

FREE GUIDE



# HOW TO BE YOUR *best* SELF WITH THE ENNEAGRAM



Discover your personality so you can celebrate  
your strengths and embrace your challenges.

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# WELCOME

So, you've heard about the Enneagram. You're curious to learn more and find out your type, but you're not sure where to start.

I get it. There's a lot of information out there, and it can be confusing.

I'm Liz, an Enneagram and Human Design Coach. With more than 15 years of experience as a coach and educator, I'm passionate about guiding my clients back to wholeness through the process of self-discovery.

I offer private and group coaching programs designed to help you become the best version of yourself.

I'm here to make the Enneagram accessible and applicable, so you can better understand yourself and those in your lives.

## INSIDE THIS GUIDE

- Quick reference on all 9 Enneagram Types
- Overview of each personality type
  - Short paragraph on how they see the world
  - Top 3 Strengths and Challenges
  - 3 Practices for Transformation

*Let's dive in!*



# THE ENNEAGRAM

In Greek, "ennea-" = nine and "-gram" = symbol. The Enneagram is a nine-pointed star, with each point representing a different personality type. Each type has a core motivation that influences how they think, feel, and act. This personality system is a powerful tool for deepening our self-awareness and strengthening our relationship with others.

## *the* PEACEMAKER

keeps the peace by being agreeable and avoiding conflict.

## *the* CHALLENGER

protects those who are vulnerable by being powerful & in control.

## *the* IMPROVER

fixes things by taking responsibility & doing what's right.

## *the* ADVENTURER

enjoys new experiences by being optimistic & keeping their options open.

## *the* GIVER

helps others by taking care of their needs & offering advice.

## *the* QUESTIONER

prepares for the future by projecting forward & planning for what could go wrong.

## *the* PERFORMER

achieves their goals by being the best & working hard.

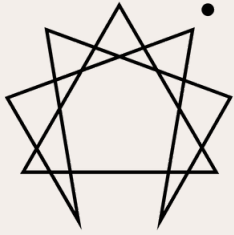
## *the* OBSERVER

gains wisdom by being informed & conserving their resources.

## *the* DREAMER

expresses their idealism by being unique & creating beauty.





# I *the* IMPROVER

As a Type One, you fix things by taking responsibility and doing what is right. You're motivated by a desire to improve the world and believe you have to be good in order to be worthy.

## STRENGTHS

### RESPONSIBLE

You're a model citizen, keen on doing the right thing and following through with your commitments.

### CONSIDERATE

You care about others and show your appreciation thoughtfully (*love a good thank you note!*)

### DETAIL-ORIENTED

You're organized with an eye for detail and can easily see room for improvement.

## CHALLENGES

### RESENTFUL

You see things in black-and-white and can be self-righteous when others do the "wrong" thing.

### CRITICAL

You're sensitive to feedback due to your harsh inner critic and often "should" on yourself and others.

### PERFECTIONIST

Your high standards can make you rigid and hold you back from taking action.

## PRACTICES

- Notice when you're trying to control others and instead take responsibility for your own thoughts, feelings and actions
- Practice the thought "it's just *different*" when you are clinging onto right versus wrong
- Give yourself a break and indulge in a little pleasure (*book a vacay, have a date night, or treat yourself to a massage*)



# 2<sup>the</sup> GIVER

As a Type Two, you help others by taking care of their needs & offering advice. You're motivated by a desire to form close relationships and believe you have to be needed in order to be loved.

## STRENGTHS

### SUPPORTIVE

You are the original cheerleader, uplifting and supporting others to realize their potential.

### SENSITIVE

Your innate ability of sensing how people are feeling allows you to anticipate their needs.

### GENEROUS

You are quick to volunteer your services and your generosity is valuable to those around you.

## CHALLENGES

### INTRUSIVE

Eager to be indispensable to your loved ones, you offer unsolicited advice in an effort to help them.

### MANIPULATIVE

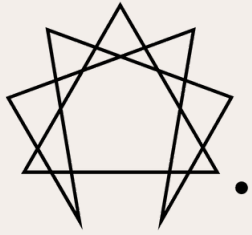
Instead of asking for help, you inadvertently manipulate others to get your own needs met.

### MARTYRLIKE

You struggle to say "no" when requests are made of you, and can sacrifice yourself for others.

## PRACTICES

- Tune into your own needs and be honest with yourself about how you feel
- Practice receiving (*compliments, gifts, help*) and realizing that what a gift that is to the giver
- Maintain healthy boundaries by saying "no" (*when it isn't a hell yes*) in order to strengthen your relationship to yourself and others



# 3<sup>the</sup> PERFORMER

As a Type Three, you achieve your goals by being the best & working hard. You're motivated by a desire to be recognized for your achievements and believe you have to be successful in order to be loved.

## STRENGTHS

### ENTHUSIASTIC

Your enthusiasm is infectious and when you shine your light on others, they bask in your glory.

### EFFICIENT

You are efficient at completing tasks and achieving results, which sets a leading example for others.

### CONFIDENT

Your natural confidence and belief in your ability to succeed raises the bar of what's possible for others.

## CHALLENGES

### WORKAHOLIC

Your identity is wrapped up in what you do, so you have a hard time putting work away.

### COMPETITIVE

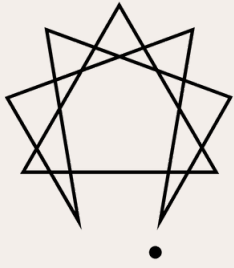
Winning = recognition for accomplishments, so you often outdo others to get to the top.

### IMPATIENT

You think you can do things better than others and get impatient if they slow down your progress.

## PRACTICES

- Notice when you feel the need to be the "best" or are competing with others around you, and try to enjoy the process
- Be honest with yourself about your capacity and allow other people to contribute to the task at hand
- Find moments to slow down and enjoy BEING without having to work towards an end goal



# 4<sup>the</sup> DREAMER

As a Type Four, you express your idealism by being unique and creating beauty. You're motivated by a desire to be understood and believe you have to be special in order to be loved.

## STRENGTHS

### AUTHENTIC

Your ability to be uniquely yourself is an example for others to embrace their own individuality.

### CREATIVE

You express yourself in creative ways, making the world around you a more beautiful place.

### COMPASSIONATE

It's easy for you to empathize with others and make them feel seen, heard, and understood.

## CHALLENGES

### ENVIIOUS

You compare yourself to others and end up feeling like you're not enough or too much.

### MELANCHOLIC

You tend to focus on what is missing and have a longing for the self, relationship and situation you desire.

### MOODY

You take things personally, feeling like a victim and struggling to be present or find objectivity.

## PRACTICES

- Notice when you're comparing yourself to others and feeling inferior or superior and remind yourself that you are enough
- Practice gratitude and name what is present whenever you find yourself focusing on what is missing or lacking
- Balance out your wave of emotions with a meditation or exercise practice



# 5 *the* OBSERVER

As a Type Five, you gain wisdom by being informed and conserving your resources. You're motivated by a desire to be knowledgeable and believe you have to be self-sufficient in order to be secure.

## STRENGTHS

### OBJECTIVE

Your thoughtful consideration can provide others with a necessary perspective shift.

### KNOWLEDGABLE

Use your resourcefulness and expertise in research to positively inform others.

### RATIONAL

Your naturally drama-free approach can be an asset to help others focus on what is necessary.

## CHALLENGES

### STINGINESS

You're afraid of being depleted and can be greedy with your time, space, and energy .

### IMPOSTER SYNDROME

When you worry you don't know enough, you feel like an imposter and freeze from taking action.

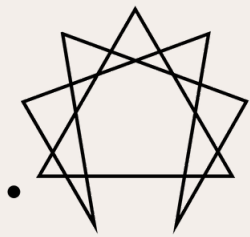
### PRIVATE

Sensitive to others' intrusions and demands, you can be overly private and secretive.

## PRACTICES

- Notice when you're hoarding your time, energy and space and see if you can do with less
- Practice taking action before you know all the facts, realizing that some information can only be discovered through experience
- Be present with your emotions and share with your loved ones so they can support you





# 6<sup>th</sup> QUESTIONER

As a Type Six, you prepare for the future by projecting forward & planning for what could go wrong. You're motivated by a desire to be certain and believe you have to be prepared in order to be secure.

## STRENGTHS

### LOYAL

You thrive being part of a pack, equally as a trustworthy leader, as well as a valuable contributor.

### PREPARED

You're able to forecast into the future and predict outcomes, enabling you to prepare adequately.

### INTUITIVE

You have an intuitive sense about who's worthy of your trust or which is the safest path to go down.

## CHALLENGES

### PROJECTING

You project your anxiety outside of yourself onto others when you're feeling overwhelmed with fear.

### PROCRASTINATING

When faced with the unknown, you can get stuck in analysis paralysis and freeze by procrastinating.

### SKEPTICAL

You lean towards skepticism in an attempt to keep you safe from danger.

## PRACTICES

- Notice when you start to catastrophize or get anxious about the future and focus on the things that are within your control
- Come back into the present moment by connecting to your body, going for a walk or doing deep breathing
- Practice courage by taking action before you are ready, knowing you are capable of facing the unknown



# 7<sup>the</sup> ADVENTURER

As a Type Seven, you enjoy new experiences by being optimistic & keeping your options open. You're motivated by a desire to enjoy all the variety life has to offer and believe you have to be free in order to be secure.

## STRENGTHS

### POSITIVE

You bring a naturally positive and effervescent enthusiasm to wherever you go, uplifting others.

### INNOVATIVE

You're a catalyst for innovation and possibility with your ability to see how unrelated things connect.

### PLANNING

You delight in imagining different possibilities and have a knack for planning parties and adventures.

## CHALLENGES

### INCONSIDERATE

You don't like to be weighed down with heavy emotions and can move on quickly from people.

### PAIN-AVOIDANT

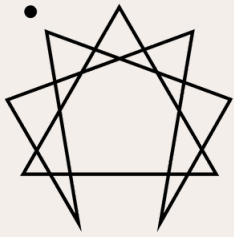
It's uncomfortable to sit with painful emotions, so you tend to escape seeking something more pleasurable.

### SCATTERED

You like to keep your options open and can be scattered with your interests, struggling to commit.

## PRACTICES

- Notice when you're being inconsiderate of others, trying to cheer them up and out of their emotional state and be present with them as they are
- Become aware of your desire to flee or escape pain: what might you be avoiding experiencing?
- Challenge yourself to commit to or follow-through with something in its entirety



# 8<sup>th</sup> CHALLENGER

As a Type Eight, you protect those who are vulnerable by being powerful & in control. You're motivated by a desire to be autonomous and believe you have to be strong in order to be worthy.

## STRENGTHS

### PROTECTIVE

You are strong and protect the weak, stepping up to fight for justice.

### GENEROUS

You have a big, soft heart and share your boundless energy magnanimously.

### DIRECT

Your directness helps others face conflict in order to get to the truth of a situation.

## CHALLENGES

### EXCESSIVE

You know what you want and you want it now, spending your time, money and energy excessively.

### DEFENSIVE

You're afraid to be vulnerable with others for fear that they will have an advantage over you.

### INTIMIDATING

Your intense approach to life can come across as aggressive and controlling to others.

## PRACTICES

- Notice when you feel that insatiable desire for more, see if you can appreciate what you already have with fresh, innocent eyes
- Become aware when you're being controlling and remember that your vulnerability is your greatest strength
- True power comes from the appropriate use of force, so choose your battles wisely



# 9<sup>the</sup> PEACEMAKER

As a Type Nine, you keep the peace by being agreeable and avoiding conflict. You're motivated by a desire to maintain harmony and believe you have to be easygoing in order to be worthy.

## STRENGTHS

### OPEN MINDED

You have a gift for seeing all sides and can act as a mediator for conflicting points of view.

### NON-JUDGMENTAL

Your non-judgmental perspective encourages others not to be too hard on themselves.

### GROUNDING

Your easygoing and steady presence is inclusive and grounding for those around you.

## CHALLENGES

### INDECISIVE

You have trouble deciding what you want or prioritizing yourself, succumbing to inertia.

### COMFORT SEEKING

You like to stay in your comfort zone and can avoid conflict or numb out to distract yourself.

### SELF-FORGETTING

You go along to get along by merging with others' agendas and forgetting your own.

## PRACTICES

- Notice what you don't want so it can point you to what you do want
- Practice pushing through your resistance or stubbornness by taking action and moving in your body
- Find healthy ways to gain peace that don't further disconnect you from yourself and others



## WANT MORE GUIDANCE?

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If you're excited by this information, but unsure of how to apply it to achieve the transformation you desire, I'd love to invite you to work with me.

[LEARN MORE HERE](#)

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