



Welcome to Review Your Year and the Dynamic Life Blueprint Program!

I'm looking forward to getting started with you!

You have taken the first step to build your foundation and create a plan in 2014 – smart! You will be better off than those 80% of people who make goals, but don't write them down.

Before we start, please think about these questions below and give your own answer to them – your responses aren't right or wrong just unique to you!

You can answer in point form or in a way that is true and genuine for you. Nothing too lengthy required – unless you want to! If you don't know an answer, no problem! Come back to it AND just trust yourself and the responses that come. I would love to have these before we start, so carve out some time on a couple occasions to go over them and get deeper answers each time.

I'm excited to work with you in the DLB Tribe where you have the power of my program, my coaching and the support of others in the tribe to get your blueprint created!

A handwritten signature in black ink that reads 'D. Rolston'.

xo

Diane Rolston

Personal Information Fact Sheet (All personal information is confidential and will be treated appropriately.)

Full name:

Address:

Number you prefer to be reached at:

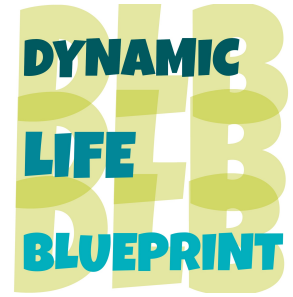
E-mail address:

Occupation (what you do to earn a living):

Employer or company name:

Website:

Date of birth:



How Ready Am I?

Scoring 1 = Strongly Disagree; 2 = Disagree; 3 = Agree; 4 = Strongly Agree

- I may have some limiting beliefs that are keeping me from moving forward.
- I am willing to actively participate in developing next action steps with Diane and the DLB Tribe.
- I will commit to completing my homework from each module.
- I am committed to truth and promise to be transparent and authentic with Diane and the DLB Tribe.
- I am willing to invest my time, practice and money in making lasting change(s)
- I am committed to being fully present and prepared for the calls.
- I am willing to give 100% to the program and trust that Diane will do the same.
- I am prepared to stretch myself.
- I am totally ready to reach for the next level in my life.
- I am willing to experiment with ideas and concepts that I discover along the way.
- I will tell Diane immediately if she or anyone in the DLB Tribe oversteps my personal boundaries and clarify my coaching needs.
- I am ready to change NOW, today.
- I will use this program to help me define and create my DLB.
- I take full responsibility for creating my own results through the RYY and DLB Programs.
- I want Diane to always tell me the truth no matter what the circumstances.
- Total Score**



Personal Interview

In preparation for the “Review Your Year” Program and the “Dynamic Life Blueprint” I’m giving you a personal interview. When I work with clients 1:1, I love to understand how my clients view the world in general and themselves. While we are working in an online group format rather than 1:1 I’d still like to have some more detailed understanding of you and you’ll probably learn something as well!

Answer each of these questions as clearly and thoughtfully as possible, expressing the best of who you are. These are “pondering” questions designed to stimulate your thinking in a particular way that will make our work together even more productive. If you don’t have a response don’t worry, come back to it or just answer the others.

Like I mentioned before, I suggest that you take several days to compose your responses to these questions. They can be short and point form or longer in paragraphs – your choice.

1. What accomplishments do you think must occur during your lifetime so that you will consider your life to have been satisfying and well lived—a life of few or no regrets?

2. If time and resources were not a concern, describe the things you long to do.



3. What annoys you?

4. What has stopped you in the past from achieving your goals?

5. What helps you achieve your goals?

6. What two steps do you need to make to be ready to start this program?

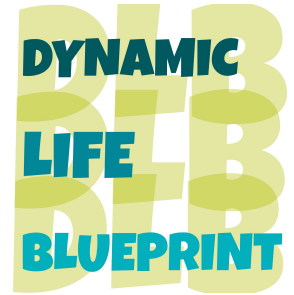


7. Where do you hold yourself back?

8. If you could be completely honest with me about what works best for you to learn and grow, what tips would you give me?

9. What are your biggest fears in starting this program?

10. What do you want more than anything right now?



Group Coaching Questions

1. What rules/guidelines need to be in place for you to feel like the calls are a place to be open and honest?
2. What specific or more general support could you use from the group?
3. How will you be sure to create that?
4. Would you like to contribute to the success of others? If so in what ways?

What else would you like me to know that I haven't asked? Any insights are welcome.

Great when you're done save yourself a copy and email it to me at diane@dianerolston.com