

WELCOME TO FAST & FUN, PRECISE & PROFOUND

DOWNLOAD AND SAVE THESE INSTRUCTIONS

Here is the link to sign into your account with your email:
https://yourlifeyourwayacademy.com/my-account/

Here is the order page to **download this PDF** again & your receipt:
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1. **WATCH THE WELCOME VIDEO AND FOLLOW THE INSTRUCTIONS**
https://yourlifeyourwayacademy.com/thank-you-instructions-couple-coaching/

The button below the video is to download this PDF File.

2. FILL OUT THE CLIENT QUESTIONNAIRE TO GET YOUR PERSONALITY PROFILE
https://yourlifeyourwayacademy.com/thank-you-fill-out-the-client-questionnaire/

The video on this page explains how to fill it out. Remember it might take from 20 to 30 minutes to write out your answers. Consider using a computer for the process. It is an open ended questionnaire. The reflecting that you do already catalyses positive change. When finished, click the green SUBMIT button.
You get your PDF profile via email within 48 business hours.

Please whitelist this email: **contact@yourlifeyourwayacademy.com**

Here is the direct link to the form: **https://form.jotform.com/253323155679058**

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HOW ABOUT SOME PREPARATION?

3. PREPARE FOR THE PROCESS TO GAIN MOMENTUM HERE
https://yourlifeyourwayacademy.com/thank-you-prepare-for-the-process/

Watch the video that guides you through the preparation exercises and questions.

4. DOWNLOAD MATERIALS ON GOOGLE DRIVE TO HAVE YOUR GAME BOARD
https://drive.google.com/drive/folders/13xwQzKwsg7wfbkLMxWZ28GBZfl_QOCcD?usp=sharing

5. BOOK YOUR ONE ON ONE CALL AFTER SKIMMING THROUGH YOUR PROFILE
https://calendly.com/dianadentinger/one-on-one-call

Every person is different. Some of my clients prefer to skim through their profile to get an idea of the content, others prefer to read it thoroughly and then book their call. Either way, the calls are recorded and are valuable resource afterwards.

6. WATCH THE BEST YOU YET 21 DAY CHALLENGE VIDEO SERIES HERE

Click the link below and then the enroll button. This will ask you to create another user account (it is the way this software works). Access the course here if you also want the DIY part to understand more about Personality and the Facets.
https://yourlifeyourwayacademy.com/courses-page/best-you-yet-profile/

To access the course if you are logged out then you sign in to this page:
https://yourlifeyourwayacademy.com/user-account/



WHAT IS YOUR LEARNING STYLE?

Simple suggestions to get the most from this process. Find what works best for you.

- IF YOU ARE A **QUICK ACTION TAKER**

You might feel the **most productive binge reading** about all your Personality Needs in your readout in a full morning, filling out reflections in a spontaneous way. If this is you (since it is me too), then do the first "draft" of remembering yourself in your greater potential in one sitting (about 3 hours). Then focus on one Facet of your Personality for 2 days each (for a total of 24 days). Begin the day by reading the Personality Need description in the Profile and notice how you express yourself. Take notes or jot down your reflections. **I will caution you though** to not be speedy to **just to get the journey over sooner**. The **Profile is an Instruction Manual** to use for a lifetime. Becoming a better version of yourself (in the prefrontal cortex) requires some time for your brain to default to rewiring to your greatest potential.

- IF YOU ARE A **SAVOUR EACH STEP LEARNER**

You might feel that you make more progress by reading the Personality Needs over a longer period than the suggested 21 Day Challenge. So you might prefer taking **the** journey of **self discovery in a slower way** to dive deep into each of yourself. And to reflect on where you are now in your life and where you want to be. **I will caution you though**, some clients do this and **then life gets in the way** so they only finish a few of their first Personality Needs and their inertia ends. Commit to this journey wholeheartedly and keep the energy flowing by setting aside a specific time to reading your Personality Profile so you keep up the momentum and actually complete the whole process in a month.

- IF YOU ARE A **SUPER ENTHUSIAST BUT PROCRASTINATE**

You might **best complete the process by having an accountability partner** so please consider having someone close to you, a family member or friend, to go through the process together. If they also get their Personality & Needs Profile® Readout then you can both schedule time to talk about what you are learning about yourself. You can read out loud your Personality Needs, one every few days over a 4 week period and have a meeting together once a week. **I will caution you:** DO NOT coach the other person nor have them coach you. Share what you are learning about yourself. It takes **lots of training to guide** a person correctly with this Methodology.

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ABOUT DIANA DENTINGER & HOW TO STAY INSPIRED

I LOVE HELPING PEOPLE BEING BE THEIR BEST!

It started out in 1985 when I became an **Entrepreneur** with a service based business in Germany and then transitioned to being a **Corporate Team Building Trainer** in Italy when we moved at the end of 1988. Over these decades I have studied, researched and created a solid Coaching Methodology so you get fast, fun and highly effective results. These can support you on any **Personal & Professional** Development journey for practical life decisions as well as spiritual evolution.

More than ever, I see **an increase in burnout** with people doing anything to get the role, title or money; **an increase in people disengaged** in life just going through the motions of their job (and in their relationships too) without feeling that what they do really matters; and finally **an increase in low energy** and vitality (maybe we could call it "undiagnosed" depression, dopamine addiction, etc).

Back in 2004, I became a BioPsychology therapist specialised in unblocking Psychosomatic illnesses, adding this rigorous specialisation to the **vast array of certifications** in behaviour assessments and wellbeing protocols.

Reverse engineering the BioPsychology of why people get ill I created the **Personality & Needs Profile®** and **Your Life Your Way Coaching Methodology™** for which I was awarded Top 100 Women Achievers in 2018.

What I know for sure is that, inside, **you want something to shift**, you want to be a better person and **you want to find new & more fulfilling ways** of doing things that give you joy, self love, financial stability, success, energy and meaning! That's why I offer these quick win processes so you get a nudge in the right direction and so you reconnect to the **real you inside** making easier to adapt and evolve.

Born in Chicago, IL, USA, I grew up in the midwest in a huge family of over 250 relatives & have been living in Europe since 1984 raising my 4 children in northern Italy. Since they are grown and independent I have more time to **support you** living a happier, even healthier, more meaningful and fulfilling life. **Visit the links below**.

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