



# enneagram ranking exercise

STEP ONE: Read each of the 9 descriptions below. Rate how much each paragraph describes you on a scale from 1 to 10.

Rating Scale:      1                      2                      3                      4                      5                      6                      7                      8                      9                      10  
                                 Not me at all                      A little bit is me                      Half describes me                      Most of it is me                      All of it is me



## 1: Principled Idealist energy

**Core Motivation:**  
You always want to make the right choices.

**Life Approach:**  
You naturally create structure and clarity while living up to high standards.

**Tough Times:**  
When you're overwhelmed, you feel dark and isolated with brooding emotions.

**Rate how much this describes you:**



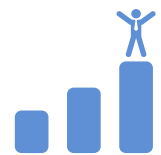
## 2: Natural Helper energy

**Core Motivation:**  
You want to feel loved and appreciated.

**Life Approach:**  
You naturally give to others while receiving help in return is hard.

**Tough Times:**  
When people take you for granted, you become frustrated and resentful.

**Rate how much this describes you:**



## 3: High Achiever energy

**Core Motivation:**  
You want to be recognized and successful.

**Life Approach:**  
You naturally work hard to reach your goals as quickly as possible.

**Tough Times:**  
When you feel like you've failed, it hits you hard and you mentally check out.

**Rate how much this describes you:**



## 4: Unique Creative energy

**Core Motivation:**  
You want to express your most authentic self.

**Life Approach:**  
You naturally follow your passions and creative pursuits to be as original as possible.

**Tough Times:**  
When life is hard, you experience turbulent emotions and want to feel close to others.

**Rate how much this describes you:**



## 5: Cerebral Intellectual energy

**Core Motivation:**  
You want to understand the world.

**Life Approach:**  
You naturally collect tons of complex facts and knowledge about your interests.

**Tough Times:**  
When you can't figure something out, you become scattered and impulsive.

**Rate how much this describes you:**



## 6: Loyal Problem-Solver energy

**Core Motivation:**  
You want to create certainty about the future.

**Life Approach:**  
You naturally anticipate multiple outcomes and often feel restless and anxious.

**Tough Times:**  
When you have a lot on your plate, you work even harder and become self-conscious.

**Rate how much this describes you:**



## 7: Spontaneous Adventurer energy

**Core Motivation:**  
You want to experience as much as possible.

**Life Approach:**  
You naturally create tons of possibilities and ideas which makes it difficult to commit.

**Tough Times:**  
When you feel stressed, you become rigid and search for order in your life.

**Rate how much this describes you:**



## 8: Strong Protector energy

**Core Motivation:**  
You want to be in control of your environment.

**Life Approach:**  
You naturally talk straight up, make gut decisions and will rarely back down.

**Tough Times:**  
When there's a lot coming at you, your instinct is to withdraw and strategize.

**Rate how much this describes you:**



## 9: Adaptable Peacemaker energy

**Core Motivation:**  
You want everyone around you to get along.

**Life Approach:**  
You naturally adapt to your environment and relate to many people's perspectives.

**Tough Times:**  
When you feel pressured, you become indecisive and start overthinking.

**Rate how much this describes you:**

STEP TWO: Using your ratings above, rank each of the 9 energies in order from what most describes you to least describes you.

For example, any high ratings (7-10) would likely be your top energies and low ratings (1-4) would be your low energies. If you rated some of the energies the same number above, pick between them of which one is slightly more you.

### MY TOP 3 ENERGIES

1st	<input type="text"/>
2nd	<input type="text"/>
3rd	<input type="text"/>

### MY MID 3 ENERGIES

4th	<input type="text"/>
5th	<input type="text"/>
6th	<input type="text"/>

### MY LOW 3 ENERGIES

7th	<input type="text"/>
8th	<input type="text"/>
9th	<input type="text"/>