375: Personality Insights from the Enneagram

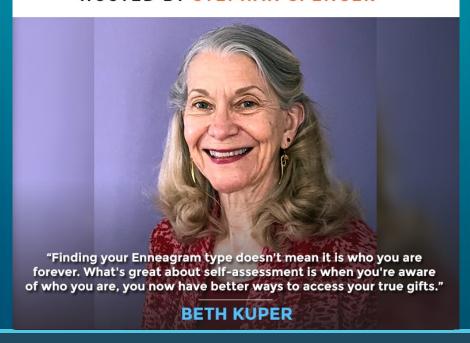
10 Point Checklist

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.



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

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