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00:00:11,500 --> 00:00:18,250

So how do you determine your Enneagram personality type? Well, here are some tips that will help you get there.

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00:00:18,250 --> 00:00:24,820

First, don't try to type yourself solely on the basis of traits or behaviors.

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00:00:24,820 --> 00:00:31,210

Your number is not determined by what you do so much as by why you do it.

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00:00:31,210 --> 00:00:33,850

Instead, I want you to listen very,

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00:00:33,850 --> 00:00:43,840

very carefully for the unconscious motivation that drives the behavior of each number to see which of them rings true for you.

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00:00:43,840 --> 00:00:51,100

I can't underscore this enough. It is the unconscious motivation that determines your type.

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00:00:51,100 --> 00:00:58,390

Second, as you listen, try to think about what you were like at age 20 rather than who you are today.

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00:00:58,390 --> 00:01:07,200

Even though your personality type never changes, it is more fluid when you're younger than at any other time.

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00:01:07,200 --> 00:01:11,340

Third, listen, for the type that best describes who you are,

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00:01:11,340 --> 00:01:18,240

not the type you'd like to think you are or have always wanted to be, and keep this in mind,

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00:01:18,240 --> 00:01:23,790

don't expect to identify with every single feature of your dominant type, rather,

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00:01:23,790 --> 00:01:29,390

be on the lookout for the one that comes closest to describing who you are.

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00:01:29,390 --> 00:01:30,350

And lastly,

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00:01:30,350 --> 00:01:40,100

this is super important at times you will feel that I'm focusing too much on the negative rather than the positive qualities of each number.

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00:01:40,100 --> 00:01:47,390

Well, I am, because you see, in my experience, we don't know ourselves by what we get right.

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00:01:47,390 --> 00:01:50,900

So much as by what we get wrong.

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00:01:50,900 --> 00:01:59,630

And so I'm going to focus a little bit more on the darker aspects of each type, because I believe it will really help you identify your type.

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00:01:59,630 --> 00:02:03,590

All right. So what's going to happen to you as a result of this course?

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00:02:03,590 --> 00:02:13,160

It's going to change everything, and that's not an empty promise, it's going to revolutionize your life.

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00:02:13,160 --> 00:02:21,320

I know that because the Enneagram radically changed my whole way of seeing and being in the world.

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00:02:21,320 --> 00:02:31,790

It dramatically improved my marriage. It helped me to become a better parent, a wiser, better friend to the people I care about.

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00:02:31,790 --> 00:02:35,940

The Enneagram is going to be on Earth for you.

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00:02:35,940 --> 00:02:43,250

A really great treasure. Your truest and best self, and I make that promise wholeheartedly.

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00:02:43,250 --> 00:02:51,221

Let's get started.