

How to use the Enneagram for Better Health

without being an Expert



GLIMMER



The enneagram works with your
BODY, MIND and SPIRIT
to bring about lasting
TRANSFORMATION

Why do I feel so sick all the time? Why can't I seem to get better no matter what I do? Why do I feel like no one understands what I am going through?

Whether you are dealing with chronic health issues, persistent health problems or are just not 100% most days, this pdf is for you!

As someone who was diagnosed with chronic Lyme disease a few years ago, I asked all of these same questions. It wasn't until I discovered the enneagram that I was able to see a large improvement in my health.

This powerful self awareness tool went straight to the core of who I am and how I am programmed. By uncovering the unconscious motivations of "why I do the things I do," I was able to clearly see how I was unknowingly sabotaging my health.

My desire for YOU is to break free from the destructive patterns that may be hindering you from the vibrant health and life you long for.



"The enneagram doesn't put you in a box. It shows you the box you're already in and how to get out of it."- Ian Morgan Cron, master enneagram teacher

I've put together this guide for you to begin the process of self-awareness and emotional healing. It is my hope that as you read the descriptions of each enneagram number you would deeply resonate with one and begin to follow the suggestions for creating better health and a joyful life.

If you are unsure of your number or relate to more than one number, I would love to help you get on the right track with a FREE 30-minute consultation. Sign up at glimmercoaching.com

The descriptions below are brief and the suggestions for better health are meant to be a starting point for your healing journey. Please know that you are not alone and I am here to listen and guide you when you are ready to go deeper. It would be my honor!

Lisa

* Disclaimer: The entire contents of this PDF are based upon the opinions of Glimmer Coaching, unless otherwise noted. The information on this PDF is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Glimmer Coaching and their community. Dr. Lisa encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

Simple steps you can take to improve your Health based upon your enneagram number

1

THE MORAL PERFECTIONIST

The Moral Perfectionist's well-organized, ethical, teaching can provide balanced wisdom to everyone they meet. Feeling it is their duty to fix the imperfections of the world, they develop an intense resentment and dissatisfaction with themselves, others and society. This repressed anger builds up and can make them physically ill.

1's can improve their health dramatically by learning to let go of the little things, quit micromanaging everything and to extend grace to themselves and others. Laughing is good for the soul so make sure to schedule in "fun" time each week to let go of any residual frustration. Through the practice of deep breathing exercises or Emotional Freedom Technique (EFT) you will be able to manage negative emotions allowing yourself to live more fully in the present. By getting in touch with your feelings you will begin to accept yourself for who you really are, beautiful, flaws and all!

2

THE SUPPORTIVE ADVISOR

We all love the supportive advisor who intuitively knows what others need and confidently offers advice and assistance. However, their prideful inability or unwillingness to acknowledge their own suffering and needs can wreak havoc on their health.

Therefore, It is important for 2's to establish a daily or weekly self-care routine that feeds their wants, needs and desires. It can be as simple as watching your favorite TV show, taking a bubble bath, reading a good book, or exploring a hobby or passion. Get in the habit of telling your needs directly to others, practice saying "no" once in awhile and ask yourself "Is this mine to do?" Journal daily about what you are feeling, what you need, and what the motivations are behind your thoughts and actions.



3

THE SUCCESSFUL ACHIEVER

The Successful Achiever's focused drive and constant productivity inspires others to greatness creating powerful results in all they set out to accomplish. **Deceiving** themselves into believing they are only the image they present to others through success and achievements causes stress to the body by working themselves into exhaustion.

It is imperative for 3's to cultivate a daily habit of meditation, unplugging from social media and being without their phone for a scheduled time. Dig deep and journal to explore who you really are aside from your accomplishments and what you truly desire out of life. Seek friendships where you can be yourself without having to prove your worth through boasting. In your time of stillness and reflection, make sure to affirm yourself for the progress you've made.



4

THE ROMANTIC INDIVIDUALIST

The Romantic Individualist adds depth and clarity to life with their unique ability to see the beauty in others and the world. They feel that something is fundamentally missing in them and others possess qualities that they lack. This **envy** can eat them up inside and cause all kinds of health problems.

Instigating drama and desiring what others have is not supporting the life 4s desire. Embracing the simple joys in life while not allowing your intense feelings to run the show will open your heart to contentment. Staying off social media for periods of time will help starve the envy inside. Developing a routine of physical activity while avoiding emotional eating will be advantageous for your health. Invest in a good day planner and stick to it in order to see your creative dreams become a reality. When you are excited and busy with what is happening in your own life, you will not be so concerned about others.



5

THE INVESTIGATIVE THINKER

The Investigative Thinker is an intelligent, knowledgeable individual who has the ability to pioneer discoveries and inventions. They feel that they lack inner resources, such as a depleted battery, so they tend to **hold onto** their resources and minimize their needs by secluding themselves from others.

Withholding to protect what little they have can have a tremendous effects on a 5's health. Coincidentally, getting out of your comfort zone and around people can actually recharge your battery. Call a friend to simply "hang out" a few times a month. Who knows, you may just like it and want to do it more often. Take moments during the day to notice if your thinking is taking you away from your present experience. Dancing, yoga or jogging are important for developing a better connection with your body while creating an outlet for nervous energy.



6

THE LOYAL GUARDIAN

The Loyal Guardian is the best friend, family member or coworker. They are hard-working, loyal, encouraging, and supportive. Their desire for safety and security for themselves and those they love can cause great **anxiety** as they are constantly scanning the horizon and preparing for worse case scenarios.

A regular centering meditation or prayer practice is vital for the 6's health. Try limiting news, books, t.v. or movies that reinforce your anxious or negative view of life. Develop a daily journaling practice to become more present to your anxiety while identifying triggers that cause you to overreact. Healing practices such as Reiki and Emotional Freedom Technique (EFT) can help you work on becoming more trusting while clearing negative emotions.



THE ENTERTAINING OPTIMIST

We all love the high-spirited person who is the life of the party and is always ready to brighten your day with their creative optimism. The Entertaining Optimist's **insatiable** desire to fill themselves up with experiences and stimulation in order to avoid emotional pain can prove a detriment to their energy and health as they become completely exhausted and panic-stricken.

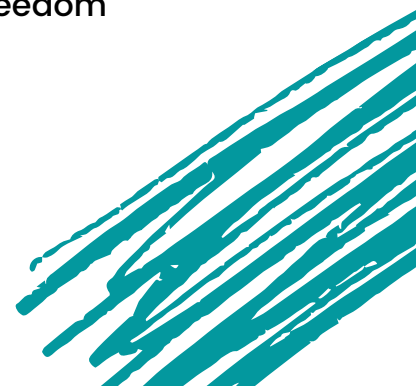
Sevens can commit to daily journaling to discover their life purpose and pinpoint the feelings they are running away from. Meditation will allow you to center on what you most want in life and will help you avoid jumping from one idea to another. Practice restraint and moderation to free yourself from chasing after things that will not satisfy or bring fulfillment. Choose a fun exercise routine that will burn off any excess energy.



THE PROTECTIVE CHALLENGER

The Protective Challenger is a strong, assertive, confident person who is an inspiring leader to others. Their **lust** for intensity, excess and control can make them push through life at a lightening pace causing high stress and possible health conditions.

It is beneficial for the health of an 8 to take a deep breath before acting impulsively and ask themselves if it is theirs to do. It is important to reflect on the past to process and release hurtful experiences occurring earlier in life. Try opening up and being vulnerable with a friend by sharing your feelings. Rest and relaxation is important to lighten your load and recharge when you catch yourself plowing through life. Get involved with a cause you believe in by helping those in need and you will begin to feel freedom as the toxic striving begins to dissipate.

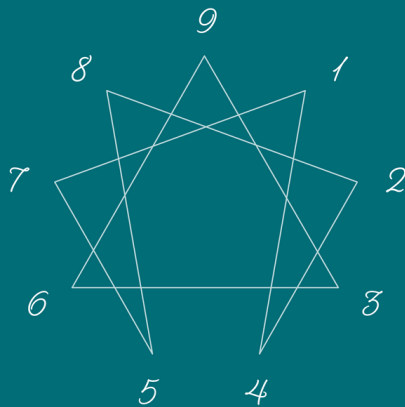


9

THE PEACEFUL MEDIATOR

Everyone feels at ease around the Peaceful Mediator who is kind, agreeable, patient, calm, steady and enduring. Their **self-forgetting** tendency to merge with others in order to avoid conflict makes them prone to take on the stress and unhealthy attributes of the other person, often resulting in a severe decline in health.

The 9 can gain their power and their health back by recognizing that their presence matters, they were made for a purpose, and others need to hear their special voice. Strengthen your autonomy by speaking up and actively engaging in the world; knowing that not all conflict is bad. Spend time journaling to discover your goals and dreams and then commit to a schedule for realizing those dreams. Energy work, such as Reiki can help release trapped negative emotions and foster healthy self-confidence.



Meet Your Coach,
Dr. Lisa
Melick



How can Enneagram Coaching Improve YOUR Health?

Schedule your FREE 30-minute Consultation

www.glimmercoaching.com