

# 435: Know Thyself through Astrology and 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.

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*Get* **YOURSELF OPTIMIZED**

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HOSTED BY **STEPHAN SPENCER**



“Astrology and the Enneagram are complementary. While the Enneagram focuses on personality types, astrology provides a broader, detailed perspective on your life's journey.”

**BETH KUPER**

# 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.**

- Learn the fundamental difference between horoscopes and astrology. Horoscopes are often simplistic and may not provide me with comprehensive insights.
- Explore the synergies between astrology and the Enneagram. Recognize both as personality profiling systems that can offer me unique perspectives on self-awareness and personal growth.
- Request a natal chart analysis to uncover my inherent talents, abilities, and challenges. Use this blueprint to gain a deeper understanding of my divine inheritance and navigate my life with purpose.
- Regularly check and stay informed about astrological transits that may impact my life, providing insights into specific timeframes of opportunities and challenges. Evaluate how the planetary alignments have influenced my mood, interactions, and overall well-being.
- Integrate spiritual practices, such as meditation, study, and connection with the divine, into my routine during potent transits. These practices align with Pluto's transformative energy.
- Stay prepared and poised for spiritual downloads or profound experiences. I should understand that spiritual practices contribute to becoming receptive to transformative moments.
- Explore practices like entrainments, energy healings, or modalities that deepen my spiritual connections. Develop a firm grasp of how these practices contribute to my spiritual preparedness and receptiveness.
- Contemplate my development and changes after I experience transformational encounters. Understand the impact on my outlook, priorities, and my perceived significance of previous life endeavors.
- Embrace my growth journey. Acknowledge that challenging periods contribute to personal evolution. Remember that challenges are temporary, and with spiritual guidance and self-awareness, I can successfully navigate through them.
- Reach out to Beth Kuper at [bethkuper@gmail.com](mailto:bethkuper@gmail.com) and schedule a complimentary “Get Acquainted” Zoom call.

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

<https://www.getyourselfoptimized.com/know-thyself-through-astrology-and-the-enneagram-with-beth-kuper/>