

EXPLORING THE ENNEAGRAM

being **2**

type

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|---|---|---|---------------------------------------|---|
| "Let me do that for you." | Helps people move | Finishes 1000 projects for other people before starting their own | Store Manager | "Yes." |
| Remembers the tiny things people tell them about themselves | Takes care of the dishes | Has people over for dinner | Cooking and cleaning are literal joys | Always gives better gifts than they receive |
| "I shouldn't have to tell you how to love me..." | Hears the life stories of strangers | 2 | "Bless their heart." | Can literally read minds |
| "Honestly, I don't need anything." | How many texts are too many texts to send in a row? | "All I need is a thank you." | Dessert | "Hey, are we good?" |
| Anticipates the needs of others | "Would you like to meet in person?" | Drops by with food | Relationships are life | "Are you thirsty?" |

Twos

Four words that describe Twos:

relational, generous, insecure, self-unaware

- ★ Twos are motivated by the need to be loved and the privilege of loving others.
- ★ Twos struggle with pride, believing no one can help another like they can.
- ★ Growth mantra for Twos: Love contemplates then decides

Dear Two,

You are so worthy of love just as you are. Not only were you born with intrinsic value, you have grown into someone whose sole focus is to make others feel seen, heard, and accepted. That's so beautiful.

It is likely that, most of your life, you have built the dynamic that you are there to serve and others are there to receive. With that pattern comes some people who are VERY comfortable in the receiving mode and less comfortable in the giving. Let those people float away. They aren't your people.

Your people are the ones who have been waiting your entire friendship for you to say the sweet, healthy, and magical words, "I'm feeling a little _____. Do you mind if we _____?"

You can do this.
You are worthy of this.
You are very loved!
Just as you are and not for what you do.

EXPLORING THE ENNEAGRAM

being 3

type

"I've got this."

Great at first impressions

Magical ability to read a room

I love my job

Not afraid to invest in their future

Healthy competition

"You are the sum of the five people you surround yourself with."

Multi-tasking

Trendy

Goes hard and then crashes

"Don't speak to me while I'm working."

"What do you mean 'take weekends off?'"

3

Imposter Syndrome

Goal-setting

Teacher's pet

Progress over perfection

Sales numbers

"But, I love to work!"

Works on vacation

Designer items

"Figure it out!"

Morning routines

Podcasts on your commute

"No excuses."

Threes

Four words that describe Threes:

image-conscious, ambitious, adaptable, motivated

- ★ Threes are motivated by the need to be productive, successful and avoid failure.
- ★ Threes struggle with deceit, spinning situations to come out better than they actually are.
- ★ Growth mantra for Threes: Effective loyalty harmonizes

Dear Three,

I hope you know that you are worthy. Just as you are.

You are incredible.

Each and every fiber of your being is innately deserving of your utmost adoration.

There is no amount of money, success, or beauty that will make you more or less worthy. Your worth was determined at birth and remains constant throughout your life.

Open your heart to those close to you and feel the rich satisfaction of being accepted for exactly who you are. I promise you won't ever want to go back.

It's time for you to rest and get to know exactly who you are!

EXPLORING THE ENNEAGRAM

11

bingo

type

"Did you see that beautiful tree?"

Classical Music

One of a kind

"I'm a . . ."

Hates Pier One Imports

Fairly certain that you're going to die young

Looks out the window while crying

Pretends their life is a movie

Black Sheep

Sad Movies

"No one gets me."

Loves being the rarest type on the Enneagram

4

"But that's been done before . . ."

Gets into archery, buys all the supplies, never does archery

Kind of likes going through breakups

"Come here. Go away. Don't leave."

Cries while telling a story

"Maybe I'll just never be a . . ."

Romanticizes tradition

"That smell reminds me of childhood."

Has a very specific aesthetic

"If I could only ____, then I'd be able to ____."

"I just feel like I don't have something that everyone else has."

"You just need to tell people how you feel."

Fours

**Four words that describe Fours:
dramatic, artistic, melancholic, intuitive**

★ **Fours are motivated by the need to be special and understood for who they authentically are.**

★ **Fours struggle with envy, always comparing themselves to others and finding what is missing in their own life.**

★ **Growth mantra for Fours: Creativity joyfully refuels**

Dear Four,

Here's the thing: type fours change the world. We give a lot of credit to the more action oriented types, but we forget that so many great turns in history began because there were people who felt "different." They saw the world in ways that didn't try to cover up the darkness and weren't afraid to talk about what it brought in them. They didn't shy away from the truth of how they felt.

I think some of the greatest work that type fours do is taking time to get really honest with themselves about how they feel and what they've experienced, and then sharing that with the world in such a way that we're all changed for having seen it. This is inside of you. Innately, you are perfectly suited, just as you are, to reflect and share.

Give presence and grace to yourself, and you will thrive!