

My Enneagram Workbook

A Truity Publication



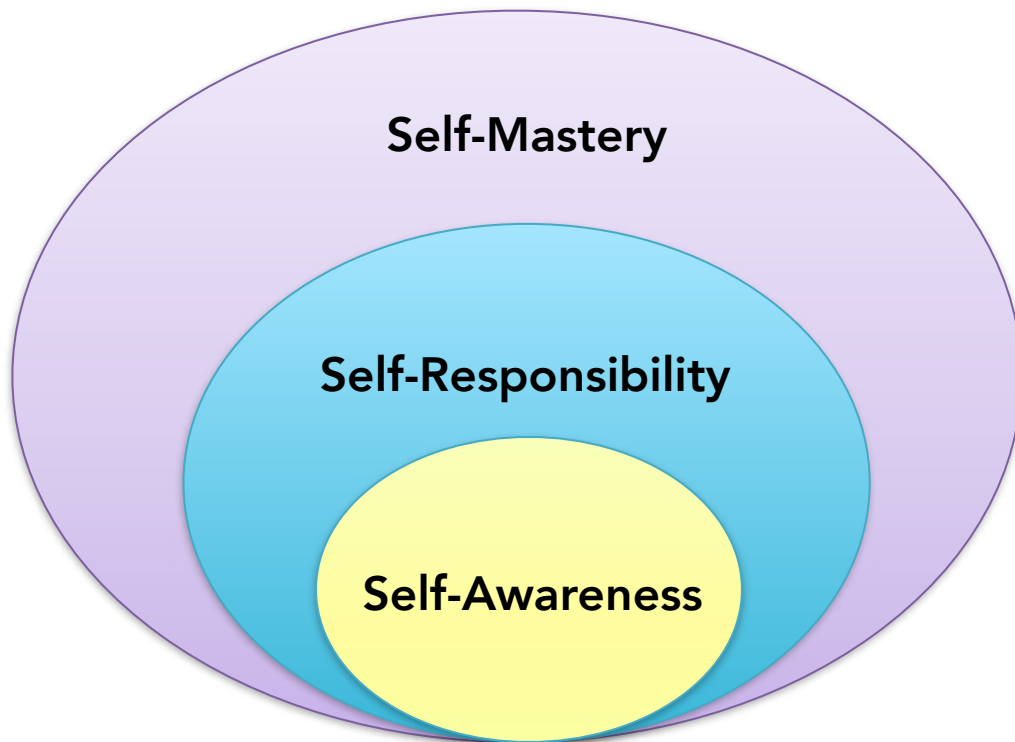
Exploring You

Now that you have discovered your Enneagram type, it is time to make the most of the insights and personal development opportunities it can offer. This guide includes several activities to help awaken your self-awareness and develop your self-mastery.

The Purpose of This Guide

Discovering your personality type can be overwhelming. Your Enneagram number reveals a lot about you all at once, some of which we are not ready to hear. The purpose of this guide is to help increase your awareness of your patterns, which in turn, help you take personal responsibility for those patterns to start to build your personal self-mastery.

Self-mastery is the ability to understand, accept, and transform your thoughts, feelings, and behavior. To be able to make conscious choices in how you want to respond to events and stressors, rather than simply react based on your wiring.



This guide contains a series of activities designed to increase your self-awareness, self-responsibility, and self-mastery. We recommend printing this booklet out and working through the activities in order, allowing between 5 to 20 minutes per exercise. You'll need to have your Truity Enneagram report handy.

Part 1: Self-Awareness

Self-awareness involves a process of revealing, understanding and accepting our patterns of external behavior and internal thoughts, feelings and beliefs. Having self-awareness can help you look at yourself objectively, thus it requires us to set aside or ignore our inner critic, creating some distance between the self and the action to explore the motivations we often miss in the heat of a stressful situation.

Given the constant chatter of our busy minds and busy life, it can be challenging to find the mental and physical space to practice self-awareness. However, high self-awareness is a predictor of having a successful life, regardless of how you define it.

Journaling is an excellent tool for increasing self-awareness, as are personality indicators, hence many of the activities in this workbook ask you to write about yourself, your memories, and your actions to help create objectivity and new insights.

Activity 1: Reviewing Your Report

Our first step is to mine your report for insights. Get three different colored pens or highlighters and your Truity report. Go through the *Your Type in Depth* section of your report, using one color to highlight words, phrases, or sentences that sound just like you; anything where you really relate to what it says. Use a different colored pen to highlight the words, phrases, or sentences that don't sound like you at all, and then another color for those you are uncertain about. Any bits you are neutral about, leave uncolored.

Just Like Me	Uncertain	Not Like Me

Activity 2: Emotional Exploration

Each personality type has a different relationship with their emotions, including emotions that are absent, overwhelming, or confusing. Yet, our feelings are excellent touchstones of what we care about, who we care about, and whether our needs are being met or not.

Grab a pen to answer these questions with words, sketches or examples in the space below and on the following page. Be as specific as possible.

- What is the happiest you've ever felt?
- When do you feel anxious?
- When was a time you felt embarrassed? What happened and how did you respond?
- How do you express frustration?
- When do you feel most taken care of?
- What feelings do you have a hard time expressing?
- How do you know that you want something?
- How do you like to celebrate?
- How do you express sadness? Do you share that with others?

Part 2: Self-Responsibility

Self-responsibility is taking responsibility for our actions, good or bad. It is the ability to recognize that we alone are responsible for our feelings, thoughts, and actions, rather than blaming others. Self-responsibility requires that we accept that many of our responses come from our default or auto-pilot operating system, even if we didn't intend to act a certain way.

This can be a hard concept to wrap our minds around; we have been trained to blame other people or only take responsibility when the good things happen, not the bad. Yet, when we can accept who we are, faults, foibles and all, then we can truly start to change our lives for the better. We can get off the hamster wheel our personality and programming has us running on.

The following activities will develop your self-responsibility, and also continue to build your self-awareness, by allowing you to reflect on your role in, and responsibility for, creating the life you lead.

Activity 1: Reviewing Your Choices

Decisions can be difficult, even at the best of times. Of course, not making a decision is actually still making a decision, just one you didn't influence. Looking back on the key moments in our life and diving deeper into understanding the choices we made, from the perspective of our unspoken or unacknowledged needs, values, and beliefs, can be truly powerful. A single choice can impact our lives for decades, without us even realizing it.

Step 1: Make a list of the 4 to 5 core decisions that have shaped your life. These might include choices to start or leave a job or relationship, a decision to travel, a response to an illness, choices around your family, places you have moved to, or not moved from. Consider decisions you made both actively and passively.

Step 2: Choose one decision from your list. Journal, mind map, or draw the situation at the time, aiming to see it from every angle, both externally and internally. As you are mining the past for new information, it may help to answer these questions:

- Where were you?
- Who was involved?
- Who or what was influencing your choices?
- What were you feeling?
- What unmet needs did you have?
- What were you afraid of?
- How did you feel once the decision was made?
- What was the longer-term impact of that decision on your life?

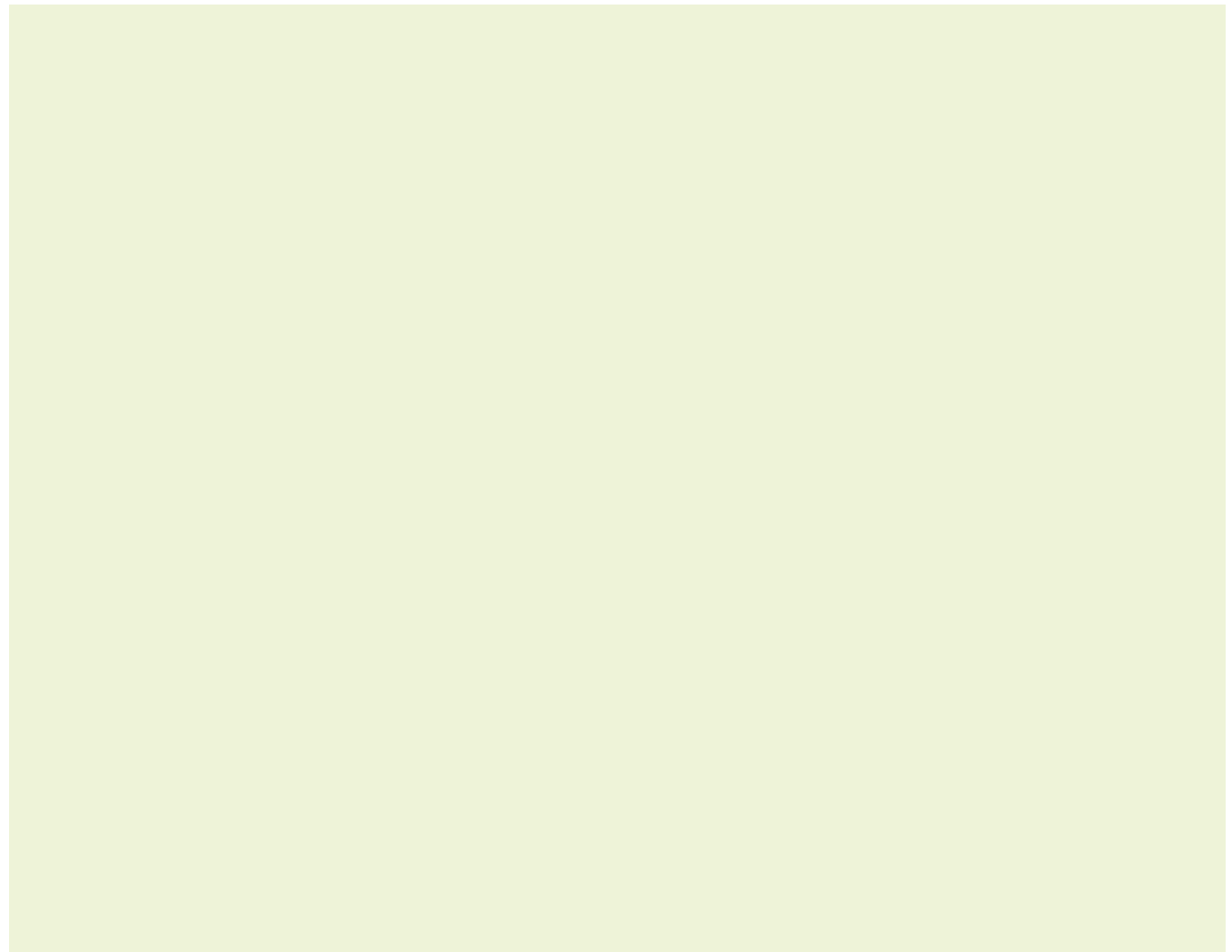
Activity 2: At Your Core

At the base of all of our decisions are fears and desires that affect everything we do, molding our lives into a series of patterns. Recognizing these deeper desires, drivers, and beliefs can be challenging. It helps when someone holds up a mirror so we may have a chance to see ourselves, although it is often hard to step back and take such a meta perspective on our lives. When we can do that, however, we are able to appreciate that we are shaped by our own programming and that only we can take responsibility to change it.

Have another read of the section of your report that discusses your core weakness, belief, fear, and desire. Whether you are conscious of it or not, these are the source for many of your decisions and approaches to life.

Core Weakness: _____

Consider your core weakness. Journal, list, mind map, or draw how it affects the way you live your life every day.



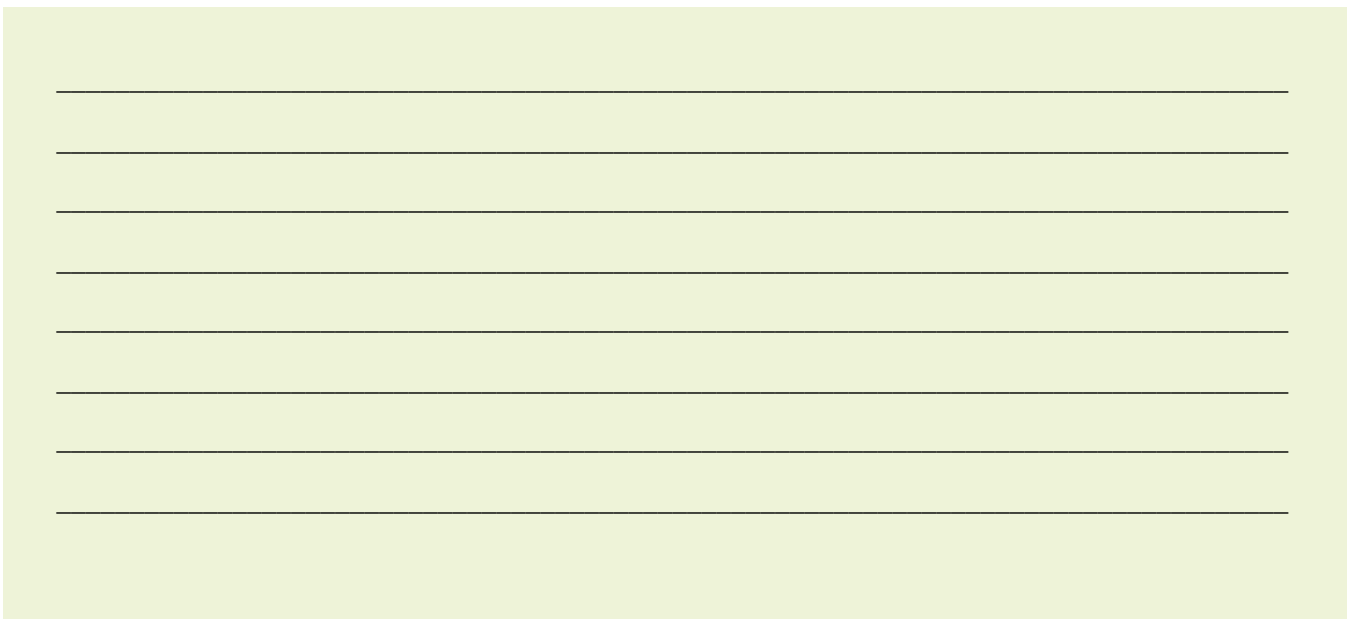
Core Fear: _____

Consider your core fear. Journal, list, mind map or draw how it has shaped your interests, hobbies, and career choices.



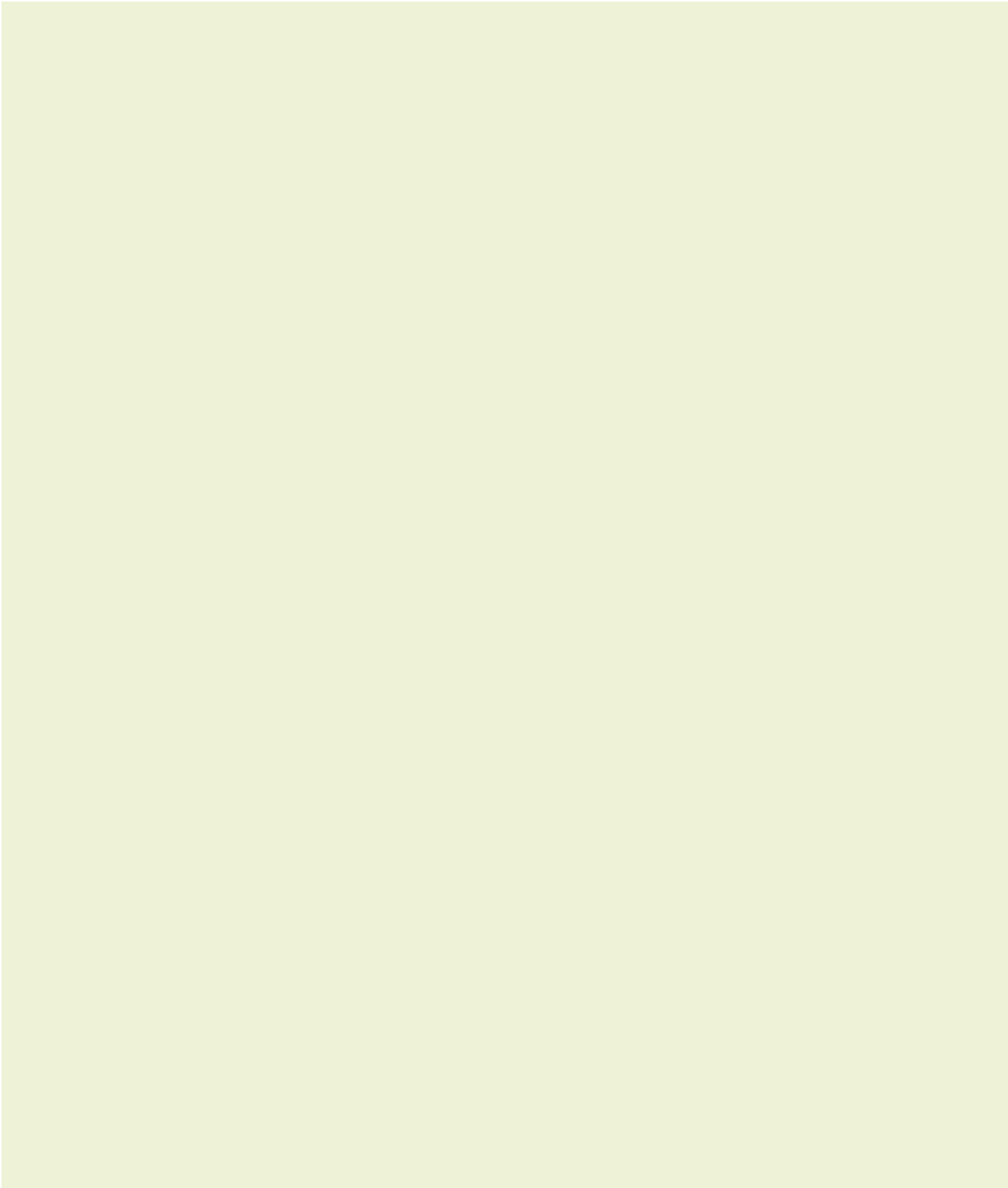
Core Belief: _____

Our core belief can show up as a motto, phrase, value, or principle by which we live. Like a rallying cry, even if we only say it to ourselves. What are the 2 to 3 mottos you say to yourself about how believe you should live your life?



Core Desire: _____

Our core desire is often unspoken, known only to us. An aspiration that lives deeply within us, that we can struggle to share with others for fear of criticism or embarrassment. Knowing that no one else will read this, write or draw your secret inner desire for your life.



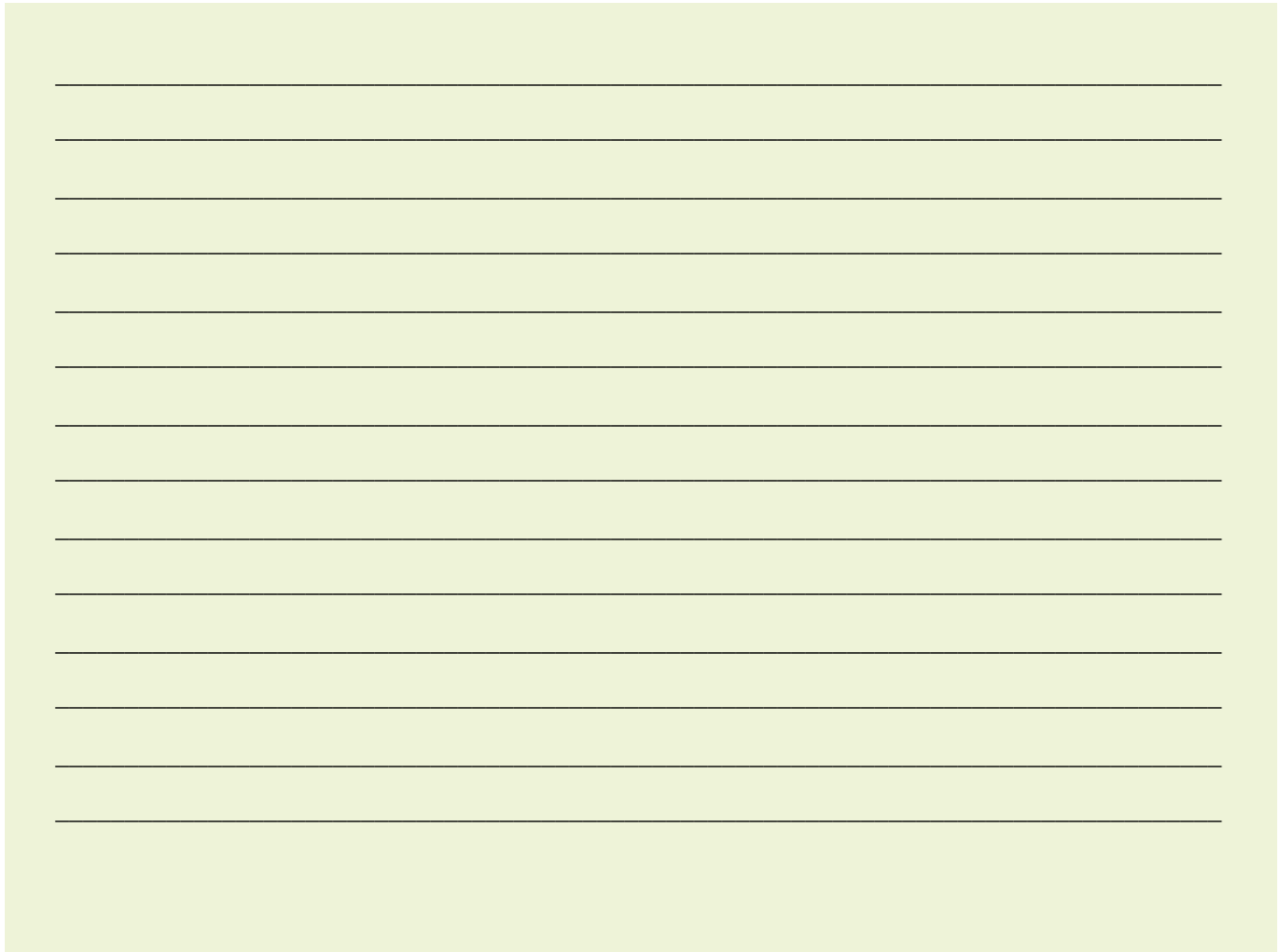
Activity 3: Seeing Our Mask

We fear sharing parts of our authentic self with the world. To hide what we consider unacceptable and to show our 'best' face to the world, we craft a series of masks for different parts of our lives. We may have different masks for our workplace, families, relationships, friends, and, when we put on one of our masks, we perform or behave in a way we believe shows us in the best light possible. Some of us may only remove these masks when we are alone and feel safe to be ourselves.

It is not uncommon for us to wear these masks so often and for so long that we start to forget where our true self ends and the mask begins. In other words, we start to become our masks. This can lead to deep discomfort and unhappiness in our lives, with a strong feeling of being inauthentic. Part of the process of taking self-responsibility is to recognize when we are wearing a mask and learn how to take it off.

In this activity we will explore one of the masks you wear.

Step 1: Make a list of all of the different environments that you are frequently in. For example, home, school, work, sports, community groups, friends, family, relationship, etc.



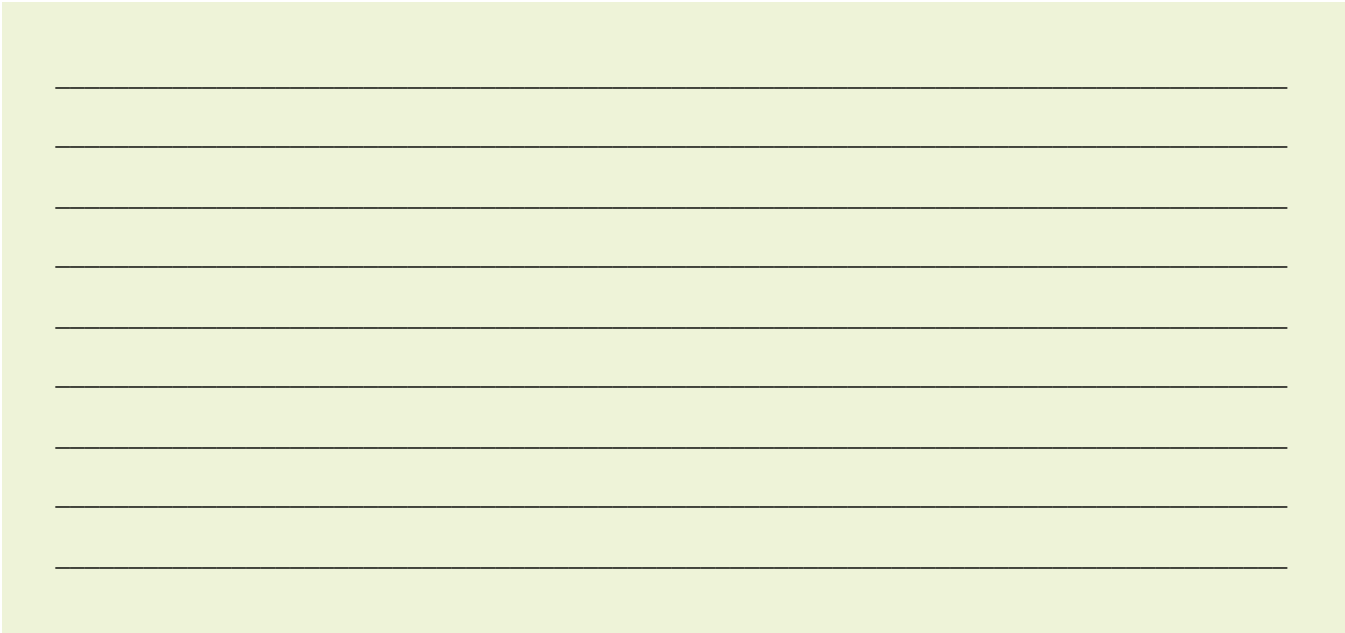
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Step 2: Pick one of those environments and write a description of how the people in that environment would describe you, including:

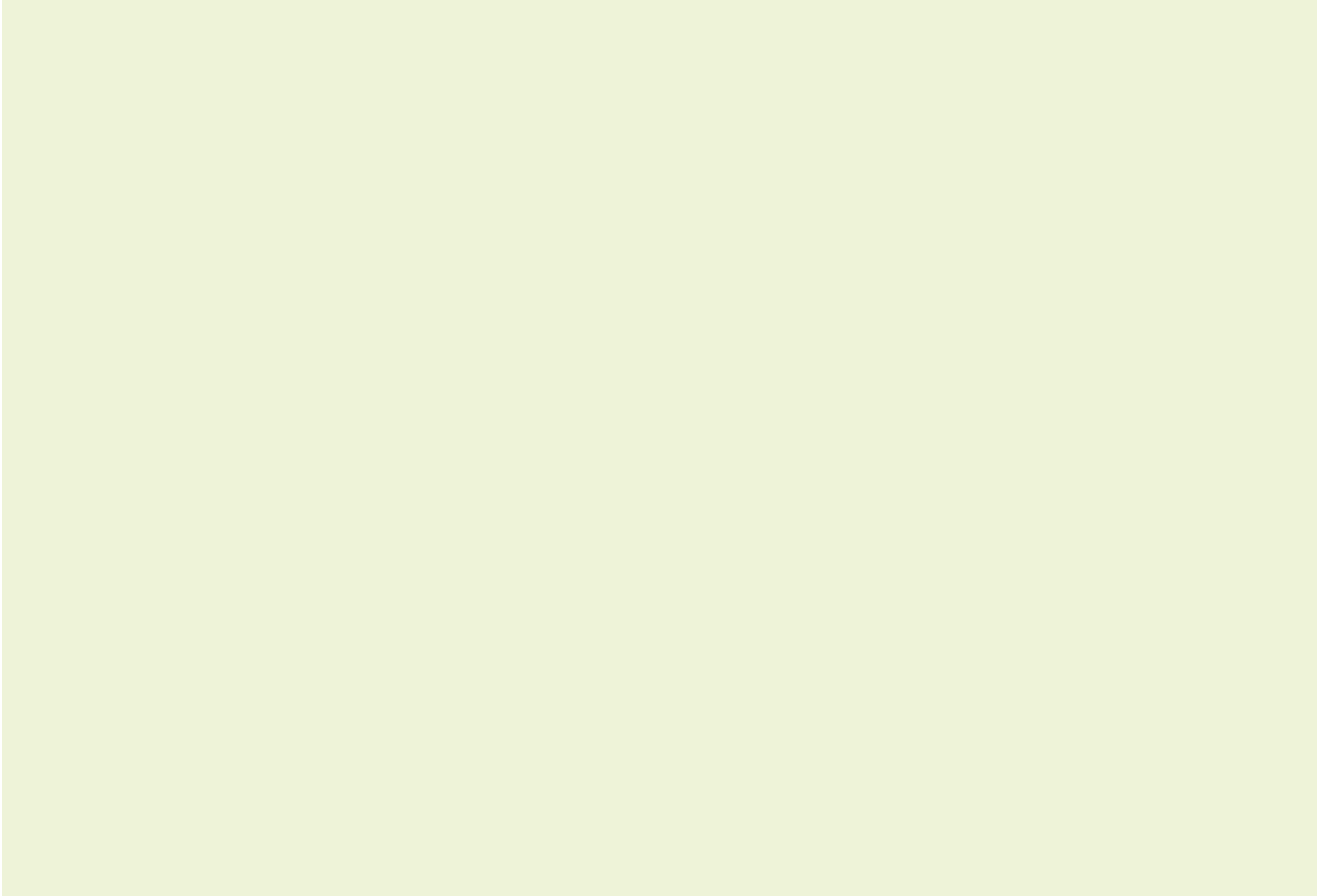
- The image you try to portray (e.g., smart, trendy, strong, friendly).
- How you have been labelled by the group (e.g., organized, funny, bossy, quiet, perfect, troublemaker).
- What the people know about what you do (e.g., your hobbies, activities, strengths, and weaknesses).
- What people think they know about your life (e.g., busy, popular, happy all the time, perfect family, great job).

A large light green rectangular area containing 20 horizontal lines for writing.

Step 3: Referring to your Enneagram report and the reflections above, identify six traits represented on your mask in the environment you selected.

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Step 4: Draw or make your mask, making sure it is colorful, decorated, and aesthetically pleasing (remember you send this mask out into the world to be liked).

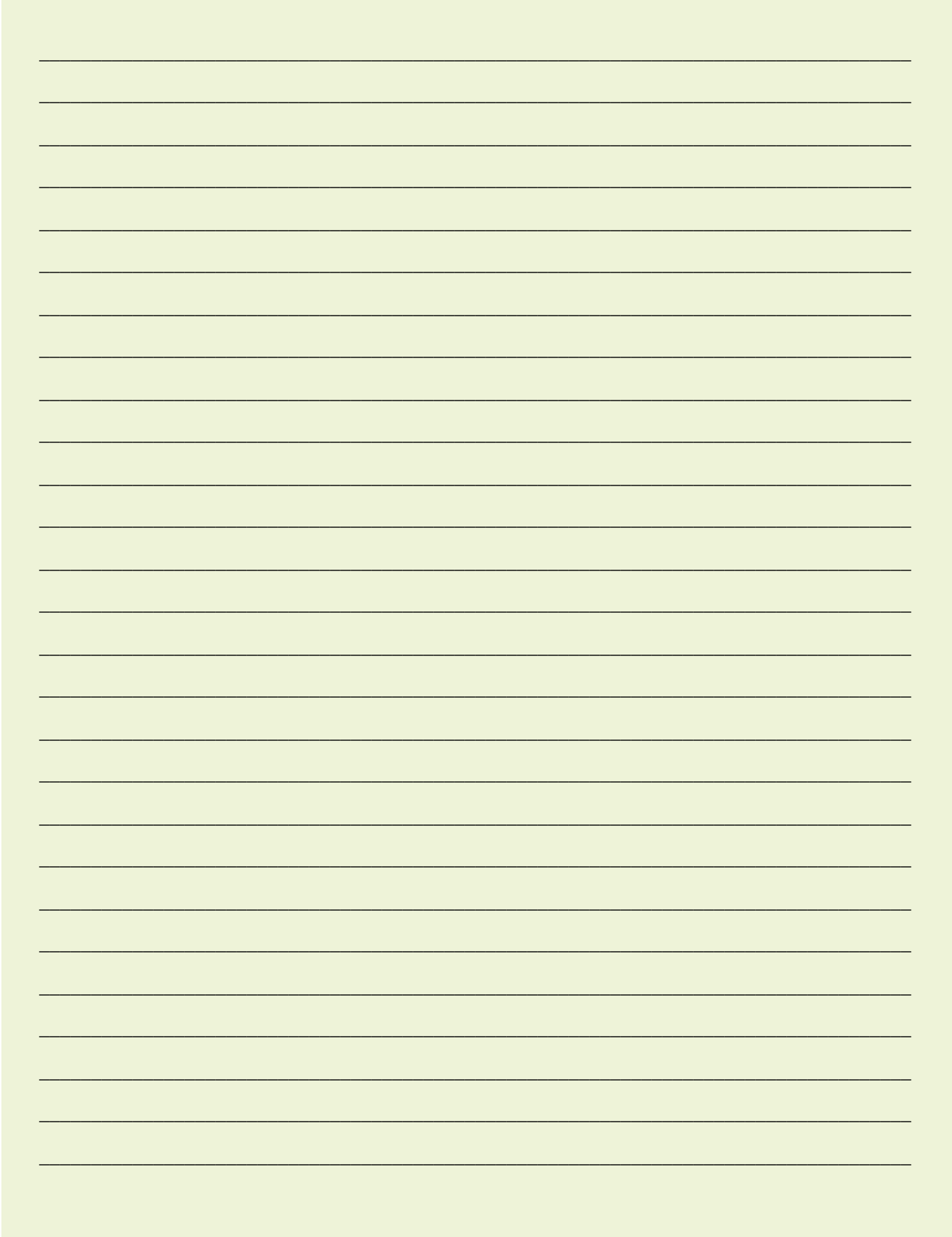
A large light green rectangular area for drawing or making a mask.

Step 5: Write a brief description of who you really are and how your mask protects you.

Step 6: Consider what might need to change in order for you to let down your mask. Here are some prompts for inspiration:

- In what ways would you need to trust yourself?
- What boundaries might you need to set?
- Who or what might you need to make peace with?
- What would you need to accept about that group, situation or yourself?

Step 7: What would you need to take responsibility for in order to make those changes?

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Part 3: Self-Mastery

Self-mastery is the ability to understand, accept, and transform your thoughts, feelings and behavior. Self-mastery is the process of developing yourself in order to find your way to conscious awareness of your personality's defensive strategies, while also embracing the strengths and gifts of your personality. Self-mastery helps you make conscious choices in how you want to respond to events and stressors, rather than simply reacting based on your wiring. It is an essential part of all personal and professional development.

Activity 1: Start with Clarity

Before diving into the next activities, it will help to have clarity about what you want to improve. This activity will enable you to work through the following exercises with focus and specificity, both of which will help you practice and apply the new thoughts and behaviors.

Gain clarity by quickly completing the following sentences:

The area of my life I most want to change is:

What is happening right now in my life is:

What is working in my life now is:

What is not working in my life now is:

In my life, I want more of:

In my life, I want less of:

Activity 2: Exploring Your Wings

Each Enneagram type has two wings: the types immediately to each side of your primary type. You are able to draw on the strengths or qualities of each wing and incorporate it into your primary personality. You may have a preference for one wing over the other, but you can access and benefit from the gifts of both.

Review the information about your wings in the *Transformations* section of your report. What skill or quality from each wing could you apply to help you achieve your goal? Complete the sentences below.

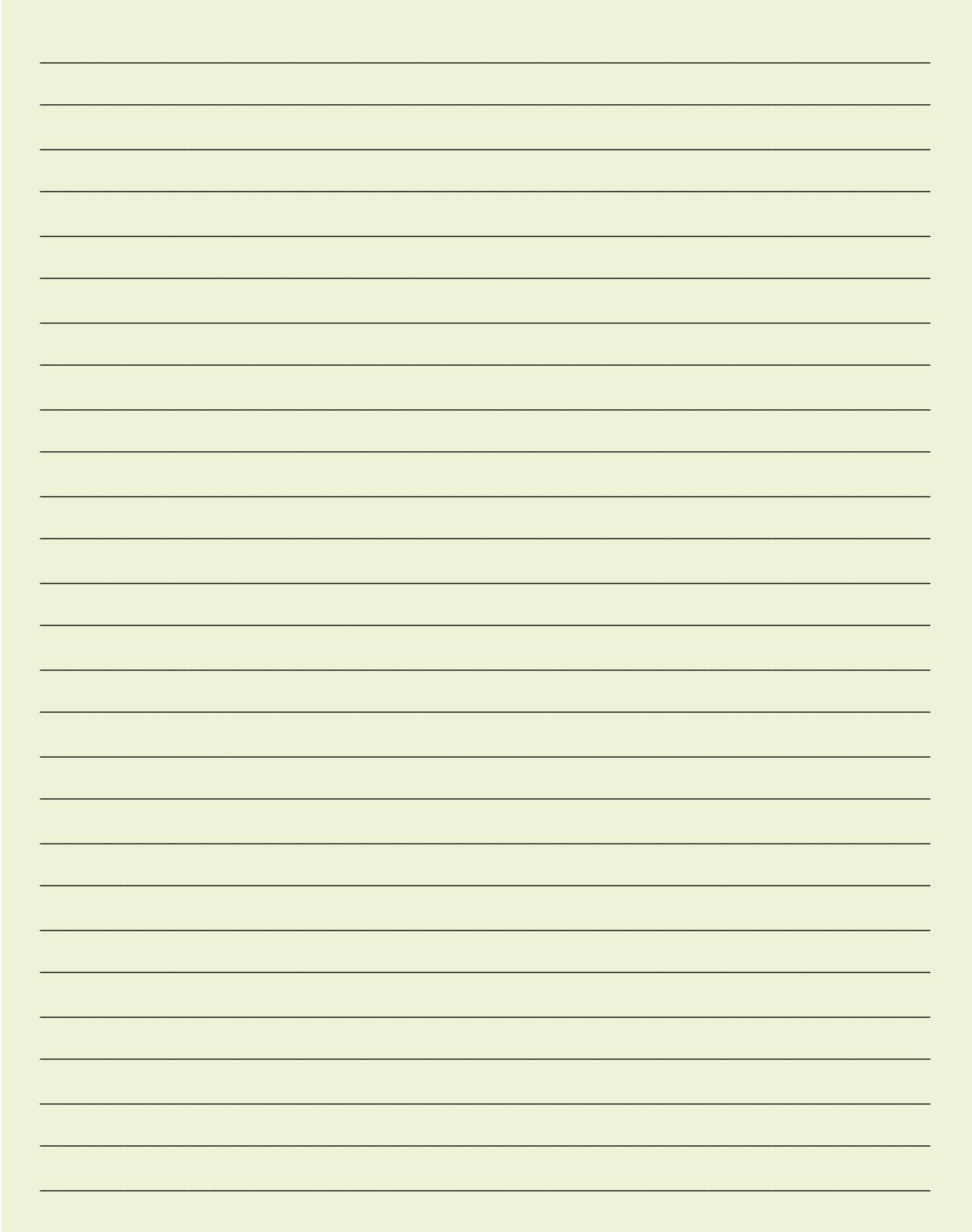
From wing _____, I would like to cultivate _____

because _____

From wing _____, I would like to cultivate _____

because _____

There are many different ways to bring a new quality or trait into our lives. Brainstorm five different approaches you could try this week to cultivate your chosen aspects from your wings.

A large green rectangular area containing 25 horizontal lines for writing. The lines are evenly spaced and extend across the width of the green area, providing a space for brainstorming five different approaches to cultivate chosen aspects from wings.

Activity 3: Stretching into your Arrows

Each Enneagram type has two arrows which point to aspects of our personality that may be ignored or neglected. We tend to access these arrows in times of stress, when we are seeking safety, security, or a way to get our needs met that our primary type does not readily allow.

In this activity, you'll review the two arrows from the *Transformations* section of your Enneagram report and consider which aspects of each arrow you want to reintegrate and accept into your personality.

Origin Arrow

Our origin arrow represents something from childhood that was blocked or repressed, something we didn't feel was okay to do. However, accepting whatever we missed out on and making it a part of our everyday life now is an important part of our self-mastery process.

Our personality often fears the traits or needs of this arrow and being in that space can make us uncomfortable. We will naturally move in this direction in times of stress, when we need some form of relief. In those instances, however, we are using it more as a band-aid, rather than an accepted part of who we are. Our aim here is to reestablish a healthy balance between our primary type and what our origin arrow offers us.

My origin arrow is Enneagram type _____

Review the development tasks for your origin arrow and complete the following statements.

The task for development through my origin arrow that makes me most uncomfortable is:

It makes me uncomfortable because:

Engaging in the task would require me to accept:

The people I know (or imagine) who regularly engage in the task tend to have the following qualities:

I would benefit from embracing those qualities by:

Brainstorm five different ways you could practice reintegrating your origin arrow into your life.

Growth Arrow

Our growth arrow represents skills we need to build, or tools we need to add to our toolkit, in order to develop healthier behaviors and ways of being. Developing our growth arrow helps to balance our primary tendencies, allowing us to stretch to greater and greater heights.

My growth arrow is Enneagram type _____

Review the development tasks for your growth arrow and complete the following statements.

The task for development through my growth arrow that makes me most uncomfortable is:

It makes me uncomfortable because:

Engaging in the task would require me to accept:

The people I know (or imagine) who regularly engage in the task tend to have the following qualities:

Going Forward

Congratulations on working your way through the self-reflection exercises. You now have much greater insight into how you operate, what trips you up, and how you want to grow.

Now it's time to put your clarity into action: What is the one action or practice you want to commit to implementing? Remember to start small and be prepared for obstacles and resistance. And make sure to continually review your progress and try different approaches to achieving your goal.

I am committed to implementing:

I am committed to this because:

To me, success looks like:

I am going to practice (thinking/feeling/doing):

I expect this to be difficult because:
