Path of Discovery LLC

GUIDE TO GAINING GROWTH

2ND STRATEGY: GRACE

Extending grace to yourself and others looks different for each Enneagram type because each type has unique motivations, fears, and tendencies.
Here's how grace might be expressed and practiced for each type:

TYPE 1 | THE REFORMER

GRACE TO YOURSELF

- Let go of the need for everything to be flawless.
- Remind yourself that mistakes are opportunities for growth, not failures.
- Celebrate progress over perfection.

GRACE TO OTHERS

- Release the expectation that others will adhere to your high standards.
- Be understanding when they fall short and affirm their effort.

TYPE 2 | THE HELPER

GRACE TO YOURSELF

- Recognize that your worth is not tied to how much you do for others.
- Give yourself permission to rest and receive help.

GRACE TO OTHERS

- Extend grace when others don't express gratitude or reciprocate your care.
- Understand that their actions aren't a reflection of your value.

TYPE 3 | THE ACHIEVER

GRACE TO YOURSELF

- Allow yourself to pause and be present without the constant need to prove your worth through accomplishments.
- Accept that who you are matters more than what you achieve.

GRACE TO OTHERS

- Show compassion when others struggle or don't meet expectations.
- Encourage them for who they are, not just what they do.

TYPE 4 | THE INDIVIDUALIST

GRACE TO YOURSELF

- Be kind to yourself when you feel misunderstood or different.
- Embrace your uniqueness without the need to compare or dwell in emotional intensity.

GRACE TO OTHERS

- Offer grace when others don't "get" you or when they seem less attuned to emotions.
- Recognize their attempts to connect, even if they're imperfect.

TYPE 5 | THE INVESTIGATOR

GRACE TO YOURSELF

- Give yourself permission to step out of your head and into your heart.
- Trust that you don't need to have all the answers to be valuable.

GRACE TO OTHERS

- Be patient when others seem overly emotional or needy.
- Offer understanding instead of retreating when they seek connection.

TYPE 6 | THE LOYALIST

GRACE TO YOURSELF

Accept that it's okay to not have everything under control. Practice trusting yourself and others without over analyzing or doubting.

GRACE TO OTHERS

- Extend grace when others appear unreliable or when their choices challenge your sense of security.
- Trust their intentions and flexibility.

TYPE 7 | THE ENTHUSIAST

GRACE TO YOURSELF

- Allow yourself to sit with discomfort and process difficult emotions without avoiding them.
- Remind yourself that it's okay to slow down.

GRACE TO OTHERS

- Offer understanding when others need to process things more deeply or move at a slower pace.
- Respect their need for stability or reflection.

TYPE 8 | THE CHALLENGER

GRACE TO YOURSELF

- Practice softening your inner critic and letting go of the need to always be in control.
- Acknowledge your vulnerability without judgment.

GRACE TO OTHERS

- Show grace by offering gentleness instead of intensity, especially when others make mistakes or seem hesitant to speak up.

TYPE 9 | THE PEACEMAKER

GRACE TO YOURSELF

- Remind yourself that your voice and needs matter.
- Be kind when you struggle with conflict or taking action.
- Celebrate small steps toward growth.

GRACE TO OTHERS

- Be patient when others create tension or seem overly assertive.
- Offer understanding without withdrawing or avoiding the issue.

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2ND STRATEGY: GRACE

Incorporating God's grace toward each Enneagram type can provide a deeper understanding of how His unconditional love and mercy uniquely speak to the core fears and desires of each type.
Here's how God's grace can be extended to each type and how they can reflect His grace:

TYPE 1 | THE REFORMER

GOD'S GRACE FOR TYPE 1

God's grace reminds you that you are already deeply loved and accepted, not because of your perfection, but because of His. He sees you as righteous through Christ, even in your imperfections (Romans 3:22-24).

RECEIVING GOD'S GRACE

Rest in the knowledge that you don't have to earn God's approval. His grace covers your mistakes and frees you from self-criticism.

REFLECTING GOD'S GRACE

Reflect God's grace by offering forgiveness and understanding when others fall short of your standards, just as He forgives you.

TYPE 2 | THE HELPER

GOD'S GRACE FOR TYPE 2

God's grace assures you that your worth is not based on how much you give or do for others. He loves you unconditionally and desires your heart more than your works (Ephesians 2:8-9).

RECEIVING GOD'S GRACE

Accept that you can rest in God's care, knowing He meets your needs even when you're not meeting everyone else's.

REFLECTING GOD'S GRACE

Reflect His grace by loving others freely, without expecting recognition or reciprocity, just as He loves you.

TYPE 3 | THE ACHIEVER

GOD'S GRACE FOR TYPE 3

God's grace declares that you are valued and cherished for who you are, not for what you accomplish.
Your identity is rooted in Christ, not your successes (Galatians 2:20).

RECEIVING GOD'S GRACE

Let go of striving to earn approval, knowing God already sees you as His beloved child.

REFLECTING GOD'S GRACE

Extend grace by valuing people for their hearts and souls, not just their achievements, as God values you.

TYPE 4 | THE INDIVIDUALIST

GOD'S GRACE FOR TYPE 4

God's grace reminds you that He created you uniquely & loves you deeply, even when you feel misunderstood or incomplete (Psalm 139:13-14).

RECEIVING GOD'S GRACE

Rest in the assurance that God's love fills the longing in your heart. His presence is your anchor in every emotional storm.

REFLECTING GOD'S GRACE

Reflect His grace by offering understanding and compassion, even when others don't fully understand or share your depth of feeling.

TYPE 5 | THE INVESTIGATOR

GOD'S GRACE FOR TYPE 5

God's grace reassures you that He is your source of wisdom and strength. You don't have to know everything because His knowledge and presence are sufficient (Proverbs 3:5-6).

RECEIVING GOD'S GRACE

Trust that God's grace allows you to step out of isolation and into community, where His love flows through others.

REFLECTING GOD'S GRACE

Reflect His grace by being present and open, even when relationships feel draining, trusting God to sustain you.

TYPE 6 | THE LOYALIST

GOD'S GRACE FOR TYPE 6

God's grace assures you that He is your refuge and strength, your ultimate source of security and trust (Psalm 46:1). His faithfulness never wavers.

RECEIVING GOD'S GRACE

Rest in God's unshakable promises, letting His perfect love cast out fear.

REFLECTING GOD'S GRACE

Reflect His grace by trusting their intentions and being a source of calm and encouragement in uncertain times.

TYPE 7 | THE ENTHUSIAST

GOD'S GRACE FOR TYPE 7

God's grace shows you that true joy and fulfillment are found in Him, not in endless experiences or distractions (Psalm 16:11).
He meets your deepest needs.

RECEIVING GOD'S GRACE

Embrace stillness and trust that God's grace sustains you, even in moments of pain or boredom.

REFLECTING GOD'S GRACE

Reflect His grace by being present and patient, allowing others to process their emotions at their own pace.

TYPE 8 | THE CHALLENGER

GOD'S GRACE FOR TYPE 8

God's grace reminds you that His strength is made perfect in your weakness. You don't have to protect yourself or others; He is your defender (2 Corinthians 12:9-10).

RECEIVING GOD'S GRACE

Surrender to God's care, trusting that He holds you in His power and love, even when you feel vulnerable.

REFLECTING GOD'S GRACE

Reflect His grace by offering gentleness and forgiveness, modeling His strength wrapped in compassion.

TYPE 9 | THE PEACEMAKER

GOD'S GRACE FOR TYPE 9

God's grace affirms that your presence and voice matter deeply to Him. He invites you to participate in His purposes without fear of conflict (Matthew 5:9).

RECEIVING GOD'S GRACE

Trust that God's peace is with you, even when you step into hard conversations or take action.

REFLECTING GOD'S GRACE

Reflect His grace by pursuing true reconciliation and peace, grounded in truth and love, as God reconciles us to Himself.