THE ENNEAGRAM CHEAT SHEET

Unlocking your team's superpowers, one number at a time.

ENNEAGRAM ONE

PRINCIPLED REFORMER

CORE DESIRE: To be right and good.

TRAITS: Perfectionists. Accurate. Efficient. Detail-oriented.

4 STRESS: Impatient. Critical. Judgmental.

7 HEALTH: Playful. Creative. Accepting.

SUPERPOWERS:
Commander of efficiency. Skilled at identifying inefficiencies and bringing order to chaos, with a natural talent for creating and improving processes.

ENNEAGRAM TWO

CONSIDERATE HELPER

CORE DESIRE: To be loved.

TRAITS: Happy. Perceptive. Warm. Generous.

8 STRESS: Defensive. Controlling. Irritable.

4 HEALTH: Authentic. Creative. Quirky.

SUPERPOWERS:
Master of making people feel valued and seen. Possesses an innate ability to sense emotions, make people feel welcome and loved, and remember meaningful personal details.

ENNEAGRAM THREE

COMPETITIVE ACHIEVER

CORE DESIRE: To win and feel valuable.

TRAITS: Efficient. Competitive. Driven. Inspirational.

9 STRESS: Unmotivated. Exhausted. Apathetic.

6 HEALTH: Rested. Playful. Present.

SUPERPOWERS:
Thrives under pressure. Able to achieve great results with minimal planning, effortlessly motivates others, and ensures tasks are completed – no matter what.

ENNEAGRAM FOUR

INTENSE CREATIVE

CORE DESIRE: To find themself and their unique significance.

TRAITS: Artistic. Independent. Perceptive. Expressive.

2 STRESS: Insecure. Scattered. Inauthentic.

1 HEALTH: Expressive. Balanced. Intentional.

SUPERPOWERS:
Emotional genius. Deeply empathetic with high emotional intuition, so they are great listeners with insight into how others feel. Creative and have a natural sense of aesthetics. Offer a balanced perspective.

ENNEAGRAM FIVE

QUIET SPECIALIST

CORE DESIRE: To be competent and capable.

TRAITS: Responsible. Analytical. Introverted. Informative.

7 STRESS: Impulsive. Childish. Irresponsible.

8 HEALTH: Open. Spontaneous. Brave.

SUPERPOWERS:
Information wizard. Experts at researching (no matter how big or small the topic), work well alone/owning things solo and always have the facts.

ENNEAGRAM SIX

LOYAL SKEPTIC

CORE DESIRE: To be safe and secure.

TRAITS: Loyal. Troubleshooter. Analytical. Particular.

3 STRESS: Hostile. Resistant. Instable.

9 HEALTH: Easygoing. Trusting. Independent.

SUPERPOWERS:
Planner extraordinaire. Are always prepared in every situation. They don't have a plan A and plan B: they have Plans A – Z. Great at poking holes to ensure everything is covered.

ENNEAGRAM SEVEN

ENTHUSIASTIC VISIONARY

CORE DESIRE: To be satisfied and content.

TRAITS: Energetic. Spontaneous. Inquisitive. Optimistic.

1 STRESS: Unfocused. Resentful. Hostile.

5 HEALTH: Balanced. Focused. Moderation.

SUPERPOWERS:
Bringer of joy and new ideas. Finds the silver lining to any situation, no matter how bad or sad. Great visionaries and brainstormers. Connect well with others and are great when asked to do things last minute.

ENNEAGRAM EIGHT

PROTECTIVE CHALLENGER

CORE DESIRE: To protect themselves.

TRAITS: Resourceful. Resolution. Straightforward. Decisive.

5 STRESS: Withdrawn. Brain Fog. Uncompromising.

2 HEALTH: Empathetic. Balanced. Vulnerable.

SUPERPOWERS:
Willing to bring up the elephant in the room, moves towards conflict (instead of away from it) in order to bring clarity and order to a situation and not afraid to make decisions (even difficult ones).

ENNEAGRAM NINE

ADAPTIVE PEACEMAKER

CORE DESIRE: To have inner peace.

TRAITS: Mediator. Easy Going. Trusting. Stable.

6 STRESS: Overwhelmed. Perfectionist. Aggressive.

3 HEALTH: Expressive. Driven. Passionate.

SUPERPOWERS:
Peacemaker and harmonizer. Instantly brings calm and agreement to any situation, makes everyone feel welcome, and easily adapts to whatever the team needs.