



CORE DESIRE

Enneagram Type 1's desire to have integrity, goodness, balance, virtue, and a sense of right and wrong.

CORE FEAR

Blind Spot

Weakness or roadblock

- Being wrong, bad, evil, inappropriate, unredeemable, corruptible, or judged
- Anger/Frustration

Trigger

What brings out the worst

- Being criticized
- When others lack follow-through

PERSONAL GROWTH

Shift to

High side of 4

- Express yourself creatively
- develop relationships
- Balance principle with purpose

Shift to

High side of 7

- Integrate work and fun
- Be more spontaneous
- Explore and take risks

TYPE ONE

THE IMPROVER

If it wasn't for you, our world would be without your honest and practical perspective. You set the example of diligence and responsibility. You seek love and worth through being good and improving yourself and others.

Though you are self-reliant and dependable, you struggle with adapting and giving people the benefit of the doubt. All your hard work will pay off but don't forget to ask yourself "how good is good enough?" to avoid falling into perfectionism.

Become more flexible and learn to quiet your inner critic (even give them a name). Learn to live in the shades of grey to create empathy in your relationships.