



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

2nd

3rd

MY MID 3 ENERGIES

4th

5th

6th

MY LOW 3 ENERGIES

7th

8th

9th