do not need to be anyone's doormat. I can keep my heart soft and still raise my head. I can still be caring and also use my time and energy for what my heart yearns. And yes, when I get angry I might tell that stepmother that she can clean her own floors. Hahaha.

Remembering Exercise

Write down examples of when I sacrifice my needs, for whom and in which situations.

The Fine Line

Because I have a big and soft heart, I want relationships to be caring and loving. I tend to say yes because I do want to help and because it feels like the nice thing to do. Sometimes I also say yes because I do not want to rock the boat. So there is a fine line between doing someone else's will and doing what my heart is willing. Their will is their want, desire or need. My will is what I wish, choose and desire for myself. When I repeatedly do their will, I slowly lose myself. My self confidence erodes. I feel drained.

The fine line is not about becoming selfish. It is about becoming real. I can still serve, donate and listen. I just need to check if I truly have the time and energy. I need to notice if my yes is a real yes. Wholehearted. Warm. Aligned. If it is not, I can practice a kind no. This might feel uncomfortable at first. It does not mean I am mean. It signifies I am listening to my heart. My heart is a gentler decision maker than my logical brain. When I have difficulty saying no to certain people, I might use simple phrases such as: "I'd love to help you, but I'll need to do it later. Right now, I'm going for a walk." I can say that with a smile, warmth and care. That is the best version of me.

How I Feel on a Great Day

On a great day, I feel flexible, open minded and at ease almost anywhere. I am not picky. I can be happy in a beautiful restaurant, a little corner café or a hole in the wall sandwich shop. This adaptable aspect makes me happier, less stressed and more effective. I feel different because I easily see diverse points of view in situations where others are more fixed in their opinions. It is like I can turn my head around 360 degrees to see an issue from all perspectives. That is how I offer solutions. This connects back to Cinderella. When she is afraid to look up, she misses other possibilities. She stiffens. But when I look up and look around, I become flexible again. I gain perspective. Then solutions appear. On a great day, I feel caring, loving and centered in my heart. That gives me an innate ability to really listen. People feel heard and seen by me. And because my heart and my eyes are open, I can help them see angles they never looked around to pick up on.

How Others Might See Me

Some people might say I give in too easily. I adapt easily to change. I accept change because I am not set in my ways. I am flexible. Accepting situations and diversity is part of this Personality Need.

Some people, especially those in a fight or flight way of behaving, might see my acceptance as weakness. But for me, accepting first makes it easier to open to different perspectives and points of view. Now is now and cannot be changed. I accept. That is how solutions become clearer.

When I am stressed, others might notice I get very quiet. They might sense I am avoiding conflict. They might even see me taking on too much. When I am clear on my needs and confident in saying yes or no, people might comment, "Hey, you always do what you want." That can be a good sign. It means I am listening to my heart and choosing what is best for me. That also benefits others when I am at my best.

Why My Need Matters in Today's World

The world is changing rapidly. A powerful way to move through change with less stress for me is acceptance. In some areas of life and society, we are in a mess. Fighting is not the best solution, nor is denying that the problem exists.

Acceptance is recognizing the mess in the now, seeing all the points of view and opening to better in my heart for answers. This set of talents helps me bring lightness to a world that is tense, rushed, overwhelmed and disconnected from heart.

I am heart centered and people centered. I am service oriented, caring, giving and helpful. I am the one who would bring someone breakfast in bed every day, not out of obligation, but out of care.

People need acceptance. People need warmth and kindness. People need good listeners. People need someone who sees them and hears them. This is what I bring. When I live this Need well, I help people soften and I help solutions appear.

Using this Personality Need Insightfully

To use the Adaptable Personality Need insightfully, I practice listening to my own heart as much as I listen to others. When someone asks for help, I pause. I feel into what I want. I notice if I have the time and energy. Then I choose.

If my heart says yes, I serve wholeheartedly. That kind of yes gives energy back to me. It does not drain me. If my heart says no, I say it lovingly and clearly. I do not over explain. I can say, “Yes, I listen to my heart more now. I am feeling into what is important for me and you. Right now, I cannot help.” I stay warm. I stay caring.

This is important in any environment of service, care, hospitality and community. It is also important in fields where caring people can over give. Over giving is not balanced. It makes me feel walked on and it invites people to expect me to sacrifice myself.

I want to feel empowered, grounded and confident in my choices. That is how I accept myself. I do not need to be needy for other people’s acceptance. When I stop living like Cinderella, I lift my head. I stay adaptable, flexible, giving and real.

To grow, I remind myself that I can do my will and what I want. It is not selfish.

I can write the Key Words below on the Best Me Game Board in the correct Facet of Personality to remember to be me.

VERBS

I listen, offer, serve, include, save, donate, observe.

ADJECTIVES

I am helpful, open minded, diverse, understanding, observant, flexible.



REMEMBER & RECONNECT

The 7 Step Integration Process

These next pages are to fully integrate who I am in my best version. Below, jot down the times I remember being and expressing myself in this Personality Need. It is useful to include the time of year, people circumstances and location so I have a very vivid recollection. I will also write the emotions I felt of being me as to reconnect to greater self love.



What do I remember about being me in this Need?

RECOGNIZE & SKETCH
MYSELF EXPRESSING THIS NEED

A large, empty rectangular box with rounded corners, intended for sketching or drawing. The box is light gray and occupies the majority of the page below the header.

REACCEPT & RELEASE THE BLOCKS

We have all had some bad days.

Accepting my past mistakes is crucial for my personal growth, for building trust in myself and with others, while increasing my internal resiliency. I can turn those errors into learning opportunities. With greater self awareness now I can show up more mature which strengthens my relationships and encourages positive growth for us all.

Releasing the emotional, mental and energetic blocks associated with my bad day behavior of this Personality Need involves a few things. I could reframe how behavior is predictable, how being stuck in my limbic system is normal. I could find compassion for myself as a human being and practice being in the present moment. I could feel safer by acknowledging the pain and disappointment, without letting it define my future.

These were brain wiring and behavioral hick-ups and not permanent flaws. What do I need to accept about myself and how can I release the hold of the past?

REENERGIZE

WORDS & ACTIONS



We rewire the brain through doing and taking action.

Write 4 phrases above to remind myself of who I love to be.
Then write what I will do within 24 hours that is **so me** expressing this Personality Need. Put this mini note on a post it I stick on the mirror or in my diary so I remember. This is important for integration to act, do and express myself today!

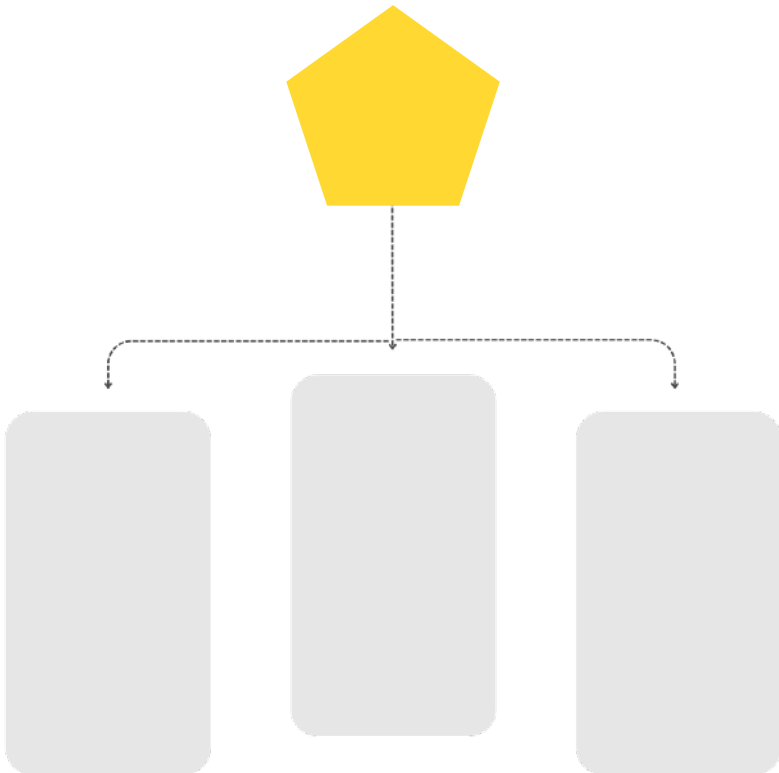
It does not have to be a full day activity. It can be as simple as gesturing out my self image picture. That is a 10 second thing!
It trains my muscle memory to immediately recall who I am meant to be. Practice does make perfect! Or it can be consciously intentionally using this Need (as a talent) to solve an issue or realise a project.

REORGANIZE MY DAY TO BE MYSELF ALL THE TIME

Since time is limited, it becomes so valuable.

I might decide to reorganize my time so it fits who I am, so there is more me in my day. With this Personality Need, I can feel what I am driven to be and do. Could block scheduling non-negotiable activities help me? Could batching similar tasks that require the talents of this Personality Need be useful?

Would living according to times of day that I easily get into and stay in the flow work better? Could I integrate beneficial habit and routines to align my daily actions with my future vision? Write my ideas below.



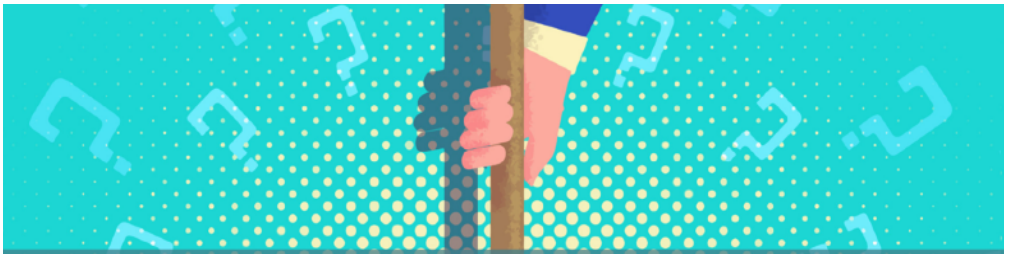
FINAL REFLECTIONS

INTENTIONS WITH MYSELF

[illegible]

5 PAGE DESCRIPTIONS
& 6 PAGES OF EXERCISES

**FOR ALL 12
FACETS**



MY LIFE PURPOSE & REASON TO BE

This is my best decision making tool.

In a nutshell, Life Purpose is my reason to be, the reason I exist, the reason why I was even conceived. My Life Purpose can be described by blending words from these first 3 Personality Needs. In the Your Life Your Way Coaching Methodology™ my Personality Needs come from Inherited Emotional Memory. This memory is painful and stored in the limbic part of the brain. It is an automatic response system. My way to perceive external situations and to react to life are filtered through these inherited memories. The memories come from facts about people in my family lineage.

It is more detailed than that. Their emotional conflict, what I inherited, was not a long drawn out story. It was an 1/8 of a second, unexpected event that charged the brain with too much electrical current for the brain to handle. So the brain isolated the neurons associated with the intensity of emotions. These isolated neurons contain information that is passed down through the genealogy. This was studied years ago by people like Anne Schutzenberger and shared in her book “The Ancestor Syndrome”.

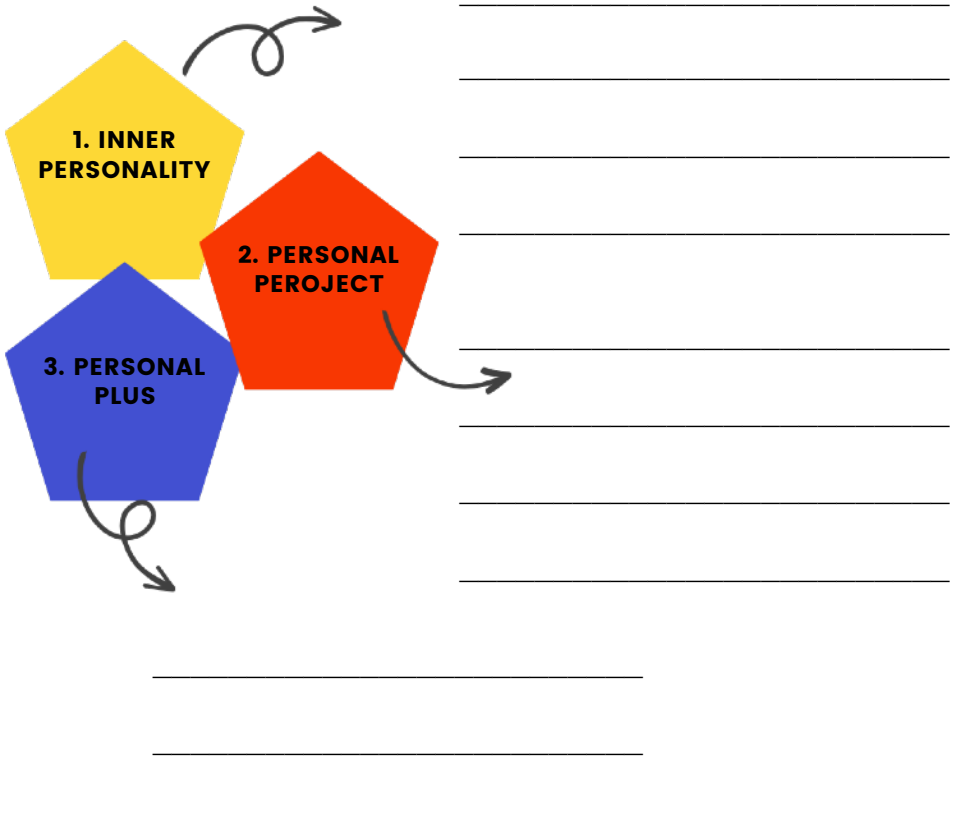
A brain run on low expenditure of energy managing primarily vital organs. It cannot deal with emotional pain and drama. Yet, because the memories are isolated, they are unresolved. So during our life, the brain magnetically attracts to us events similar to those of my ancestors. The purpose is to set off the subconscious information, bring it to the surface so we choose a different way to respond, therefore resolving it.

From an evolutionary perspective, when I live from my prefrontal cortex using my talents to bypass the limbic system I create this closure. I dissolve the inherited memories. In a quantum way this heals their emotions and mine too if I experienced similar trauma. All of us have this project to transform the inherited emotional pain and not repeat it. It comes with challenges. Without a project I would not be born.

PREPARING FOR MY LIFE PURPOSE

Take the Key Words of my Core 3 Personality Needs.

Below write the key words or phrases that best describe who I am in these 3 Facets. The punchier and shorter the better. The key words are both verbs of action, meaning I innately and naturally do certain things well. As well as adjectives of how I feel, meaning that I have that mood when doing the verbs. Use the indicated spaces to write the words for the Inner Personality, Personal Project and Personality Plus Facets.



SECTION

03

MY ENERGY FACETS

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MY 3 ENERGY FACETS

PLUS MY STRESS REACTION

Where my Personality Needs are determine how I use them.

The next Facets (areas) of my Personality are about what energizes me and they are in the colors of green, orange and purple. I use my Personality Needs in these Facets for very specific reasons. Read the descriptions below.

The 4th Facet of Personality on the Best Me Game Board is called my Stress Reaction. It is placed there on purpose because I cannot progress or move forward without overcoming this automatic way of dealing with things. It is the only negative Need.



My Stress Reaction Need is how I react automatically. Becoming aware of my behavior, plus following the personalised solutions, allows me to fulfill my positive Needs more easily.

The 5th, 6th and 7th Facets have the Personality Needs I use specifically to stay motivated. Let's say they are part of my energy field as well. I surround myself with the qualities of these Needs and bring them inwards to recharge my life force. I do not necessarily give them as talents to other people. They are very personal.



My Emotional Personality Need is what motivates me the most because I am an emotional being. There are topics that are part of my Need that I absolutely love but also hate. It is strong.



My Intellectual Personality Need describes how I uniquely solve problems. I use this Need as a way to think and find solutions. It can be my "go to" Need when I am stuck mentally.



My Balance Personality Need is what I use daily to have work - life - family balance. It is what I give to myself. I need to do this Need so I maintain positive self care and stay in a good mood.

SECTION

04

MY OUTER FACETS

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THE OUTER MOST FACETS OF PERSONALITY

The Facet of the Personality Need determines how I use it.

The Last 5 Facets (areas) of Personality are about me in relationship with the outside world. The Relationship and Home Facets are in shades of green, while the Work and Social Facets are shades of orange.

What is key to comprehend is that my Needs are my responsibility to fulfill. I innately give, do and show up these ways. When I am under stress or less satisfied in an area of life then it is important that I do my Needs in these Facets. Even though they might seem like areas of life, these Facets are simply what I give to the areas. It is easier to become needy and want others to satisfy me, but they can't. Life is an inside game! Read all the explanations below. I am making progress to my personal growth!



My Relationship Personality Need is what I uniquely give to other people in all types of relationships. It is vitally important. If I do not give this aspect, for my brain, I am not in a relationship!



My Work Personality Need describes a specific talent that I use when doing work, tasks, projects or chores. It is the added value I give in my role or career, but even in work without pay.



My Home Personality Need intends the place that I sleep and the feel that I give to this place. Doing this Need is how I create the space, this environment in which I live and with the people there.



My Social Personality Need is what I do to contribute to the greater good and society. This goes beyond just work but rather is more like a legacy I leave. It is also how I desire people to see me.



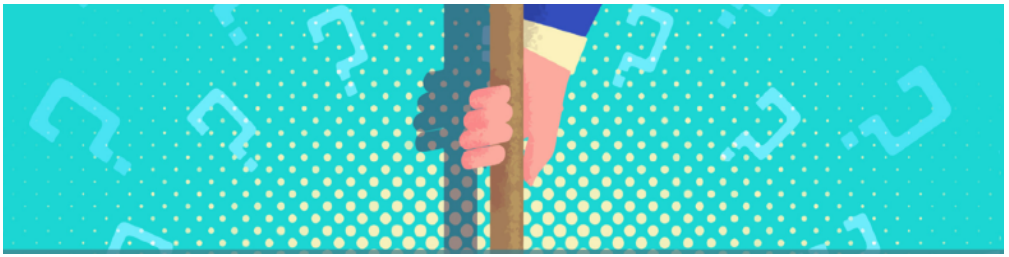
My Reconnect Personality Need is what I do when I have lost my path in life. I can do this for a few hours, day or a weekend to find myself again. It is an SOS Need that I only use occasionally.

SECTION

05

BLENDING MY NEEDS

PAGE 168



ALL OF ME ALL OF THE TIME

Observing myself in each of my Personality Needs

Now that I have gone deep into each aspect of myself, it is time to see how all these aspects show up in my daily life. To be the best version of myself, I want to always express the blend of my Core 3 Personality Needs and Life Purpose - always and everywhere. As stated before, my Life Purpose is the theme that runs through my life.

Let's take now different situations to more deeply comprehend Facets and Needs. For example: When I am at home with my family, I will be expressing the Core 3 Facets of my Personality, who I am in my Inner Personality Need, my Personal Project and my Personality Plus. Along with these I will be expressing my Home Need and my Relationship Need. And since home could be with loved ones, I will also be using my Emotional Need.

The objective moving forward is to notice how my Personality Needs show up when blended from different Facets in my various life situations.

I might see this like colors that when mixed together become another original hue.



Another example: When I am at work in a meeting, I will be expressing myself in my Core 3 Facets, using my Work Need and most likely my Intellectual Need to resolve problems. I am in a relationship with those people so a bit of my Relationship Need might come through and possibly even my Social Need.

WHEN I AM JUST WITH MYSELF

This is what being centered really means.

The older people get the more the physiology and psychology yearns to go within. When I am by myself, this is the best moment in the day to fully focus on the blend of my Core 3 Personality Needs, especially now that I have this new self awareness.

The more I really express each one, plus together in my unique mix, the more I can show up centered and empowered when I am with others in the outside world. Why? Because I have practiced being what it is like to be myself in my Core Needs. This is why this whole 21 day challenge was important. So I could just focus on being me. Write what it looks like when I am the best me and the lesser version of myself.

Me in a Lesser Version of Myself	Me in the Best Version of Myself

WHEN I AM WITH MY LOVED ONES

This can change when I am at home or out and about.

Here I write down a similar reflection as on the previous page. This time it is about my mood and my behavior, what I do and what others do, when we are together. The focus is on just family and loved ones. I can choose to write about how I express my Personality Needs with an intimate partner, family, children, parents and relatives.

Why? Because there is something about being more real with loved ones that has us show up more often in a worse mood than we do with strangers. It could also be that we have expectations to receive something from these people (love in their unique way) that maybe we don't want or appreciate. But now I know that I can only control what I give to these people and how I clearly I communicate who I really am.

Most likely there is a blend of my Core 3 Facets plus Emotional and Relationship Needs when I am with these people. What am I feeling and doing when I am in a great mood? How am I behaving when I am in a bad mood? Are there people that I let set me off into a bad mood or others that I depend on to get me into a great mood?

Me in a Bad Mood	Me in a Great Mood

CONTINUED
WITH MY LOVED ONES

Me in a Bad Mood	Me in a Great Mood

WHEN I AM WITH MY FRIENDS

Where are we and what are we doing?

What type of activities or ways of passing time together help me really bond with my friends? What are some memorable moments I have had with them? Does it include sharing problems, finding solutions, simply listening to each other or having fun?

Are there friends I have broken ties with? What were the reasons? Can I connect the dots about my Personality Needs (on a bad day), feeling misunderstood, not getting from them what I needed? I could also write below about past intimate relationships.

These pages are about gaining more self awareness. We don't have to be liked by everyone nor like everyone. We can only be our best and refine how we adapt to people with different Personality Needs. We can only refine our ability to share and communicate with confidence about who we are, owning our behavior, mood swings, highs and lows. This means our ability or inability to live higher in the brain and vibe.

When others set us off it can be a reminder to go also into our hearts.

When the Bond is Weak	When the Bond is Strong

SECTION

06

REVIEWING PROGRESS

PAGE 182



SEE THE PREPARATION SECTION

Reflecting on this self discovery journey

Whether I did a Personality Need a day or one per week, I can congratulate myself that I arrived to this point. Wow what a journey. Celebrate!!!

Jot down now how I felt throughout these days of self discovery? What were some of my biggest AHA moments, awakenings, takeaways or even embarrassments reading and reflecting about who I am in all my Personality Needs (best and lesser versions).

THIS PROFILE WITH THE
PLAYBOOK IS 212 PAGES

55 PAGES OF PERSONALITY DESCRIPTIONS

PLUS EXERCISES TO
INTEGRATE BEING THE
BEST VERSION OF YOU