

Enneagram Growth Paths

Type 1 moves toward the healthy side of Type 7

- Experience grace and joy, which creates a more self-accepting heart.
- Become more enthusiastic, spontaneous, joyful, positive, and optimistic.
- Able to see that others are trying their best and give more grace and kindness.
- Feel the freedom to try something new and creative.
- See that life is not all serious and daunting but rich with life-giving experiences and emotions, including happiness, abundance, grace, and freedom.
- Relax more, become less rigid, and take great delight in life.
- *Keywords: Acceptance, Allowing*

Healing Attitude

Maybe others are right.

Maybe someone else has a better idea.

Maybe others will learn for themselves.

Maybe I've done all that can be done.

Enneagram Growth Paths

Type 2 moves toward the healthy side of Type 4

- Become aware of their tendency to believe that they always have pure and unselfish motives.
- See their true heart, including unhealthy motives.
- Take care of their own needs.
- Discover their own emotions.
- Accept painful feelings, including anger, sadness, and loneliness.
- Believe that they are wanted and loved just as they are, apart from what they do for others.
- *Keywords: Give from a Full Cup, True Love Isn't Earned*

Healing Attitude

Maybe I could let someone else to do this.

Maybe I could do something good for myself, too.

Maybe this person is actually already showing me love in their own way.

Enneagram Growth Paths

Type 3 moves toward the healthy side of Type 6

- Become less competitive and more cooperative
- Become more loyal and focused on the wellbeing of others
- Shift to a team-player mindset
- Ask for help and advice
- Become vulnerable and reveal who they are behind any “achieving masks”
- *Keywords: Authenticity, Taking off the Mask*

Healing Attitude

*Maybe I don't have to be the best.
Maybe people will accept me just the way I am.
Maybe others' opinions of me aren't so important.*

Enneagram Growth Paths

Type 4 moves toward the healthy side of Type 1

- Become more emotionally balanced, objective, and principled.
- Embrace mundane tasks as opportunities to be a good steward and to be responsible and organized.
- Become focused, disciplined, and grounded.
- Become more productive and focused on doing what is right.
- Complete what needs to be done before moving onto other interests.
- *Keyword: Objectivity*

Healing Attitude

*Maybe there's nothing wrong with me.
Maybe others do understand me and are supporting me.
Maybe I'm not the only one who feels this way.*

Enneagram Growth Paths

Type 5 moves toward the healthy side of Type 8

- Become more self-confident, assertive, and decisive.
- Become more active with their body, connecting with their emotions and gut instincts.
- Trust their instincts, becoming bolder and quicker to take action.
- Willingly take on responsibility, demonstrating courage and confidence.
- Become less isolated and more grounded, capable, and competent.
- *Keywords: Presence, Grounding, Participation*

Healing Attitude

Maybe I can trust people and let them know what I need.

Maybe I can live happily in the world.

Maybe my future will be okay.

Enneagram Growth Paths

Type 6 moves toward the healthy side of Type 9

- Take time to relax and enjoy moments, enabling their mind to slow down.
- Empathize with others and extend compassion to them.
- Develop secure relationships as they become more calm, stable, and less reactive.
- Become more open and receptive to others.
- Become emotionally peaceful and self-possessed.
- Increase independence by trusting their inner guidance.
- Reassure and support others instead of seeking security for themselves.
- *Keywords: Inner Authority*

Healing Attitude

Maybe this will work out fine.

Maybe I don't have to foresee every possible problem.

Maybe I can trust myself and my own judgments.

Enneagram Growth Paths

Type 7 moves toward the healthy side of Type 5

- Focus on their inner world and learn to relax.
- Allow their quick mind to rest instead of being hyperactive, finding more clarity and insight.
- Accomplish tasks in line with their passions by becoming more organized and structured.
- Become grounded, focused, and more profound.
- Place more value on wisdom and discipline.
- Become more accepting of all of life — good and bad, happy and sad.
- *Keywords: Slowing Down, Appreciate the Inner World*

Healing Attitude

*Maybe what I already have is enough.
Maybe there's nowhere else I need to be right now.
Maybe I'm not missing out on anything worthwhile.*

Enneagram Growth Paths

Type 8 moves toward the healthy side of Type 2

- Plow a path on behalf of others.
- Become more thoughtful and caring toward others.
- Open up to others and reveal their vulnerable side.
- Have more empathy and compassion.
- Become more considerate and quicker to serve others.
- Put the needs of others above their own.
- Show more of their feelings, tender heart, and soft spots.
- *Keyword: Vulnerability*

Healing Attitude

Maybe this person isn't out to take advantage of me.

Maybe I can let down my guard a little more.

Maybe I could let my heart be touched more deeply.

Enneagram Growth Paths

Type 9 moves toward the healthy side of Type 3

- Invest in themselves through self-development.
- Take time to discover their desires and passions.
- Become a confident go-getter.
- Show up to life, assert themselves, and bless others with their full presence.
- Stop procrastinating, stick to a plan, and accomplish goals.
- Speak up more, sharing their knowledge and insights.
- *Keyword: Passion, Drive, Engagement in the Present Moment*

Healing Attitude

*Maybe I can make a difference.
Maybe I need to get energized and be involved.
Maybe I am more powerful than I realize.*