

375: Personality Insights from the Enneagram

10 Point Checklist

Beth Kuper

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**



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 9 personality types that will help me interpret the world and manage my emotions.
- 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.
- Practice self-observation. This will allow me to do things without judgment.
- Learn to pause. This gives me the space to be more conscious and more present than my automatic reaction.
- Analyze my personality's patterns. Awareness of these patterns will help me deal with them better.
- Ask questions instead of judging or offering unsolicited comments or advice. People want to be understood; they don't want to be dictated on what they should be and do.
- Be mindful of how I react to situations. I may not be fully responsible for everything that happens around me but it's 100% on me how I react to things.
- Be in full acceptance that everything happens for a reason. The Divine allows me to grow and transform from every life experience I witness.
- Always take proactive action. In every situation that I will encounter, take some measures that will have a positive change on me and others around me.
- Welcome transformation with open arms. Don't be confined to my current views and beliefs. I can find my authentic self when I'm open to change.
- Contact Beth Kuper at bethkuper@gmail.com and schedule a complimentary "Get Acquainted" Zoom call with her.

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

<https://www.getyourselfoptimized.com/personality-insights-from-the-enneagram-with-beth-kuper/>