The **5 Fast & Fun Steps** so You Build Personal & Professional Momentum in Times of Change

YOUR INSIDE GAME

GET **CLEAR** • FEEL **CONFIDENT** • TAKE **ACTION**

DIANA DENTINGER

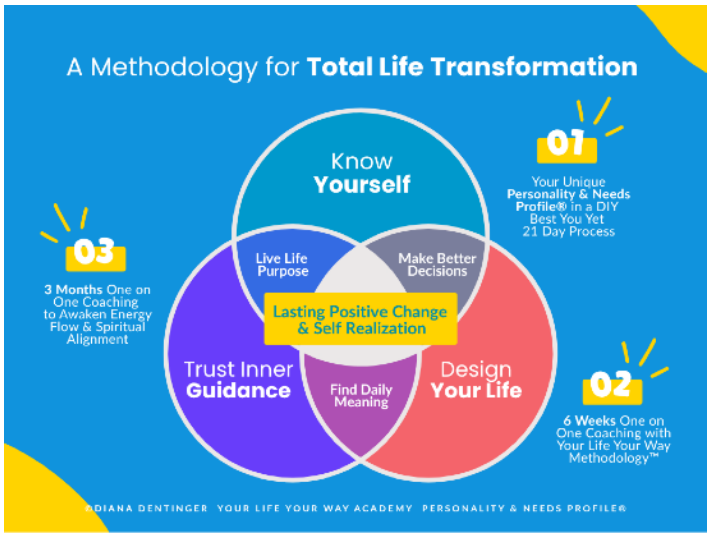
Creator of the Personality & Needs Profile®
Your Life Your Way Coaching Methodology™

GET READY FOR FUN

You are about to begin a different kind of self discovery process.
- Not one that asks you to fix yourself.
- Not one that gives you more advice to follow.
- Not one that tries to shape you into something you are not.

This is a process designed to help you recognize who you really are and turn that into inner clarity so you trust your inner guidance, feel confident and full of energy.

There Is More Clarity Inside You Than You Think
Even if you currently feel unsure, stuck, overwhelmed or pulled in lots of directions, there is a part of you that already knows:
- What feels right,
- What does not fit,
- What energizes you,
- What drains you.



These signals are real but maybe not always fully conscious or clearly understood. In today's world, your attention is constantly drawn outward towards "the outside game" of how others are achieving success, happiness and health.

You might be caught in trying to live up to others' expectations, in second guessing yourself, in hesitating to make "course corrections" when things are not working out. You might feel you need to conform to certain roles in an attempt to make the rules of the outside game fit who you are. Slowly, without realizing it, you lose yourself.

Life Is an Inside Game
Clarity does not come from doing more. It comes from understanding yourself.

When you express what is already within you then: Making decisions become easier, Your confidence increases, Stress begins to reduce, And your direction becomes clearer. In a nutshell, you start to feel more like yourself again!

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THE BALLOON METAPHOR

Please Listen to the Video Explanation
Write down your reflections on this metaphor. And answer these questions:

About you being your best
How full of you are you? How much do you know yourself? How confident are you? How much energy do you have? Does your energy fluctuate based on the outside?

About areas of life
How full are the areas of your life? Have you tried to fix them before? What worked and what did not work? How long did positive change last?

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THE SPORTS BAG METAPHOR

Please Listen to the Video Explanation
Write down your reflections on this metaphor. And answer these questions:

What talents do you use often and feel confident about?

What do you experiment being? Is it a mask or the real you?

What do you see others doing and think you must do that too?

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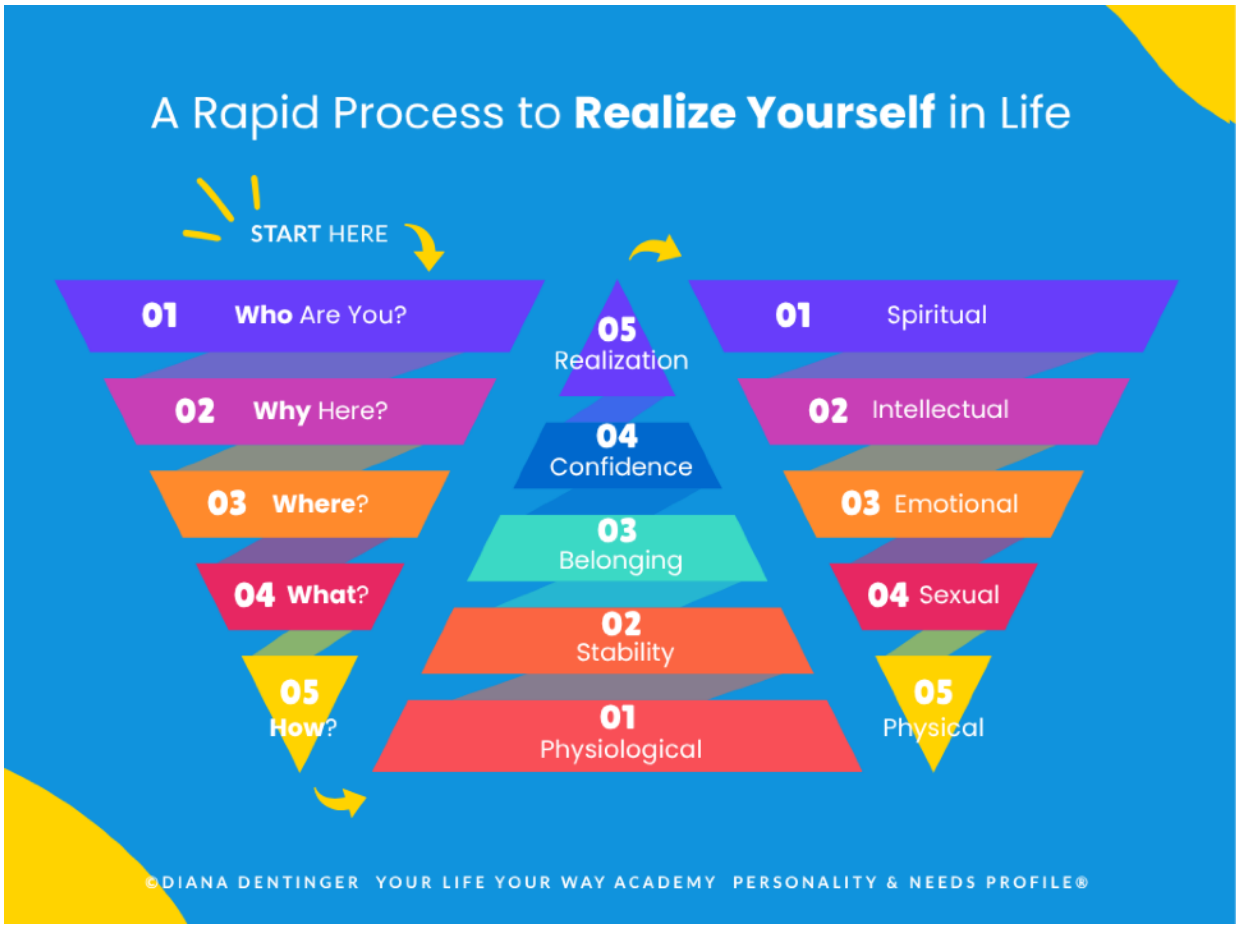
IMPORTANT INTRODUCTION

Please Listen to the Video Explanation
To get the most out of this Free Training, you want to follow along to understand the fastest and most complete path to living your life to the fullest.

Ancient philosophy has suggested for thousands of years to “know thyself”. It did not suggest much else. And wise masters throughout the centuries have told us to “love our neighbours as we love ourselves”.

Why is This so Vital for You and the World Now
We get stuck on the hamster wheel of routine, in the rat race of chasing success and in needing outcomes to feel happy. In my over 30 years experience, training and coaching people from all walks of life, “self knowing” and “self love” lack in almost everyone. Now more than ever, it is crucial to focus on being your best, loving yourself for how you use your innate talents, especially to creating positive change.



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PLAY ALONG IN 5 STEPS

What You Are About to Do
In the next pages, you will go through a simple and structured process that I call the 5 Fast and Fun Steps to Get Unstuck. Here they are:

1. *Identify who you are (in the Personality Needs Assessment video)*
2. *Evaluate how much you are living as yourself (good day or bad day dominant?)*
3. *Increase your self awareness (observe your actions, thoughts, feelings, emotions)*
4. *Identify real confidence gaps and energy drains (not imagined ones)*
5. *Reconnect daily to who you really are in your inner greatness*

This is not about becoming someone new. It is about becoming more fully yourself.

A Simple Way to Approach This
As you watch the videos and read the PDF, don't overthink. You are not here to "get it right". You are here to feel again what it is like to be you AND be more of you!

You have the answers inside of you. These answers are to any life issue, challenge or desire you have. And when you tap into your Personality Needs, remembering the real you, then you flow with life and life force energy.

Why This Award Winning Methodology is Highly Effective
It is designed to move you away from generic advice, the one size fits all cookie cutter type solutions and the idea that you need to "work on yourself" forever.

With over 35 years Coaching and Corporate Training experience, the one thing Diana knows for sure is that when you really know yourself and then simply Play with Your Personality, you feel empowered being you and your game changes. It becomes a win-win-win dynamics for yourself, for others and the greater good.

An Important Reminder About Personality Needs
As a Person you have a Personality. Your Personality is what equips you to make ti through life. Personality Needs? Needs drive your every behavior. They are the inner most "programmed" thing that is running your game. When you know your unique combination, you leverage them to have fun and live a meaningful and fulfilling life.

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WILL YOU DO THIS?

Most People Don't Put in the Effort
When it comes to change, even potentially positive change, people will hesitate to try something different or new because their brain wiring and ego prefer what is already known. We can follow precise principles of the brain to rewire it so you, your heart and soul, your intellect and intelligence can make rapid improvements in life.

Maybe You Will Take the Time
And I hope you do because it is life changing to gain this clarity. This is just the start of a deeper, yet faster and more fun approach to personal and professional growth.

You don't have to spend years trying to figure yourself or the world out. You can follow the 5 Steps and also the Science of transformation shared with you in the image below. That is why this Methodology & Diana Dentinger won awards.

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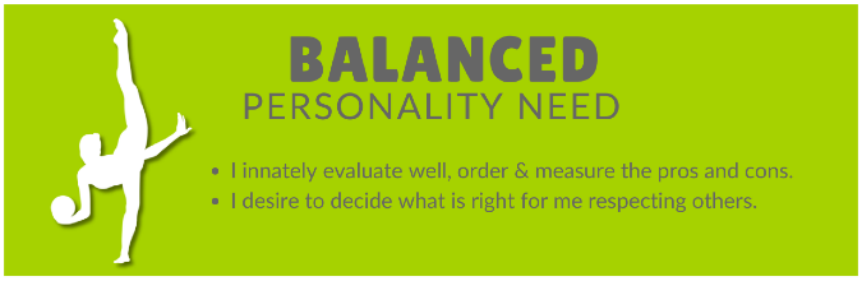
1. IDENTIFY 3 PERSONALITY NEEDS

WHO I AM	Someone I know



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WHO I AM	Someone I know

DYNAMIC
PERSONALITY NEED

- I innately move well, articulate & finish what I start.
- I desire to advance & evolve my life projects.

ENGAGING
PERSONALITY NEED

- I innately communicate well, conceive & create.
- I desire to design & produce, even with nature.

ENTERTAINING
PERSONALITY NEED

- I innately guide well, discover & fantasize.
- I desire to consider others & make life sacred.

ESTABLISHED
PERSONALITY NEED

- I innately lead well, delegate & protect.
- I desire to have and own my things and belongings.

EXPRESSIVE
PERSONALITY NEED

- I innately celebrate well, liberate & live joy.
- I desire to let out what I have inside as if life were a "party".

INDEPENDENT
PERSONALITY NEED

- I innately complete & realize things effectively.
- I desire to love unconditionally & dance through life.

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WHO I AM	Someone I know

INNOVATIVE
PERSONALITY NEED

- I innately begin well, invent & accelerate.
- I desire to play & experiment with many things.

INSPIRING
PERSONALITY NEED

- I innately dream a lot so I follow my deeper calling.
- I desire to renew, rejoice & reawaken my mission.

KNOWLEDGEABLE
PERSONALITY NEED

- I innately study well, write & organize.
- I desire to reveal the mysterious unknown so others are aware.

MAGNETIC
PERSONALITY NEED

- I innately take charge well, assert & harmonize.
- I desire to master things that interest me & let myself go.

NURTURING
PERSONALITY NEED

- I innately perceive well, use my intuition & easily predict.
- I desire to uncover things below the surface & go deep.

ORIGINAL
PERSONALITY NEED

- I innately take risks well, wander & envision the future.
- I desire to be worry free & out of the box about life.

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WHO I AM	Someone I know

PASSIONATE
PERSONALITY NEED

- I innately focus well, investigate & calculate.
- I desire to arouse the senses & move the energy of money.

QUESTIONING
PERSONALITY NEED

- I innately analyze well, contemplate & diagnose.
- I desire to counsel & advise others about their issues.

RADICAL
PERSONALITY NEED

- I innately restructure well, transform & demolish.
- I desire to give value to & regenerate things in projects.

SELECTIVE
PERSONALITY NEED

- I innately design well, empathize & please for pleasure.
- I desire to enjoy life & make every simple thing beautiful.

SUPPORTIVE
PERSONALITY NEED

- I innately collaborate well, construct one level at a time.
- I desire to partner with people of high standards.

Look at the Personality Needs List again and write on the next pages which ones felt the most like you.

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2. EVALUATE HOW MUCH POSITIVE EXPRESSION

1. Personality Need _____

WHEN BEING THE POSITIVE EXPRESSION

WHEN BEING THE NEGATIVE EXPRESSION

2. Personality Need _____

WHEN BEING THE POSITIVE EXPRESSION

WHEN BEING THE NEGATIVE EXPRESSION

3. Personality Need _____

WHEN BEING THE POSITIVE EXPRESSION

WHEN BEING THE NEGATIVE EXPRESSION

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3. INCREASE YOUR SELF AWARENESS

1. Personality Need _____

WHAT FEEL
WHAT DO
WHEN
WITH WHOM
WHY

2. Personality Need _____

WHAT FEEL
WHAT DO
WHEN
WITH WHOM
WHY

3. Personality Need _____

WHAT FEEL
WHAT DO
WHEN
WITH WHOM
WHY

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4. IDENTIFY REAL CONFIDENCE GAPS

1. Personality Need _____

WHAT TO DO BETTER
HOW

2. Personality Need _____

WHAT TO DO BETTER
HOW

3. Personality Need _____

WHAT TO DO BETTER
HOW

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5. RECONNECT DAILY TO WHO YOU ARE

1. Personality Need _____

WHAT FEEL
WHAT DO
WHEN
WITH WHOM
WHY

2. Personality Need _____

WHAT FEEL
WHAT DO
WHEN
WITH WHOM
WHY

3. Personality Need _____

WHAT FEEL
WHAT DO
WHEN
WITH WHOM
WHY

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WANT LONG LASTING POSITIVE CHANGE?

THIS ASSESSMENT & 5 STEP PROCESS GIVE YOU AN INTRODUCTION
But you have so much more inner potential, knowing and wisdom to tap into. Your Complete Personality & Needs Profile® is a 212 page manual that gives you **5 pages of descriptions for each of your Personality Needs** so you can fully be the real you and make decisions that fit who you are for greater success and happiness.

This is how your needs, desires, challenges and desires become crystal clear. Not in theory but in real life practice. When you are ready to stop guessing and start being yourself with this depth and precision then find out more about the Profile.

It is your time to begin to trust your inner knowing, to stop forcing what does not fit, to let go of comparing yourself to others or self sabotaging what your heart and soul feel is a more meaningful life path.

Move forward with real clarity and confidence today!

CLICK HERE TO FIND OUT MORE ABOUT A PROFILE

https://yourlifeyourwayacademy.com/profile

CLICK HERE FOR ONE ON ONE COACHING OPTIONS

https://yourlifeyourwayacademy.com/coaching

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REAL PEOPLE. REAL SHIFTS. REAL RESULTS.

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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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/

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THE NEUROSCIENCE ABOUT PERSONALITY

Only read if you 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. Our 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!

Certain of who you are in your Personality Needs and how to live your Potential is stored in my frontal cortex. Then you are able to exit the vicious cycles of the past. This is how the game of life is set up, the rules, the challenges. Overcoming the repetitive programming is how to be empowered to steer life with intention.

The journey is about playing full out with unwavering confidence and vitality.
Step into the game sure to use your innate talents to realise who you came to be!

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ABOUT DIANA DENTINGER

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 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** expert **(Neuroscience)** trained in unblocking **Psychosomatic Illnesses**. These profound and practical approaches helped me unravel the mysteries of each person's inner conflicts and talents. Reverse engineering my experience and 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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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 you live a great life being the great person you are meant to be!

https://**www.youtube.com**/user/dianadentinger

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

https://**www.instagram.com**/dianadentinger/

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

DO IT YOURSELF

THE BEST YOU YET 21 DAY CHALLENGE (fast for clarity, confidence & energy) My Full Personality Profile with Videos to do in 10 Minutes a Day for 21 Days.

HAND HELD BY DIANA

3 HOURS OF ONE ON ONE COACHING (a life changing overview of all talents) The Best You Yet Challenge DIY Course plus **2 One on Ones of 1.5 Hours** each.

6 VIP SESSIONS OF ONE ON ONE COACHING (deep dive to help make great decisions) The Best You Yet plus **6 Sessions of 2 hours each** over 3 **months**.

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