

GUIDE & WORKBOOK

# Take Ownership Of Your Life

USING YOUR ENNEAGRAM & THE 8 DIMENSIONS OF WELLNESS



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## INTRODUCTION

# Hi!

# I'm Haley James!



I'm so glad to have you here! As someone who has been living with multiple chronic and rare conditions for years, I understand firsthand how challenging it can be to take control of your life when you feel like you are constantly just reacting to what is happening to you.

During my journey, I learned how truly important it was to take ownership of my life and also learned that to do that, I really needed to spend time getting to know who I was, what was important to me, what I was passionate about and what I felt like my purpose was. This was a lot to try to figure out – but knowing my enneagram really helped!

My Enneagram type gave me the clarity and direction I needed to turn my passion for helping others into action. It helped me identify my areas of expertise and the ways in which I could make the biggest impact. And as I continue on my journey of self-discovery and growth, the Enneagram remains an invaluable tool for me.

When I discovered that I was a type 2 wing 3 on the Enneagram, I gained a deeper understanding of my core motivations and tendencies. I knew that helping others was what made me feel most alive and that my wing 3 gave me the determination and skills to find a way to do it. However, I also recognized that I had weaknesses that might get in my way, such as my tendency to prioritize others over myself and struggle with setting boundaries. By using the Enneagram to understand my goals, strengths and weaknesses, I was able to start two podcasts, an awareness apparel line called The Chronic Collective, a healthy home interior design business called Health & Home, two youtube channels, and my own site and blog. These platforms have allowed me to live out my passions and help others so I could make the biggest impact.

Let's navigate this journey together and show the world that chronic illness warriors are strong, resilient, and unstoppable.

*- Haley James*

TAKE OWNERSHIP OF YOUR LIFE

# Taking Ownership Of Your Life

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Have you ever felt like your life is on autopilot? Perhaps you feel stuck, uncertain of your purpose, or lacking control over your circumstances?

It's a common feeling, and you're not alone. The truth is, many of us go through life without truly taking ownership of it. We may believe we're in control, but in reality, we're often just reacting to external factors and letting life happen to us.

The concept of taking ownership of your life means being intentional and proactive about shaping your circumstances, rather than just reacting to them.

The good news is that we can take steps to change that.

We'll first look at your strengths and weaknesses for taking ownership of your life based on your Enneagram type. Then, we will have you answer a tailored set of questions for each of the eight dimensions of wellness, so you can identify your unique strengths and weaknesses and learn how to use them to your advantage. By doing so, you'll be able to take intentional actions and make positive changes in your life, leading to a greater sense of empowerment and fulfillment.

So if you're ready to take the first step towards owning your life and living it to the fullest, read on. Let's explore how your Enneagram type can help you take ownership in each of the eight dimensions of wellness and start living life on your terms.

# Enneagram Overview & Types

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If you aren't familiar with the Enneagram, the Enneagram is a personality typing system that has gained popularity in recent years due to its potential benefits for personal development. The Enneagram claims there are nine distinct personality types based on their core fears, desires, and motivations, and understanding these different perspectives can help individuals better understand themselves and others [1].

Additionally, a review article by Tirado and Barron-Tirado [2] suggests that the Enneagram has the potential to facilitate personality development by helping individuals identify and challenge their core beliefs and behaviors that may be limiting their growth. By utilizing the Enneagram, you can work towards developing healthier habits and ways of thinking, which can ultimately lead to a more fulfilling life.

Here is a very brief overview of the 9 types:

**Type 1: The Perfectionist.** Ones are driven by a strong sense of right and wrong, and have a desire to improve themselves and the world around them. They can be highly self-critical and have a tendency towards rigidity and control.

**Type 2: The Helper.** Twos are motivated by a desire to help and serve others, often at the expense of their own needs. They can struggle with setting boundaries and may have a fear of being unloved or unwanted.

**Type 3: The Achiever.** Threes are highly driven and success-oriented, with a focus on achieving their goals and being recognized for their accomplishments. They may struggle with authenticity and a fear of failure.

**Type 4: The Individualist.** Fours are creative and introspective, with a focus on expressing their unique identity and emotions. They can struggle with feelings of inadequacy and a fear of being ordinary.

# Enneagram Overview & Types

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**Type 5: The Investigator.** Fives are analytical and intellectually curious, with a focus on understanding and mastering their areas of interest. They may struggle with social interaction and a fear of being overwhelmed.

**Type 6: The Loyalist.** Sixes are loyal and committed, with a focus on security and stability. They may struggle with anxiety and a fear of uncertainty or danger.

**Type 7: The Enthusiast.** Sevens are adventurous and fun-loving, with a focus on experiencing new and exciting things. They may struggle with impulsivity and a fear of pain or limitation.

**Type 8: The Challenger.** Eights are strong-willed and assertive, with a focus on standing up for themselves and others. They may struggle with vulnerability and a fear of being controlled.

**Type 9: The Peacemaker.** Nines are easy-going and harmonious, with a focus on creating peace and unity. They may struggle with indecisiveness and a fear of conflict or disconnection.

References:

[1] Riso, D. R., & Hudson, R. (1999). *The Wisdom of the Enneagram: The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types*. Bantam.

[2] Tirado, C., & Barron-Tirado, C. (2020). Personality Development and the Enneagram. In *Encyclopedia of Personality and Individual Differences* (pp. 1-7). Springer. [https://doi.org/10.1007/978-3-319-28099-8\\_2122-1](https://doi.org/10.1007/978-3-319-28099-8_2122-1)

TAKE OWNERSHIP OF YOUR LIFE

# 8 Dimensions of Wellness

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Now as I said, we are going to use both the enneagram AND the eight dimensions of wellness to help you take ownership of your life - - but what are the 8 dimensions of wellness?

The eight dimensions of wellness have been identified as key areas that contribute to our overall health and wellbeing. These dimensions are **physical, emotional, social, intellectual, spiritual, environmental, occupational, and financial wellness**. Each dimension is important and interconnected, and focusing on all of them can lead to a more balanced and fulfilling life.

By using the Enneagram to personalize our approach to wellness, we can identify specific strengths and weaknesses that relate to each dimension. For example, if you're a Type 3, known for being ambitious and driven, you might excel in your career (occupational wellness), but struggle to find balance in your personal life (emotional and social wellness).

By asking specific questions based on your Enneagram type and each dimension of wellness, we can gain a deeper understanding of ourselves and our unique challenges. This allows us to take ownership of our lives and make intentional choices that support our overall wellbeing. By addressing each dimension in a way that's tailored to our Enneagram type, we can create a customized plan for achieving our goals and living our best lives.

# 8 Dimensions of Wellness

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**Physical wellness** involves taking care of one's body through exercise, nutrition, and self-care practices [1]. Engaging in regular physical activity can help improve cardiovascular health, increase muscle and bone strength, and reduce the risk of chronic diseases such as diabetes and cancer [2]. Proper nutrition is also important for maintaining physical wellness, as it provides the body with the nutrients it needs to function properly and maintain energy levels [2]. Additionally, self-care practices such as getting enough sleep, managing stress, and avoiding harmful habits like smoking and excessive alcohol consumption are essential for promoting physical wellness [1]. By prioritizing physical wellness, individuals can improve their overall health and well-being.

References:

[1] Centers for Disease Control and Prevention. (2021). Physical activity.

<https://www.cdc.gov/physicalactivity/index.html>

[2] National Institutes of Health. (2020). Exercise and physical activity: Your everyday guide from the National Institute on Aging. <https://www.nia.nih.gov/health/exercise-physical-activity>

**Emotional wellness** involves the ability to understand and manage one's feelings, as well as to cope with stress and challenges in a healthy way [1]. This includes having a positive self-image, healthy relationships, and effective communication skills [2]. Individuals who prioritize emotional wellness are better able to manage their emotions and reactions to difficult situations, which can help them maintain healthy relationships and cope with stress more effectively [1]. Additionally, practices like mindfulness and self-reflection can help individuals develop greater emotional awareness and resilience [2]. By prioritizing emotional wellness, individuals can improve their overall mental and physical health.

References:

[1] Substance Abuse and Mental Health Services Administration. (2016). Emotional wellness.

<https://www.samhsa.gov/find-help/recovery/mental-health-and-wellness/emotional-wellness>

[2] University of California, Riverside. (n.d.). Emotional wellness.

[https://wellness.ucr.edu/emotional\\_wellness.html](https://wellness.ucr.edu/emotional_wellness.html)



# 8 Dimensions of Wellness

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**Social wellness** involves building and maintaining positive relationships with others, as well as contributing to one's community [1]. This includes developing effective communication skills, establishing healthy boundaries, and practicing empathy and compassion towards others [2]. Individuals who prioritize social wellness often report feeling a sense of belonging and connection, which can improve overall well-being and reduce feelings of loneliness and isolation [1]. Additionally, volunteering or engaging in activities with others can help individuals build social connections and contribute to the well-being of their community [2]. By prioritizing social wellness, individuals can improve their overall sense of happiness and quality of life.

References:

- [1] Substance Abuse and Mental Health Services Administration. (2016). Social wellness. <https://www.samhsa.gov/find-help/recovery/mental-health-and-wellness/social-wellness>
- [2] University of California, Riverside. (n.d.). Social wellness. [https://wellness.ucr.edu/social\\_wellness.html](https://wellness.ucr.edu/social_wellness.html)

**Intellectual wellness** involves engaging in activities that promote mental stimulation, creativity, and lifelong learning [1]. This can include reading, solving puzzles, learning new skills, and pursuing education or career opportunities that align with one's interests and values [2]. Individuals who prioritize intellectual wellness often report feeling a sense of fulfillment and purpose, which can contribute to overall well-being and life satisfaction [1]. Additionally, participating in intellectual activities can help improve cognitive function and reduce the risk of cognitive decline later in life [2]. By prioritizing intellectual wellness, individuals can improve their overall sense of engagement and satisfaction with life.

References:

- [1] National Wellness Institute. (n.d.). The six dimensions of wellness. <https://www.nationalwellness.org/six-dimensions-of-wellness>
- [2] Harvard Health Publishing. (2020). Lifelong learning is good for your health, your wallet, and your social life. <https://www.health.harvard.edu/healthbeat/lifelong-learning-is-good-for-your-health-your-wallet-and-your-social-life>

# 8 Dimensions of Wellness

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**Spiritual wellness** involves finding purpose and meaning in life through a connection with something greater than oneself [1]. This can include participating in religious or spiritual practices, engaging in volunteer work, and finding ways to connect with nature or art [2]. Individuals who prioritize spiritual wellness often report feeling a sense of inner peace and purpose, and may be better able to cope with difficult situations and experiences [1]. Additionally, developing a sense of gratitude and practicing forgiveness can help individuals improve their spiritual wellness [2]. By prioritizing spiritual wellness, individuals can improve their overall sense of well-being and quality of life.

References:

- [1] National Wellness Institute. (n.d.). The six dimensions of wellness. <https://www.nationalwellness.org/six-dimensions-of-wellness>
- [2] University of California, Riverside. (n.d.). Spiritual wellness. [https://wellness.ucr.edu/spiritual\\_wellness.html](https://wellness.ucr.edu/spiritual_wellness.html)

**Environmental wellness** involves living in a way that is mindful of both the exterior and interior environment [1]. It encompasses taking care of the natural world by reducing one's carbon footprint, conserving resources, and supporting sustainable practices [2]. Additionally, environmental wellness also involves creating a living space that promotes well-being, such as keeping the home clean and organized, reducing clutter, and incorporating elements of nature like plants and natural light [1]. Living in a safe and comfortable physical environment can help reduce stress and improve overall health and wellness [2]. By focusing on both the external and internal environment, individuals can promote environmental wellness and improve their overall quality of life.

References:

- [1] National Wellness Institute. (n.d.). The six dimensions of wellness. <https://www.nationalwellness.org/six-dimensions-of-wellness>
- [2] American Psychological Association. (2021). Environment and psychology. <https://www.apa.org/topics/environmental-psychology>

# 8 Dimensions of Wellness

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**Occupational wellness** involves finding fulfillment and satisfaction in one's work or chosen career path [1]. This includes utilizing one's skills and talents, working in a safe and supportive environment, and maintaining a healthy work-life balance [2]. Individuals who prioritize occupational wellness often report feeling a sense of purpose and accomplishment, and may be better able to manage work-related stress and challenges [1]. Additionally, engaging in professional development and pursuing opportunities for advancement can help individuals improve their occupational wellness and satisfaction in their careers [2]. By prioritizing occupational wellness, individuals can improve their overall sense of fulfillment and satisfaction with their work and life.

References:

- [1] National Wellness Institute. (n.d.). The six dimensions of wellness. <https://www.nationalwellness.org/six-dimensions-of-wellness>
- [2] University of California, Riverside. (n.d.). Occupational wellness. [https://wellness.ucr.edu/occupational\\_wellness.html](https://wellness.ucr.edu/occupational_wellness.html)

**Financial wellness** involves effectively managing one's financial resources and planning for both short-term and long-term financial goals [1]. This includes creating and sticking to a budget, saving for emergencies and retirement, and making informed decisions about investments and debt management [2]. Individuals who prioritize financial wellness often report feeling a sense of security and peace of mind, and may be better able to handle unexpected financial challenges [1]. Additionally, seeking out financial education and guidance from professionals can help individuals improve their financial literacy and overall financial wellness [2]. By prioritizing financial wellness, individuals can improve their overall sense of financial stability and well-being.

References:

- [1] National Wellness Institute. (n.d.). The six dimensions of wellness. <https://www.nationalwellness.org/six-dimensions-of-wellness>
- [2] Consumer Financial Protection Bureau. (n.d.). Managing your finances. <https://www.consumerfinance.gov/consumer-tools/managing-your-finances/>

# Find Your Enneagram Type

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Before we begin, it's important to know your Enneagram type. If you're already familiar with your type, great! If not, don't worry, there are a few options available to you. You can take the official Enneagram test, which is the most accurate way to determine your type. There are several sites that offer this test, including the Enneagram Institute (<https://www.enneagraminstitute.com/>), Truity (<https://www.truity.com/test/enneagram-personality-test>), and Eclectic Energies (<https://www.eclecticenergies.com/enneagram/test>).

I highly recommend taking the test because it provides valuable insights into your personality, motivations, and behaviors. However, if you prefer not to take the test, you can also read the overview of each type on page 4 and take your best guess as to which one fits you best. Once you know your type, we can begin exploring how you can use your strengths and weaknesses to take ownership of your life in each of the eight dimensions of wellness.

Type 1	11
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Type 1

# Type 1: Overview

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As a Type 1 on the Enneagram, you're all about doing things right and achieving perfection. According to Enneagram expert Russ Hudson, Type 1 individuals have a core belief that they must always strive to do what is right, and they often hold themselves to very high standards [1]. This can make you a reliable and responsible team player, and your attention to detail and focus on achieving your goals are major strengths that make you stand out from the crowd.

But, being a Type 1 can also come with some challenges. Enneagram teacher and author Suzanne Stabile notes that Type 1 individuals may struggle with accepting criticism or making mistakes, and their pursuit of perfection can lead them to become overly critical of themselves and others [2]. However, it's important to remember that nobody's perfect, and it's okay to cut yourself some slack.

By embracing flexibility and self-compassion, you can overcome these challenges and become even more resilient. Enneagram coach Beth McCord emphasizes the importance of cultivating self-acceptance and acknowledging your innate value as a Type 1, in order to overcome self-doubt and the fear of falling short of your own expectations [3]. You have the potential to inspire others to strive for excellence and lead by example, so don't be afraid to own your strengths and embrace your unique qualities as a Type 1.

Ultimately, being a Type 1 can be a major asset in life, and by finding a balance between your desire for perfection and self-care, you can live a more fulfilling and meaningful life.

[1] Hudson, R. (2011). *The Wisdom of the Enneagram: The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types*. Bantam.

[2] Stabile, S. (2019). *The Path Between Us: An Enneagram Journey to Healthy Relationships*. InterVarsity Press.

[3] McCord, B. (2021). *Becoming Us: Using the Enneagram to Create a Thriving Gospel-Centered Marriage*. Beth McCord.

# Type 1: Strengths

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As a Type 1 on the Enneagram, you have many strengths that can help you take ownership of your life and create a more fulfilling and meaningful existence. Your innate sense of purpose and dedication to achieving high standards are major assets that can help you succeed in all areas of your life.

One strength of Type 1 individuals is their attention to detail and focus on achieving their goals. According to Enneagram expert Russ Hudson, Type 1 individuals often have a clear sense of what they want to achieve and are willing to work hard to make it happen [1]. By harnessing this strength, Type 1's can set specific, achievable goals for themselves and take consistent action towards realizing those goals.

Another strength of Type 1's is their sense of responsibility and reliability. Enneagram teacher and author Suzanne Stabile notes that Type 1 individuals are often committed to doing what is right and fulfilling their obligations to others [2]. By taking ownership of their responsibilities and being reliable, Type 1's can build strong relationships and create a sense of stability and trust in their lives.

Ultimately, the key to taking ownership of your life as a Type 1 is to embrace your strengths and use them to set and achieve meaningful goals. By setting specific, achievable goals and consistently taking action towards those goals, you can create a sense of purpose and direction in your life. By being responsible and reliable, you can build strong relationships and create a stable foundation for yourself. By embracing your unique qualities as a Type 1, you can create a life that is fulfilling and meaningful.

[1] Hudson, R. (2011). *The Wisdom of the Enneagram: The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types*. Bantam.

[2] Stabile, S. (2019). *The Path Between Us: An Enneagram Journey to Healthy Relationships*. InterVarsity Press.

# Type 1: Weaknesses

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While being a Type 1 on the Enneagram comes with many strengths, there are also some weaknesses that can hold you back from achieving your full potential. By understanding and addressing these weaknesses, you can take ownership of your life and create a more balanced and fulfilling existence.

One common weakness of Type 1 individuals is their tendency towards perfectionism. According to Enneagram coach Beth McCord, Type 1's may struggle with self-criticism and a fear of making mistakes, which can lead to anxiety and stress [1]. By learning to embrace imperfection and view mistakes as opportunities for growth, Type 1's can overcome this weakness and live a more relaxed and fulfilling life.

Another weakness of Type 1's is their tendency towards rigidity and inflexibility. Enneagram teacher and author Suzanne Stabile notes that Type 1 individuals may become overly focused on rules and regulations, which can limit their ability to adapt to new situations [2]. By learning to be more open-minded and flexible, Type 1's can expand their horizons and embrace new experiences.

Finally, Type 1's may struggle with accepting criticism, both from themselves and from others. Enneagram expert Russ Hudson notes that Type 1 individuals may be highly self-critical and have a difficult time acknowledging their mistakes [3]. By learning to accept constructive feedback and view it as an opportunity for growth, Type 1's can overcome this weakness and become even more resilient.

Overall, by acknowledging and addressing these weaknesses, Type 1's can take ownership of their lives and create a more balanced and fulfilling existence. By embracing imperfection, being open-minded and flexible, and learning to accept constructive feedback, Type 1's can unlock their full potential and achieve their goals.

[1] McCord, B. (2021). *Becoming Us: Using the Enneagram to Create a Thriving Gospel-Centered Marriage*. Beth McCord.

[2] Stabile, S. (2019). *The Path Between Us: An Enneagram Journey to Healthy Relationships*. InterVarsity Press.

[3] Hudson, R. (2011). *The Wisdom of the Enneagram: The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types*. Bantam.



# Type I: Physical Wellness

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How do you balance your natural inclination for perfectionism, self-discipline, and adherence to rules with the need for self-compassion, flexibility, and self-care in relation to your physical well-being?

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In what ways do you incorporate structure, routines, and organization into your physical wellness practices, while also allowing room for spontaneity and enjoyment?

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How do you navigate any tendencies towards rigidity or self-criticism when it comes to maintaining healthy habits, while still fostering a positive and balanced relationship with your physical well-being?

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# Type I: Emotional Wellness

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How can you use your desire for perfection to set realistic goals and expectations for yourself?

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In what ways can you channel your frustration and anger constructively and communicate your feelings effectively?

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How can you practice self-compassion and forgive yourself when you make mistakes or fall short of your own expectations?

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# Type I: Social Wellness

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In what ways can you use your strong sense of ethics and values to contribute to your community or volunteer for a cause you care about?

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How can you build meaningful relationships with people who share your interests and passions?

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How can you avoid being overly critical of others and learn to appreciate their strengths and perspectives?

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# Type I: Intellectual Wellness

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How can you use your critical thinking skills to evaluate information and make informed decisions?

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In what ways can you challenge yourself to learn new skills or take on new projects that align with your values?

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How can you use your love of structure and organization to create a routine that balances work and play?

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# Type I: Occupational Wellness

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How can you use your natural sense of responsibility and duty to excel in your career?

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In what ways can you advocate for yourself and negotiate for what you need in the workplace?

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How can you ensure that your work aligns with your values and makes a positive impact on the world?

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# Type I: Spiritual Wellness

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How can you use your desire for perfection to strive for a deeper sense of meaning and purpose in life?

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In what ways can you integrate your spirituality into your daily routine and practices?

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How can you explore different spiritual traditions and find what resonates with you?

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# Type I: Environmental Wellness

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In what ways can you use your attention to detail to create an organized and functional living space?

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How can you make choices that align with your values and reduce your environmental impact?

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How can you connect with nature and find peace and tranquility in the outdoors?

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# Type I: Financial Wellness

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How can you use your sense of responsibility and commitment to financial planning to create a budget and savings plan?

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In what ways can you use your attention to detail to manage your finances effectively?

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How can you balance your desire for security and stability with taking calculated risks to achieve your financial goals?

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# Type I: Now What?

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Now that you've answered all these questions, what have you learned about yourself?

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After having this insight, what area of wellness do you feel you could improve on taking ownership of the most and how?

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Now that you have completed this - what 3 simple things can you do today to take ownership of your life (in any area)?

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TAKE OWNERSHIP OF YOUR LIFE

# Support

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Thank you for taking the time to read through this journal and guide. It's my hope that the insights and strategies shared within these pages have provided you with the inspiration and guidance needed to take control of your life and move forward with greater confidence and purpose.

Remember, self-improvement is a continuous journey, and I am here to support you every step of the way.

Please feel free to explore the resources and content on the following pages to discover more tools, tips, and insights that will help you on your path to personal growth and fulfillment. I wish you all the best on your journey!



TAKE OWNERSHIP OF YOUR LIFE

# Support



## WATCH ON YOUTUBE

Others on YouTube shared their stories & gave me hope when I needed it most & that made all the difference for me on my health journey & finding my purpose. My goal here on this channel is to be able to do the same for you!

You can expect all things chronic illness experience & education, advocacy, chats about passion & purpose, and a lot of me just sharing who I am & who I am working to become. I hope you'll join me!



## THE PURPOSE-FILLED PODCAST

Each episode, we invite truly INCREDIBLE guests who have had those same feelings of being stuck or not doing something they love & instead of sitting in those feelings - decided to TAKE ACTION and DO SOMETHING to create more purpose-filled lives for themselves.

Here they share their own personal stories, triumphs, and challenges, how they discovered their passions and how they were able to find a way to serve others and navigate their own journey to creating their version of a purpose-filled life! and now they are coming on to tell us HOW so we can too!

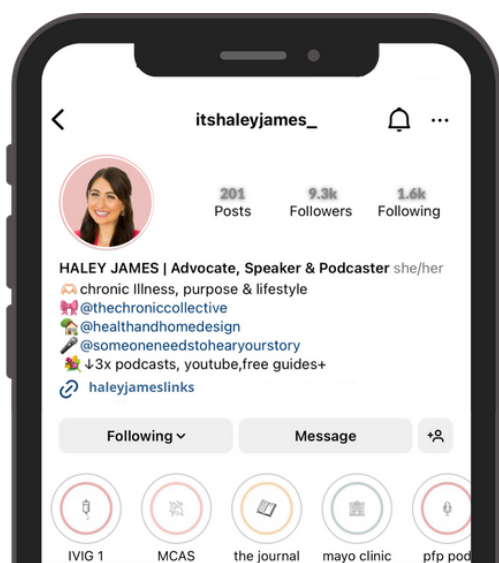
TAKE OWNERSHIP OF YOUR LIFE

# Support



## SHOP THE STORE

We know that how we choose to show up in our lives matters – that can include how we dress and choose to express ourselves! That's why I created some timeless & style-versatile options that can help us start conversations and opportunities to share our stories that I know can truly make a difference in our lives and in the lives of others!



## CONNECT ON INSTAGRAM

Be sure to follow and connect with me on Insta where I share my life and chronic illness, passion & purpose, the things I am going through, and so much more!

I love meeting people and hearing their stories so please come join me over there and be sure to say hi! @itshaleyjames\_

TAKE OWNERSHIP OF YOUR LIFE

# Support: 1:1 Call

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Are you feeling lost or unsure about your path in life? Do you have a burning desire to pursue something greater, but don't know where to start or what next steps to take?

I know what it's like to be in your shoes. When I first started out on my own journey, I was filled with questions and uncertainty.

I couldn't afford a business coach, but I just needed to talk to someone who had been there so they could answer some basic questions, give me feedback on my ideas, and point me to the resources that could help me get started.

That's why I wanted to offer my experience and insights to anyone who is going through a similar journey and just needs some help getting started through a 1:1 call!

TAKE OWNERSHIP OF YOUR LIFE

# Support: Support Group

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Chasing your passions and pursuing your purpose can be amazing, but it can also be incredibly challenging. I've learned along the way that doing it alongside a supportive community makes all the difference and greatly increases your chances of success!

Every month, we gather virtually to watch, listen, and engage with carefully chosen professionals from diverse fields. These experts are handpicked to inspire, empower, educate, and equip you as you chase your dreams, your purpose, and that ideal life you're working towards. Whether through panel discussions, inspiring talks, or insightful interviews, these events are thoughtfully designed to provide a space where you can absorb valuable insights and connect, network, and collaborate with others who share your journey. I hope you'll come join us!

TAKE OWNERSHIP OF YOUR LIFE

# Support: Monthly Event

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Every month, I'm thrilled to host an event that brings together a vibrant community of individuals who share a common goal: to chase their passions, define their purpose, and create the life they've always dreamed of. These gatherings are all about watching, listening, and engaging with handpicked professionals from diverse fields, each chosen for their ability to inspire, educate, and equip you on your path towards success.

Whether it's a captivating panel discussion, a thought-provoking speaker, or insightful interviews, these events are carefully designed to be a platform where you can learn, grow, and connect with others on similar journeys. I've intentionally curated these occasions to be both informative and interactive, ensuring that you not only gain valuable insights but also have the chance to network and collaborate with fellow attendees who are on a mission to make their dreams a reality. We hope you'll come join us!

TAKE OWNERSHIP OF YOUR LIFE

# Support

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## SPEAKING & TEACHING

Sharing our stories is what unites us. I'm passionate about sharing what I've learned over the years to inspire empowerment, create awareness, motivate others, and impact change. Not only do I know what it's like to be a rare chronic illness warrior, but I've also endured incredibly challenging times, overcome impossible obstacles, and come out the other side – resilient and knowing my purpose – and now I want to help others find theirs.



## SNTHYS

As I said, I am super passionate about helping people share their stories, that's why I created, "Someone Needs To Hear Your Story" a street interview series to help encourage people to own and share their stories and experiences with the world.



Type 2

# Type 2: Overview

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If you're a Type 2 on the Enneagram, you're probably one of the kindest and most supportive people out there. According to Enneagram expert Dr. Beatrice Chestnut, Type 2 individuals have a core belief that they must be helpful to others in order to be loved and valued [1]. This makes you a great listener and a natural caregiver, and your warm and empathetic nature is what makes people feel instantly comfortable around you.

But let's not forget that being a Type 2 also comes with its challenges. Enneagram coach Sarajane Case explains that Type 2 individuals may struggle with setting healthy boundaries and prioritizing their own needs over the needs of others [2]. It's important to remember that taking care of yourself is just as important as taking care of others, and by setting boundaries and asking for help when you need it, you can avoid burning out and feeling overwhelmed.

By embracing your strengths and acknowledging your challenges, you can become an even more resilient and compassionate person. Enneagram teacher and author Suzanne Stabile encourages Type 2 individuals to practice self-compassion and recognize their own value, rather than seeking validation solely from others [3]. When you're able to show up for yourself and give yourself the same kindness you give to others, you'll be able to maintain your energy and continue spreading love and positivity.

Ultimately, being a Type 2 is a gift, and by balancing your desire to help others with your own self-care, you can live a life full of joy and fulfillment. So keep spreading that love, Type 2's!

[1] Chestnut, B. (2016). *The Complete Enneagram: 27 Paths to Greater Self-Knowledge*. She Writes Press.

[2] Case, S. (2019). *Enneagram Type Two: The Supportive Advisor*. Enneagram Coaching.

[3] Stabile, S. (2017). *The Path Between Us: An Enneagram Journey to Healthy Relationships*. IVP Books.

# Type 2: Strengths

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As a Type 2 on the Enneagram, you have many strengths that can help you take ownership of your life and create a more fulfilling and meaningful existence. Your natural warmth and generosity are major assets that can help you build strong relationships and make a positive impact on the world.

One strength of Type 2 individuals is their ability to empathize and connect with others. According to Enneagram coach Beatrice Chestnut, Type 2's often have a deep understanding of other people's emotions and needs [1]. By harnessing this strength, Type 2's can build strong and meaningful relationships, both personally and professionally.

Another strength of Type 2's is their willingness to help others. Enneagram teacher and author Suzanne Stabile notes that Type 2 individuals are often highly compassionate and caring, with a strong desire to be of service to others [2]. By using this strength to help others, Type 2's can create a sense of purpose and meaning in their lives.

Ultimately, the key to taking ownership of your life as a Type 2 is to embrace your strengths and use them to make a positive impact on the world. By empathizing with others and building strong relationships, you can create a support system that will help you achieve your goals. By helping others and being of service, you can create a sense of purpose and meaning in your life that goes beyond your individual needs.

[1] Chestnut, B. (2021). *The Complete Enneagram: 27 Paths to Greater Self-Knowledge*. She Writes Press.

[2] Stabile, S. (2019). *The Path Between Us: An Enneagram Journey to Healthy Relationships*. InterVarsity Press.

# Type 2: Weaknesses

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As a Type 2 on the Enneagram, it's important to be aware of some of the potential weaknesses that can hinder your personal growth and wellbeing. One common weakness of Type 2's is their tendency to neglect their own needs while focusing too much on the needs of others.

According to Enneagram teacher and author Don Richard Riso, Type 2 individuals often struggle with setting healthy boundaries and saying "no" to others [1]. This can lead to overextending themselves and neglecting their own physical, emotional, and mental wellbeing. To address this weakness, Type 2's need to learn how to prioritize their own needs and set healthy boundaries with others.

Another weakness of Type 2's is their tendency to seek validation and approval from others. According to Enneagram coach Beatrice Chestnut, Type 2 individuals often struggle with feeling like they are valued for who they are, rather than what they do for others [2]. This can lead to a lack of self-worth and a constant need for external validation. To address this weakness, Type 2's need to learn how to value themselves for who they are, rather than what they do for others.

Ultimately, the key to addressing these weaknesses and taking ownership of your life as a Type 2 is to practice self-compassion and self-care. By learning how to prioritize your own needs and set healthy boundaries with others, you can create a sense of balance and wellbeing in your life. By valuing yourself for who you are, rather than what you do for others, you can cultivate a stronger sense of self-worth and confidence.

[1] Riso, D. R., & Hudson, R. (1999). *The wisdom of the enneagram: The complete guide to psychological and spiritual growth for the nine personality types*. Bantam.

[2] Chestnut, B. (2021). *The Complete Enneagram: 27 Paths to Greater Self-Knowledge*. She Writes Press.

# Type 2: Physical Wellness

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How can you prioritize self-care and ensure that you are taking care of your own physical needs?

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In what ways can you use physical activity as a way to recharge and rejuvenate yourself?

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How can you cultivate a healthy relationship with food and avoid using it as a way to comfort or appease others?

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# Type 2: Emotional Wellness

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How can you practice setting healthy boundaries and saying no when needed?

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In what ways can you ensure that you are not neglecting your own needs and feelings in your relationships with others?

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How can you use your empathy and intuition to connect with and support others while also taking care of yourself?

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# Type 2: Social Wellness

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How can you use your natural ability to connect with others to build a support system that meets your own needs as well as theirs?

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In what ways can you set healthy boundaries and avoid taking on too much responsibility for others?

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How can you balance your desire to help others with the need to prioritize your own well-being?

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# Type 2: Intellectual Wellness

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How can you use your love of helping others to pursue educational opportunities that align with your interests and passions?

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In what ways can you use your communication skills to advocate for causes and issues you care about?

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How can you balance your desire to please others with your own intellectual curiosity and growth?

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# Type 2: Occupational Wellness

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How can you use your natural talent for building relationships to excel in a career that allows you to help and support others?

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In what ways can you ensure that you are not sacrificing your own well-being for the sake of others in your work?

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How can you balance your desire for fulfillment and purpose with practical considerations such as financial stability and work-life balance?

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# Type 2: Spiritual Wellness

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How can you use your love of serving others to explore and connect with your own spirituality and values?

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In what ways can you integrate your spirituality into your daily routine and practices?

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How can you balance your desire to help others with your own need for spiritual growth and exploration?

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# Type 2: Environmental Wellness

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In what ways can you use your desire to help others to promote environmental causes and reduce your own environmental impact?

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How can you balance your desire to help others with practical considerations such as time, resources, and convenience?

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In what ways can you connect with nature and find peace and rejuvenation in the outdoors?

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# Type 2: Financial Wellness

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How can you balance your desire to help others financially with the need to prioritize your own financial well-being?

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In what ways can you use your skills in relationship-building and communication to negotiate for fair compensation and benefits in your career?

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How can you ensure that you are not sacrificing your own financial stability for the sake of others?

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# Type 2: Now What?

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Now that you've answered all these questions, what have you learned about yourself?

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After having this insight, what area of wellness do you feel you could improve on taking ownership of the most and how?

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Now that you have completed this - what 3 simple things can you do today to take ownership of your life (in any area)?

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TAKE OWNERSHIP OF YOUR LIFE

# Support

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Thank you for taking the time to read through this journal and guide. It's my hope that the insights and strategies shared within these pages have provided you with the inspiration and guidance needed to take control of your life and move forward with greater confidence and purpose.

Remember, self-improvement is a continuous journey, and I am here to support you every step of the way.

Please feel free to explore the resources and content on the following pages to discover more tools, tips, and insights that will help you on your path to personal growth and fulfillment. I wish you all the best on your journey!



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# Support



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Others on YouTube shared their stories & gave me hope when I needed it most & that made all the difference for me on my health journey & finding my purpose. My goal here on this channel is to be able to do the same for you!

You can expect all things chronic illness experience & education, advocacy, chats about passion & purpose, and a lot of me just sharing who I am & who I am working to become. I hope you'll join me!



## THE PURPOSE-FILLED PODCAST

Each episode, we invite truly INCREDIBLE guests who have had those same feelings of being stuck or not doing something they love & instead of sitting in those feelings - decided to TAKE ACTION and DO SOMETHING to create more purpose-filled lives for themselves.

Here they share their own personal stories, triumphs, and challenges, how they discovered their passions and how they were able to find a way to serve others and navigate their own journey to creating their version of a purpose-filled life! and now they are coming on to tell us HOW so we can too!

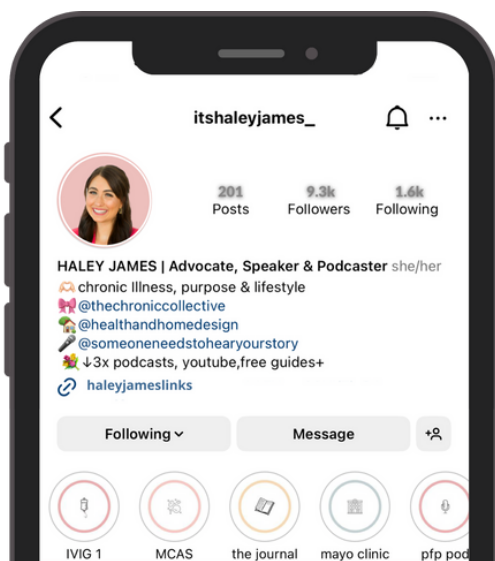
TAKE OWNERSHIP OF YOUR LIFE

# Support



## SHOP THE STORE

We know that how we choose to show up in our lives matters – that can include how we dress and choose to express ourselves! That's why I created some timeless & style-versatile options that can help us start conversations and opportunities to share our stories that I know can truly make a difference in our lives and in the lives of others!



## CONNECT ON INSTAGRAM

Be sure to follow and connect with me on Insta where I share my life and chronic illness, passion & purpose, the things I am going through, and so much more!

I love meeting people and hearing their stories so please come join me over there and be sure to say hi! @itshaleyjames\_



TAKE OWNERSHIP OF YOUR LIFE

# Support: 1:1 Call

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Are you feeling lost or unsure about your path in life? Do you have a burning desire to pursue something greater, but don't know where to start or what next steps to take?

I know what it's like to be in your shoes. When I first started out on my own journey, I was filled with questions and uncertainty.

I couldn't afford a business coach, but I just needed to talk to someone who had been there so they could answer some basic questions, give me feedback on my ideas, and point me to the resources that could help me get started.

That's why I wanted to offer my experience and insights to anyone who is going through a similar journey and just needs some help getting started through a 1:1 call!

TAKE OWNERSHIP OF YOUR LIFE

# Support: Support Group

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Chasing your passions and pursuing your purpose can be amazing, but it can also be incredibly challenging. I've learned along the way that doing it alongside a supportive community makes all the difference and greatly increases your chances of success!

Every month, we gather virtually to watch, listen, and engage with carefully chosen professionals from diverse fields. These experts are handpicked to inspire, empower, educate, and equip you as you chase your dreams, your purpose, and that ideal life you're working towards. Whether through panel discussions, inspiring talks, or insightful interviews, these events are thoughtfully designed to provide a space where you can absorb valuable insights and connect, network, and collaborate with others who share your journey. I hope you'll come join us!

TAKE OWNERSHIP OF YOUR LIFE

# Support: Monthly Event

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Every month, I'm thrilled to host an event that brings together a vibrant community of individuals who share a common goal: to chase their passions, define their purpose, and create the life they've always dreamed of. These gatherings are all about watching, listening, and engaging with handpicked professionals from diverse fields, each chosen for their ability to inspire, educate, and equip you on your path towards success.

Whether it's a captivating panel discussion, a thought-provoking speaker, or insightful interviews, these events are carefully designed to be a platform where you can learn, grow, and connect with others on similar journeys. I've intentionally curated these occasions to be both informative and interactive, ensuring that you not only gain valuable insights but also have the chance to network and collaborate with fellow attendees who are on a mission to make their dreams a reality. We hope you'll come join us!

TAKE OWNERSHIP OF YOUR LIFE

# Support

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## SPEAKING & TEACHING

Sharing our stories is what unites us. I'm passionate about sharing what I've learned over the years to inspire empowerment, create awareness, motivate others, and impact change. Not only do I know what it's like to be a rare chronic illness warrior, but I've also endured incredibly challenging times, overcome impossible obstacles, and come out the other side – resilient and knowing my purpose – and now I want to help others find theirs.



## SNTHYS

As I said, I am super passionate about helping people share their stories, that's why I created, "Someone Needs To Hear Your Story" a street interview series to help encourage people to own and share their stories and experiences with the world.

# Type 3

# Type 3: Overview

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If you're a Type 3 on the Enneagram, you're probably highly driven and focused on achieving your goals. Enneagram expert Dr. David Daniels describes Type 3 individuals as being "success-oriented and image-conscious" with a strong desire to be recognized and admired for their accomplishments [1]. This can make you an excellent leader and an asset in any career or project you undertake.

However, being a Type 3 also comes with some challenges. Enneagram coach Beth McCord notes that Type 3 individuals may struggle with authenticity and finding their true sense of self, as they may prioritize their public image over their own personal needs and desires [2]. It's important to remember that true success and happiness come from being true to yourself and living in alignment with your values.

By embracing your strengths and working on your challenges, you can become an even more successful and fulfilled person. Enneagram teacher and author Suzanne Stabile encourages Type 3 individuals to connect with their feelings and prioritize self-awareness, in order to avoid becoming overly focused on their goals and neglecting their personal relationships [3]. When you're able to find a balance between your ambition and your emotional needs, you can live a life that's not only successful but also meaningful.

Ultimately, being a Type 3 is a gift, and by harnessing your drive and ambition while staying true to yourself, you can achieve great things and inspire others to do the same. So go out there and show the world what you're made of, Type 3's!

[1] Daniels, D. (2009). *The Essential Enneagram: The Definitive Personality Test and Self-Discovery Guide*. HarperOne.

[2] McCord, B. (2018). *Becoming Us: Using the Enneagram to Create a Thriving Gospel-Centered Marriage*. Nelson Books.

[3] Stabile, S. (2018). *The Path Between Us: An Enneagram Journey to Healthy Relationships*. InterVarsity Press.

# Type 3: Strengths

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As a Type 3 on the Enneagram, you have many strengths that can help you take ownership of your life and achieve your goals. Your natural drive, ambition, and charisma are major assets that can help you succeed in any area of life. One strength of Type 3 individuals is their ability to set and achieve goals.

According to Enneagram coach and author Ginger Lapid-Bogda, Type 3's are highly driven and goal-oriented [1]. They have a clear vision of what they want to achieve and are willing to work hard to make it happen. By harnessing this strength, Type 3's can accomplish great things and make a positive impact on the world.

Another strength of Type 3's is their ability to adapt to different situations and personas. Enneagram teacher and author Suzanne Stabile notes that Type 3 individuals are often highly adaptable and able to fit in with different groups and environments [2]. This can be a major asset in the workplace and in social situations, allowing Type 3's to build strong networks and achieve their goals. Ultimately, the key to taking ownership of your life as a Type 3 is to use your strengths in a healthy and balanced way.

By setting goals and working hard to achieve them, you can create a sense of purpose and fulfillment in your life. By adapting to different situations and personas, you can build strong relationships and achieve success in any area of life.

[1] Lapid-Bogda, G. (2009). *The Enneagram of Leadership: An Introduction*. Enneagram Press.

[2] Stabile, S. (2018). *The Path Between Us: An Enneagram Journey to Healthy Relationships*. InterVarsity Press.

# Type 3: Weaknesses

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As a Type 3 on the Enneagram, it's important to be aware of some of your weaknesses as well. One common weakness of Type 3's is their tendency to prioritize external validation and success over their own authentic desires and values. According to Enneagram coach Beatrice Chestnut, Type 3 individuals often struggle with feeling like they need to be successful in order to be valued [1]. This can lead to a lack of authenticity and a sense of disconnection from their true selves. To address this weakness, Type 3's need to learn how to prioritize their own authentic desires and values, rather than constantly seeking external validation.

Another weakness of Type 3's is their tendency to overwork and neglect their own well-being. According to Enneagram teacher and author Don Richard Riso, Type 3 individuals often struggle with slowing down and taking time for self-care [2]. This can lead to burnout and a sense of disconnection from their own needs and feelings. To address this weakness, Type 3's need to learn how to prioritize self-care and balance their drive for success with a sense of well-being and inner peace.

Ultimately, the key to addressing these weaknesses and taking ownership of your life as a Type 3 is to cultivate a sense of authenticity, balance, and self-care. By prioritizing your own authentic desires and values, you can create a sense of fulfillment and purpose in your life. By balancing your drive for success with self-care and well-being, you can achieve your goals while maintaining a sense of inner peace and connection to your true self.

[1] Chestnut, B. (2021). *The Complete Enneagram: 27 Paths to Greater Self-Knowledge*. She Writes Press.

[2] Riso, D. R., & Hudson, R. (1999). *The wisdom of the enneagram: The complete guide to psychological and spiritual growth for the nine personality types*. Bantam.



# Type 3: Physical Wellness

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How can you use your love of achievement to set and reach realistic physical fitness goals?

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In what ways can you prioritize rest and recovery to avoid burnout and maintain your energy levels?

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How can you balance your desire for physical success with self-care and listening to your body's needs?

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# Type 3: Emotional Wellness

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In what ways can you use your adaptability and resilience to bounce back from setbacks and disappointments?

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How can you cultivate meaningful relationships with others that go beyond surface-level achievements and accomplishments?

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How can you practice self-compassion and acceptance of your own emotions and vulnerability?

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# Type 3: Social Wellness

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How can you use your natural charisma and networking skills to build genuine connections with others?

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In what ways can you ensure that you are not sacrificing your own well-being for the sake of achieving social success?

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How can you balance your desire for recognition and influence with authentic and meaningful relationships?

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# Type 3: Intellectual Wellness

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How can you use your drive for success and achievement to pursue educational opportunities and intellectual growth?

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In what ways can you challenge yourself to think critically and creatively outside of your usual areas of expertise?

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How can you balance your desire for productivity and achievement with time for reflection and introspection?

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# Type 3: Occupational Wellness

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How can you use your natural talent for goal-setting and achievement to excel in your career?

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In what ways can you ensure that you are not sacrificing your own well-being and values for the sake of career success?

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How can you balance your desire for career advancement with other areas of life such as relationships and personal growth?

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# Type 3: Spiritual Wellness

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In what ways can you use your desire for achievement to explore and connect with your own spirituality and values?

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How can you integrate your spirituality into your daily routine and practices without turning it into another area of achievement?

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How can you balance your desire for spiritual growth with practical considerations such as career and financial success?

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# Type 3: Environmental Wellness

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In what ways can you use your love of achievement to promote environmental causes and reduce your own environmental impact?

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How can you balance your desire to help others with practical considerations such as time, resources, and convenience?

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How can you find fulfillment and purpose in making a positive impact on the environment?

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# Type 3: Financial Wellness

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How can you use your drive for success and achievement to pursue financial stability and security?

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In what ways can you balance your desire for financial success with practical considerations such as budgeting and saving?

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How can you ensure that you are not sacrificing your own financial well-being for the sake of achieving financial success?

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# Type 3: Now What?

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Now that you've answered all these questions, what have you learned about yourself?

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After having this insight, what area of wellness do you feel you could improve on taking ownership of the most and how?

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Now that you have completed this - what 3 simple things can you do today to take ownership of your life (in any area)?

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TAKE OWNERSHIP OF YOUR LIFE

# Support

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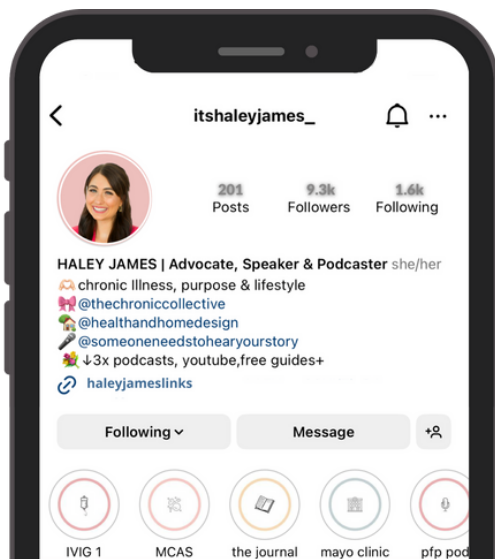
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# Support



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TAKE OWNERSHIP OF YOUR LIFE

# Support: 1:1 Call

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TAKE OWNERSHIP OF YOUR LIFE

# Support: Support Group

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# Support: Monthly Event

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# Support

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## SPEAKING & TEACHING

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## SNTHYS

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# Type 4

# Type 4: Overview

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If you're a Type 4 on the Enneagram, you're probably highly creative and deeply attuned to your emotions. Enneagram expert Ian Morgan Cron describes Type 4 individuals as being "emotional and expressive, with a penchant for beauty and a yearning for meaning" [1]. This can make you a highly artistic and intuitive person, with a unique perspective that can inspire and move others.

However, being a Type 4 also comes with some challenges. Enneagram coach Elizabeth Wagele notes that Type 4 individuals may struggle with self-esteem and feelings of inadequacy, as they may compare themselves unfavorably to others and yearn for a sense of belonging [2]. It's important to remember that your value and worth come from within and that your individuality is what makes you special and unique.

By embracing your strengths and working on your challenges, you can become an even more creative and fulfilled person. Enneagram teacher and author Suzanne Stabile encourages Type 4 individuals to channel their emotions and creative energy into meaningful pursuits, in order to create a life that's not only beautiful but also purposeful [3]. When you're able to embrace your true self and find ways to express your emotions and creativity in a positive way, you can live a life that's both fulfilling and inspiring.

Ultimately, being a Type 4 is a gift, and by embracing your creativity and emotions while cultivating a sense of self-worth and purpose, you can create a life that's truly meaningful and fulfilling. So go out there and share your unique perspective and talents with the world, Type 4's!

[1] Cron, I. (2016). *The Road Back to You: An Enneagram Journey to Self-Discovery*. InterVarsity Press.

[2] Wagele, E. (2014). *The Enneagram of Parenting: The 9 Types of Children and How to Raise Them Successfully*. HarperOne.

[3] Stabile, S. (2018). *The Path Between Us: An Enneagram Journey to Healthy Relationships*. InterVarsity Press.

# Type 4: Strengths

---

As a Type 4 on the Enneagram, you have many unique strengths that can help you take ownership of your life and find your true path. Your creativity, intuition, and depth of feeling are major assets that can help you connect with your authentic self and express your unique gifts to the world.

One strength of Type 4 individuals is their creativity and ability to express themselves through various forms of art and self-expression. According to Enneagram coach and author Elizabeth Wagele, Type 4's are highly attuned to their own emotions and have a natural talent for expressing them in creative ways [1]. By embracing their creative strengths, Type 4's can tap into their inner selves and share their unique perspective with the world.

Another strength of Type 4's is their intuition and ability to connect with deeper truths and meanings. Enneagram teacher and author Russ Hudson notes that Type 4 individuals are often highly attuned to their own inner worlds and have a strong sense of intuition [2]. This can be a major asset in both personal and professional contexts, allowing Type 4's to tap into their own inner wisdom and make meaningful contributions to the world.

Ultimately, the key to taking ownership of your life as a Type 4 is to use your strengths in a healthy and balanced way. By embracing your creativity and expressing yourself authentically, you can tap into your true self and find fulfillment in your life. By cultivating your intuition and connecting with deeper truths, you can make meaningful contributions to the world and find a sense of purpose in your life.

[1] Wagele, E. (1995). *The Enneagram of Parenting: The 9 Types of Children and How to Raise Them Successfully*. Harper Collins.

[2] Hudson, R. (2018). *The Wisdom of the Enneagram*. Random House Publishing Group.

# Type 4: Weaknesses

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As a Type 4 on the Enneagram, it's important to be aware of some of your weaknesses as well. One common weakness of Type 4's is their tendency to dwell on negative emotions and experiences. According to Enneagram coach Beatrice Chestnut, Type 4 individuals often struggle with feelings of envy and inadequacy [1]. This can lead to a sense of disconnection from others and a lack of fulfillment in their own lives. To address this weakness, Type 4's need to learn how to cultivate gratitude and focus on the positive aspects of their lives, rather than dwelling on negative emotions.

Another weakness of Type 4's is their tendency to get lost in their own inner worlds and neglect the practical realities of everyday life. According to Enneagram teacher and author Don Richard Riso, Type 4 individuals often struggle with practical tasks and daily routines [2]. This can lead to a sense of disconnection from the world around them and difficulty achieving their goals. To address this weakness, Type 4's need to learn how to balance their inner worlds with the practical realities of everyday life, and cultivate a sense of discipline and focus.

Ultimately, the key to addressing these weaknesses and taking ownership of your life as a Type 4 is to cultivate a sense of gratitude, balance, and discipline. By focusing on the positive aspects of your life and expressing yourself authentically, you can find a sense of fulfillment and connection in your life. By balancing your inner worlds with the practical realities of everyday life, you can achieve your goals and make meaningful contributions to the world.

[1] Chestnut, B. (2021). *The Complete Enneagram: 27 Paths to Greater Self-Knowledge*. She Writes Press.

[2] Riso, D. R., & Hudson, R. (1999). *The wisdom of the enneagram: The complete guide to psychological and spiritual growth for the nine types of personality*. Bantam.

# Type 4: Physical Wellness

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How do you prioritize taking care of your physical well-being while also embracing and expressing your unique sense of self?

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In what ways do you integrate creativity and self-expression into your physical wellness practices?

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How do you navigate the balance between your inner world and the practical aspects of maintaining a healthy lifestyle?

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# Type 4: Emotional Wellness

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In what ways can you use your depth of emotion and empathy to connect with and support others?

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How can you practice self-compassion and acceptance of your own emotions and experiences?

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In what ways can you maintain healthy emotional boundaries without shutting yourself off from others?

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# Type 4: Social Wellness

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How can you use your uniqueness and individuality to connect with others who share your values and interests?

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In what ways can you balance your desire for deep, meaningful relationships with your need for solitude and introspection?

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How can you avoid comparing yourself to others and embrace your own unique path in social situations?

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# Type 4: Intellectual Wellness

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How can you use your creativity and imagination to explore and pursue intellectual interests that align with your passions?

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In what ways can you balance your desire for individuality and originality with learning and growth from others?

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How can you find intellectual fulfillment without getting caught up in a cycle of self-doubt and perfectionism?

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# Type 4: Occupational Wellness

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How can you use your creativity and individuality to find career paths that align with your values and passions?

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In what ways can you balance your desire for self-expression and fulfillment with practical considerations such as financial stability?

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How can you avoid getting stuck in a career that doesn't fulfill your needs and desires?

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# Type 4: Spiritual Wellness

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How can you use your introspection and depth of feeling to explore and connect with your own spirituality and values?

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In what ways can you balance your desire for individuality and uniqueness with shared spiritual experiences and practices?

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How can you avoid getting caught up in spiritual bypassing or using spirituality as a means of avoiding uncomfortable emotions?

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# Type 4: Environmental Wellness

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In what ways can you use your creativity and individuality to promote environmental causes and reduce your own environmental impact?

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How can you balance your desire for uniqueness and self-expression with making environmentally conscious choices?

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How can you find fulfillment and purpose in making a positive impact on the environment?

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# Type 4: Financial Wellness

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How can you balance your desire for uniqueness and individuality with practical considerations such as budgeting and saving?

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In what ways can you use your creativity and resourcefulness to find unconventional ways to achieve financial stability?

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How can you avoid letting financial worries consume your thoughts and emotions?

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# Type 4: Now What?

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Now that you've answered all these questions, what have you learned about yourself?

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After having this insight, what area of wellness do you feel you could improve on taking ownership of the most and how?

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Now that you have completed this - what 3 simple things can you do today to take ownership of your life (in any area)?

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TAKE OWNERSHIP OF YOUR LIFE

# Support

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Thank you for taking the time to read through this journal and guide. It's my hope that the insights and strategies shared within these pages have provided you with the inspiration and guidance needed to take control of your life and move forward with greater confidence and purpose.

Remember, self-improvement is a continuous journey, and I am here to support you every step of the way.

Please feel free to explore the resources and content on the following pages to discover more tools, tips, and insights that will help you on your path to personal growth and fulfillment. I wish you all the best on your journey!



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You can expect all things chronic illness experience & education, advocacy, chats about passion & purpose, and a lot of me just sharing who I am & who I am working to become. I hope you'll join me!



## THE PURPOSE-FILLED PODCAST

Each episode, we invite truly INCREDIBLE guests who have had those same feelings of being stuck or not doing something they love & instead of sitting in those feelings - decided to TAKE ACTION and DO SOMETHING to create more purpose-filled lives for themselves.

Here they share their own personal stories, triumphs, and challenges, how they discovered their passions and how they were able to find a way to serve others and navigate their own journey to creating their version of a purpose-filled life! and now they are coming on to tell us HOW so we can too!

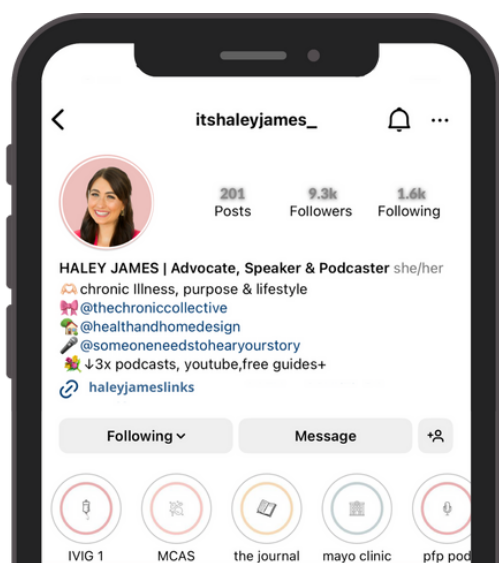
TAKE OWNERSHIP OF YOUR LIFE

# Support



## SHOP THE STORE

We know that how we choose to show up in our lives matters – that can include how we dress and choose to express ourselves! That's why I created some timeless & style-versatile options that can help us start conversations and opportunities to share our stories that I know can truly make a difference in our lives and in the lives of others!



## CONNECT ON INSTAGRAM

Be sure to follow and connect with me on Insta where I share my life and chronic illness, passion & purpose, the things I am going through, and so much more!

I love meeting people and hearing their stories so please come join me over there and be sure to say hi! @itshaleyjames\_



TAKE OWNERSHIP OF YOUR LIFE

# Support: 1:1 Call

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Are you feeling lost or unsure about your path in life? Do you have a burning desire to pursue something greater, but don't know where to start or what next steps to take?

I know what it's like to be in your shoes. When I first started out on my own journey, I was filled with questions and uncertainty.

I couldn't afford a business coach, but I just needed to talk to someone who had been there so they could answer some basic questions, give me feedback on my ideas, and point me to the resources that could help me get started.

That's why I wanted to offer my experience and insights to anyone who is going through a similar journey and just needs some help getting started through a 1:1 call!

TAKE OWNERSHIP OF YOUR LIFE

# Support: Support Group

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TAKE OWNERSHIP OF YOUR LIFE

# Support: Monthly Event

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Every month, I'm thrilled to host an event that brings together a vibrant community of individuals who share a common goal: to chase their passions, define their purpose, and create the life they've always dreamed of. These gatherings are all about watching, listening, and engaging with handpicked professionals from diverse fields, each chosen for their ability to inspire, educate, and equip you on your path towards success.

Whether it's a captivating panel discussion, a thought-provoking speaker, or insightful interviews, these events are carefully designed to be a platform where you can learn, grow, and connect with others on similar journeys. I've intentionally curated these occasions to be both informative and interactive, ensuring that you not only gain valuable insights but also have the chance to network and collaborate with fellow attendees who are on a mission to make their dreams a reality. We hope you'll come join us!

TAKE OWNERSHIP OF YOUR LIFE

# Support

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## SPEAKING & TEACHING

Sharing our stories is what unites us. I'm passionate about sharing what I've learned over the years to inspire empowerment, create awareness, motivate others, and impact change. Not only do I know what it's like to be a rare chronic illness warrior, but I've also endured incredibly challenging times, overcome impossible obstacles, and come out the other side – resilient and knowing my purpose – and now I want to help others find theirs.



## SNTHYS

As I said, I am super passionate about helping people share their stories, that's why I created, "Someone Needs To Hear Your Story" a street interview series to help encourage people to own and share their stories and experiences with the world.

# Type 5

# Type 5: Overview

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If you're a Type 5 on the Enneagram, you're likely an analytical and curious individual who values knowledge and understanding. According to Enneagram expert Dr. Beatrice Chestnut, Type 5 individuals have a core belief that they must conserve their energy and resources in order to feel safe and secure [1]. This can make you an excellent problem solver and researcher, and your thirst for knowledge and understanding can lead you to become an expert in your field.

However, being a Type 5 also comes with its challenges. Enneagram coach Sarajane Case notes that Type 5 individuals may struggle with socializing and connecting with others, as they may feel drained by social interaction and prefer to spend time alone [2]. It's important to remember that while knowledge and understanding are important, personal relationships and connections are also essential for a fulfilling life.

By embracing your strengths and working on your challenges, you can become an even more knowledgeable and fulfilled person. Enneagram teacher and author Suzanne Stabile encourages Type 5 individuals to engage with the world and share their expertise with others, in order to avoid becoming isolated and disconnected [3]. When you're able to balance your need for knowledge with your need for connection, you can live a life that's both intellectually stimulating and emotionally satisfying.

Ultimately, being a Type 5 is a gift, and by using your intellect and curiosity to make a positive impact on the world, you can inspire others and leave a lasting legacy. So go out there and share your knowledge and insights, Type 5's!

[1] Chestnut, B. (2016). *The Complete Enneagram: 27 Paths to Greater Self-Knowledge*. She Writes Press.

[2] Case, S. (2019). *The Honest Enneagram: Know Your Type, Own Your Challenges, Embrace Your Growth*. Fair Winds Press.

[3] Stabile, S. (2018). *The Path Between Us: An Enneagram Journey to Healthy Relationships*. InterVarsity Press.

# Type 5: Strengths

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As a Type 5 on the Enneagram, you also have many unique strengths that can help you take ownership of your life and find your true path. Your analytical and curious nature, ability to focus deeply on a subject, and independence are major assets that can help you achieve your goals and make a meaningful contribution to the world.

One strength of Type 5 individuals is their analytical and curious nature. Enneagram coach and author Elizabeth Wagele notes that Type 5's have a natural ability to observe and analyze the world around them, and are highly curious about how things work [1]. This can be a major asset in both personal and professional contexts, allowing Type 5's to gather information and knowledge to inform their decisions and pursuits.

Another strength of Type 5's is their ability to focus deeply on a subject. Enneagram teacher and author Don Richard Riso notes that Type 5 individuals have a strong capacity for sustained concentration and can become experts in their chosen field [2]. This can be a major asset in achieving professional goals and making meaningful contributions to the world.

Ultimately, the key to taking ownership of your life as a Type 5 is to use your strengths in a healthy and balanced way. By embracing your analytical and curious nature, you can gather the knowledge and information you need to make informed decisions and pursue your passions. By cultivating your ability to focus deeply, you can achieve your goals and make a meaningful contribution to the world.

[1] Wagele, E. (1995). *The Enneagram of Parenting: The 9 Types of Children and How to Raise Them Successfully*. Harper Collins.

[2] Riso, D. R., & Hudson, R. (1999). *The wisdom of the enneagram: The complete guide to psychological and spiritual growth for the nine types*. Bantam.

# Type 5: Weaknesses

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As a Type 5 on the Enneagram, it's important to be aware of some of your weaknesses as well. One common weakness of Type 5's is their tendency to withdraw from social interactions and relationships. According to Enneagram coach Beatrice Chestnut, Type 5 individuals often struggle with feelings of inadequacy and a fear of being overwhelmed by others' needs and emotions [1]. This can lead to a sense of isolation and difficulty forming meaningful relationships. To address this weakness, Type 5's need to learn how to balance their need for independence with a willingness to engage with others, and cultivate a sense of empathy and emotional intelligence.

Another weakness of Type 5's is their tendency to hoard resources and knowledge. Enneagram teacher and author Russ Hudson notes that Type 5 individuals can become overly attached to their own knowledge and resources, leading to a sense of scarcity and a reluctance to share with others [2]. To address this weakness, Type 5's need to learn how to let go of their attachment to their knowledge and resources, and cultivate a sense of generosity and openness to others.

Ultimately, the key to addressing these weaknesses and taking ownership of your life as a Type 5 is to cultivate a sense of balance, empathy, and generosity. By balancing your need for independence with a willingness to engage with others, you can form meaningful relationships and contribute to the world in a meaningful way. By letting go of your attachment to your knowledge and resources and cultivating a sense of generosity, you can make a positive impact on others and the world around you.

[1] Chestnut, B. (2021). *The Complete Enneagram: 27 Paths to Greater Self-Knowledge*. She Writes Press.

[2] Riso, D. R., & Hudson, R. (1999). *The wisdom of the enneagram: The complete guide to psychological and spiritual growth for the nine types of personality*. Bantam.



# Type 5: Physical Wellness

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How do you balance your natural inclination for intellectual pursuits and the need to prioritize physical well-being in your life?

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In what ways do you seek knowledge and information about physical wellness to enhance your understanding and improve your overall health?

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How do you navigate the tendency to withdraw and isolate yourself while also engaging in activities that promote physical fitness and connection with your body?

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# Type 5: Emotional Wellness

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How can you use your introspection and analytical skills to identify and understand your own emotions?

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In what ways can you balance your need for emotional independence with connecting with others in healthy ways?

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How can you avoid getting caught up in analysis paralysis when it comes to addressing and processing your own emotions?

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# Type 5: Social Wellness

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In what ways can you use your analytical skills to understand and navigate social situations effectively?

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How can you balance your need for alone time and independence with healthy social connections?

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How can you avoid becoming overly withdrawn and isolated in social situations?

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# Type 5: Intellectual Wellness

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How can you use your love for learning and analysis to explore intellectual interests and pursue knowledge?

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In what ways can you balance your desire for knowledge and expertise with practical considerations such as time management?

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How do you navigate the tendency to withdraw into your own thoughts and ideas while also fostering meaningful connections and engaging in intellectual discussions with others?

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# Type 5: Occupational Wellness

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How can you use your analytical and research skills to find career paths that align with your values and interests?

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In what ways can you balance your need for independence and autonomy with collaboration and teamwork in the workplace?

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How can you avoid becoming overly focused on work at the expense of other areas of your life?

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# Type 5: Spiritual Wellness

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How can you use your analytical skills to explore and connect with your own spirituality and values?

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In what ways can you balance your need for intellectual exploration with the emotional and experiential aspects of spirituality?

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How can you avoid becoming overly analytical and detached in spiritual practices?

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# Type 5: Environmental Wellness

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In what ways can you use your analytical skills to promote environmental causes and reduce your own environmental impact?

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How can you balance your desire for knowledge and research with practical actions to make a positive impact on the environment?

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How can you find fulfillment and purpose in making a positive impact on the environment?

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# Type 5: Financial Wellness

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How can you use your analytical skills to create and manage a budget effectively?

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In what ways can you balance your desire for financial security and independence with practical considerations such as saving and investing?

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How can you avoid becoming overly focused on financial planning at the expense of enjoying your life in the present?

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# Type 5: Now What?

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Now that you've answered all these questions, what have you learned about yourself?

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After having this insight, what area of wellness do you feel you could improve on taking ownership of the most and how?

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Now that you have completed this - what 3 simple things can you do today to take ownership of your life (in any area)?

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TAKE OWNERSHIP OF YOUR LIFE

# Support

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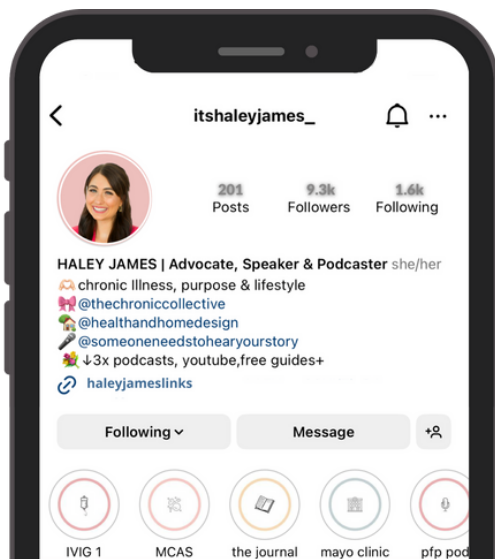
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# Support: 1:1 Call

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TAKE OWNERSHIP OF YOUR LIFE

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# Type 6

# Type 6: Overview

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If you're a Type 6 on the Enneagram, you're probably someone who values security, loyalty, and preparedness. Enneagram expert Don Riso describes Type 6 individuals as being "responsible, hardworking, and committed to safety and security" [1]. This makes you a dependable friend, employee, and partner, and your ability to anticipate potential problems and plan for the future can be a valuable asset in any situation.

However, being a Type 6 also comes with some challenges. Enneagram coach Ginger Lapid-Bogda notes that Type 6 individuals may struggle with anxiety and self-doubt, as they may constantly worry about potential threats and uncertainties [2]. It's important to remember that while being prepared is important, it's also essential to trust yourself and your ability to handle whatever challenges may arise.

By embracing your strengths and working on your challenges, you can become an even more resilient and confident person. Enneagram teacher and author Suzanne Stabile encourages Type 6 individuals to practice self-acceptance and cultivate trust in themselves and their relationships, in order to overcome their tendency towards anxiety and doubt [3]. When you're able to trust yourself and others, you'll be able to approach challenges with a sense of calm and confidence, rather than fear and uncertainty.

Ultimately, being a Type 6 is a gift, and by using your strengths to help yourself and others feel safe and secure, you can make a positive impact in the world. So keep being that reliable and prepared person and remember to trust yourself and your ability to handle whatever comes your way.

[1] Riso, D. (1987). *Discovering your personality type: The essential introduction to the enneagram revised and expanded*. Houghton Mifflin Harcourt.

[2] Lapid-Bogda, G. (2009). *The Enneagram in business: Discovering your type and mastering your career*. Wiley.

[3] Stabile, S. (2018). *The Path Between Us: An Enneagram Journey to Healthy Relationships*. InterVarsity Press.

# Type 6: Strengths

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As a Type 6 on the Enneagram, you have many unique strengths that can help you take ownership of your life and navigate uncertainty with resilience. Your loyalty, diligence, and ability to anticipate potential problems are major assets that can help you feel secure and grounded in your life.

One strength of Type 6 individuals is their loyalty and commitment to others. According to Enneagram teacher and author Beatrice Chestnut, Type 6's are highly attuned to the needs of their loved ones and prioritize their relationships above all else [1]. This loyalty can be a major asset in both personal and professional contexts, allowing Type 6's to build strong and enduring connections with others.

Another strength of Type 6's is their diligence and ability to work hard towards their goals. Enneagram coach and author Elizabeth Wagele notes that Type 6's are often very responsible and hardworking individuals [2]. This can be a major asset in both personal and professional contexts, allowing Type 6's to achieve their goals and build a sense of security in their lives.

Ultimately, the key to taking ownership of your life as a Type 6 is to use your strengths in a healthy and balanced way. By cultivating your loyalty and commitment to others, you can build strong relationships and feel grounded in your life. By working hard towards your goals and building a sense of security, you can navigate uncertainty with resilience and confidence.

[1] Chestnut, B. (2021). *The Complete Enneagram: 27 Paths to Greater Self-Knowledge*. She Writes Press.

[2] Wagele, E. (1995). *The Enneagram of Parenting: The 9 Types of Children and How to Raise Them Successfully*. Harper Collins.

# Type 6: Weaknesses

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As a Type 6 on the Enneagram, it's important to be aware of some of your weaknesses as well. One common weakness of Type 6's is their tendency to doubt themselves and seek reassurance from others. According to Enneagram teacher and author Don Richard Riso, Type 6 individuals often struggle with self-doubt and anxiety [1]. This can lead to a sense of insecurity and a lack of confidence in their own abilities. To address this weakness, Type 6's need to learn how to trust themselves and cultivate a sense of self-assurance, rather than relying on external validation.

Another weakness of Type 6's is their tendency to become overly cautious and hesitant in the face of uncertainty. According to Enneagram coach and author Renée Baron, Type 6 individuals often struggle with decision-making and can become paralyzed by their own fears and doubts [2]. This can lead to missed opportunities and a lack of forward momentum in their lives. To address this weakness, Type 6's need to learn how to trust their own judgment and make decisions with confidence, rather than becoming overwhelmed by their own anxieties.

Ultimately, the key to addressing these weaknesses and taking ownership of your life as a Type 6 is to cultivate a sense of self-trust, confidence, and courage. By trusting in yourself and your abilities, you can navigate uncertainty with resilience and make meaningful contributions to the world.

[1] Riso, D. R., & Hudson, R. (1999). *The wisdom of the enneagram: The complete guide to psychological and spiritual growth for the nine personality types*. Bantam.

[2] Baron, R. (2013). *What Type Am I?: Discover Who You Really Are*. HarperOne.

# Type 6: Physical Wellness

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How do you navigate the tension between your natural inclination for safety and security and the need to take risks and step outside of your comfort zone to prioritize physical well-being?

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In what ways do you seek reassurance and support from trusted sources when it comes to making decisions about your physical health and wellness?

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How do you balance your tendency to anticipate potential threats or dangers with engaging in activities that promote physical fitness and overall well-being?

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# Type 6: Emotional Wellness

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How can you use your loyalty and commitment to others to foster healthy and supportive relationships?

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In what ways can you balance your tendency towards anxiety and self-doubt with self-compassion and self-care?

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How can you avoid becoming overly dependent on others for validation and reassurance?

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# Type 6: Social Wellness

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In what ways can you use your loyalty and commitment to others to build strong and meaningful social connections?

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How can you balance your tendency towards anxiety and mistrust with healthy social boundaries and communication skills?

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How can you avoid becoming overly dependent on others for a sense of security and belonging?

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# Type 6: Intellectual Wellness

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How can you use your loyalty and commitment to personal values to pursue intellectual interests and growth?

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In what ways can you balance your desire for information and knowledge with the need for self-reflection and integration?

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How can you avoid becoming overly attached to specific beliefs or ideas and remain open to new perspectives and information?

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# Type 6: Occupational Wellness

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How can you use your loyalty and commitment to a team or organization to find fulfillment and purpose in your career?

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In what ways can you balance your need for job security with taking calculated risks to pursue new opportunities and growth?

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How can you avoid becoming overly dependent on a job or organization for a sense of identity and security?

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# Type 6: Spiritual Wellness

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How can you use your loyalty and commitment to personal values to connect with your own spirituality and beliefs?

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In what ways can you balance your need for security and certainty with openness and exploration in spiritual practices?

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How can you avoid becoming overly attached to specific spiritual beliefs or practices and remain open to new experiences and growth?

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# Type 6: Environmental Wellness

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In what ways can you use your loyalty and commitment to others to promote environmental causes and reduce your own environmental impact?

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How can you balance your desire for stability and security with taking action to address environmental issues and promote sustainability?

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How can you find fulfillment and purpose in making a positive impact on the environment?

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# Type 6: Financial Wellness

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How can you use your loyalty and commitment to personal values to create and manage a budget effectively?

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In what ways can you balance your desire for financial security with taking calculated risks to pursue financial growth and opportunity?

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How can you avoid becoming overly dependent on financial stability for a sense of security and well-being?

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# Type 6: Now What?

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Now that you've answered all these questions, what have you learned about yourself?

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After having this insight, what area of wellness do you feel you could improve on taking ownership of the most and how?

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Now that you have completed this - what 3 simple things can you do today to take ownership of your life (in any area)?

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TAKE OWNERSHIP OF YOUR LIFE

# Support

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Thank you for taking the time to read through this journal and guide. It's my hope that the insights and strategies shared within these pages have provided you with the inspiration and guidance needed to take control of your life and move forward with greater confidence and purpose.

Remember, self-improvement is a continuous journey, and I am here to support you every step of the way.

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# Support



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Others on YouTube shared their stories & gave me hope when I needed it most & that made all the difference for me on my health journey & finding my purpose. My goal here on this channel is to be able to do the same for you!

You can expect all things chronic illness experience & education, advocacy, chats about passion & purpose, and a lot of me just sharing who I am & who I am working to become. I hope you'll join me!



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Each episode, we invite truly INCREDIBLE guests who have had those same feelings of being stuck or not doing something they love & instead of sitting in those feelings - decided to TAKE ACTION and DO SOMETHING to create more purpose-filled lives for themselves.

Here they share their own personal stories, triumphs, and challenges, how they discovered their passions and how they were able to find a way to serve others and navigate their own journey to creating their version of a purpose-filled life! and now they are coming on to tell us HOW so we can too!

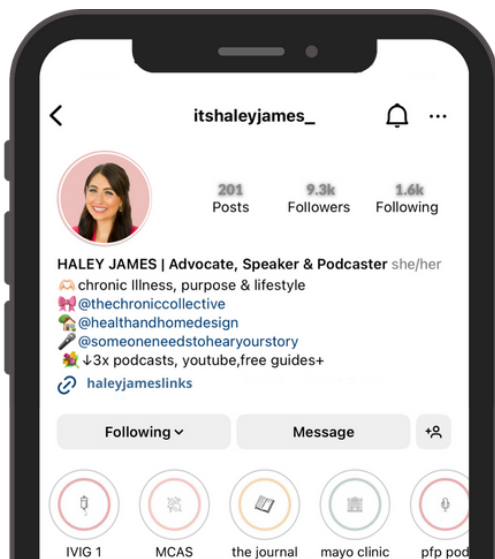
TAKE OWNERSHIP OF YOUR LIFE

# Support



## SHOP THE STORE

We know that how we choose to show up in our lives matters – that can include how we dress and choose to express ourselves! That's why I created some timeless & style-versatile options that can help us start conversations and opportunities to share our stories that I know can truly make a difference in our lives and in the lives of others!



## CONNECT ON INSTAGRAM

Be sure to follow and connect with me on Insta where I share my life and chronic illness, passion & purpose, the things I am going through, and so much more!

I love meeting people and hearing their stories so please come join me over there and be sure to say hi! @itshaleyjames\_



TAKE OWNERSHIP OF YOUR LIFE

# Support: 1:1 Call

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Are you feeling lost or unsure about your path in life? Do you have a burning desire to pursue something greater, but don't know where to start or what next steps to take?

I know what it's like to be in your shoes. When I first started out on my own journey, I was filled with questions and uncertainty.

I couldn't afford a business coach, but I just needed to talk to someone who had been there so they could answer some basic questions, give me feedback on my ideas, and point me to the resources that could help me get started.

That's why I wanted to offer my experience and insights to anyone who is going through a similar journey and just needs some help getting started through a 1:1 call!

TAKE OWNERSHIP OF YOUR LIFE

# Support: Support Group

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Chasing your passions and pursuing your purpose can be amazing, but it can also be incredibly challenging. I've learned along the way that doing it alongside a supportive community makes all the difference and greatly increases your chances of success!

Every month, we gather virtually to watch, listen, and engage with carefully chosen professionals from diverse fields. These experts are handpicked to inspire, empower, educate, and equip you as you chase your dreams, your purpose, and that ideal life you're working towards. Whether through panel discussions, inspiring talks, or insightful interviews, these events are thoughtfully designed to provide a space where you can absorb valuable insights and connect, network, and collaborate with others who share your journey. I hope you'll come join us!

TAKE OWNERSHIP OF YOUR LIFE

# Support: Monthly Event

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Every month, I'm thrilled to host an event that brings together a vibrant community of individuals who share a common goal: to chase their passions, define their purpose, and create the life they've always dreamed of. These gatherings are all about watching, listening, and engaging with handpicked professionals from diverse fields, each chosen for their ability to inspire, educate, and equip you on your path towards success.

Whether it's a captivating panel discussion, a thought-provoking speaker, or insightful interviews, these events are carefully designed to be a platform where you can learn, grow, and connect with others on similar journeys. I've intentionally curated these occasions to be both informative and interactive, ensuring that you not only gain valuable insights but also have the chance to network and collaborate with fellow attendees who are on a mission to make their dreams a reality. We hope you'll come join us!

TAKE OWNERSHIP OF YOUR LIFE

# Support

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## SPEAKING & TEACHING

Sharing our stories is what unites us. I'm passionate about sharing what I've learned over the years to inspire empowerment, create awareness, motivate others, and impact change. Not only do I know what it's like to be a rare chronic illness warrior, but I've also endured incredibly challenging times, overcome impossible obstacles, and come out the other side – resilient and knowing my purpose – and now I want to help others find theirs.



## SNTHYS

As I said, I am super passionate about helping people share their stories, that's why I created, "Someone Needs To Hear Your Story" a street interview series to help encourage people to own and share their stories and experiences with the world.

# Type 7

# Type 7: Overview

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If you're a Type 7 on the Enneagram, you're probably an enthusiastic and adventurous person who loves to explore new ideas and experiences. Enneagram expert Don Richard Riso describes Type 7 individuals as being "optimistic, outgoing, and spontaneous," with a desire to avoid pain and seek out pleasure [1]. This can make you a fun and lively presence in any social setting, and your ability to see the bright side of things can be contagious.

However, being a Type 7 also comes with its challenges. Enneagram coach Elizabeth Wagele notes that Type 7 individuals may struggle with impulsiveness and avoiding negative emotions, as they may constantly seek out new experiences and distractions to avoid feelings of boredom or discomfort [2]. It's important to remember that it's okay to experience all types of emotions, and by acknowledging and processing them, you can learn and grow from them.

By embracing your strengths and working on your challenges, you can become an even more joyful and fulfilled person. Enneagram teacher and author Beatrice Chestnut encourages Type 7 individuals to practice mindfulness and focus on the present moment, rather than constantly planning and seeking out the next adventure [3]. When you're able to find joy and contentment in the present, you'll be able to fully appreciate the experiences and relationships in your life.

Ultimately, being a Type 7 is a gift, and by embracing your love for adventure and joy while also being mindful of your emotions, you can live a life that's full of excitement and meaning. So keep exploring and experiencing all that life has to offer, Type 7's!

[1] Riso, D. R., & Hudson, R. (1999). *The wisdom of the enneagram: The complete guide to psychological and spiritual growth for the nine personality types*. Bantam.

[2] Wagele, E. (2017). *The Enneagram of Grief: Finding Your Pathway to Healing and Growth*. Mango Media.

[3] Chestnut, B. (2021). *The 9 Types of Leadership: Mastering the Art of People in the 21st Century Workplace*. Post Hill Press.

# Type 7: Strengths

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As a Type 7 on the Enneagram, you have many unique strengths that can help you take ownership of your life and find your true path. Your sense of optimism, enthusiasm, and creativity are major assets that can help you explore the world and find new opportunities.

One strength of Type 7 individuals is their sense of optimism and ability to see the positive in every situation. According to Enneagram coach and author Elizabeth Wagele, Type 7's are naturally upbeat and optimistic, and tend to focus on possibilities rather than limitations [1]. By embracing this strength, Type 7's can approach life with a sense of enthusiasm and curiosity, and find joy and fulfillment in their experiences.

Another strength of Type 7's is their creativity and ability to generate new ideas and possibilities. Enneagram teacher and author Don Richard Riso notes that Type 7 individuals are often highly creative and have a natural talent for brainstorming and generating new possibilities [2]. This can be a major asset in both personal and professional contexts, allowing Type 7's to explore new opportunities and find innovative solutions to problems.

Ultimately, the key to taking ownership of your life as a Type 7 is to use your strengths in a healthy and balanced way. By embracing your sense of optimism and enthusiasm, you can approach life with a sense of joy and curiosity, and find fulfillment in your experiences. By cultivating your creativity and generating new possibilities, you can explore the world and find new opportunities for growth and learning.

[1] Wagele, E. (1995). *The Enneagram of Parenting: The 9 Types of Children and How to Raise Them Successfully*. Harper Collins.

[2] Riso, D. R., & Hudson, R. (1999). *The wisdom of the enneagram: The complete guide to psychological and spiritual growth for the nine personality types*. Bantam.

# Type 7: Weaknesses

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One common weakness of Type 7's is their tendency to avoid difficult emotions and experiences. According to Enneagram coach Beatrice Chestnut, Type 7 individuals often struggle with boredom and discomfort, and tend to avoid negative emotions by seeking out new experiences and distractions [1]. This can lead to a sense of disconnection from their own emotions and a lack of depth in their relationships. To address this weakness, Type 7's need to learn how to stay present with their emotions and experiences, and cultivate a sense of inner stillness and reflection.

Another weakness of Type 7's is their tendency to overindulge in pleasures and distractions. Enneagram teacher and author Russ Hudson notes that Type 7 individuals often struggle with excess and can become addicted to various forms of stimulation [2]. This can lead to a sense of disconnection from their own bodies and a lack of grounding in their lives. To address this weakness, Type 7's need to learn how to cultivate moderation and balance in their lives, and develop a sense of stability.

Ultimately, the key to addressing these weaknesses and taking ownership of your life as a Type 7 is to cultivate a sense of presence, balance, and depth. By staying present with your emotions and encounters, you can find greater depth and connection in your relationships and experiences. By cultivating moderation and balance, you can find greater stability and grounding in your life, and avoid getting lost in excess and distraction.

[1] Chestnut, B. (2021). *The Complete Enneagram: 27 Paths to Greater Self-Knowledge*. She Writes Press.

[2] Hudson, R. (2018). *The Wisdom of the Enneagram*. Random House Publishing Group.



# Type 7: Physical Wellness

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How do you balance your natural inclination for excitement, novelty, and variety with the need for consistent physical self-care and well-being?

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In what ways do you incorporate fun, adventurous activities into your fitness routines and overall approach to physical wellness?

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How do you manage your tendency to avoid discomfort or boredom when it comes to maintaining consistent healthy habits and routines?

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# Type 7: Emotional Wellness

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How can you use your enthusiasm and optimism to cultivate a positive and resilient emotional outlook?

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In what ways can you balance your tendency towards distraction and avoidance with processing and addressing difficult emotions?

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How can you avoid becoming overly reliant on pleasure and excitement as a way to avoid uncomfortable emotions?

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# Type 7: Social Wellness

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In what ways can you use your enthusiasm and creativity to foster positive and fun social connections?

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How can you balance your need for social stimulation and variety with meaningful and authentic relationships?

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How can you avoid becoming overly reliant on social activities as a way to avoid emotional discomfort or boredom?

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# Type 7: Intellectual Wellness

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How can you use your curiosity and thirst for adventure to pursue intellectual interests and growth?

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In what ways can you balance your desire for novelty and variety with the need for depth and focus in intellectual pursuits?

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How can you avoid becoming overly scattered and distracted in pursuing intellectual goals?

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# Type 7: Occupational Wellness

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How can you use your enthusiasm and creativity to find career paths that align with your passions and interests?

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In what ways can you balance your need for freedom and variety with the practical considerations of a stable career?

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How can you avoid becoming overly restless and unfocused in your career pursuits?

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# Type 7: Spiritual Wellness

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How can you use your enthusiasm and curiosity to explore and connect with your own spirituality and beliefs?

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In what ways can you balance your need for novelty and variety with the need for consistency and depth in spiritual practices?

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How can you avoid becoming overly attached to spiritual experiences or beliefs as a way to avoid discomfort or boredom?

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# Type 7: Environmental Wellness

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In what ways can you use your enthusiasm and creativity to promote environmental causes and reduce your own environmental impact?

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How can you balance your desire for adventure and variety with taking consistent and meaningful actions to promote sustainability?

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How can you find fulfillment and purpose in making a positive impact on the environment?

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# Type 7: Financial Wellness

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How can you use your enthusiasm and creativity to find innovative and exciting ways to manage your finances?

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In what ways can you balance your desire for financial freedom and adventure with responsible and sustainable financial practices?

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How can you avoid becoming overly reliant on spending and indulgence as a way to avoid emotional discomfort or boredom?

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# Type 7: Now What?

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Now that you've answered all these questions, what have you learned about yourself?

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After having this insight, what area of wellness do you feel you could improve on taking ownership of the most and how?

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Now that you have completed this - what 3 simple things can you do today to take ownership of your life (in any area)?

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TAKE OWNERSHIP OF YOUR LIFE

# Support

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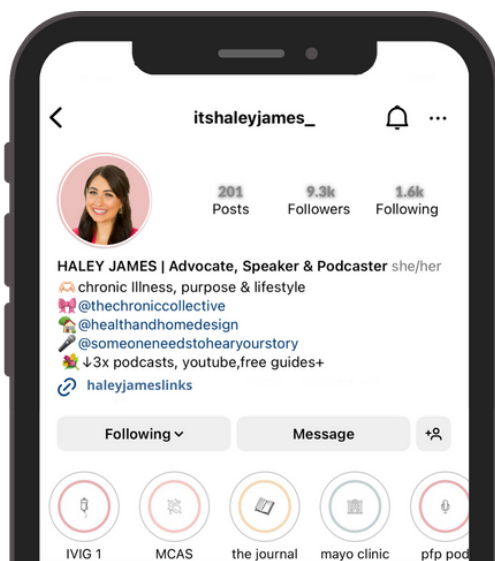
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TAKE OWNERSHIP OF YOUR LIFE

# Support: 1:1 Call

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# Type 8

# Type 8: Overview

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If you're a Type 8 on the Enneagram, you're probably a natural leader and a force to be reckoned with. Enneagram expert Don Richard Riso describes Type 8 individuals as being "challengers" who have a strong desire for control and independence [1]. This can make you an excellent problem-solver and a powerful advocate for yourself and others.

However, being a Type 8 also comes with some challenges. Enneagram coach Beatrice Chestnut notes that Type 8 individuals may struggle with vulnerability and trusting others, as they may have a tendency to take charge and not show weakness [2]. It's important to remember that vulnerability and openness can actually be strengths, as they allow for deeper connections and understanding with others.

By embracing your strengths and working on your challenges, you can become an even more impactful and compassionate person. Enneagram teacher and author Suzanne Stabile encourages Type 8 individuals to cultivate empathy and a sense of justice, in order to balance their desire for control with their concern for others [3]. When you're able to harness your strength and use it for the greater good, you can create positive change in the world.

Ultimately, being a Type 8 is a gift, and by embracing your power while also cultivating vulnerability and empathy, you can lead with integrity and inspire others to do the same. So go out there and make a difference, Type 8's!

[1] Riso, D. R. & Hudson, R. (2000). *The Wisdom of the Enneagram: The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types*. Bantam.

[2] Chestnut, B. (2016). *The Complete Enneagram: 27 Paths to Greater Self-Knowledge*. She Writes Press.

[3] Stabile, S. (2018). *The Path Between Us: An Enneagram Journey to Healthy Relationships*. InterVarsity Press.

# Type 8: Strengths

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As a Type 8 on the Enneagram, you have many unique strengths that can help you take ownership of your life and assert your power in the world. Your confidence, leadership skills, and ability to take action are major assets that can help you achieve your goals and make a positive impact on those around you.

One strength of Type 8 individuals is their confidence and sense of self-assurance. According to Enneagram coach and author Ginger Lapid-Bogda, Type 8's are naturally confident and assertive, and have a strong sense of their own power and authority [1]. By embracing their confidence, Type 8's can assert their authority in the world and make meaningful contributions to their communities.

Another strength of Type 8's is their leadership skills and ability to take charge of situations. Enneagram teacher and author Russ Hudson notes that Type 8 individuals are often natural leaders who are able to take decisive action and inspire others to follow them [2]. This can be a major asset in both personal and professional contexts, allowing Type 8's to achieve their goals and make a positive impact on the world.

Ultimately, the key to taking ownership of your life as a Type 8 is to use your strengths in a healthy and balanced way. By embracing your confidence and asserting your authority in the world, you can achieve your goals and make a positive impact on those around you. By cultivating your leadership skills and inspiring others to follow you, you can create positive change in the world and leave a lasting legacy.

[1] Lapid-Bogda, G. (2009). *The Art of Typing: Powerful Tools for Enneagram Typing*. The Enneagram in Business Press.

[2] Hudson, R. (2018). *The Wisdom of the Enneagram*. Random House Publishing Group.

# Type 8: Weaknesses

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As a Type 8 on the Enneagram, it's important to be aware of some of your weaknesses as well. One common weakness of Type 8's is their tendency to become controlling and domineering. According to Enneagram coach Beatrice Chestnut, Type 8 individuals often struggle with a need for control and can become overly aggressive in their pursuit of power [1]. This can lead to conflicts with others and a sense of isolation. To address this weakness, Type 8's need to learn how to balance their need for control with an openness to the ideas and opinions of others, and cultivate a sense of humility.

Another weakness of Type 8's is their tendency to neglect their own emotional needs and vulnerabilities. Enneagram teacher and author Don Richard Riso notes that Type 8 individuals often struggle with vulnerability and emotional intimacy, and can become disconnected from their own feelings [2]. This can lead to a sense of disconnection from others and difficulty building meaningful relationships. To address this weakness, Type 8's need to learn how to connect with their own emotions and vulnerabilities, and cultivate a sense of empathy and compassion towards others.

Ultimately, the key to addressing these weaknesses and taking ownership of your life as a Type 8 is to cultivate a sense of balance, humility, and emotional awareness. By balancing your need for control with an openness to others, you can create positive change in the world without alienating those around you. By connecting with your own emotions and vulnerabilities, you can build meaningful relationships and create a sense of connection and community in your life.

[1] Chestnut, B. (2021). *The Complete Enneagram: 27 Paths to Greater Self-Knowledge*. She Writes Press.

[2] Riso, D. R., & Hudson, R. (1999). *The wisdom of the enneagram: The complete guide to psychological and spiritual growth for the nine personality types*. Bantam.

# Type 8: Physical Wellness

How do you balance your natural inclination for strength, power, and assertiveness with the need for self-care, rest, and rejuvenation to maintain optimal physical wellness?

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In what ways do you channel your energy and assertiveness into physical activities or fitness routines that support your overall health and well-being?

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How do you navigate any tendencies towards excessive control or pushing yourself too hard in the pursuit of physical goals, while still maintaining a healthy and sustainable approach to physical wellness?

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# Type 8: Emotional Wellness

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How can you use your strength and self-assuredness to cultivate a positive and empowered emotional outlook?

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In what ways can you balance your tendency towards anger and aggression with healthy emotional boundaries and self-reflection?

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How can you avoid becoming overly defensive or confrontational in your emotional interactions with others?

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# Type 8: Social Wellness

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In what ways can you use your leadership and assertiveness to build strong and meaningful social connections?

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How can you balance your tendency towards control and dominance with healthy communication skills and respect for others' autonomy?

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How can you avoid becoming overly possessive or controlling in your social relationships?

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# Type 8: Intellectual Wellness

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How can you use your strength and determination to pursue intellectual interests and growth?

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In what ways can you balance your desire for challenge and competition with the need for self-reflection and integration?

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How can you avoid becoming overly attached to specific beliefs or ideas and remain open to new perspectives and information?

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# Type 8: Occupational Wellness

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How can you use your leadership and assertiveness to find fulfillment and purpose in your career?

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In what ways can you balance your need for autonomy and control with collaborating and building a team?

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How can you avoid becoming overly dominating or dismissive in your professional relationships?

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# Type 8: Spiritual Wellness

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How can you use your strength and determination to connect with your own spirituality and beliefs?

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In what ways can you balance your need for control and power with openness and vulnerability in spiritual practices?

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How can you avoid becoming overly attached to spiritual experiences or beliefs as a way to exert control or dominance?

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# Type 8: Environmental Wellness

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In what ways can you use your strength and assertiveness to promote environmental causes and reduce your own environmental impact?

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How can you balance your desire for control and action with working collaboratively and respectfully with others to promote sustainability?

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How can you find fulfillment and purpose in making a positive impact on the environment?

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# Type 8: Financial Wellness

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How can you use your strength and assertiveness to create and manage a successful financial plan?

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In what ways can you balance your need for control and power with being financially responsible and fair?

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How can you avoid becoming overly attached to financial success as a way to exert control or dominance over others?

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# Type 8: Now What?

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Now that you've answered all these questions, what have you learned about yourself?

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After having this insight, what area of wellness do you feel you could improve on taking ownership of the most and how?

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Now that you have completed this - what 3 simple things can you do today to take ownership of your life (in any area)?

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TAKE OWNERSHIP OF YOUR LIFE

# Support

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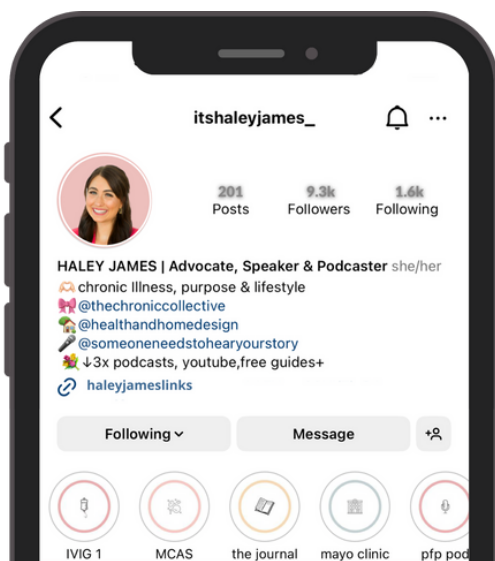
TAKE OWNERSHIP OF YOUR LIFE

# Support



## SHOP THE STORE

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## CONNECT ON INSTAGRAM

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I love meeting people and hearing their stories so please come join me over there and be sure to say hi! @itshaleyjames\_



TAKE OWNERSHIP OF YOUR LIFE

# Support: 1:1 Call

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# Support: Support Group

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TAKE OWNERSHIP OF YOUR LIFE

# Support: Monthly Event

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TAKE OWNERSHIP OF YOUR LIFE

# Support

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## SPEAKING & TEACHING

Sharing our stories is what unites us. I'm passionate about sharing what I've learned over the years to inspire empowerment, create awareness, motivate others, and impact change. Not only do I know what it's like to be a rare chronic illness warrior, but I've also endured incredibly challenging times, overcome impossible obstacles, and come out the other side – resilient and knowing my purpose – and now I want to help others find theirs.



## SNTHYS

As I said, I am super passionate about helping people share their stories, that's why I created, "Someone Needs To Hear Your Story" a street interview series to help encourage people to own and share their stories and experiences with the world.

# Type 9

# Type 9: Overview

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If you're a Type 9 on the Enneagram, you're likely a peacemaker and mediator at heart. Enneagram expert Don Richard Riso describes Type 9 individuals as "easygoing, receptive, reassuring, agreeable, and complacent" [1]. Your ability to see different perspectives and make compromises makes you a valuable asset in any group or team.

However, being a Type 9 also comes with its challenges. Enneagram coach Elizabeth Wagele notes that Type 9 individuals may struggle with procrastination and indecisiveness, as they may prioritize avoiding conflict over taking action [2]. It's important to remember that making a decision and taking action, even if it means facing some discomfort or conflict, is often better than avoiding it altogether.

By embracing your strengths and working on your challenges, you can become an even more effective peacemaker and contributor to society. Enneagram teacher and author Suzanne Stabile encourages Type 9 individuals to connect with their own desires and priorities, rather than constantly deferring to others [3]. When you're able to assert yourself and make your own needs known, you can create more meaningful and fulfilling relationships with others.

Ultimately, being a Type 9 is a gift, and by using your ability to see multiple perspectives and mediate conflicts while also standing up for your own needs and desires, you can create a more harmonious and peaceful world. So keep spreading that peace and positivity, Type 9's!

[1] Riso, D.R., & Hudson, R. (1996). *The Wisdom of the Enneagram: The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types*. Bantam.

[2] Wagele, E. (1995). *The Enneagram Made Easy: Discover the 9 Types of People*. HarperOne.

[3] Stabile, S. (2018). *The Path Between Us: An Enneagram Journey to Healthy Relationships*. InterVarsity Press.

# Type 9: Strengths

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As a Type 9 on the Enneagram, you have many unique strengths that can help you take ownership of your life and find your true path. Your ability to see multiple perspectives, find common ground, and create harmony are major assets that can help you navigate difficult situations and build strong relationships.

One strength of Type 9 individuals is their ability to see multiple perspectives and find common ground. According to Enneagram coach and author Elizabeth Wagele, Type 9's are skilled at seeing things from different angles and finding common ground between people [1]. By embracing this strength, Type 9's can build strong relationships and navigate difficult situations with ease.

Another strength of Type 9's is their ability to create harmony and balance. Enneagram teacher and author Russ Hudson notes that Type 9 individuals are often skilled at creating environments that are peaceful and harmonious [2]. This can be a major asset in personal and professional contexts, allowing Type 9's to create a sense of unity and cooperation among diverse groups of people. Ultimately, the key to taking ownership of your life as a Type 9 is to use your strengths in a healthy and balanced way.

By embracing your ability to see multiple perspectives and find common ground, you can build strong relationships and navigate difficult situations with ease. By cultivating your ability to create harmony and balance, you can create a sense of unity and cooperation in your personal and professional life.

[1] Wagele, E. (1995). *The Enneagram of Parenting: The 9 Types of Children and How to Raise Them Successfully*. Harper Collins.

[2] Hudson, R. (2018). *The Wisdom of the Enneagram*. Random House Publishing Group.

# Type 9: Weaknesses

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One common weakness of Type 9's is their tendency to avoid conflict and assertiveness. According to Enneagram coach Beatrice Chestnut, Type 9 individuals often struggle with expressing their own opinions and standing up for themselves [1]. This can lead to a sense of resentment and disconnection from others. To address this weakness, Type 9's need to learn how to assert themselves and speak up for their own needs and desires.

Another weakness of Type 9's is their tendency to become passive and indecisive. According to Enneagram teacher and author Don Richard Riso, Type 9 individuals often struggle with making decisions and taking action [2]. This can lead to a sense of inertia and a lack of forward momentum. To address this weakness, Type 9's need to learn how to take decisive action and make choices that are in alignment with their own values and goals.

Ultimately, the key to addressing these weaknesses and taking ownership of your life as a Type 9 is to cultivate a sense of assertiveness, decisiveness, and self-expression. By learning to assert yourself and speak up for your own needs and desires, you can build stronger relationships and find a greater sense of fulfillment in your life. By taking decisive action and making choices that are in alignment with your values and goals, you can create a sense of forward momentum and achieve your dreams.

[1] Chestnut, B. (2021). *The Complete Enneagram: 27 Paths to Greater Self-Knowledge*. She Writes Press.

[2] Riso, D. R., & Hudson, R. (1999). *The wisdom of the enneagram: The complete guide to psychological and spiritual growth for the nine personality types*. Bantam.



# Type 9: Physical Wellness

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How do you find a balance between your natural inclination for harmony, peace, and avoiding conflict with the need to prioritize your physical health and well-being?

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In what ways do you incorporate movement, exercise, or physical activities that bring you joy and promote a sense of inner calm and balance?

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How do you navigate any tendencies towards inertia or complacency when it comes to maintaining consistent physical wellness habits, while still honoring your need for relaxation and downtime?

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# Type 9: Emotional Wellness

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How can you use your empathy and ability to see multiple perspectives to cultivate emotional balance and harmony?

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In what ways can you balance your tendency towards avoidance and self-neglect with processing and addressing difficult emotions?

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How can you avoid becoming overly accommodating or sacrificing your own needs in order to maintain harmony in your relationships?

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# Type 9: Social Wellness

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In what ways can you use your ability to create a peaceful and inclusive environment to foster positive social connections?

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How can you balance your tendency towards conflict avoidance with assertively communicating your needs and boundaries?

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How can you avoid becoming overly passive or sacrificing your own needs in order to maintain harmony in your social relationships?

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# Type 9: Intellectual Wellness

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How can you use your ability to see multiple perspectives and find common ground to pursue intellectual growth and understanding?

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In what ways can you balance your tendency towards inaction and complacency with taking meaningful steps towards intellectual goals?

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How can you avoid becoming overly passive or avoiding intellectual challenges and growth opportunities?

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# Type 9: Occupational Wellness

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How can you use your ability to create a harmonious and peaceful work environment to find fulfillment and purpose in your career?

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In what ways can you balance your desire for peace and harmony with taking assertive steps towards career advancement and success?

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How can you avoid becoming overly accommodating or sacrificing your own needs in order to maintain harmony in your professional relationships?

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# Type 9: Spiritual Wellness

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How can you use your ability to connect with others and promote harmony to explore and connect with your own spirituality and beliefs?

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In what ways can you balance your tendency towards passivity and avoidance with taking proactive steps towards spiritual growth and development?

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How can you avoid becoming overly attached to spiritual experiences or beliefs as a way to avoid conflict or discomfort?

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# Type 9: Environmental Wellness

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In what ways can you use your ability to promote harmony and inclusivity to promote environmental causes and reduce your own environmental impact?

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How can you balance your desire for peace and harmony with taking assertive steps towards promoting sustainability and environmental justice?

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How can you find fulfillment and purpose in making a positive impact on the environment?

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# Type 9: Financial Wellness

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How can you use your ability to find common ground and promote harmony to manage your finances in a responsible and sustainable way?

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In what ways can you balance your desire for financial stability and security with taking proactive steps towards financial growth and success?

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How can you avoid becoming overly passive or neglectful in managing your finances and financial goals?

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# Type 9: Now What?

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Now that you've answered all these questions, what have you learned about yourself?

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After having this insight, what area of wellness do you feel you could improve on taking ownership of the most and how?

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Now that you have completed this - what 3 simple things can you do today to take ownership of your life (in any area)?

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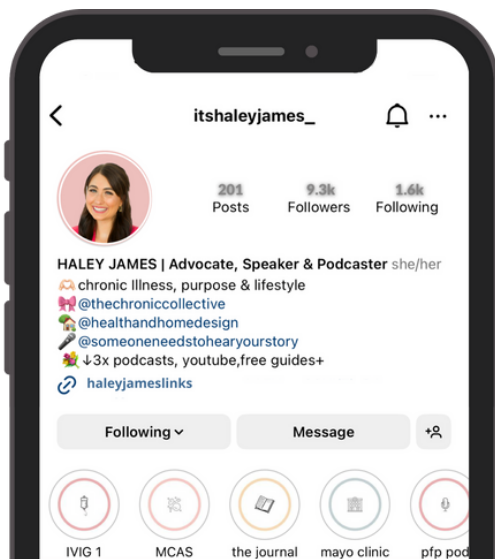
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TAKE OWNERSHIP OF YOUR LIFE

# Thank You

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Thanks so much for taking the time to check out my site, my content and support all that I do. It really truly means so much.

As someone with a bunch of chronic conditions, being able to create businesses that I can manage while sick, are in areas that I am passionate about AND help people - is such a blessing and I couldn't do it without the love and support I get from you, so thank you.

I am incredibly grateful to be able to live out my dreams and purpose in this way and want to be able to continually thank you by creating content that actually helps you!

So with all that being said, I would love to hear any suggestions of things you are looking for or needing on your journey so that I can figure out the best way to continue to make content that supports you!

You can get in touch with me through my contact page, or find me on Instagram @itshaleyjames\_ and send me a message there.

Thanks again for your love & support. I couldn't do this without you.

As always - I love you, I mean it ♡

