



Path of Discovery LLC

GUIDE TO GAINING GROWTH

Enneagram Strategies for Meaningful Change

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.

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.

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.

By understanding how grit aligns with each Enneagram type, we can leverage our unique strengths while tending to our growth areas.

Here's how grit connects to each type:

TYPE 1 | THE REFORMER

GRIT DISPLAYED

Type 1s display grit through their dedication to doing things the “right way” and improving the world around them. They persevere in their pursuit of high standards and justice.

GRIT CHALLENGES

They can become overly self-critical or rigid, which may lead to burnout.

CULTIVATING GRIT

Practice self-compassion and focus on progress rather than perfection. Allow flexibility to navigate setbacks.

TYPE 2 | THE HELPER

GRIT DISPLAYED

Type 2s demonstrate grit in their unwavering commitment to supporting and caring for others, even in difficult circumstances.

GRIT CHALLENGES

They may neglect their own needs, leading to exhaustion or resentment.

CULTIVATING GRIT

Balance serving others with self-care. Set boundaries and stay consistent in pursuing personal goals.

TYPE 3 | THE ACHIEVER

GRIT DISPLAYED

Type 3s thrive on goal-setting and achievement, using grit to excel in their ambitions.

GRIT CHALLENGES

They may tie their self-worth to accomplishments and struggle with failure.

CULTIVATING GRIT

Focus on intrinsic motivation and long-term fulfillment rather than external validation. Celebrate effort, not just results.

TYPE 4 | THE INDIVIDUALIST

GRIT DISPLAYED

Type 4s use grit to pursue creative self-expression and authenticity, even when they feel misunderstood.

GRIT CHALLENGES

They may get stuck in feelings of inadequacy or lose momentum when emotions overwhelm them.

CULTIVATING GRIT

Develop routines and grounding practices to stay focused on long-term goals, even during emotional lows.

TYPE 5 | THE INVESTIGATOR

GRIT DISPLAYED

Type 5s display grit in their relentless pursuit of knowledge and understanding.

GRIT CHALLENGES

They may withdraw or overthink, avoiding action due to fear of failure or depletion.

CULTIVATING GRIT

Balance preparation with action. Break goals into manageable steps to stay engaged and energized.

TYPE 6 | THE LOYALIST

GRIT DISPLAYED

Type 6s persevere through loyalty to their commitments and communities, working hard to create safety and stability.

GRIT CHALLENGES

They may struggle with self-doubt or anxiety, which can hinder decision-making.

CULTIVATING GRIT

Build confidence by taking small, courageous steps. Trust your inner strength and lean on supportive relationships.

TYPE 7 | THE ENTHUSIAST

GRIT DISPLAYED

Type 7s bring grit to their pursuit of adventure, joy, and new experiences, often pushing through challenges to maintain optimism.

GRIT CHALLENGES

They may avoid discomfort or abandon long-term goals in favor of immediate gratification.

CULTIVATING GRIT

Practice patience and discipline. Commit to seeing projects through, even when they lose their initial excitement.

TYPE 8 | THE CHALLENGER

GRIT DISPLAYED

Type 8s embody grit through their resilience and determination to protect themselves and others. They push through obstacles with incredible strength.

GRIT CHALLENGES

They may become overly confrontational or resistant to vulnerability.

CULTIVATING GRIT

Temper strength with vulnerability. Open up to trusted others for support and channel perseverance into collaborative efforts.

TYPE 9 | THE PEACEMAKER

GRIT DISPLAYED

Type 9s demonstrate grit through their ability to maintain harmony and stick with relationships, even in challenging situations.

GRIT CHALLENGES

They may avoid conflict or lose focus on their own goals in favor of others' desires.

CULTIVATING GRIT

Set clear priorities and take intentional steps toward personal growth. Embrace conflict as a path to deeper understanding.

By understanding our core tendencies, each type can address their struggles and create strategies to set and achieve goals effectively.
Here are potential struggles & possible solutions for each type as they set goals:

TYPE 1 | THE REFORMER

STRUGGLES

Over-focus on perfection can lead to paralysis or procrastination. They may set unrealistically high standards or struggle to finish tasks because things “aren’t good enough.”

SOLUTIONS

Embrace progress over perfection and celebrate small wins.

TYPE 2 | THE HELPER

STRUGGLES

Difficulty prioritizing personal goals because they focus on helping others. They may feel guilty for investing in their own aspirations.

SOLUTIONS

Learn to say “no” and recognize self-care as essential to long-term effectiveness.

TYPE 3 | THE ACHIEVER

STRUGGLES

Over-identification with success may lead them to set goals based on external validation rather than personal fulfillment. They may also burn out by overworking.

SOLUTIONS

Focus on innate motivations and balance productivity with rest.

TYPE 4 | THE INDIVIDUALIST

STRUGGLES

Can get stuck in feelings of inadequacy or lack of inspiration, making it hard to follow through. They may set overly idealistic or emotionally-driven goals.

SOLUTIONS

Break big dreams into actionable steps and push through even when inspiration wanes.

TYPE 5 | THE INVESTIGATOR

STRUGGLES

Over-analysis can lead to indecision, and they may avoid taking action due to a fear of not knowing enough. They may also isolate themselves while working.

SOLUTIONS

Set deadlines for research and take small, consistent actions to avoid analysis paralysis.

TYPE 6 | THE LOYALIST

STRUGGLES

Fear of failure or worst-case scenarios may prevent them from taking risks. They may over-plan or seek excessive reassurance before acting.

SOLUTIONS

Trust in their preparation and take one step at a time, even amidst uncertainty.

TYPE 7 | THE ENTHUSIAST

STRUGGLES

They may struggle to focus, jumping from one idea to another without completing tasks. Overcommitting to multiple goals can leave them scattered.

SOLUTIONS

Prioritize and finish one goal before moving on to the next. Practice staying present.

TYPE 8 | THE CHALLENGER

STRUGGLES

They may push too hard, creating goals that are overly ambitious or rigid. They can struggle to delegate or consider input from others.

SOLUTIONS

Balance intensity with flexibility and collaborate with others for perspective.

TYPE 9 | THE PEACEMAKER

STRUGGLES

A tendency to avoid conflict or discomfort can lead to procrastination or prioritizing others’ goals over their own. They may lack clarity about what they truly want.

SOLUTIONS

Get clear on personal values and take consistent, intentional action toward their goals.

Each Enneagram Type has unique ways for practicing gratitude that align with their core motivations. **Here's how each type might express gratitude to themselves and to others:**

TYPE 1 | THE REFORMER

GRATITUDE THROUGH APPRECIATION OF INTEGRITY

IN THEIR OWN LIFE

Finds gratitude in order, structure, and doing things "the right way." Appreciates moments alignment with their values.

TOWARDS OTHERS

Expresses gratitude by acknowledging hard work, dedication, and moral integrity in others. Might show gratitude through acts of service or detailed feedback.

TYPE 2 | THE HELPER

GRATITUDE THROUGH ACTS OF KINDNESS

IN THEIR OWN LIFE

Feels gratitude for deep relationships, moments of connection, and opportunities to care for others.

TOWARDS OTHERS

Expresses gratitude through thoughtful gestures, verbal affirmations, or small acts of service that make people feel loved and appreciated.

TYPE 3 | THE ACHIEVER

GRATITUDE THROUGH RECOGNITION

IN THEIR OWN LIFE

Finds gratitude in success, accomplishments, and opportunities for growth. Appreciates personal achievements and progress.

TOWARDS OTHERS

Shows gratitude by publicly recognizing others' efforts, celebrating wins, and giving words of encouragement and affirmation.

TYPE 4 | THE INDIVIDUALIST

GRATITUDE THROUGH DEEP EMOTIONAL CONNECTION

IN THEIR OWN LIFE

Feels gratitude for authenticity, beauty, and moments of deep emotional significance. Values meaningful experiences and relationships.

TOWARDS OTHERS

Expresses gratitude in poetic, heartfelt ways—through written notes, deep conversations, or artistic expressions of appreciation.

TYPE 5 | THE INVESTIGATOR

GRATITUDE THROUGH KNOWLEDGE & UNDERSTANDING

IN THEIR OWN LIFE

Finds gratitude in learning, gaining insight, and having space for deep thought. Appreciates knowledge and personal autonomy.

TOWARDS OTHERS

Expresses gratitude by sharing helpful information, offering thoughtful perspectives, or recognizing someone's intelligence and contributions.

TYPE 6 | THE LOYALIST

GRATITUDE THROUGH LOYALTY AND SUPPORT

IN THEIR OWN LIFE

Feels gratitude for security, trust, and the presence of reliable people. Finds comfort in stability and strong relationships.

TOWARDS OTHERS

Shows gratitude by being dependable, standing by loved ones, and verbalizing appreciation for those who offer support and consistency.

TYPE 7 | THE ENTHUSIAST

GRATITUDE THROUGH JOY AND CELEBRATION

IN THEIR OWN LIFE

Finds gratitude in exciting experiences, possibilities, and moments of joy. Appreciates the ability to explore life freely.

TOWARDS OTHERS

Expresses gratitude through enthusiasm, sharing fun experiences, and making others feel uplifted and included.

TYPE 8 | THE CHALLENGER

GRATITUDE THROUGH PROTECTION & EMPOWERMENT

IN THEIR OWN LIFE

Feels gratitude for strength, independence, and the ability to take charge of their own life. Appreciates control and resilience.

TOWARDS OTHERS

Shows gratitude by standing up for and protecting loved ones, offering opportunities, and encouraging others to be strong and empowered.

TYPE 9 | THE PEACEMAKER

GRATITUDE THROUGH PRESENCE & ACCEPTANCE

IN THEIR OWN LIFE

Finds gratitude in peace, simplicity, and moments of harmony. Appreciates times when life feels balanced and stress-free.

TOWARDS OTHERS

Expresses gratitude by being fully present, offering deep listening, and making others feel accepted and valued just as they are.

Each Enneagram Type can encounter resistance when practicing gratitude. **Here's how each type might struggle to express gratitude:**

TYPE 1 | THE REFORMER

STRUGGLES WITH ACCEPTING IMPERFECTION

- Tends to focus on what needs improvement rather than appreciating what is already good.
- Feels like gratitude means settling for less than their high standards.
- May struggle to express gratitude to themselves, always feeling like they could do better.

TYPE 2 | THE HELPER

STRUGGLES WITH SELF-GRATITUDE

- Easily gives gratitude to others but struggles to acknowledge their own worth and needs.
- Can feel like receiving gratitude or appreciation is selfish.
- May expect gratitude in return and feel unappreciated if it's not expressed.

TYPE 3 | THE ACHIEVER

STRUGGLES WITH SLOWING DOWN

- Often focuses on future goals and accomplishments, overlooking gratitude for the present moment.
- May see gratitude as a distraction from productivity.
- Finds it hard to appreciate non-material or non-status-based blessings.

TYPE 4 | THE INDIVIDUALIST

STRUGGLES WITH COMPARISON

- Can become too focused on what they lack, feeling like others have more to be grateful for.
- May believe that their gratitude must be deeply meaningful, making it hard to appreciate simple joys.
- Tends to dwell on what's missing rather than what's present.

TYPE 5 | THE INVESTIGATOR

STRUGGLES WITH EMOTIONAL EXPRESSION

- Often intellectualizes gratitude rather than feeling it deeply.
- Prefers self-sufficiency and may struggle to express appreciation to others.
- Can focus on what they don't yet know or understand rather than appreciating what they do.

TYPE 6 | THE LOYALIST

STRUGGLES WITH FEAR AND ANXIETY

- Worries about the future, making it hard to feel secure in the present.
- May struggle to trust that good things will last, leading to hesitation in fully embracing gratitude.
- Can focus on potential problems rather than appreciating stability.

TYPE 7 | THE ENTHUSIAST

STRUGGLES WITH CONTENTMENT

- Always looking for the next exciting experience, making it hard to appreciate the present.
- Moves quickly past moments of gratitude to chase new possibilities.
- Can struggle to sit with deeper gratitude that requires reflection.

TYPE 8 | THE CHALLENGER

STRUGGLES WITH VULNERABILITY

- Prefers independence and may see expressing gratitude as a sign of weakness.
- Can take things for granted, assuming they've earned everything on their own.
- May struggle to acknowledge the role others play in their success.

TYPE 9 | THE PEACEMAKER

STRUGGLES WITH ACTIVE ENGAGEMENT

- Can be passive about gratitude, not actively reflecting on or expressing it.
- May struggle to acknowledge their own needs and contributions.
- Tends to go with the flow, sometimes missing opportunities to deeply appreciate life.