



WELCOME TO

The 5 Day Reset

*“5 Simple & Smart Steps to Shake off
2021 & Start 2022 Strong”*

With Diane Rolston

Date: _____

THIS ACTION GUIDE BELONGS TO:

Name: _____

Cell #: _____

ABOUT YOUR FACILITATOR

Award Winning Coach & Speaker | Published Author | CEO & Founder of Dynamic Women®



Diane Rolston is a leading authority in being a Dynamic Woman® and living a Dynamic Life. Combining a mix of coaching and personal development, Diane works with professional women to provide clarity, boost confidence and get them into action. She is a Certified Professional Coach, an International Speaker, Author, Workshop Leader and the CEO and Founder of Dynamic Women® (DW) a quickly expanding community of women. She was acknowledged as the Women of Worth “Motherpreneur of the Year” Award Winner, Top Mom Blogger, as well as Top 50 Mom Podcaster for her professional accomplishments and for the powerful impact she has on the women she inspires and empowers.

Diane left the life of the 9-5 employee and simultaneously became an entrepreneur and mother. Now a mother of two, business owner and community leader she considers herself an expert in change, work/life balance, prioritizing and getting things done! Diane’s diverse work experience enables her to have a deeper understanding of what it takes to achieve our best and live with more confidence and satisfaction. She believes we are not defined by our titles and our roles, instead we are more powerful and happy when we can be who we are. This brought out “Dynamic You”, a book and a program, where she leads women to unleash the Dynamic Woman® in them.

Diane has presented at international women’s business seminars, professional development conferences and on summits. She can speak to groups ranging from 10-10,000+. With clients across North America she has worked with non-profit executives, top management leaders, small business owners, and professional women helping them get better results in a shorter amount of time. She sees women sabotage themselves, get overwhelmed and second-guess their choices and uses her powerful questions to give clarity to what they really want and how they are going to achieve it. In 1:1 coaching sessions or one of her programs like “Dynamic Balance”, she helps people break down big goals and build confidence so they can tackle their greatest obstacles, fears and reach more success.

With her special mix of dynamics and heart she founded the group called, Dynamic Women®, where she facilitates engaging activities called “Coaching in Action” to help women get clear about their greatness, their success catalysts and the solutions to the obstacles (and all the while building strong relationships with other dynamic women). In only a few years the DW community has grown to 900 women and has expanded to multiple locations.

Diane is a behind the scenes business advisor and coach for female business leaders, speakers, authors, thought leaders, and high achievers. Teaching anyone who wants to increase their results, how to correctly manage, package, and sell their time, experience, and expertise. Clients tell Diane that they love her sense of humor. That, “She’s a positive person who constantly challenges your limits and helps you keep growing”. Audiences comment on her dynamic style and how she always gives them a tool or challenge they can put into action and inspires them to make the changes they have been putting off.

In her own pursuits she pushes her limits, faces what scares her and loves to tackle a variety of projects. As a mother, wife, coach and business owner Diane acts with love and courage because she knows that in all parts of our life, we have the opportunity to inspire others. More than anything, she focuses on her goals in life and helps other women do the same.

Get all set at www.dianerolston.com for more clarity, confidence and action in your life and business. Diane is the ideal speaker for your next conference or event. Email info@dianerolston.com to share about your speaker needs. **To see her in action go to www.dianerolston.com/speaking**

The 5 Day Reset

"5 Simple & Smart Steps to Shake off 2020 & Start 2021 Strong"

Day 1 – Welcome and Introduction

How will I have the best success this week?

Which of my friends/connections do I want to invite to do this with me?

My goals with you are the same as those I hold for my clients, so you have Business & Life Success:

1. **To give you** _____ *by asking powerful questions.*
2. **To boost your** _____ *by giving you tangible tools you can use and are excited about.*
3. **To get you in** _____ *by sharing techniques & you committing to tasks that are attainable.*

Step 1 of the 5 Day Reset: _____

What is it & What are the benefits of doing this step?

What is my _____ for joining the 5 Day Reset?

Day 2 of the 5 Day Reset

What was my biggest insight or takeaway from Day 1?

Which of my friends/connections do I want to invite to do this with me?

How do I currently feel about _____?

How do I want to feel about _____?

Step 2 of the 5 Day Reset: _____

What is it & What are the benefits of doing this step?

What/Who am I _____ for in 2021? What _____ am I _____?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.



“Diane Rolston is one of the most engaging & positive speakers on leadership and success.”

- KEVIN HARRINGTON Original Shark from the Hit TV Show "Shark Tank", Inventor of the Infomercial - \$5 Billion in Sales

Day 3 of the 5 Day Reset

What was my biggest insight or takeaway from Day 2?

Step 3 of the 5 Day Reset: _____

What is it & What are the benefits of doing this step?

Which Goals do I need/want to _____?

What will it give me?

How do I want to do it?

Do YOU want to be CRYSTAL CLEAR about where to FOCUS YOUR TIME?

Do YOU want a plan for setting and ACHIEVING YOUR GOALS?

Do YOU want to HAVE MORE FREE TIME to do the things you LOVE?

With Dynamic Year™ you'll build a foundation to get you excited & confident about the next year! Then you go & blow last year's results out of the water! With the 1-page plan & the quarterly check-ins You'll be focused and motivated all year long!

Day 4 of the 5 Day Reset

What was my biggest insight or takeaway from Day 3?

How Confident do you want to feel in your _____?

Step 4 of the 5 Day Reset: _____

What is it & What are the benefits of doing this step?

How could I do this step?

How do I want to _____ to 2021?

What will I do to get ready to do it?

Day 5 of the 5 Day Reset

What was my biggest insight or takeaway from Day 4?

How excited do you want to feel about _____?

What hopes do you have?

Step 5 of the 5 Day Reset: _____

What is it & What are the benefits of doing this step?

How could I do this step?

How do I want to _____ 2021?

BONUS DAY: _____

What have been your wins this week?

What are the reasons you are glad you did the 5 Day Reset?

What are my _____? How many do I want to _____?

What do I need to reach _____?

What is it & What are the benefits of doing this step?

What are some _____ I want to change?

BONUS What else will help my _____?

- 1.
- 2.
- 3.

Writing Notes & Engaging is Crucial for YOUR Learning! BUT Commitment & Implementation is Vital for YOUR Success!

I learnt...

My take-aways are...

My action items are...

"I have been working with Diane for a few years and the results still **amaze me**. I've worked through skills, concepts, and so much more to **develop my business model**. She is incredibly patient, knowledgeable, helpful, professional, kind, genuine and **really cares about the success of each of her clients**. I thank Diane for all that she has given me - support, an ear, expertise, plus much more as I navigate this world of business. **I cannot recommend Diane enough.**"

- Kathy Fester Chief Gratitude Officer of K.I.T. Communications | Master Scheduler



Let's have a chat about your goals and how you can reach them easily & confidently.

If you're serious, book a complimentary chat at
DianeRolston.youcanbook.me