



TYPE 3 SELF-AWARENESS PQF

Name:

Date:

To assist with self-awareness and gathering clues through the process of coached Enneagram typing. After explaining the 9 types work through this Powerful Question Framework (PQF) worksheet.

Scale each and reflect on the overall description of each QUALITY.
 0 = Not true at all. 10 = Always true.

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.../10

I relate to the words on the Enneagram card.
 I see myself in the feeling of the cartoon.
 I can identify with the 'trying' statement.

.../10

I can motivate people to get what I want.
 I can sell easily and get people to like me if I want to.
 I can't understand people who don't want to win.

.../10

I do whatever it takes to come out on top. I only attempt something if I think I can win, and then I do everything I can to get there fast. Failure frightens me.

.../10

My talents and skills make me feel good. I move the goal posts all the time and love new challenges.

.../10

My body posture shows my image of confidence. I want people to see the great things I've done. I often say "yes" to too many goals. I always think that I'll be able to do anything I attempt. I can be who you need me to be, to get where I want to go.

.../10

When I feel low, I avoid and procrastinate.
 When I feel good I feel more careful about doing an excellent job and being of authentic service.

.../10

Look at the voices below. How strongly do you relate to the tone and posture of these voices?



"I'm trying to be the best!"



Reflections and Comments:

My goals for the year are...

I can do it!

I want to look good.

Yes go, go go!

Watch how fast I can get that done.

I can do that better than anyone else.

Let's find a solution.

I don't have time for my feelings.

I love making you laugh.