

381: What the Enneagram Reveals

10 Point Checklist

Leah Elias

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



**"Enneagram is about one's motivations;
it's not necessarily about one's behavior."**

LEAH ELIAS

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Discover my Enneagram type by taking the [Enneagram test](#). The test has nine personality types to help me learn more about my core longing and motivation.
- Be open to the journey of transformation and growth. Knowing myself and my motivations will allow me to sustain my life's development and all positive change. At times, the journey may be difficult and painful, but in the end, it is rewarding and beautiful.
- Understand the motivations of each Enneagram personality type. I can make deeper connections with others if I understand each personality type's patterns and motivations.
- Analyze my personality patterns. Awareness of these patterns will help me deal with them better.
- Accept critical feedback from others. I don't need to heed it if it doesn't lead to positive and transformative personal growth. Realize that I can say "NO" to advice.
- Acknowledge my emotions. Awareness of my emotions can help me clearly talk about my feelings, healthily avoid or resolve conflicts, and move past difficult feelings more easily.
- Understand what internal misconceptions create my Imposter Syndrome. Imposter syndrome is a self-doubt pattern leading to anxiety, stress, and missed opportunities. Recognizing Imposter Syndrome and having the tools to conquer it can help me erase self-doubt.
- Replace negative thoughts with positive ones. Negative thought patterns are repetitive, unproductive thoughts. They serve no real purpose and directly cause negative emotions. Once I learn to recognize and identify these thought patterns as they occur, I can choose how to react.
- Be mindful of how I react to situations. I may not be fully responsible for everything around me, but my reactions are 100% under my control.
- Visit Leah Elias' [website](#) or email her at leah@enneagram.studio to know her better and learn more about her Enneagram coaching services.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/what-the-enneagram-reveals-with-leah-elias/>