

IMPROVE LIFE.

ACTIVITY 1



Workshop 1: Self-Awareness & Self-Leadership

For activity 1, students must complete the Enneagram Personality Test to identify their dominant personality types and answer reflection questions. The personality test can be accessed using the following link: https://www.truity.com/test/enneagram-personality-test.

The Nine Types of Enneagrams

My dominant type is (highest percentage):

My second most dominant types is:					
The Heart Types					
Heart types react with emotions first. They connect with other people on an empathetic level, and make sense of the world by understanding their feelings about it. These types are guided by the feelings connected to their emotional relationships with other people. They value things such as emotional support, recognition, and inclusion. Types Two, Three and Four are the heart, or feeling, centered Enneagram types.					
Type Two	Type Three	Type Four			
THE GIVER	THE ACHIEVER	THE INDIVIDUALIST			
 Want to be liked Find ways that they can be helpful to others so that they belong 	 Want to be successful and admired by other people Very conscious of their public image 	 Want to be unique and to experience deep, authentic emotions Fear they are flawed 			

Fear failure and not being

seen as valuable by other

More info here:



Fears being unlovable

More info here:

people



other people
More info
here:



• Are overly focused on how

they are different from

The Head Types

Head types react with analysis first. They connect with other people on an intellectual level and make sense of the world by understanding the systems and theories that underlie what they observe. These types are primarily focused on control, which they gain by maintaining stability, security, and competence. Types Five, Six, and Seven are the head-centered Enneagram types.

Type Five	Type Six	Type Seven	
THE INVESTIGATOR	THE SKEPTIC	THE ENTHUSIAST	
 Seek understanding and knowledge Are more comfortable with data than other people 	 Are preoccupied with security and seek safety Like to be prepared for problems. 	Want to have as much fun and adventure as possibleAre easily bored	

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Biggest fear is being overwhelmed by their own needs or the needs of other	 Greatest fear is being unprepared and unable to defend themselves from 	 Fear experiencing emotional pain, especially sadness, and actively seek 	
people	danger	to avoid it by staying busy	
More info here:	More info here:	More info here:	

The Body Types

Body types react with an instinctive, gut feeling. They connect with other people based on their physical sense of comfort, and make sense of the world by sensing their body's reaction to what is happening. The primary drive for this triad is to maintain their independence and limit control from outside influences. They respond by being either overly controlling, overly passive, or overly perfectionistic. Types Eight, Nine, and One are the body, or gut, centered Enneagram types.

Type Eight THE CHALLENGER	Type Nine THE PEACEMAKER	Type One THE PERFECTIONIST	
 See themselves as strong and powerful Seek to stand up for what they believe in Greatest fear is to be powerless, so they focus on controlling their environment 	 Like to go with the flow and let the people around them set the agenda Fear pushing people away by prioritizing their own needs Tend to be passive 	 Place a lot of emphasis on following the rules and doing things correctly Fear being imperfect Can be extremely strict with themselves and others 	
More info here:	More info here:	More info here:	

Adapted from https://www.truity.com/enneagram/9-types-enneagram

Discussion/Reflection Questions:

1. Does your enneagram capture you well?

Yes/No (circle one)

Additional Comments:

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2.	Do yo	ur values line up with what they describe?
	O	Ex. Type 2 strive for love and belonging
		Yes/No (circle one)

Additional Comments:

3. Do you see actions that might conflict with the core beliefs of your Enneagram?

Yes/No (circle one)

Additional Comments: