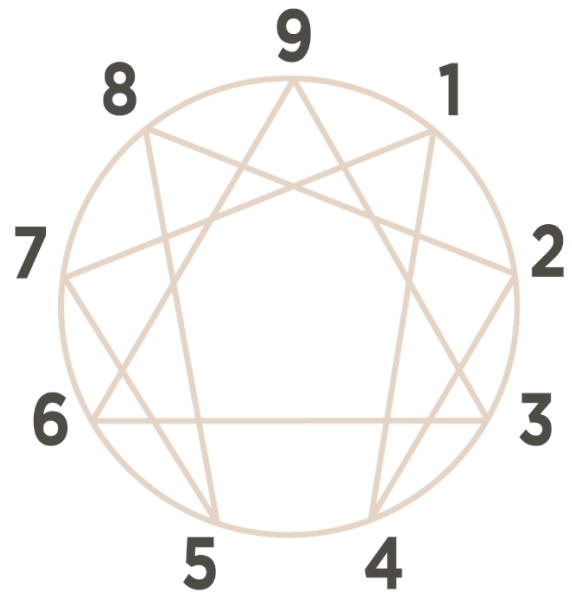


A JOURNEY TO
DISCOVERING YOUR

ENNEAGRAM

TYPE



ENNEAGRAM COACHING SOLUTIONS
LIFE TRANSFORMATION THROUGH A GOSPEL CENTERED ENNEAGRAM

Type 1

YOU MIGHT BE A ONE IF...

1. Your focus is often on seeing the errors, mistakes and problems that need fixing and you cannot relax until it's resolved, or you have pointed it out to someone.
2. You are extremely hard on yourself, feeling like what you do is never good enough.
3. You often take on too much responsibility and not delegating because it might not be done to your standard.
4. You have a relentless inner critic pointing out what is wrong in you and your environment.
5. You often resent others for not working as hard as you do.
6. You believe everything can be done in a perfect, orderly and systematic way.
7. You find yourself redoing tasks that others failed to do the right way the first time.
8. You believe there is only one way to do things and that is the right way.
9. You long for positive feedback and to be seen as a good person.
10. You have a difficult time relaxing and allowing yourself to have fun.

Type 2

YOU MIGHT BE A TWO IF...

1. You find yourself drawn to helping people even when they aren't asking for help.
2. You find it difficult to tell others what you need and want.
3. You feel relationships are one of the most important things in life.
4. You are often thinking about relationships with people.
5. You walk in a room you pick up on what others are feeling and what they might need.
6. You find yourself apologizing even when it's not necessary.
7. You feel like you shouldn't say no when people ask you for help.
8. You find it easy to connect with people.
9. You have difficulty taking credit or praise for your accomplishments.
10. You are overly concerned about what others think of you.



Type 3

YOU MIGHT BE A THREE IF...

1. You are focused on presenting a confident and successful image when you meet people.
2. You are very conscious of the image you are projecting to others.
3. You are excessively driven and competitive.
4. You strive to be competent, productive, efficient, accomplished, and impressive.
5. You take great pleasure in crossing tasks off your "to-do" lists after finishing them quickly and efficiently.
6. You adapt quickly to whatever role is expected of you in any given situation.
7. You struggle with celebrating wins before moving onto the next goal, task or event.
8. You often place your feelings on the back burner in order to keep moving forward.
9. Your sense of worth is fueled by your successes.
10. You have more energy than most and others have a hard time keeping up with you.

Type 4

YOU MIGHT BE A FOUR IF...

1. You experience the darker moods of melancholy, emptiness, and despair.
2. You often deal with with feeling of shame.
3. You frequently feel like something is missing in yourself and your relationships.
4. You feel defective or flawed in some way.
5. You struggle with envy longing for what you believe others have that you don't.
6. You feel deeply hurt when someone misunderstands you.
7. You love to expressive your uniqueness through your style and artistic expression.
8. You have great creativity and intuition.
9. You feel lots of emotions all at once and sometimes it feels good to just embrace them all.
10. You often struggle with self-doubt and worry what others think about you.



Type 5

YOU MIGHT BE A FIVE IF...

1. You are extremely curious and love investigating new things.
2. You are highly protective of your time and energy.
3. You feel drained after spending too much time with people.
4. You have a limited reserve of energy and when it is used up, you are done.
5. You want to know all the facts before you share your insight with others.
6. You need to be alone in order to relax and regain your energy.
7. You take so much time investigating and preparing that you struggle to get the task done.
8. You would prefer to be an observer rather than to participate in most things.
9. You are more rational than emotional.
10. You are an extremely private person and don't let many people close to you.

Type 6

YOU MIGHT BE A SIX IF...

1. You generally plan for the worst-case scenario so that you are not caught off guard.
2. You tend to gather the opinions of trusted sources before making a decision.
3. You place a high priority on loyalty with a few trusted people.
4. You are often suspicious of others and have trouble trusting people.
5. You struggle with general anxiety and/or fear on a regular basis.
6. You value order, rules, policies, procedures and guidelines.
7. You are reliable, hardworking, organized, vigilant and a problem solver.
8. You are fun, funny and love making people laugh.
9. You want others to see you as loyal, trustworthy, dedicated and supportive.
10. You naturally organize people and groups and advocate for the good of the people.



Type 7

YOU MIGHT BE A SEVEN IF...

1. You feel there is never enough time to do all the things you want to do in life.
2. You struggle to stay focused and complete tasks that you begin.
3. You have serious FOMO.
4. You tend to get caught up in making more plans than there is time in the day.
5. You will try almost anything to escape boredom.
6. You tend to make a joke when things get too serious or uncomfortable.
7. You prefer flexibility rather than making commitments that are set in stone.
8. You like to plan things but struggle to follow through.
9. You love taking risks and being spontaneous in life.
10. You would rather avoid feelings than to talk about them.

Type 8

YOU MIGHT BE AN EIGHT IF...

1. You are irritated with people who beat around the bush and don't get to the point.
2. You believe you have a sixth sense to know when someone is not being truthful.
3. You are annoyed with people who don't stand up for themselves.
4. You are not afraid to stand up for against injustice.
5. You have a tough exterior but a tender heart.
6. You don't trust easily, but when you do you will be loyal to the end.
7. You don't need to always be in control, but you don't want to be controlled.
8. You more of a macro manager than a micro manager.
9. You are at ease in leadership positions and people look to you for direction.
10. You tend to act first and think later.



Type 9

YOU MIGHT BE A NINE IF...

1. You strive to be accommodating, agreeable and comfortable.
2. You are able to see everyone's perspective without taking sides.
3. Your goal is to avoid conflict and keep the peace.
4. You often merge with other people's thoughts and opinions.
5. You are known for being kind, easy going and flexible.
6. You become physically uncomfortable when engaged or observing an argument.
7. You avoid trouble by keeping your thoughts and feelings to yourself.
8. You find yourself physically present in gatherings but often emotionally checked out.
9. You feel anger but don't directly deal with it.
10. You find comfort in routines and dislike changes.

For more information on team building, group or individual coaching
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