

Self-Reflection Prompts

Please read through pages 1-12 of your Integrative Enneagram report and reflect on the following questions in preparation for our first session together:

1. Which parts of the report resonate? In what way?
2. Which parts don't resonate? In what way?
3. What did you find the most surprising?
4. What was your biggest "eek" moment?
5. What aspect of this lens/type feels good?
6. What aspect feels the most challenging?

Personally:

1. How has this lens/type served you well in your life?
2. In what type of situation does this lens/type see you at your very best self? What are you doing? Who are you with? How does it feel?
3. How might it be letting you down/holding you back?
4. How might it be affecting your relationships?
5. How does it show up as a "trigger" or "pressure point" in your life (i.e. what drives you completely nuts and really pushes your buttons)?
6. If you could let go of any aspect of this type, which part would you choose? How would your life be different?

Professionally:

1. Thinking back on your career, how does understanding your type help you reflect on each of the roles or jobs you've had? Which roles/aspects felt like a good fit for you? Which less so? What felt easy? What felt particularly challenging?
2. How does this lens/type fit with the type of work you do now? How aligned does it feel?
3. How does your lens/type show up as a strength in the current work you do? To what extent does your work allow you to rise to the natural abilities of this lens/type?
4. How does it show up as a challenge in the current work you do? What aspects of your work feel less easy or comfortable for you? Which parts of your current work are feeling the most tricky/difficult at the moment?
5. How is viewing the world through this lens holding you back/keeping you stuck in your work right now?
6. How does this type/lens impact the way you connect/engage/relate to people in your work?