



TYPE 3 ENNEAGRAM

Enlighten + Explore + Empower

MASTER COACHING PROCESS

WORKSHEET



NAME

DATE

0 = Overall I don't relate to this at all,
10 = Overall I relate to this strongly. No need to be exact.

My insights and impressions:

Enneagram
Type Three



TYPE 3 SELF-AWARENESS PQF

/10

I relate to the words on the Enneagram Infographic.
I see myself in the feeling of the Ennea cartoon.
I can identify with the BE... NOT... 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 can win and get there fast. Failure hurts; it's not an option. I can be who you need me to be to get where I want to go.

/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.

/10

When I feel low, I avoid, procrastinate, and try to find the lazy win. 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?

