

The Starting Point Survey

MASTERING

MEANINGFUL

CHANGE

The 4 Solid Foundations
on which to Structure
Your Life for Long Lasting
Happiness & Fulfillment

Fast, Fun & Transformational



DIANA DENTINGER

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

HI, I'M DIANA

Welcome here, I'm **DIANA DENTINGER**, your guide to bring out the best you ever. Back in 1985, I started my career as an Entrepreneur and Corporate Team Building Trainer. Since then, I've been on a mission to **design programs that are fast, fun and highly effective**. Whether you're navigating a journey for personal growth or seeking a spiritual compass, I've got something for you!

Over these 35+ years, I've helped hundreds of one on one clients in over 70 countries of the world. They are people like you, **wanting more out of life!** But in their race to success, the overwhelm of their roles and responsibilities, their fears and struggles, they lost themselves. Their feelings of confusion, frustration, guilt and regret also put a strain on their own health and relationships. What brought their **inner spark back to life was knowing who they are**. I've heard so many personal stories in my long Coaching Career. Humans are very fragile yet also very powerful!

In 2004, my Coaching skills skyrocketed when I became 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.

You're here because you're ready for more and better! You've tried some techniques that worked, others that were a waste of time, others that only gave short term benefits. **How about tools that are spot on for you as a unique individual?!** This practical and personalised process gives you the key to unlock your greater potential for more happiness, health and vitality.

Born in Chicago, IL, I grew up in a huge midwestern USA family that taught me about life's variety and richness. I've spent most of my life in Europe (since 1984) raising my four kids in Northern Italy. Here's to you **becoming crystal clear & confident** for a happier, healthier and **more fulfilling life**, your way.



TOOK THE STARTING POINT SURVEY ONLINE?

If So, Score Yourself Here & Read the PDF to Get the Most out of This Process.

You realise you need to change. And you want the change to be meaningful, not just something to add more to do's or short term thrills. Online you answered the questions that are on the following pages to reread and consult again if you wish.

Did You Answer the 20 Questions Online? Remember Your Scores?

The survey questions are here in this PDF if you wish to read them again.

FOUNDATION 1: CLARITY	_____ / 40	_____ %
FOUNDATION 2: CONFIDENCE	_____ / 40	_____ %
FOUNDATION 3: ENERGY	_____ / 40	_____ %
FOUNDATION 4: ACTION	_____ / 40	_____ %
Percentage for All 4 Foundations		_____ %
TOTAL READINESS SCORE	_____ / 40	_____ %

Remember to the metaphor about the architect or contractor who build you a house and say that the 4 sided foundation is only about 80% stable? Wouldn't you question that before moving in? Now think about how this relates to you and how you create and construct your life. Please watch the mini masterclasses so you can make change be meaningful. So you feel happier with yourself and others, more successful in your outcomes and more fulfilled for a life of zero regrets.

YOUR NEXT BEST STEP is to gain clarity with your Personality & Needs Profile® in the 21 Day Best You Yet Challenge. **COUPON CODE 30off** for \$30 discount. Find out the details by clicking here: <https://yourlifeyourwayacademy.com/profile/>

THE 4 FOUNDATIONS OF MEANINGFUL CHANGE

You might understand what needs to change intellectually and still remain exactly where you are. For meaningful change to become a lived experience, these four foundations (internal conditions) need to be built in this specific sequence.

FIRST BECOME CRYSTAL CLEAR

You have precise answers to existential questions: Who am I, why am I here, Where do I excel, What do I innately do well, How do I do them. By recognizing what is happening in the now, you understand yourself well enough to determine what genuinely needs to change. That way you build a life, love and work that fits you.

SECOND FEEL CONFIDENT AND COMMITTED

You trust yourself and your inner sensing or GPS to choose by feeling when it is right for your life path. It could even be a pull in a certain a direction. Life a future self has arrived but you have not yet. You stay connected with it. And when needed it might also indicate when you should course correct if something more aligned is next.

THIRD HAVE COHERENT ENERGY

Your physical energy, emotions, thoughts, environment and daily choices increasingly support the direction you have chosen instead of constantly fighting against it. You sleep and take care of yourself better because your energy is the result of having gotten crystal clear and continued to feel confident.

FOURTH TAKE ACTION CONSCIOUSLY

You translate the greater self awareness and energy into meaningful daily behaviour. You stop doing things simply to stay busy. You take action that moves your life forward towards what matters and upward towards becoming more evolved.

Clarity is always the Starting Point because these foundations are built one after the other in this sequence. Clarity fuels Confidence. Clarity and Confidence skyrocket Energy. Energy facilitates Taking Action.

STARTING WITH CLARITY TO SATISFY NEEDS

Watch the video explanation about what being clear really means. If you prefer to read then you might miss the nuances of the existential questions.

Being clear is a top down process of having precise answers to: Who are you, Why are you here, Where do you innately excel, What you naturally do well and How do you do these.



And this is just the beginning. Because with these answers you use who you are to satisfy the Maslow Hierarchy of Universal Needs. These are needs that drive all human behavior for your Physiology and Health, your Stability and Security, your Connection to Others to Belong, your Self Confidence and Esteem and your Self Realization.

So the change you want to make can be found in knowing who you are and feeling the what you desire, what you do, how you do it be aligned to the real you. That way your life fits who you really are.

WHY CHANGE? WHY MEANINGFUL?

You Do Not Need to Change Everything

You may need to understand what is changing within you. Perhaps nothing is obviously wrong. Your life may look successful and stable. You may have loving relationships and a career, family, home or lifestyle that once felt right.

Yet now something feels different. You may feel:

- Less excited by what once motivated you.
- Impatient with responsibilities you previously accepted.
- Tired in a way that a weekend does not restore.
- Restless without knowing what you want instead.
- Successful but strangely unfulfilled.
- Ready for more but unable to define it.
- Concerned because something needs to change.

This checklist will NOT tell you whether to change jobs, relationships or location. It looks beneath the external decisions at the Inner Foundations that help you approach an adjustment, improvement or meaningful change wisely.

The 20 Questions Invited You to Reflect and Assess:

Foundation 1: **CLARITY** — knowing who you are and what fits.

Foundation 2: **CONFIDENCE** — trusting yourself.

Foundation 3: **ENERGY** — having the vitality and motivation.

Foundation 4: **MEANINGFUL ACTION** — progressing toward what matters.

CHANGE READINESS — engaging with change wisely.

You will then look at the pattern across your results, notice where it appears and identify the **Foundation** that may need strengthening first. The purpose is not change for change's sake. It is to understand what your emotions, thoughts, body and circumstances may be communicating and become more aligned with the best of who you already are before making your next move.

BEFORE DECIDING WHAT TO CHANGE

What are you experiencing? Not every discomfort requires the same response. Before deciding what needs fixing, pause and consider what may actually be happening. This is a very important reflection for the **Meaningful Change Checklist**.

1. Something May Need Repairing

It still belongs in your life, but its present form no longer works.

"My work still matters, but the hours no longer fit my family."

Possible response: Repair. Renegotiate. Improve.

2. A Chapter May Be Completing

Something was once right and meaningful but may have reached its natural end.

"This career gave me 20 meaningful years; I do not want another 20."

Possible response: Acknowledge. Complete. Release.

3. An Inner Calling May Be Emerging

Nothing needs to end, but something new repeatedly asks for expression.

"I keep thinking about writing, mentoring or starting a dream project."

Possible response: Explore. Expand. Express.

Pause and write down the area of my life asking for attention _____

It currently feels most like which of the above:

- ☐ **Something that needs repairing**
- ☐ **A chapter that may be completing**
- ☐ **An inner calling asking to be explored**
- ☐ **I am not yet sure**

You do not need to force an answer. The Survey will identify the inner **Foundation** supporting you and the one that may need strengthening before your next move. Sometimes nothing has gone terribly wrong. It has simply become complete.

INSTRUCTIONS TO RETAKE THE SURVEY

You have considered whether something may need repairing, a chapter may be completing or an inner calling may be emerging. You may still be unsure and that is a valid starting point.

Now use the 20 Questions / Statements to assess the 4 inner Foundations to have in place that fully support meaningful change. This is a reflective tool, not a clinical diagnosis or validated psychometric assessment.

Consider what has generally been true during the past three months:

- The average of your best and most difficult day.
- What you understand but do not apply or practise.
- The person you think you should be but are not there yet.
- Who you were in the past or hope to become in the future.

Use this Point Rating for What You Feel Honestly Reflects You Now

- 1-2 Rarely me or not presently true.
- 3-4 Occasionally true but not always me.
- 5-6 Sometimes true but inconsistent.
- 7-8 Mostly true and usually reliable about myself.
- 9-10 Consistently true in my life.

Your Scores Are Information, Not a Judgment. Use them as an Indicator.

A score does not measure your worth, success or potential. Your strongest Foundation is a resource you can draw upon. A lower score identifies a capacity that may benefit from greater awareness or support.

Look at the pattern across all five scores rather than relying on the optional total. The pattern will show which Foundation may make meaningful change easier when strengthened. You do not need to change everything. Strengthen the inner Foundation that will help you make the right changes wisely.

FOUNDATION ONE

BE CRYSTAL CLEAR

Know who you are, what matters now and what should come next.

Clarity is more than knowing what you should do next. It begins with recognition: the inner yessing that tells you, "Yes, this is me."

Without it, you can continue making perfectly sensible decisions that suit your responsibilities, other people's expectations or an earlier version of you, but are no longer right for the person you are now. You can become highly successful at maintaining a life that does not fully express who you are, therefore not fit.

1. WHO: IDENTITY CLARITY

I am clear on who I am beneath my roles and achievements. I know my unique set of natural strengths and talents, even those I currently under utilize.

Score: _____ / 10

2. WHY: PURPOSE CLARITY

I am clear on what would make now or the next chapter of my life more meaningful. I am clear about the contribution I most want to make in life.

Score: _____ / 10

3. WHAT: DESIRE CLARITY

I am clear about what I want now, what I want to achieve short term and also dreams to realize in the long term in all areas of my life.

Score: _____ / 10

4. WHERE AND HOW: STRATEGIC CLARITY

I am clear about where I want to go, the direction to move in. And I am clear on the next realistic steps to take me towards what I want.

Score: _____ / 10

MY TOTAL CLARITY SCORE

_____ / 40

INCREASE CLARITY

A lower Clarity score does not mean that you are incapable of making good decisions. It may mean that you are trying to decide what to do before you have a sufficiently clear inner reference point about who you are.

When Clarity needs attention, you may notice that:

- You ask many people for advice, but each new opinion leaves you more confused.
- You can describe what you no longer want, but not what you wholeheartedly want.
- You compare your direction, progress or timing with how other people live.
- You remain in familiar circumstances because no alternative feels clear enough.
- You keep researching, planning or considering possibilities without choosing.
- You fulfil your responsibilities but feel disconnected from your sense of meaning.
- You repeatedly ask, “What should I do?” before understanding, “Who am I, and what really fits me?”

These patterns are not evidence that something is wrong with you. They may simply show that your next step is not another answer from outside yourself. It is a clearer understanding of the person making the decision. Pause and Reflect.

Existential Questions Model from the Your Life Your Way Coaching Methodology™

It all begins with knowing who you are. In the Your Life Your Way Coaching Methodology™ this means knowing your Personality and Innate Needs. That way you feel and see how certain experiences, conditions and forms of contribution make you feel engaged, energized and fulfilled. You live your “why” where you belong doing what deeply matters in your unique way (how).



FOUNDATION TWO

FEEL FULLY CONFIDENT

Confidence does not mean being fearless or certain that every decision will produce the result you want. At its root, confidence means “with trust.” The essential question is: Who are you trusting? Lasting confidence begins with trusting yourself. This becomes easier when Clarity is high because you know the person, priorities and direction you are supporting. When you feel confident, you can move forward before you have evidence, express what genuinely matters to you and trust your ability to respond if things do not go as planned. Your self worth stays stable.

5. CONFIDENCE IN MY CAPABILITIES

I am confident in my ability to use my strengths, learn what is needed and make meaningful progress towards what I genuinely want.

Score: _____ / 10

6. CONFIDENCE IN MY RESILIENCY AND SELF WORTH

I am confident that I can adapt, recover and find a new way forward when work does not produce the outcomes I hoped for. I do not need results as proof of my worth.

Score: _____ / 10

7. CONFIDENCE IN EXPRESSING MY PRIORITIES

I am confident expressing my real priorities, asking for what I need and setting healthy limits, while communicating changes with honesty and empathy when they affect other people.

Score: _____ / 10

8. CONFIDENCE IN MY INNER AUTHORITY

I am confident trusting my inner knowing. I stand behind decisions that feel right for me, even before the outcome is certain and if other people disagree or disapprove.

Score: _____ / 10

MY TOTAL CONFIDENCE SCORE

_____ / 40

BOOST CONFIDENCE

A lower Confidence score does not mean that you lack ability. It may mean that doubt, past experiences or other people's opinions are carrying more weight than your own inner knowing. When Confidence is lower, you may notice that:

- You know what you want but keep postponing it.
- You seek reassurance before trusting a decision.
- You over prepare to avoid making a mistake.
- You wait for certainty before taking the next step.
- You absorb someone else's doubt and begin treating it as your own.
- You stay doing things where you feel competent rather than doing the unfamiliar.
- You interpret fear as "Stop" when it may be saying, "Course correct."

Confidence is not certainty that everything, always and how you are doing things now will make things work out. It is trust that you can respond to what happens and adjust when necessary. Reflect on these questions:

WHAT DO I ALREADY KNOW? Which decision, possibility or change do I already know I want to explore more seriously?

WHOSE DOUBT AM I CARRYING? Whose opinion influences me most and do they know what is best or right for me?

WHAT AM I AFRAID CAN HAPPEN? If that outcome occurred, what strengths, experience or support could help me move towards my goal?

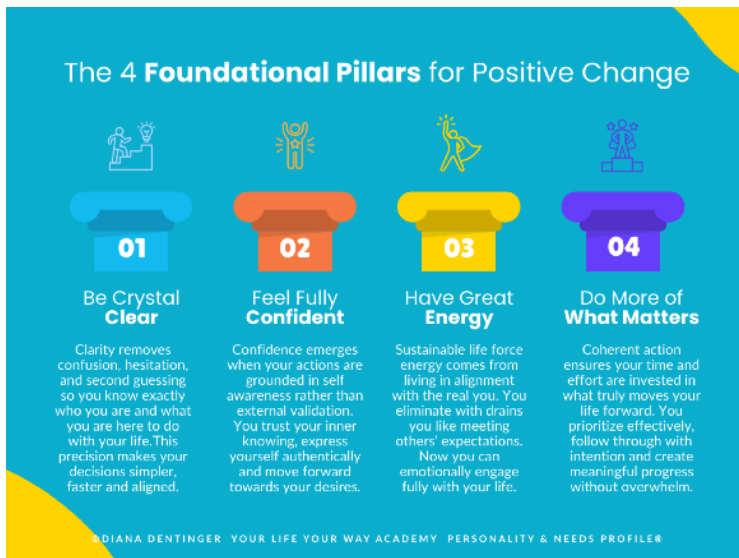
WHAT IS THE NEXT CONFIDENCE STEP? What small, sensible action could I take without waiting for complete certainty?

Fear Does Not Always Mean Stop

Fear can signal genuine danger, but it can also arise when something is unfamiliar or personally important (you have stakes in it). The goal is not to ignore fear. It is to distinguish a useful warning from the discomfort of personal growth.

Trust in yourself develops when you listen inwardly, make a conscious choices and discover that you can support yourself along the path towards realization even if things unfold differently than expected.

IT'S ABOUT BEING SELF REALIZED



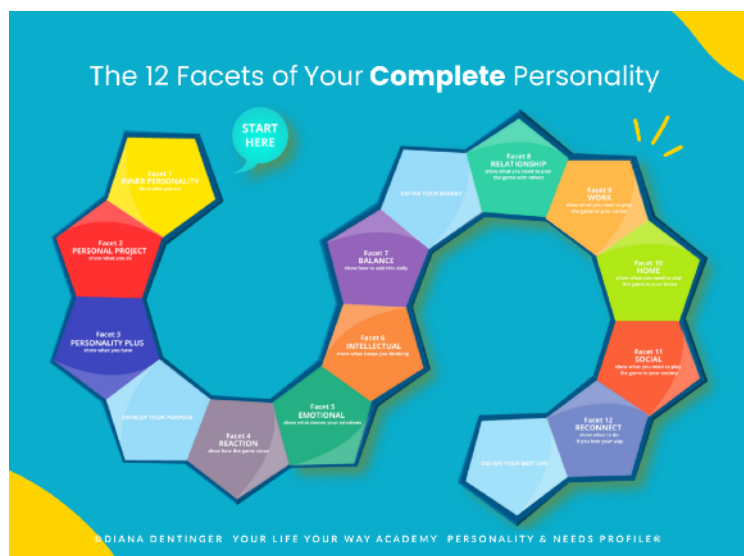
The 4 Foundations, here shown as pillars on which to construct your life, are in this precise order from left to right.

You cannot begin with doing just anything. Changing just for the sake of changing. Because often that is just to follow trends, keep up with the Joneses or even done because you compare yourself to others and want what they have.

MEANINGFUL CHANGE IS ABOUT FULFILLING YOUR UNIVERSAL NEEDS

Every human being, according to Abraham Maslow in his theory of Human Motivation published back in 1943, has 5 levels of Needs. Your ultimate goal is to realize yourself. And that is more easily done when you know who you are and why you are here.

Getting crystal clear about your your unique set of innate talents (Personality Needs) first allows you to work top up on this model. You use who you are to be well physically, to give yourself the stability you need, to be your best in relationships, to build greater confidence. All are necessary to reach the top!



ADDITIONAL RESOURCES IN THE METHODOLOGY



1. Your Inside Game - PDF + 8 Part Video Series

Are you unsettled about everything going on in the world? Ready to connect more to yourself and feel resourceful to create the life you desire? This is for you when you are tired of wasting time trying to figure yourself and your life out. You want answers asap!

<https://yourlifeyourwayacademy.com/your-inside-game/>



2. The Best Life Formula - PDF + 4 Part Video Series

It includes a Self Assessment so you see where you are stuck now (might not be what you think) and offers you leading edge Models so you know the next best steps to improving yourself and your life.

<https://yourlifeyourwayacademy.com/your-best-life-formula/>

3. Migrate Midlife with Mastery - PDF + 4 Part Videos

This is for you when there's a pull towards more, a tension to reinvent. You can feel a deeper version of yourself emerging but you're not clear what that "more" is or how to get there. <https://yourlifeyourwayacademy.com/migrate-midlife-with-mastery/>



4. Your Unique & Complete Personality Profile

When you want to know who you are with this depth and precision, then purchase your complete Personality & Needs Profile. Personality is complex. You can't figure it out on your own. The other resources serve to give you greater insight, even once you have the profile.

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



FOUNDATION THREE

HAVE GREAT ENERGY

Energy is not simply the ability to keep going to be more productive. You can accomplish enormous amounts while becoming physically drained, mentally distracted and emotionally depleted. Great Energy does not mean feeling energetic every hour. It means knowing how much energy your life requires and how much it helps you restore. Energy is influenced by your health, sleep, nourishment, movement, workload, relationships, environment and opportunities to express who you naturally are. Your life will inevitably require energy from you. The important question is whether it also gives enough energy back.

9. ENERGY FOR WHAT MATTERS

I have enough physical, mental and emotional energy remaining after fulfilling my responsibilities to invest in meaningful change, priorities and dream projects.

Score: _____ / 10

10. PHYSICAL ENERGY AND RECOVERY

I have physical reserves supported by restorative sleep, nourishing food, regular movement, sufficient recovery and environments in which my body feels safe.

Score: _____ / 10

11. MENTAL AND ADAPTIVE ENERGY

I have the mental energy to concentrate, think clearly, complete important tasks and remain flexible enough to see possibilities and adjust when challenges arise.

Score: _____ / 10

12. EMOTIONAL AND EXPRESSIVE ENERGY

I have emotional vitality, self acceptance, self care, relationships, meaningful experiences and opportunities to express who I am and use my natural talents, all of which help me allow life to give energy back to me.

Score: _____ / 10

MY TOTAL ENERGY SCORE

_____ / 40

AMPLIFY ENERGY

A lower Energy score does not mean that you are lazy or unmotivated. It may mean that your physical, mental or emotional demands are regularly exceeding the resources available to restore you. When Energy is lower, you may notice that:

- You wake up tired, even after sleeping.
- You feel guilty when you rest.
- You rely on urgency, pressure or caffeine to keep moving.
- Small difficulties make you unusually impatient or irritable.
- You cancel restorative activities because you are too busy.
- You have energy for everyone else but very little left for yourself.
- You can't imagine adding one more thing even if it could make life better.
- You keep telling yourself, "I just need to get through this week," only to begin the same cycle again the following week.

Energy is not simply the ability to remain productive. It is the capacity to be present, think flexibly, recover emotionally and participate in positive change. Reflect:

WHERE IS MY ENERGY GOING? The three greatest drains on my energy are:

- 1.
- 2.
- 3.

WHAT NATURALLY RESTORES ME? Which people, places, activities or daily conditions help me feel more like myself again?

WHAT COULD BE RENEGOTIATED? Which responsibility, expectation or commitment may need to be reduced, shared, delayed or discussed?

WHERE AM I USING UNNECESSARY ENERGY? Where am I spending energy pretending, pleasing, proving, pushing or trying to meet expectations that don't fit?

Restoration is personal. An activity that energizes one person may drain another. Sustainable energy comes from supporting your body while also directing less energy toward roles, environments and expectations that repeatedly work against your nature. The aim is not merely to produce more energy so you can do more. It is to restore and redirect your available energy toward what genuinely matters to you.

WHAT PEOPLE SAY ABOUT HAVING 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.

What Clients Say about having their Profile

After going through my Personality Profile with Diana, I started to feel good naturally, have more energy, **peak my performance** and even increased my income by 58% in 6 months.



Mopani MK
Banking Industry
Motivational
Speaker
UK

YOUR LIFE YOUR WAY ACADEMY

What Clients Say about having their Profile



Diana Lehner
Veterinarian &
Animal Trainer
AUSTRIA

The course **opened my eyes** on which needs I have to address and how. Now I am aware of whenever I get off course and about my next steps. Life is so much more enjoyable when you **stop wandering in circles** and start walking towards your goals. I'm equipped with everything I need but wasn't sure how to use it all!

YOUR LIFE YOUR WAY ACADEMY

What Clients Say about having their Profile

This program is astounding. After a 2 Day Intensive with Diana, I even got my wife, sister, and children coached. **Everyone needs Your Life Your Way.** Thanks for making it accessible to more people!



Miguel Ribeiro Ferreira
Shark Tank
Judge, Portugal

YOUR LIFE YOUR WAY ACADEMY

What Clients Say about having their Profile



Stig Bertelsen
Quantum Healer
Practitioner
SWEDEN

Sometimes even we who work professionally with giving feedback need feedback ourselves & I mostly go to Diana for this. She is also a **power house of compassionate energy** built on a foundation of researched academic skills.

YOUR LIFE YOUR WAY ACADEMY

What Clients Say about having their Profile



Sai Ramya
Soft Skills
Trainer
INDIA

I have attended many workshops and heard so many Coaching styles, patterns and topics but none of them is so unique as yours. This Coaching is tailor made for each and every individual. If knowledge is powder, knowledge of yourself is the ultimate light and power. I am really glad for having met you. My heartfelt thanks.

YOUR LIFE YOUR WAY ACADEMY

What Clients Say about having their Profile



Brid Hanlon
Healy & Timewaver
Consultant
IRELAND

Absolutely brilliant! I had no idea of who I was... I even feel upset about it because I managed to provide without knowing and my reference points were always outside, who does that person say I am, do I fit in... then I must be ok even if I don't know who I am. I have a lot of catching up to do...

YOUR LIFE YOUR WAY ACADEMY

What Clients Say about having their Profile

I got **more out of 2 days** with Diana than in 8 UPW's. I was even involved in the organization of Robbin's events. This is just what I was looking for in my own Personal and Professional Development.



Callum Bridgeford
Avocado Ninja
CEO Health Store
UK

YOUR LIFE YOUR WAY ACADEMY

What Clients Say about having their Profile



Costanza Arduino
Author, Bowen
Practitioner
ITALY

With Diana's help I finally understood the **profounder reasons why I was afraid** to publish my books, angel cards and meditations. She mentioned if there was someone in the family tree that worked with angels. It was crazy when my father told me the story!

YOUR LIFE YOUR WAY ACADEMY

What Clients Say about having their Profile



Gillian Hipp
Ph.D. Movement
Therapy
UK

This Methodology found a spare puzzle piece that I hadn't been aware of in my Personality. Actually, it was the **missing piece that's not been there for my whole life.** Massive weight lifted... I love working through all this and something has really shifted for me... very grateful to you! The universe works in amazing ways!

YOUR LIFE YOUR WAY ACADEMY

YOUR NEXT BEST STEPS



Here are the opportunities to set in place all 4 Foundations for Meaningful Change. Each one includes your **PERSONALITY & NEEDS PROFILE®** offered as a Readout (55 pages of personality descriptions) in a Playbook of 212 pages. Each comes with a Video Masterclass Series and the Best You Game Board for fast & fun growth. This **FAST AND FUN** format takes the guesswork out of self discovery.

1. Your Profile (Do It Yourself)

You get your unique Personality Profile structured as a 21 Day Challenge. You can dedicate 10 minutes a day to reading your profile and reflecting. After a few weeks you will be clearer and feel more confident.

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



2. Your 3 Hours of Coaching

When you want to be hand held, Diana Dentinger can guide you through your Complete Personality. This helps you have more energy for the added insights and experience she brings from using her Methodology with hundreds of 1on1 clients. You will make better decisions and move forward fast.

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



3. Your VIP 6 Weeks Coaching

Personality is complex. When you have important decisions to make you will want her guidance over more weeks to be 100% certain that starting something new is fully aligned to who you are.

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



FOUNDATION FOUR

TAKE ACTION

Action is not automatically progress. Many capable people do not have an action problem. They have an alignment problem. They are busy, productive and constantly getting things done but not necessarily moving towards what matters most. Meaningful Action is not simply doing more. It is directing your time, energy and abilities towards what you have consciously decided matters. It also requires discernment: knowing when to act, when to prepare, when to pause and when something no longer deserves your energy.

13. ALIGNED PRIORITIES IN MY CALENDAR

I consistently organize and protect time for the goals, relationships and projects that matter most to me, including the next chapter I want to create.

Score: _____ / 10

14. TANGIBLE PROGRESS ON MEANINGFUL GOALS

I consistently translate what I know matters into specific actions, supportive habits and visible progress rather than leaving it at the level of intention.

Score: _____ / 10

15. DISCERNING USE OF MY TIME AND ENERGY

I consistently recognize and interrupt busywork, distraction and over responsibility, choosing what deserves action now, what requires preparation, what can wait and what should be released.

Score: _____ / 10

16. DAILY USE OF MY TALENTS

I consistently use and develop my most important natural strengths and talents through what I actually do, so that my daily life expresses more of who I am, not only what my roles require from me.

Score: _____ / 10

MY TOTAL ACTION SCORE

_____ / 40

ALIGNING ACTION

A lower Meaningful Action score does not necessarily mean that you are inactive or undisciplined. You may be repeatedly stopping and starting or taking enormous amounts of action that are not moving you toward what matters most. When this Meaningful Action score is lower, you may notice that:

- You have many plans but few completed outcomes.
- You wait for a completely free day before beginning something important.
- You confuse researching, organizing or preparing with actual progress.
- You respond to what is urgent before protecting what is important.
- You maintain extensive to do lists but see little movement on meaningful goals.
- You repeatedly start, stop and begin again.
- You are productive, dependable, efficient and busy. Yet you still wonder or question, “What is all of this doing actually for?”

Action is not automatically progress. Meaningful Action directs your time, energy and abilities toward what you have consciously decided matters. Pause and Reflect:

WHAT AM I POSTPONING? Which meaningful change, goal or decision do I repeatedly put off? Could it be I need more clarity, confidence or energy?

WHAT IS FILLING THE SPACE INSTEAD? Which urgent tasks, distractions or lower value activities are receiving the time and attention that this goal needs?

WHAT IS THE SMALLEST MEANINGFUL STEP? What purposeful action could I complete without waiting for more time, motivation or certainty?

WHAT NEEDS TO STOP? Which tasks, habits or commitments could I stop doing, could I delegate, reduce or eliminate?

Align before accelerating. Don't just do more. Pause and ask: “Is this action moving me toward the life I want or merely keeping me occupied?”

The most effective plan is not always the biggest or most detailed. It is one that fits who you are, your natural way of beginning, organizing, creating, communicating and completing. Plus it is simple enough to avoid overwhelm so you continue. You may not need a bigger plan. You may need a more meaningful and manageable plan that actually fits you.

FINAL SECTION

READINESS FOR CHANGE

Being willing to change does not mean rushing into something new, rejecting the life you have created or making a dramatic decision before you are ready. It means being honest enough to recognize when a role, expectation, commitment or successful chapter no longer fits. It means remaining open to a different direction, even when you cannot yet see exactly where it will lead. Meaningful change may affect other people so may require you to reconsider choices, learn from mistakes, take informed steps without knowing the final outcome. Willingness is not certainty. It is your inner consent to explore, learn and move towards what may fit you better now.

17. WILLINGNESS TO RECOGNIZE ENDINGS

I am willing to admit when a role, expectation, commitment, goal or previously successful chapter no longer fits who I am or the life I want now.

Score: _____ / 10

18. WILLINGNESS TO ENTER UNCERTAINTY

I am willing to explore a different direction and take an informed step without knowing exactly where it will lead or requiring a guaranteed result before I begin.

Score: _____ / 10

19. WILLINGNESS TO AFFECT OTHER PEOPLE

I am willing to change a role, expectation or commitment that no longer fits, while communicating honestly and empathetically and allowing other people time to feel, respond and adjust.

Score: _____ / 10

20. WILLINGNESS TO LEARN AND DECIDE OVER AGAIN

I am willing to take responsibility for what is within my influence, learn from past choices and decide over rather than wait for permission or others to change first.

Score: _____ / 10

MY TOTAL READINESS SCORE

_____ / 40

SCORE FOR EACH FOUNDATION

Your overall score provides a broad snapshot, but your five individual scores are more useful. They show where your strongest foundation is, maybe one you lean on to move forward towards goals and dreams. Having all 4 Foundations strong is what makes change easier and more meaningful so each one can be strengthened.

FOUNDATION 1: CLARITY	_____ / 40	_____ %
FOUNDATION 2: CONFIDENCE	_____ / 40	_____ %
FOUNDATION 3: ENERGY	_____ / 40	_____ %
FOUNDATION 4: ACTION	_____ / 40	_____ %
Percentage for All 4 Foundations		_____ %
TOTAL READINESS SCORE	_____ / 40	_____ %

36-40 – STRONG AND AVAILABLE

This foundation is a reliable inner resource. It is likely to remain available when you are making a change that requires effort, uncertainty or adjustment.

30-35 – GENERALLY STRONG

This foundation supports you in many situations, but it may need reinforcement when the pressure, responsibility or amount of uncertainty increases.

20-29 – AVAILABLE BUT INCONSISTENT

You have resources in this area, but your access to them may vary with stress or circumstances. Following the order of gaining clarity first, which increases your confidence and both boost energy will make change for you more sustainable.

4-19 – A CURRENT PRIORITY FOR SUPPORT

This foundation may not sufficiently support you right now. These results are not a fixed ability or identity. A lower score indicates greater awareness can be valuable.

THE STARTING POINT IS "WHO ARE YOU?"



THE SURVEY & THE 4 FOUNDATIONS 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 **55 pages of descriptions for all 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>



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 a one stop, best place for personal growth.

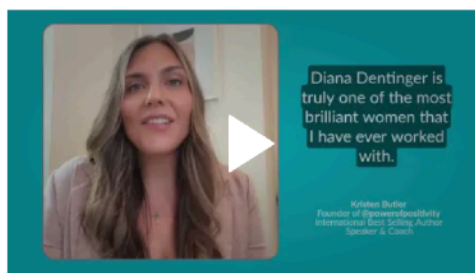
CLICK FOR ALL YOUR OPPORTUNITIES

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

WATCH THE VIDEO TESTIMONIALS TOO

HEAR WHAT OTHERS SAY ABOUT HAVING THEIR PROFILE

<https://yourlifeyourwayacademy.com/profile>



Kristen Butler, Founder @powerofpositivity

"...an exact roadmap for me.."

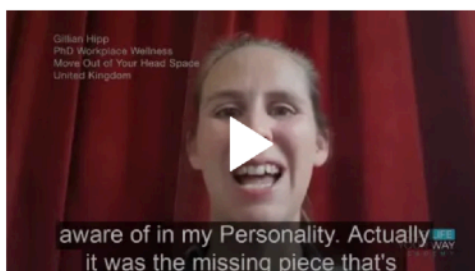
"Diana Dentinger is truly one of the most brilliant woman I have ever worked with... It's powerful and it's practical. Her energy is contagious. You will never see yourself the same again."



Paulo Fernandes, Longevity Coach, Portugal

"Tools No One Else Has"

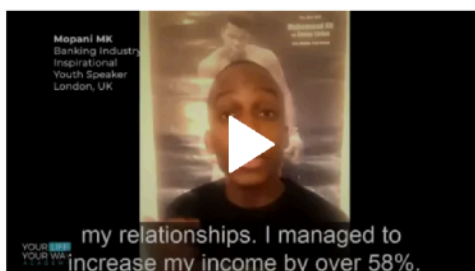
"Diana has a capacity of looking into you. She's a lovely person, amazing. I know a lot of people in the Coaching world, but she's special. Because I think she has tools that nobody has. Diana really is one of the best people I know in terms of Coaching, in terms of getting you to another level."



Gillian Hipp, PhD in Movement Therapy, UK

"The Missing Piece"

"This Methodology found a spare puzzle piece that I hadn't been aware of in my Personality. Actually it was the missing piece that's not been there for my whole life. Now it's fully integrated and it's given me confidence..."



Mopani MK, Banking Industry, UK

"Major Career Boost"

"What happened when I learned this, then suddenly I had a lot more energy. I started to feel good naturally... I managed to increase my income by over 58%... Why? Because my peak performance energy went up! I feel good! Definitely look into this."

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!

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