The 4 Fun Steps to Perfecting Your Personality & Innate Potential so Your Life Fits the Real You

FROM FLAWS TO FLAIR

DIANA DENTINGER

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

WELCOME & READY FOR PROFOUND

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 and group Coaching 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 children 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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FASHION AS A METAPHOR

IMAGINE *SEWING CLOTHES* FOR A PERFECT FIT

Sewing is as old as time, starting around 20,000 years ago. The ancients made needles from animal bones and horns and used sinew for thread. Usually it was a female chore or task.

Iron needles were invented in the 14th century, but only had eyes a hundred years later. Men began tailoring fitted suits in the 19th century when they became part of fashion. It was a reputable occupation, not like before when it was just a necessity to throw together material to make clothing, repair or alter them as hand me downs.

In this process of moving **from Personality flaws to Innate Potential flair** requires of you both the female seamstress and the male tailor.

For example, the **"male principle"** or energy is about recognition, naming, being aware, being conscious (of the flaws and flair) to then use will power and focus (fire) to make the changes tangible and visible in the outer experience. His main work is about materialising ideas from the inside (air) to make them real on the outside.

The **"female principle"** or energy is about tapping into an inner knowing. She goes inward, introspects and reflects. She accepts things as they are but uses an innate intelligence empowered by imagination and potential to grow with the elements of earth and water. Her deepest task is connecting the soul to its higher life purpose here on earth. Healing comes through the female principle.

Personal growth, related to sewing clothes, means to feel great in who you are so everything you do fits who you are. You feel confident and comfortable in your own skin so your inner beauty (innate Personality and Potential) shines outward through the clothing you wear (ie choice of roles, relationships, career, lifestyle, exercise habits, etc). It is challenging to create a life you love if you stay with your flaws.

PS Just as each person has a biological father and mother, each of you have the male and female principles (prime) inside of you to use... and you want to use both!

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DESIGN A LIFE THAT FITS YOU PERFECTLY

THE IMPORTANCE OF *FIT* IN PERSONALITY POTENTIAL

Fit plays a crucial role in fashion. If a piece of clothing doesn't really fit, then that makes or breaks your entire outfit. Flaws in the fit, or bad fitting clothes, don't flatter your body's shape and size. Inside, emotionally, you might feel awkward or embarrassed around other people. On the outside you might even feel hindered in your movement, uncomfortable because something is too tight, loose, long or short.

Whether you are wearing something formal or informal, a well fitted garment is essential to **look and feel your best**. It is the same with Personality!

Fit is more than just about aesthetics and the art of style; it is also scientific with precise measurements so you make informed decisions when selecting clothes. It is the same with Personality! It is both **an art and a science** on how to be your best.

Getting a great fitting garment is rarely a one size fits all experience, meaning that the same article never looks great on everyone in the same way. In the Coaching and Self Help Industries most of what you find on internet is pretty generic, one size fits all. That is one reason why the majority **people rarely experience long term benefits** and improvements when applying what fit someone else. Your long term success and happiness is best found through **personalised tools that fit you like a glove**!

The metaphor about fashion, fit, flaws and flair is about celebrating our diversity in a positive way allowing everyone to feel free to be who they are meant to be. When you, as a unique individual, **go inwards to explore who you are**, you are better able to unlock your potential and express your flair through your Personality Needs. You **break all the limits** and boundaries that hold you back from living your best life.

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WE ALL HAVE UNIQUE FLAWS

THE TOP QUALITY FABRIC YOU ARE MADE OF

Ideally, when you buy a piece of clothing, you expect the fabric to have a uniform colouring. If the material is a print, then you expect the pattern to be clear. You expect the seams to be sewn properly and well finished. Finding holes, stains or a fabric bar would be unacceptable.

These types of **flaws in a garment** might have come from poor quality materials, technical issues during the manufacturing or human error in any phase from ideation to packaging to delivery.

FLAWS ARE FUNCTIONAL & SERVE A PURPOSE

Flaws are natural. **Flaws can be overcome**. Flaws are not weaknesses. You are not weak. You might go through periods in which you are more fragile, but you are always innately strong. We are all equipped with everything we need, inside of us, to solve any problem and face any challenge.

As with "fabric", so with people and their Personalities. It is normal to have a certain amount or percentage of flaws. Perfection does not exist. **Flaws are not bad**, they simply indicate the area of improvement.

Let's say that you want to design a fancy suit. Depending on the standards of quality you aspire to, you will put in the effort to reduce the amount of flaws. Switching over to personal growth, let's say you want to **design a "better quality life"**. It will require that you put in effort to obtain what you strive for.

Life might become extremely uninteresting and boring if we don't have something to improve upon. We wouldn't want more and better it weren't deep seated in humans to improve. If you do some type of handicraft, you know **the feeling of satisfaction** when you get an idea, start and finish a project.

Finish this process too! It's a fast and fun way from flaws to flair!

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WE ALL HAVE A UNIQUE FLAIR

HAVING A FLAIR IN FASHION

Imagine flair in fashion as being a secret ingredient, an accessory, that you add to what you wear. It could be a piece of jewellery, a hat, a scarf or a particular touch that gives your overall outfit a look that expresses your individuality and creativity.

Your flair, talking about Personality, is **showing and doing outwardly** what your unique inner Needs and innate Potential are on the inside.

The words "Personality Needs" are important to understand because Needs drive behaviour. Your **Personality Needs are inborn**, in your DNA since conception. You live happier, healthier and more fulfilled with you feel and act upon these drivers.

WHERE & HOW YOU GET MISGUIDED

In creating your life or creating your fashion style you might succumb to societal pressures like fitting in with the Joneses. Both you being you, and your wardrobe could be influenced by the latest fad. You adhere, and in that, **risk losing yourself** and your life path, as well as looking like everyone else. You miss out being unique.

Sure, you might test out style choices and then change them slightly to match your body size and shape. Depending on your unique set of Personality Needs, you have preferences **for what and how to do things** going from just ordinary to extraordinary.

In fashion, when you understand your body shape and select clothes that highlight your best features, these bring out the **true essence of fit and flair**. With personal growth, living your Personality, fulfilling your Life Purpose and expressing your Innate Potential, you will have predictable flaws, responsible for your downfall as well as massive flairs that make you so in love with yourself and your life.

Let's begin!

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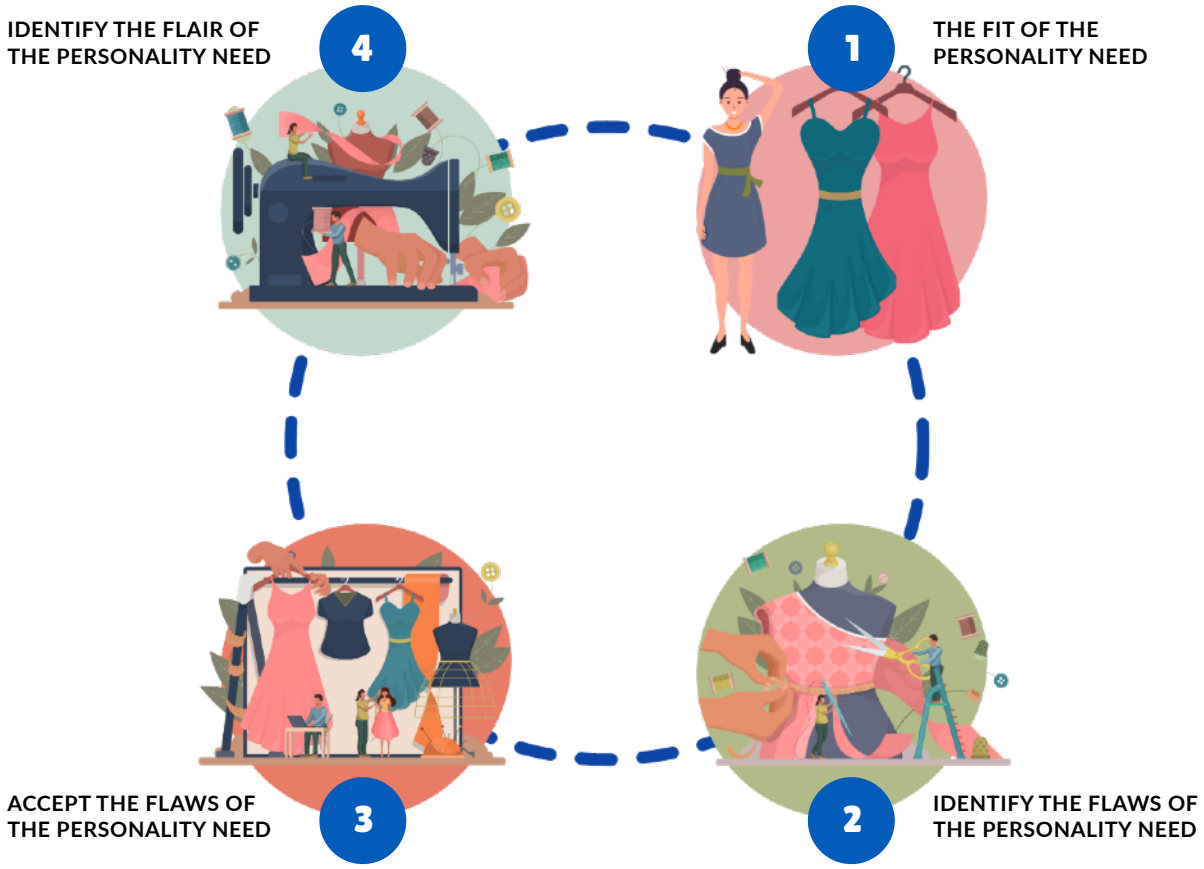
THE FUN & FLOWING 4 PART PROCESS



HOW GET THE MOST OUT OF THIS PROCESS & BECOME YOUR BEST

1. Visit the **PERSONALITY PEP TALKS PLAYLIST** on Diana Dentinger's YouTube Channel where you have videos about all the Personality Needs.

2. **IDENTIFY WHICH ARE YOUR PERSONALITY NEEDS** by listening to the first 5 minutes of the description. Certain words and metaphors will resonate more. Or get your Personality Profile to know exactly the handful of Personality Needs you have.

3. Then **FOLLOW THE 4 PART PROCESS ON THE FOLLOWING PAGES** to feel and live more like the real you, transforming your flaws into flair for long lasting health, happiness, success and fulfillment... your way.

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1. THE FIT OF THIS PERSONALITY NEED

THE NAME OF THE PERSONALITY NEED

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WHAT PART OF THE DESCRIPTION FITS ME THE BEST?

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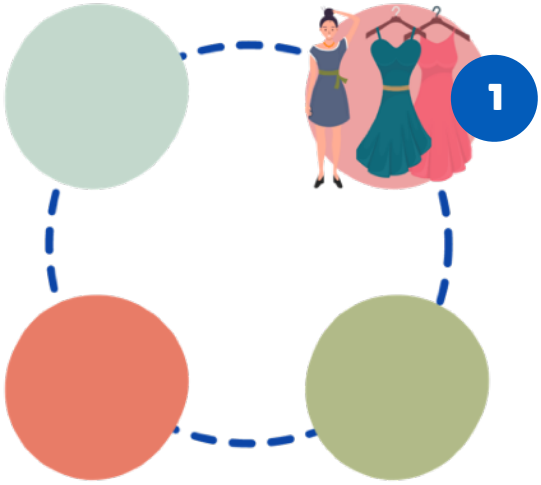
WRITE THE KEY WORDS OF THIS PERSONALITY NEED



MAKE A LIST OF ALL THE VERBS AND ADJECTIVES IN THE DESCRIPTION THAT FEEL MOST LIKE ME & FIT WHO I AM, WHAT I DO & HOW.

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2. IDENTIFY THE PREDICTABLE FLAWS

THE NAME OF THE PERSONALITY NEED

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WHICH FLAWS OR STRESS REACTIONS FEEL THE MOST LIKE ME?

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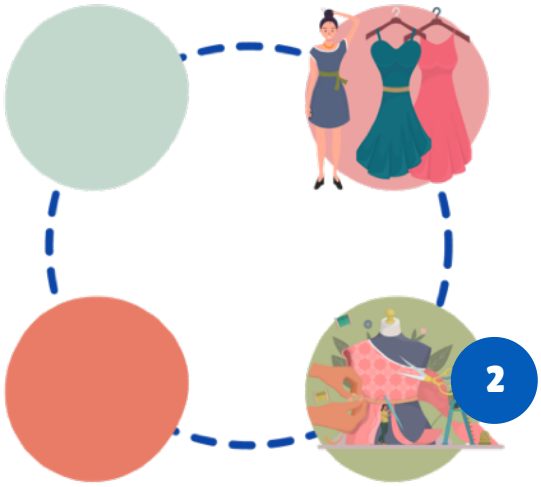
WRITE THE RANGE OF PREDICTABLE FLAWS



MOVING FROM RIGHT TO LEFT, WHAT ARE THE *FLAWS*
I EXPERIENCE THE MOST, WHEN, HOW OFTEN, WITH WHOM?

MAJOR DOWNFALLS	MAJOR FLAWS	MINOR QUIRKS
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_____	_____	_____
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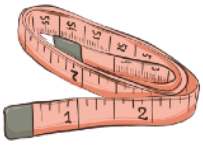

MEASURE THE AMOUNT OF TIME I STAY IN MY FLAWS

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3. ACCEPT THE PAST & CURRENT FLAWS

THE NAME OF THE PERSONALITY NEED

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WRITE DOWN THE TIMES I WAS LESS PROUD OF MY STRESS & BEHAVIOURS

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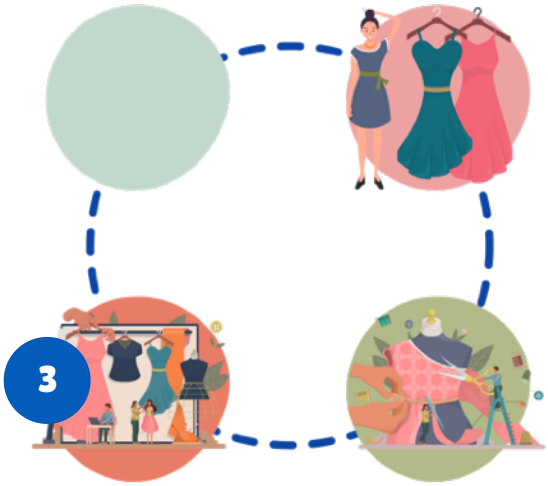
WRITE A MINI LOVE LETTER TO MYSELF



THIS IS NOT ABOUT BEING WEAK! IT IS ABOUT BEING AWARE THAT NOW I AM CONSCIOUS OF THIS RANGE AND READY TO CHANGE.

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4. IDENTIFY THE PREDICTABLE FLAIR

THE NAME OF THE PERSONALITY NEED

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WHICH INNATE ASPECTS & BENEFICIAL BEHAVIOURS DO I EXPRESS?

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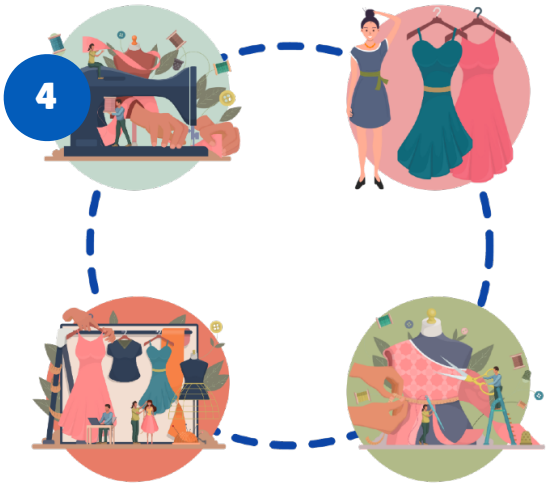
WRITE THE RANGE OF PREDICTABLE FLAIR



MOVING FROM LEFT TO RIGHT, WHAT ARE THE ***FLAIRS***
I EXPERIENCE THE MOST, WHEN, HOW OFTEN, WITH WHOM?

MINOR QUIRKS	MAJOR FLAIRS	MASSIVE FLAIRS
_____	_____	_____
_____	_____	_____
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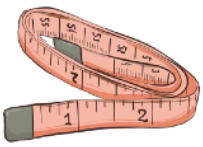

MEASURE THE AMOUNT OF TIME I STAY IN MY FLAIRS

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EXPRESSING MY UNIQUE FLAIR

THE NAME OF THE PERSONALITY NEED

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BRAINSTORM WAYS TO EXPRESS THE BEST OF WHO I REALLY AM

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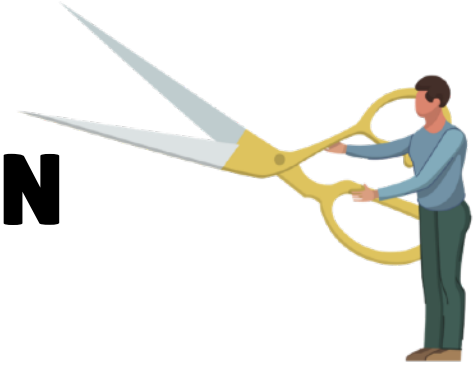
CLEAR ON WHY, WHERE AND WHEN



THE NAME OF THE PERSONALITY NEED

_____

WHY IS IT IMPORTANT TO FEEL BETTER ABOUT MYSELF & DO BETTER?

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IN WHICH SITUATION DO I EASILY FALL BACK INTO MY FLAWS?

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WHERE CAN I SHOW UP WITH MORE OF MY INNATE FLAIR?

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SEEING ME DOING WHO I AM

THE NAME OF THE PERSONALITY NEED

_____

DRAW A SKETCH OF ME DOING WHO I AM IN THIS PERSONALITY NEED

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THE NEUROSCIENCE OF 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!

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WHAT OTHERS SAY ABOUT THEIR PROFILE

CLIENTS IN OVER **70 COUNTRIES** OF THE WORLD

Increasing your self awareness is what gives you greater access to making the best decisions aligned to the real you. You achieve more success and deeper satisfaction.

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READY TO BE THE BEST ME!?!

ONE POSSIBLE OPTION IS THIS **DIY PROCESS**

GET STARTED WITH THE BEST YOU YET PROGRAM

1. Sign Up to get access to the online learning portal.
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 212 page PDF Personality Profile.
2. Print Your Personality Profile Readout Manual.
3. Print the Path to Prosperity Game Board.

PLAY THE GAME & FOLLOW THE SCHEDULE

1. Dedicate only **10 MIN 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 FOR A PERSONALITY PROFILE

https://yourlifeyourwayacademy.com/profile

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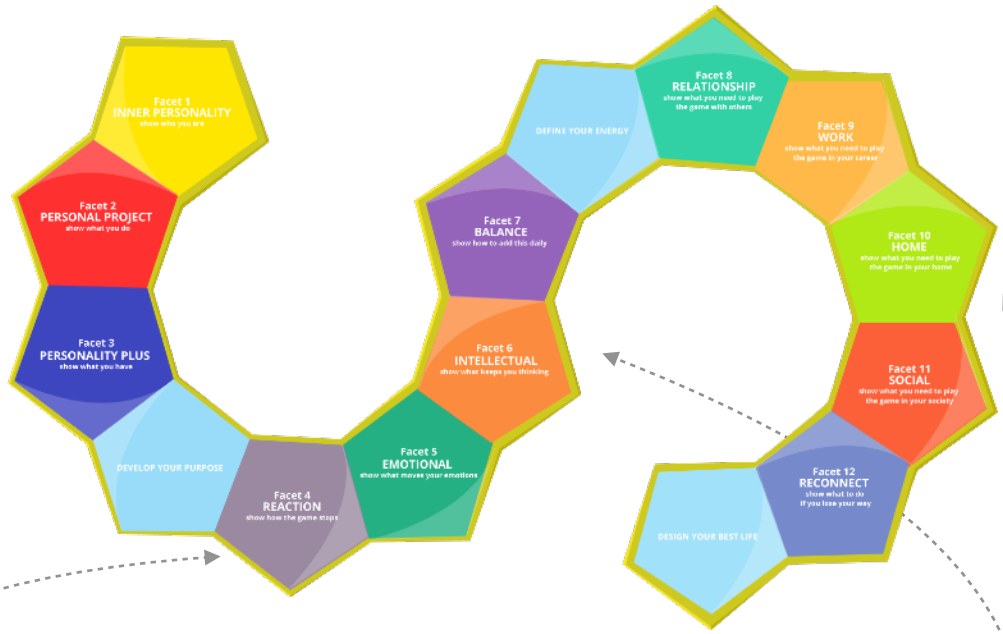
WANT 1 ON 1 COACHING WITH 6 VIP SESSIONS!?!

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



HANDHELD WITH PRIVATE MESSAGING

Preparation: Fill Out the Client Questionnaire & Do Preparation Fun
Session 1: Discover Who I am in the Core 3 Personality Need Facets
Session 2: Define my Life Purpose Statement, Personal Mantra & Image
Session 3: Increase my Vitality knowing myself in the 3 Energy Needs
Session 4: Make the first small Life Changing Decisions
Session 5: Give my best in my 4 Outer Life Area Personality Needs
Session 6: Overcome my Reaction to Stress for Greater Resiliency

Focus on Best Self & Health Habits based on my Personality Needs
Accelerate my Professional Success & Time Management Skills
Improve my Communication for Personal & Professional Fulfillment

CLICK HERE TO FIND OUT ABOUT COACHING

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FAQ ON UNIQUE PERSONALITY

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 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 a 20 part video series, 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.

GET MY PERSONALITY PROFILE

https://yourlifeyourwayacademy.com/profile/

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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!

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https://**www.linkedin.com**/in/dianadentinger

https://**www.tiktok.com**/@diana.dentinger

THE 21 DAY BEST YOU YET CHALLENGE

With Complete Personality Profile with Descriptions in all 12 Facets.

ACCELERATE HAPPINESS & SUCCESS WITH ONE ON ONE COACHING

Personalized Guidance on Life and Your Complete Personality Profile.

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