



Enneagram Discovery

Find Your Type and Uncover Your Path for Growth

Self-awareness is a crucial foundation for personal and professional growth, allowing us to understand our motivations, reactions, and interactions with others. The Enneagram serves as a powerful tool for examining our underlying patterns of behavior, offering insights into our core drives and emotional responses. By exploring these dynamics, we can foster deeper connections, enhance collaboration, and unlock our true potential.

Section 1 - Body, Heart and Mind

Read through each of the following columns. While you may relate in some ways to all three, the goal is to identify the dominant Centre of Intelligence (Body, Heart or Mind) you use in your daily life.

BODY	HEART	MIND
I lead with my gut - I just "know" what needs to be done next.	I lead with my emotions—how I feel tells me a lot about what's needed.	I lead with my thoughts—mental strategy helps me find the best way forward.
I notice, and often react, when things appear unfair or unjust.	I'm tuned into others' expectations and tend to adjust based on the connections I value.	I'm focused on having knowledge, good information and understanding potential risks.
When I feel controlled or taken advantage of, I often experience anger or frustration.	When things go wrong or seem disconnected, I often experience a sense of sadness or loss.	When things feel uncertain or unpredictable, I tend to experience worry or fear.

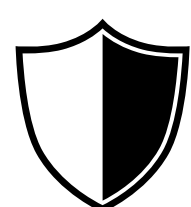
If you relate most to the statements in the column marked BODY, move to Section 2.

If you relate most to the statements in the column marked HEART, move to Section 3.

If you relate most to the statements in the column marked MIND, move to Section 4.

Section 2 - Body Types

There are three different Body Types. Each of these types respond slightly differently to the statements above. Read through each paragraph and make note of moments where you feel comfortable and uncomfortable.



Body Type A

"I am motivated by a desire to make an impact and take charge of my environment, ensuring things are moving in the right direction. When faced with conflict or stress, I stand my ground and often become more assertive, defending my stance with confidence. I am driven by a deep need for control and autonomy, often feeling a strong sense of urgency to ensure stability. Independence is critical to my sense of fulfillment at work, and I strive to be seen as a leader and decision-maker. Beneath my strength, I sometimes worry about losing control or feeling vulnerable, and I want to make sure my voice is respected."



Section 2 - Body Types Continued

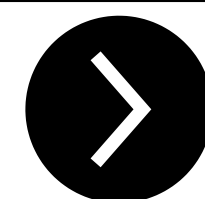
Body Type B

"I am driven by a desire for harmony and balance, wanting to avoid conflict and ensure everyone feels comfortable. In stressful situations, I often become more passive or go along with others' wishes to maintain peace. My dominant emotional driver is a need for stability and comfort, often motivating me to find common ground and create calm environments. I value cooperation and inclusiveness at work, thriving in settings where I can work collaboratively without much friction. Beneath it all, I fear conflict and separation, and I work to create spaces where everyone can coexist peacefully."

Body Type C

"I am motivated by a sense of duty and a drive to improve myself and my surroundings, always looking for ways to make things better. In stressful or challenging situations, I tend to become more critical, focusing on what could be improved and sometimes feeling frustrated when others don't meet high standards. The emotional force of anger often drives me, particularly when I see injustice or inefficiency. I highly value integrity, structure, and purpose in my work, aiming to make a meaningful difference. My greatest concern is falling short of my ideals, so I work hard to avoid any mistakes or flaws."

Move to Section 5 to identify
your Enneagram Type.



Section 3 - Heart Types

There are three different Heart Types. Each of these types respond slightly differently to the statements above. Read through each paragraph and make note of moments where you feel comfortable and uncomfortable.

Heart Type A

"I am motivated by a desire to connect with and support others, finding fulfillment in being of service and adding value to people's lives. In times of stress, I might overextend myself, often sacrificing my own needs to be there for others. My actions are often driven by a need to feel loved and appreciated, and I sometimes worry about being disconnected from those I care about. At work, I value harmony and team cohesion, thriving in environments where I can build relationships and help others succeed. I deeply fear being unwanted or unloved, and I'm always striving to ensure I am valued by those around me."

Heart Type B

"I am motivated by my desire to succeed and be recognized for my accomplishments, constantly setting goals and striving to reach them. When faced with stress, I tend to become more competitive and work even harder to maintain my image of success. My actions are often fueled by a need to feel valued and admired, with an underlying concern that my worth might be overlooked. At work, I prioritize efficiency and results, aiming to maximize my achievements and gain recognition. Beneath it all, I fear failure and insignificance, and I'm driven to prove my value through my accomplishments."

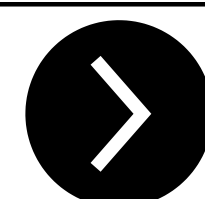


Section 3 - Heart Types Continued

Heart Type C

"I am motivated by a desire to understand and express my true self, valuing authenticity and depth in all I do. In stressful moments, I might withdraw to reflect and process my emotions, needing space to stay true to myself. My dominant driver is the need to feel unique and significant, often fueling my creativity and emotional sensitivity. I seek a work environment that allows for personal expression and values individuality, avoiding settings that feel overly conventional or superficial. My greatest fear is feeling insignificant or misunderstood, and I'm constantly seeking to affirm my unique place in the world."

Move to Section 5 to identify
your Enneagram Type.



Section 4 - Mind Types

There are three different Mind Types. Each of these types respond slightly differently to the statements above. Read through each paragraph and make note of moments where you feel comfortable and uncomfortable.

Mind Type A

"I am driven by a desire for knowledge and self-sufficiency, preferring to stay informed and maintain independence. In stressful situations, I often retreat inward, seeking to conserve my energy and avoid becoming overwhelmed. My dominant emotional driver is a need for security and personal space, which I guard closely to feel in control. I value autonomy and minimal interference in my work, thriving in roles that allow for deep focus and intellectual freedom. My greatest fear is being depleted or dependent on others, and I work to ensure I'm well-equipped and self-reliant."

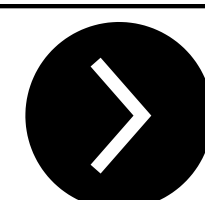
Mind Type B

"I am motivated by a desire for safety and support, always looking to anticipate and prepare for potential challenges. Under stress, I can become cautious or anxious, seeking assurance and looking to trusted authorities for guidance. My primary driver is a need for security, often seeing potential risks and working to navigate them carefully. In the workplace, I value stability, reliability, and clear expectations, thriving in environments that allow me to feel safe. My underlying fear is feeling unsupported or left vulnerable, and I work hard to establish strong, reliable connections."

Mind Type C

"I am motivated by a desire for enjoyment and new experiences, constantly seeking ways to stay engaged and excited. When faced with stress, I might distract myself by focusing on the next fun or interesting idea, avoiding what feels limiting. My emotional driver is a need for freedom and positivity, always looking for ways to stay enthusiastic and energized. I value innovation and spontaneity at work, thriving in environments that allow for creativity and flexibility. My greatest fear is feeling trapped or limited, and I continually seek to keep options open and possibilities alive."

Move to Section 5 to identify
your Enneagram Type.





Section 5 - Find Your Type

Body Type A - Enneagram 8

- Core Focus: Ensuring justice, protection, and independence.
- Growth Path: Cultivate vulnerability; allow trusted people into your inner world without fear of losing control.

Body Type B - Enneagram 9

- Core Focus: Seeking harmony, connection, and comfort in relationships and the environment.
- Growth Path: Develop assertiveness; step into conflict when necessary to express your true needs and desires.

Body Type C - Enneagram 1

- Core Focus: Seeking integrity, justice, and improvement.
- Growth Path: Embrace flexibility; find peace in “good enough” without always striving for perfection.

Heart Type A - Enneagram 2

- Core Focus: Building deep connections, offering support and love.
- Growth Path: Practice self-care and boundaries; prioritize your own needs without guilt.

Heart Type B - Enneagram 3

- Core Focus: Pursuing success, recognition, and self-worth through accomplishment.
- Growth Path: Cultivate authenticity; let go of the need for approval and reconnect with your true self.

Heart Type C - Enneagram 4

- Core Focus: Exploring depth, meaning, and unique self-expression.
- Growth Path: Practice gratitude; balance introspection with appreciation of the present and connection with others.

Mind Type A - Enneagram 5

- Core Focus: Gaining knowledge, conserving resources, and creating a safe inner world.
- Growth Path: Engage with others; share your insights and ideas without over-guarding your energy.

Mind Type B - Enneagram 6

- Core Focus: Seeking security, loyalty, and clarity in uncertain situations.
- Growth Path: Foster self-confidence; develop trust in your intuition and reduce reliance on external validation.

Mind Type C - Enneagram 7

- Core Focus: Finding joy, excitement, and freedom from limitations.
- Growth Path: Embrace depth; commit to being fully present rather than avoiding difficult or uncomfortable feelings.

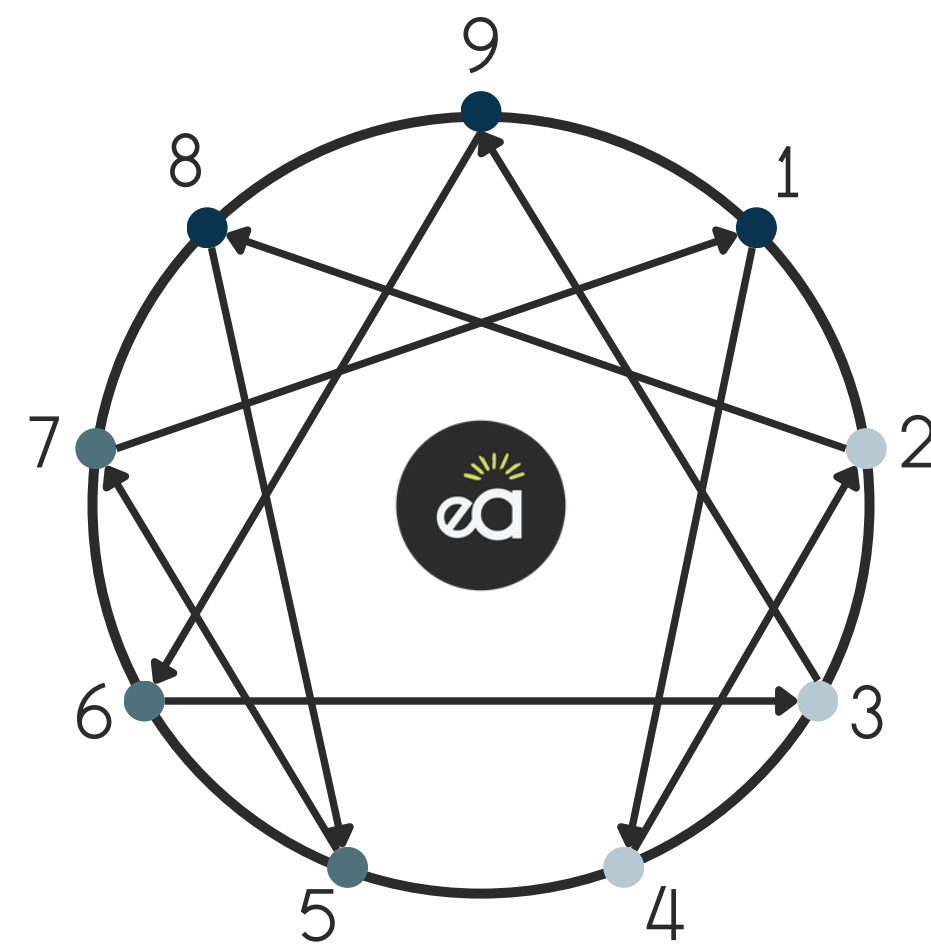
Section 6 - Take the Next Step

Understanding your Enneagram type is just the beginning. By exploring wings and arrows, you gain valuable insights into the subtle dynamics of your behavior—especially in times of growth and stress.

Wings: The Balance of Strength

Each Enneagram type has two wings, representing the numbers adjacent to it. Use the points on either side of your own to:

- **Develop Balance:** Use your adjacent wings to bring balance to your core type and see situations with more flexibility.
- **Strengthen Skills:** Each wing offers strengths you can rely on—tap into these when you need added support.
- **Adaptable Approach:** Wings can provide new perspectives to broaden your natural style, allowing you to meet challenges with agility.



Arrows: Turning Pressure into Insight

The internal arrows in the Enneagram symbol indicate dynamic paths that each type follows, revealing strengths under pressure and insights for personal growth. Use these arrow points as:

- **Growth Potential:** The arrow points help you maximize your potential by taking on qualities that deepen and refine your strengths.
- **Stress Indicators:** Notice patterns from arrow points as early warning signs, allowing you to adjust before hitting burnout or frustration.
- **Self-Alignment:** Use your awareness of arrows to stay on track in tough moments, shifting back to your growth potential.

Relationships: Building Strong Connections

Every person you encounter is connected to your number through an arrow or a wing.

Use these points of connection to:

- **Understanding Differences:** Recognize others' perspectives through wings and arrows—understanding diverse approaches is key to strong teamwork.
- **Finding Common Ground:** Shared qualities from wings and arrows create points of connection, even with contrasting personalities.
- **Building Trust:** Awareness of these shared and complementary traits fosters mutual respect and makes working together smoother and more productive.

Invest in Your Growth: Book a Coaching Session

Get expert support to confirm your type, solidify your understanding of wings and arrows, and gain insights into applying this knowledge for stronger relationships and leadership.

Set up a session today to amplify your impact through purposeful growth and self-awareness.

Book a coaching session by emailing:

info@enneagramaware.ca