Path of Discovery LLC

GUIDE TO GAINING GROWTH

1ST STRATEGY: GO

Taking action aligns uniquely with the Core Motivations of each Enneagram Type.
Alignment towards growth can create meaningful change in their lives and relationships.
Here's how taking action resonates with and benefits each type:

TYPE 1 | THE REFORMER

CONNECTION TO ACTION

Type 1s are driven by a desire for integrity and improvement.
Taking action helps them channel their ideals into tangible outcomes.

WHY IT MATTERS

Without action, Type 1s may feel frustrated or critical of themselves and others.
Action allows them to contribute meaningfully and find peace in progress rather than perfection.

HOW TO TAKE ACTION

Focus on small, achievable goals rather than trying to perfect everything at once.

TYPE 2 | THE HELPER

CONNECTION TO ACTION

Type 2s thrive on helping and connecting with others.
Action aligns with their need to express love and support tangibly.

WHY IT MATTERS

Inaction can lead to feelings of unworthiness or being disconnected from relationships.
Taking thoughtful actions reinforces their sense of purpose.

HOW TO TAKE ACTION

Balance giving to others with self-care actions, like setting boundaries and asking for help.

TYPE 3 | THE ACHIEVER

CONNECTION TO ACTION

Type 3s are naturally action-oriented and driven by success.
Taking action fulfills their desire to achieve and maintain their image of competence.

WHY IT MATTERS

Inaction may make Type 3s feel stagnant or unworthy.
Action helps them stay aligned with their goals and values.

HOW TO TAKE ACTION

Reflect on whether actions are aligned with personal values, not just external validation.

TYPE 4 | THE INDIVIDUALIST

CONNECTION TO ACTION

Type 4s value authenticity and creative expression.
Action allows them to bring their unique visions and emotions to life.

WHY IT MATTERS

Without action, Type 4s may feel stuck in introspection or disconnected from their potential.

HOW TO TAKE ACTION

Focus on channeling emotions into creative projects or meaningful interactions.

TYPE 5 | THE INVESTIGATOR

CONNECTION TO ACTION

Type 5s are driven by a need for knowledge and competence.
Action helps them share their insights and apply their learning.

WHY IT MATTERS

Inaction can leave them feeling isolated or unfulfilled.
Taking deliberate steps fosters confidence and connection.

HOW TO TAKE ACTION

Start small by sharing knowledge or engaging in a collaborative project.

TYPE 6 | THE LOYALIST

CONNECTION TO ACTION

Type 6s seek security and trust.
Taking action helps them face fears and build confidence in themselves and their support systems.

WHY IT MATTERS

Inaction can lead to overthinking or anxiety.
Proactive steps create a sense of empowerment and stability.

HOW TO TAKE ACTION

Focus on trusting instincts and taking incremental, calculated risks.

TYPE 7 | THE ENTHUSIAST

CONNECTION TO ACTION

Type 7s are motivated by joy and possibilities.
Action allows them to explore new experiences and maintain a sense of adventure.

WHY IT MATTERS

Inaction may lead to restlessness or dissatisfaction.
Taking action brings their dreams into reality.

HOW TO TAKE ACTION

Commit to completing one project or adventure at a time to avoid spreading energy too thin.

TYPE 8 | THE CHALLENGER

CONNECTION TO ACTION

Type 8s value strength and control.
Taking action aligns with their natural drive to create change and protect what matters.

WHY IT MATTERS

Inaction can leave them feeling powerless or disconnected.
Action reaffirms their ability to shape their environment.

HOW TO TAKE ACTION

Focus on actions that empower others and build collaborative efforts.

TYPE 9 | THE PEACEMAKER

CONNECTION TO ACTION

Type 9s prioritize harmony and connection.
Taking action helps them assert their desires and make meaningful contributions.

WHY IT MATTERS

Inaction can lead to complacency or feeling overlooked.
Action fosters self-worth and engagement with life.

HOW TO TAKE ACTION

Start with small steps that reflect personal preferences and advocate for themselves in relationships.