

Enneagram Growth Practices

Read the growth practices for your core type. Select at least one practice to work on and/or compose your own. If you're familiar with the other types that are connected to your core type via wings or the Harmony Triad model of the Enneagram, consider them as well. Then enlist support from others who can share in your growth journey.

Type 1: To Perfect

- Accepting less than perfect
- Encouraging others more often
- Stopping false judgements upon oneself
- _____



Type 2: To Help

- Setting personal boundaries
- Asking others if they really need the help you're offering
- Pampering yourself
- _____



Type 3: To Succeed

- Embracing relationships that love you for you
- Starting a new hobby because it's fun not productive
- Trying something new you may fail at
- _____



Type 4: To Express

- Putting feelings on hold when necessary
- Practicing gratitude
- Letting others express themselves first
- _____



Type 5: To Know

- Using your knowledge to help someone
- Initiating a conversation in a group
- Naming your fears
- _____



Type 6: To Secure

- Being okay disagreeing with your leader
- Taking a risk when there are unknowns
- Speaking up first
- _____



Type 7: To Enjoy

- Initiating a hard conversation
- Practicing silence and solitude
- Resisting escapes and excesses
- _____



Type 8: To Influence

- Being vulnerable with others
- Letting someone else be in charge
- Toning down intensity
- _____



Type 9: To Be at Peace

- Voicing an alternative point of view
- Expressing anger immediately
- Going into conflict rather than around it
- _____



Who can share in your growth journey?