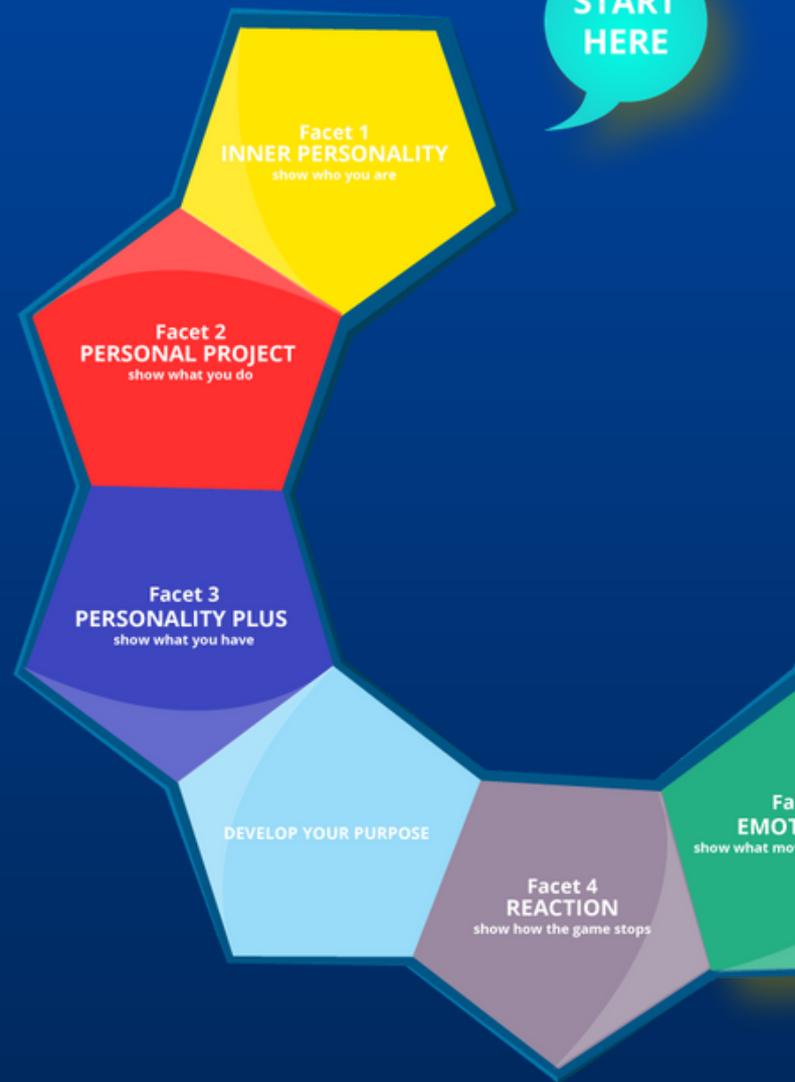


WITH DIANA DENTINGER

AFFIRMATION CREATION BLUEPRINT

POSITIVE SELF TALK POSITIVE ENERGY

START
HERE



EXERCISES ACCOMPANYING
MY LIFE MY WAY PLAYBOOK

IMPORTANT OPENING MESSAGE

THIS BOOKLET IS ABOUT CREATING POSITIVE AFFIRMATIONS THAT ARE ALIGNED WITH THE “REAL” YOU

In the following pages, you will be asked to take the “Key Words” from your various Personality Needs and create Positive Phrases with them.

WHY IS THIS IMPORTANT?

Findings about “emotional issues” and “mental health” show:

- people are less focused or less concentrated so struggle to solve problems,
- people feel they can't change their circumstances even if they want to,
- people are hurt and don't feel others really understand them,
- people feel worried, uncertain and anxious about the future.

YOUR LIFE YOUR WAY IS ABOUT YOUR INSIDE GAME

Whether or not you feel now the same way as those surveyed, maybe in other moments of your life you did. What is vital to know is that people who do have the feelings stated above, have incessant “self talk” inside their head repeating that they can't - aren't - don't.

KNOW HOW TO MANAGE YOUR SELF TALK

Having phrases that you can consciously speak to yourself and that are true about yourself allow you to:

- tap into your inner resourcefulness and be proactive in your life,
- connect to your inner guidance system to know what to change and how,
- understand yourself first and communicate your Personality to others,
- trust that you can positively impact your future being your best self daily.

IMPORTANT

Your Positive Phrases or Affirmations give you a sense of certainty, control and confidence that dilute the power of any negative self talk that you might let chatter along inside your head. Your Positive Phrases support you stepping fully into who you are meant to be in your greater potential.

AFFIRM IN LATIN (AFFIRMARE) IS TO MAKE STABLE

Since external “change” is the only sure thing, then your Affirmations serve to give you a feeling of “internal” stability so you remain centered and grounded in how to best respond to those changes with your inner resources.

Your Positive Phrases need to “light you up” so when you consciously speak them to yourself, you feel energized, motivated and ready to take action. Keeping in mind the words that describe “who you are” and “what you do”, makes it easier to speak about yourself, about your perceptions and perspectives, about your values and your desires with confidence when you are with family members, friends or in a professional setting.

Clarity and confidence help you have positive Energy to do what you desire!

BUT CREATING AFFIRMATIONS IS JUST A FIRST STEP

“Saying words” to keep yourself motivated is very “mental”. The next step is to BE your “Key Words” and FEEL yourself doing them in your Heart - even if you are not doing them in the moment. Use your imagination, from your heart. It is an electromagnet organ and has more “power” than your mind. It vibrates at a higher frequency when you FEEL self love rather than thinking about doing what you love. AND this is how you radiate “higher” energy outwards which aligns you to experiences that resonate to your innate potential. FYI: Words are sound energy that influence the water in your body. We are a high percentage of water. So your positive “Key Words”, in this sense, impact your happiness and health in many, many invisible ways!

IMPORTANT

So the real “goal”, if you were to set one, is to turn off your mind and be in your Heart. BE YOURSELF & LOVE YOURSELF. This will become easier everyday since you better “know yourself” through your Personality Profile. You will let go of any self sabotaging thoughts and accept yourself fully.

The goal is to have your mind be of service to your Heart. Your mind thinks “pre programmed” thoughts based on the Emotional Memory stored in the limbic part of your brain. This organ too is electromagnetic and gives off energy. The way to create great energy is to FEEL your words and self image.

When you practice “feeling” from your Heart and “thinking” from your heart, then your ideas start to come from a deeper inner knowing more aligned to your way. They might not be “logical” but they FEEL so right in your body.

Feeling in your Heart and seeing the person you love to be in your mind’s eye is a “way of being” or a “state of being” instead of just a personal growth “technique” or “process”.



BUT THE PROCESS OF AFFIRMATION CREATION IS HOW TO GET YOU TO REACH BEING IN THE STATE.

Print out the following pages then get out your Playbook and read the descriptions of each of your Needs in the 12 Facets.

Then write your “Key Words” in the specified areas of the chart and follow the Affirmation Creation Instructions. The “Power of Words” is real. Use it!

ENJOY the process and have Fun! Diana

Facet of Personality	Key Words: Verbs of Doing	Adjectives of Feeling
1. My Inner Personality Need is called:		
2. My Personal Project Need is called:		
3. My Personality Plus Need is called:		

AFFIRMATION CREATION FOR CORE PERSONALITY NEEDS

1. The first way to create an Affirmation is simply to use the Verbs of Doing above and say:
"I love + the verb in the gerund tense."

Example: "I love traveling." (if you have the Adventurous Need)

"I love teaching." (if you have the Conscientious Need)

2. The next way to create an Affirmation is simply to use the Adjectives above and say:

"I am + adjective" Example: "I am curious" (if you have the Innovative Need)

"I am decisive." (if you have the Balanced Need) "I am wild." (if you have the Original Need)

3. The final way is to create an Affirmation by combining the Verbs and Adjectives and say:

"I am + adjective + when I + verb. Example: "I feel free when I dance." (if you have the

Independent Need) "I am determined when I lead others." (if you have the Established Need)

WRITE OUT YOUR 3 TYPES OF AFFIRMATIONS IN THE SPACE BELOW

1. Now take the Verbs from the previous page and create "I love doing" phrases for each Need.

2. Now take the Adjectives from the previous page and create "I am ..." phrases for each Need.

3. Now take the Adjectives and Verbs and create "I am ... when I do" phrases for each Need.

Facet of Personality	Key Words: Verbs of Doing	Adjectives of Feeling
4. My Reaction Need is called:		
5. My Emotional Need is called:		
6. My Intellectual Need is called:		
7. My Balance Need is called:		

AFFIRMATION CREATION FOR ENERGY SPACE NEEDS

1. The first way to create these Affirmations is to use the Verbs in this type of phrase:

"I energize myself when I + the verb."

Example: "I energize myself when I dream." (if you have the Inspiring Need)

"I energize myself when I finish a project." (if you have the Dynamic Need)

"My emotional energy increases when I reflect." (if you have the Questioning Need)

2. The next way to create these Affirmations is to use the Adjectives in this type of phrase:

"Feeling + adjective increases my energy." Example: "Feeling different increases my energy"

(if you have the Adaptable Need) "Being charismatic increases my mental energy ." (if you have the Passionate Need)

"Being rebellious energizes me." (if you have the Radical Need)

3. When it comes to the REACTION NEED - the only "negative" Need in your Profile - use this type of phrase:

When I feel + negative + coming on, I can + verb + instead. Example: "When I feel like "not talking" coming on, I remind myself of my positive aspects." (if you have the Engaging Need)

Facet of Personality	Key Words: Verbs of Doing	Adjectives of Feeling
8. My Relationship Need is called:		
9. My Work Need is called:		
10. My Home Need is called:		
11. My Social Need is called:		
12. My Reconnect Need is called:		

AFFIRMATION CREATION FOR "OUTER" PERSONALITY NEEDS

1. Here again you can create an Affirmation by using the Verbs of Doing for each Facet and say: "In relationships, I love (verb) being present." (if you have the Supportive Need)

2. Here again you can create an Affirmation by using the Adjectives for each Facet and say: "At work, I am intuitive in my decision making." (if you have the Nurturing Need)

MORE DETAILS ABOUT AFFIRMATION CREATION & YOUR LIFE YOUR WAY

The creation of personalized Affirmations is to reinforce that you are a certain way, that you love doing certain things and applying certain talents. THIS DOES NOT MEAN that the outside world or circumstances have to line up so you fulfill your Affirmations “on your terms”.

Here is a personal example. I have the Conscientious Need so I love to learn and teach and I usually feel grateful and compassionate. Unexpectedly, about 10 years ago, my youngest son had an emergency lung operation and I was with him in the hospital for 3 weeks. I postponed all work commitments and tried my best to organize the lives of my other 3 children at home since I am a single mom. Neither the environment (lots of suffering children in the hospital) nor the doctors (about his recovery) were very positive. Despite the “outside circumstances”, I tuned into who I am and what I innately do. This converted a frightening experience into a “positive” one, especially for my son.

He and I have beautiful memories of when I taught him to breathe and meditate so as not to feel the sting of the needles and burn of the tubes going into his lung. Despite the physical pain and worry, we still treasure how this ordeal strengthened and united my children even more.

So the creation of your Affirmations is not to “control” the external world but to be able to adapt no matter what unexpected events come your way. With this approach, you are able to feel resourceful despite how you might initially feel or react to the “challenging” situation.

Can you recall an event from your life in which you were able to transform an initial “negative experience” into a positive one? Are you now more aware of “who you are” and “what you do” that shows you have always “known” how to tap into your innate Personality Needs?

Think about a challenge you are facing right now. Write out how you can be, uncompromisingly and unapologetically you, to show up being your best and giving your best.

THANK YOU FOR CREATING YOUR AFFIRMATIONS

You can do these pages in your free time or even as a time filler, for example while waiting in line at the supermarket. The more you consciously write out and say to yourself your Key Words, the more your brain will “obey” these Affirmations. Let’s say it helps you reprogram yourself to automatically be more of who you already are!

It does require time to do these Bonus Exercises. But it is well worth it. Clients say that they feel so much more peaceful and empowered by focusing on their Needs, in their heart and mind, for just 10 minutes a day for the first few weeks of the program. And they say that without effort put into “working on an area of life” that things shifted anyway for the better.

If you feel you would like some One on One time with me to get even clearer on how to be more of yourself and also how to design your life for more consistent fulfillment and meaning, then let me know via message or email.

For me, when each person knows who they are and feels “free to be themselves” that is how we create a better world.

Thanks again!

All the best to Living Your Way,
Diana Dentinger

Creator Personality & Needs Profile™
Host of Your Life Your Way Podcast
Author of "Modus Vivendi Your Life Your Way"
International Speaker & Neurobiology Therapist
Corporate Team Building Specialist & Entrepreneurial Coach

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