

# Now What?

## Growth steps for each type

Focus of Attention: Power & control  
Stance: Aggressive (feeling-repressed)  
Stress Line: Five

### Enneagram 8: The Challenger

- Take regular pauses to be quiet and still before God
- Spend time with your inner child
- Read or listen to diverse historical and modern believers

### Enneagram 9: The Peacemaker

- Schedule regular time to spend connecting with the Lord
- Explore new spaces, outdoors or in
- Work through a devotional or study with a friend

Focus of Attention: The agendas of others  
Stance: Withdrawing (doing-repressed)  
Stress Line: Six

Focus of Attention: Errors & mistakes  
Stance: Dependent (thinking-repressed)  
Stress Line: Four

### Enneagram 1: The Reformer

- Silence the inner critic through worship music
- Journal or speak your confession and praise
- Set aside moments to breathe and rest throughout the week

### Enneagram 2: The Helper

- Spend intentional time alone with the Lord
- Untangle your feelings on paper
- Determine your best "yeses" and your wise "nos"

Focus of Attention: The needs of others  
Stance: Dependent (thinking-repressed)  
Stress Line: Eight

Focus of Attention: Tasks & goals  
Stance: Aggressive (feeling-repressed)  
Stress Line: Nine

## Enneagram 3: The Achiever

- Set aside extended time to be unproductive
- Seek out intentional time to be real with a trusted friend
- Lean into a creative way of connecting with the Lord

## Enneagram 4: The Individualist

- Write or speak aloud all that you are thankful for
- Engage your body in mindful breathing or stretching
- Find a way to connect to God through nature

Focus of Attention: What's missing  
Stance: Withdrawing (doing-repressed)  
Stress Line: Two

Focus of Attention: Gathering  
Stance: Withdrawing (doing-repressed)  
Stress Line: Seven

## Enneagram 5: The Investigator

- Spend quality time with a trusted friend or gathering with family
- Engage your body in doing something playful or creative
- Delight in something unexpected

## Enneagram 6: The Loyalist

- Habitually remember times when God was faithful
- Spend time in Scripture without a commentary or study
- Explore creativity in worship through dance, art, song, or writing

Focus of Attention: What could go wrong  
Stance: Dependent (thinking-repressed)  
Stress Line: Three

Focus of Attention: Planning for pleasurable possibilities  
Stance: Aggressive (feeling-repressed)  
Stress Line: One

## Enneagram 7: The Enthusiast

- Utilize various activities of worship, like listening, writing, reading, or praying
- Explore any painful memories as they arise
- Set a goal to achieve (read the Bible in a year, etc.)