



Live Life by Design!

Name: _____ Deb Denny _____

Please list any current medications that you are currently taking:
_____ Synthroid _____

Outcomes

However you came to this questionnaire; know what you are expecting most out of working with me or filling this out. What do you want? What do you want to change, grow, or improve? Is it pain that you want to stop? Or is it a vision that you want to implement?

Answer: I find that I start everything “in the 10” but slip back into my comfort zone and sabotage myself. I am usually very energetic, but I still have work to spend every day “in the 10.”

Purpose

What is your purpose? Why are you here on this planet? What are you here to do? For whom? Doing what? Be bold – you know you have a purpose – it is time to own it.

Answer: I am a leader. People look to me for answers and guidance. I have identified for many years as a volunteer firefighter/medic and am currently retiring after 30 years of service. Now I am here to be the best person I can be, live in harmony with myself

Beliefs

This section is designed to discover your beliefs – what you believe about your life to be true. What is a belief? That which you know with virtually 100% certainty is true. What beliefs drive your life and your life choices? Beliefs are both global (I believe this about the world, about all/ most of the people in the world, all/most of the things and issues in the world) or personal. (I believe this about me. Who I am, why I am, what I am, how I am, etc.) In addition, beliefs can be empowering, i.e., they provide us strength, comfort, or make us feel good, or they can be disempowering or limiting, i.e., they challenge



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us, hold us back, hurt us in some way, and make us feel worse. Also, you may hold different beliefs at work vs. your personal life. If so, list them appropriately. At a minimum, you will list to the best of your ability your top 5 in each category. You may include more, but at a minimum, ensure you complete your top 5. Examples of this:

Global Empowering: "People are basically good. Life balances itself out. The world can be a great place. When someone works really hard, they are often rewarded."

Global Disempowering: "People are always out to cheat others. Life is not fair. Sometimes good people just have bad luck."

Personal Empowering: "I can do anything that I put my mind to. There is always a way to solve a problem and there is always another way to solve a problem. I am full of possibilities."

Personal Disempowering: I eventually drive away people that love me. Everything that I try to succeed at I manage to not succeed. I can't get ahead."

Write them down and look at them! Own them, are they truly what makes you tick?

As a minimum of five, your top five Global Empowering beliefs in priority order:

1. Life is good.
2. The universe is abundant and giving, ask and you shall receive.
3. People are caring and good.
4. The future holds endless possibilities.
5. Today is a great day.

As a minimum of five, your top five Personal Empowering beliefs in priority order:

6. I am full of unlimited potential.
7. I can achieve anything I put my mind to.
8. I am a leader.
9. I can find a solution to any problem.
10. I am empathetic and caring.

As a minimum of five, your top five Global Disempowering beliefs in priority order:

1. Some truly evil people do exist.
2. Bad things occasionally happen to good people
3. Men always find reasons to start wars.
4. Achieving peace in the middle east seems impossible.
5. Radical extremist ideals/ignorance are a global problem.

As a minimum of five, your top five Personal Disempowering beliefs in priority order:

6. I'm not good enough.



7. It's too late for me to start ____, I'm too old.
8. It's not worth the effort.
9. In competitions I never win.
- 10.

Values

What are your top 5 “values” in priority order that you want more of... that you want to move towards? Values are those emotions... those qualities of life that measure how you feel about something and what you get from it. Examples might be happiness, love, joy, gratitude, spirituality, health, freedom, etc.

Next, what are the top 5 values in priority order that you want less of... that you don't want in your life anymore? Examples include grief, sadness, anger, frustration, lonely, judgment, hurt, rejection, etc.

Top-five Towards values:

1. Health
2. Happiness
3. Love
4. Passion
5. Gratitude

Top-five Away values:

1. Frustration
2. Anger
3. Rejection
4. Sensitivity
5. Lonely

Rules Around Your Values

More importantly, can you write the rules around these values? When do you have them? When do they appear? How do you create more of what you want and less of what you don't want? For example, “I am happy when I am with my wife and we are doing something fun together. I am angry when someone says something mean or hurtful to me. I am free when I am out on my bike on a beautiful day. I am rejected when I put forth a great idea in a meeting, and no one likes it.”

For each positive and negative value listed above, write the top 3-5 rules as to how you get them to occur. (This means that you will write approximately 30-50 rules!)



TOWARD

Health

1. I feel centered and grounded when I meditate
2. I feel alive, invigorated when I exercise. I LOVE to bicycle, hike, practice TaeKwondo.
3. I feel fantastic, full of energy when I eat my Paleo diet.
4. I visualize peak health and performance.
5. I thrive outdoors in the sunshine.

Love

1. I adore spending fun and silly time with my husband.
2. My children mean the world to me, my heart bursts with love for them.
3. I love getting together with extended family and spending time doing activities with them.
4. Activities with family fill me with joy and laughter.

Happiness

1. Outdoor activities fill me with joy –ANY activity in the sunshine in Colorado...hikes with my family/friends/puppy, flying over trails on my dirt bike, bicycling up and flying down hills on my road bike, etc
2. Making and sharing a great meal with people.
3. Celebrations and parties for life cycle events where I can dance to my heart's content.
4. Perfecting Poomse, basic drills, kicks, etc is extremely satisfying; especially things that are tough for me initially and then become effortless with practice.

Passion

1. I approach everything in life with passion.
2. I will try everything (except maybe skydiving-I have a fear falling from heights). I am often surprised when something I am resistant to initially become things I can be passionate about.

Gratitude

1. I feel deep gratitude for my awesome, healthy body/mind/spirit
2. I feel gratitude for my parents, husband and children
3. I am grateful that I was born and raised in America, never forgetting the freedom we have to pursue dreams.

AWAY

Frustration

1. I feel frustration when dealing with ignorance. I have no patience for opinions/actions emerging from ignorance. This is personal when dealing with ignorant people and global as in extremism.
2. I feel frustration when a person at work is having a problem that they feel there is absolutely no solution for and treats me as if I created the problem to frustrate them. (I do a lot of IT, can you tell ☺)
3. I feel frustration when issues are user error (I call it the short between the keyboard and the chair). I patiently explain why certain actions cause predictable effects.

Anger

1. I feel anger when I am not appreciated
2. I try to curb my temper when dealing with employees who approach me with anger over their frustrations when things don't go as they think they should.



3. I feel angry at myself if I could've handled something better than I did
4. I am very impatient and have to work hard to slow down and wait for results.

Rejection

1. It is hurtful when people reject me for who I am
2. I feel rejection when people talk down to me.
3. I feel rejected when I am not chosen for a position I feel I would be good at.

Sensitivity

1. I can be overly sensitive to comments from others, to the point sometimes it repeats over and over in my head and I cannot sleep.

Lonely

1. I rarely feel lonely, so I don't know why I wrote this.

Spiritual/ Religious Beliefs

In a very short paragraph, describe your beliefs.

Answer: I was raised in a non-observant Jewish home. We celebrated tradition, holidays, etc with family but nothing very deep. I raised my children Jewish, but they are at the same level as me. I believe that our actions effect the universe, and positive action will create positive changes. I do not believe that everything is already mapped out for me. I am a scientist and believe that energy cannot be created or destroyed, so this incredible energy that is our consciousness does not end when we die.

The "First" Question (of the Power Questions)

We are very much like a computer in many respects. Just like a computer program, we constantly ask ourselves a first question: "What do I do with this data, with this moment? What should I focus on? What do I think now? What meaning do I assign this moment?" You will notice that you ask this question or constellation of questions across many contexts. In many cases, this question is not really resourceful or as empowering as we need it to be. Examples of this are: "Why am I not good enough? What is wrong with me? Why does this always happen to me?" The following questions are designed to help you find *your* "First" Question and begin to think about how to rework it.

Ask yourself the following questions in order to discover and transform the "First" Question(s) that currently drive the focus of your life.

1. What question do I ask most constantly? This question will appear virtually every time. Sometimes it is so obvious that you need not ask it, but still, just like a computer, you will run it every time. What is it?

Answer: I am having trouble coming up with an answer to this...



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2. Ponder this question. Where did it come from? Whose program is it really? Were there specific circumstances that brought it into your life and made it even stronger (regardless whether it is less empowering or more)? How did this question come about? (Search for and find its origin – who's "First" Question is it really?)

Answer:

3. This is very important: What do you create when you ask this question? What energy do you generate? Life is about the Law of Attraction. What do you attract into your life? What happens, or more importantly, do you know what can not happen, when you ask this question? (Answer both parts.)

Answer:

4. What is the positive intention behind this question? For instance, if your question was negative, or implying your glass is half-empty, it might be a protective mechanism from your parents so that you wouldn't be hurt. This can be a bit complicated, but dig – what benefits do you get from constantly asking this question repetitively?

Answer:

5. Now it is time to redesign a new, more powerful question! What "First" Question, if asked, would give you more of what you want, and at the same time, preserve the initial positive intention of your Old You "First" Question? (For example, if you asked, "What is wrong with me?" you could shift to "What is right with me and how will I use that right now to create what I want?" Or, "Why do I always seem to get screwed?" can become "How can I achieve my success right now?" Or, "Why don't they like me?" can become "How do I present the best of me right now in this situation?" Remember, their opinion of you is none of your business, so asking about them has no value – power is about how you show up! What question would set you free from other's opinion of you? Another powerful examples might be, "What more is their to love and not judge about me right now?" Or, "What lesson am I suppose to be learning?")

Answer: What do I think of me? How can I be the best person I can be.



Top Five Negative Habits

List the top three to five negative habits you have that if you could change them right now it would give you unstoppable momentum and faith to create even more drive to your greater future? Examples might be: oversleeping, chewing your fingernails, failure to take daily vitamins, failure to drink enough water, procrastinating (be sure to write down specifically what you commonly procrastinate,) etc.

Answer:

If you had just one thing...

If you had just one thing, the absolute hardest, most challenging thing, that you believe could never be changed for you... or is extremely challenging to change for you... what is that?

Answer: I really eat too much chocolate.

Top five one year goals

List your top five one year goals that you would most like to accomplish in the next twelve months.

1. Brown Belt.
2. Travel with my daughter.
3. Set tighter boundaries around my caregiver role with my mother, and not feel guilty about enforcing them
4. Earn an extra \$100,000
5. Spend more time with my husband on weekends.

The “Wild List©”

Life is about dreaming big. Your top five goals listed above are things that you want to do or you think that you can accomplish. They are your “attainable” goals for the next year. This Wild List is about you think is not attainable. What if you had all the resources that you needed? All the money and time that you wanted? That all you had to do was ask for something and it would appear? This list is about what really makes your heart soar. Dream big. Dream dramatically. If you had everything that you wanted, what would it be? Do the big, Wild List! Make it huge, make it unbelievable. Write more, than list. Don't let you pen leave the paper. Make it a stream of consciousness... What do you want out of life? What do you want to have? What do you want to do? Whom do you want to be?



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Answer:

Travel to exotic places

Bicycle through Spain, France, Italy

Dive the Great Barrier Reef, or for that matter, just dive more

Adventure motorcycling over the continental divide trail through Colorado

Play the violin again

Write novels

Travel to tropical islands in the winter

Play

Hike the Colorado trail

Take my grandchildren to be on great adventures

What is stopping you from having your wild list now? Answer:

Time, money, caregiving for my mother, obligations of my own creation

The Greatest Version of You!

What is the Greatest Version of You (GVOY)? Include your gifts, your strengths, and your talents. Write about what you would say/ think/ feel/ do in your life. On a scale of 1 – 10, where is your life now in relationship to the GVOY? If it is not a high number, why not? What is stopping you from high number? Do you really want to be the GVOY? (Oftentimes, we create neural programs that attach more fear, pain, challenge or negativity to that which we believe we really want – the proverbial overweight person who really does not want to be thin and fit... What is attached to your neural patterns and beliefs around the GVOY?)

First write down this number: GVOY 1- 10? 10

Now describe the Greatest Version of You:

Smart, strong, healthy, athletic, energetic, sexy, confident

What is stopping you from having a higher number?

Answer:

I feel like I devote most of my energies towards these goals

Your Top Challenges or Trauma or Most Difficulty Things in Your Life

What have been the top 3 -5 challenges/ worst moments/ most difficult things that have every happened to you in your life? Was it good or bad that it happened, and please be realistic – you



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probably know that it is better to say, “oh it is a good thing, blah, blah, blah.... But for many people, it was not a good thing... they don’t feel good about it. Be honest. Be deep. Why was this a good or bad thing? What did you learn from it? That life sucks, trauma hurts? Did you learn that you are strong, resilient? What is your real truth about these events?

1. Cancer – my dad. Having grown up with my dad mostly absent from my life, I really developed an incredible relationship with him when he retired and moved to Colorado. When cancer started, I spent 3 years closely with him, he taught me a lot about how to live. He made everyone who interacted with him feel special, and he did everything to the fullest. My greatest lessons from him were learned in the last few years of his life.
2. Cancer – Me, then my husband, then my daughter. Clark’s and my cancer entailed surgical interventions and recovery. You learn how strong we are and yet again how mortal we are. Relationships and bonds strengthen. My daughter was a different story. She is an opera singer and ended up having a 9 hour operation on her throat, followed by radiation therapy. Through it all we dealt with the dire consequence of Heather might never sing again (this is her #1 WILD dream that she pursues with all her heart). I learned “letting go” and trusting, as I have always been the one to fix things. It turned out that without the thyroid weighing on her vocal cords, her voice is bigger and better.
3. My mother: Parkinson’s and senility. Mom always depended on dad for everything, now that he is gone she is good at laying guilt on me in her caregiver role. She is my greatest challenge at the present time. I have learned to set boundaries and keep them. Her senility has enhanced her unkind traits: the world revolves around her, paranoia, she never has a kind thing to say about anyone (unless they make a lot of money). I think some of my money issues (sabotage) come from here. We could not be two more opposite people. I see the Law of Attraction working for her, she attracts negative.

Family “Sayings”

List those important sayings or constant messages in your life, again, good and bad, that you remember most about growing up. They could include things like, “it doesn’t matter how strong or fast you are, it matters how hard you work,” or “be careful of people, they will always try to cheat you,” or they can even be funny – “always wear clean underwear, you never know when you will be in an accident!” Pick the top 5 that you think empowered you and helped you create success in life.

1. If you are not making money you are lazy and worthless
2. Do well in school so you can become a doctor or a lawyer
3. Break her fingers. (I was a very good violinist and would’ve loved to pursue this, my mom asked what she should do about this and was advised to “break her fingers”, no one ever has a career in music)

Also list at least three (more if they are easy to remember) that you feel were warnings about life, warnings about you or to you, or in general, didn’t add value to your life but in reality, created some of



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the challenges that you have wrestled with in life.

1. You will never be an athlete
2. You can never have enough.

Your Biography

At a minimum, take at least one to three pages and highlight your life: the highs, the lows, the in-betweens.... Tell me about your life. Be sure to include the richness that was your early family life. Balance the good with the bad, the half-full with the half empty. Even if you think that you have done a ton of work, and certain facts and experiences no longer influence you, please list the major events and data points that were pivotal throughout your life. I can't emphasize the importance of this section.

Again, write more than less, enjoy it, and write what you want and what you need to describe your life. Don't edit it; make it a stream of consciousness.

Answer:

Born in 1958, Long Island, NY. Dad was a motion picture editor/ animator; did coming attractions, commercials, major motion pictures, special effects, worked long hours. Mom was a nurse, married out of nursing school and only worked for a short time. Dad was an IDENTICAL twin, we always lived within spitting distance his brother and family. I was the only girl (see the tomboy theme??). I was the oldest in my family, followed by Gary (2 years younger) and Craig (6 years younger). Gary was delivered by a high forceps delivery which fractured his skull, seizures at birth (which set him up for a very unfortunate series of events/ attractions) and ended up in an assisted living situation in California for non-functioning adults (he is very intelligent but paranoid schizophrenic). Craig was so much younger than me that we did not interact much. He is an electrical Engineer/ Patent Attorney in Maryland, also brilliant. On my uncle's side (the twin) there was Mark (a year older) intensely brilliant but unable to cope with life, drug addicted even to the present day. Steven, a year younger than me, also incredibly brilliant, unable to cope in school, eventually got his GED and worked in the movie business with the twins. He wrote programs for animation when the programs they had did not do what he wanted them to do. Also drug addicted initially, but 30 years clean in NA. He lives out here now and is gender conflicted. Andrew, 5 years younger than me, brilliant (sensing a theme here??), is a speech pathologist on Long Island.

I always excelled in school and had no boundaries. I spent all of my time outside playing with friends. I was the "golden child" the only girl. I LOVED playing the violin, was first chair in the orchestra through 8th grade. At that time my mother decided that my nana (who I was close with and much more like than my mom) was going to buy an organ, and someone had to take lessons. Me, feeling obligated, stopped my violin and took organ lessons. That only lasted one year, I HATED the organ.

End of high school I went to college upstate NY, had no idea what I wanted to do. Lived in a dorm that was so smokey you could not see to walk down the halls (it WAS the 1970s). Everyone was drinking and getting high, I had not found where I fit in, had no focus so I dropped out and travelled the country for a



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year. I travelled the US for 6 months with 2 friends and eventually returned to NY. One day there and I knew I needed to move to Colorado. I finished school in Boulder with a degree in Geophysics. Still not really knowing what I wanted to do I went with the path of least resistance. I toyed with the idea of Med School, I loved the idea of biology, medicine, but was unable to decide if that was right for me. I worked as an exploration geophysicist in the oil and gas industry, talk about a bad fit for me, I was very unhappy. I met my husband and we became pregnant with our first child, that also was at a point when the oil industry crashed and I lost my job. Using a trade relocation allowance for displaced oil workers I obtained a Masters Degree in Mathematics. I had two children, a girl and a boy). We lived in Morrison where I stumbled upon the fire department, became a volunteer firefighter/med. These years on the fire department were true family; all of us were raising kids, so one person would watch the kids while the others responded to emergency calls. Our children had instant play groups very often, and we raised each other's kids (it takes a community, there: a saying for you).

I started working as a medical assistant at Conifer Medical Center where I work now. I helped bring the clinic up from the ruins of a very poor administrator who ran it into the ground. I am now in a managerial role. I enjoy working there, it is challenging and usually not dull. I am positive, passionate and meet all issues head on and solve them.

My challenges today revolve around my mom and my caregiver role and my children. My daughter's life dream is to sing for a living, to affect people's lives and bring tears to their eyes. She wants to be performing on stage at the Sidney Opera house, as well as stages all over the world. My son is a mechanical engineer in Bozeman, where he is passionate about fishing and dirt biking. He is marrying a woman next month who has a borderline personality disorder (I know, corrupt software) and this has been a challenge in our relationship with our son.

I see myself a little overwhelmed with obligations, I like to break the routine (I've never done well with routines). I spend lots of time doing things I enjoy but feel like pressed for time. I need to reorganize a little to be able to accomplish my WILD things.

(This is important – include a digital photo of yourself – even we have met.)

Also, please add in a picture of yourself as a child. Around age 4 or 5 is best if you have one.





Please also attach any documentation that you wish based on what you wish to work on. It might be prior personality tests, or a business plan, or past vision documents that you have written. I am trying to discover all that I can, at the deepest level, about what and how and why you tick. Add anything that you feel will be helpful to articulate the whole YOU in a more detailed fashion.

Awareness of what/how I sabotage myself

Direction

Confidence

Help me to be able to visualize-I dream in concepts, cannot bring up pictures in my mind.

Calibration Questions:

(On a scale of 1 – 10, please rate the following four questions. Please add any verbiage you like after those four questions)

- ▶ How magical, powerful, and extraordinary you are: _10_
- ▶ **ALL** results begin with a thought: 10_
- ▶ Emotions catalyze the power of the thought: 10_
- ▶ The Law of Attraction: 10_ (as defined in the movie The Secret, Esther Hicks books, or any number of sources. In essence, the Law is: "*What you think and what you focus on is what you get.*")

Any further verbiage:



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Now, fill in the blank:

- ▶ **ALL** humans have _unlimited_ potential.
- ▶ 90% of the game is _attitude_.

The message of *The Inevitable You® Coaching System:*

- ▶ Challenge your view of reality
- ▶ Evolve your vision of You
- ▶ Transform your Life!



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