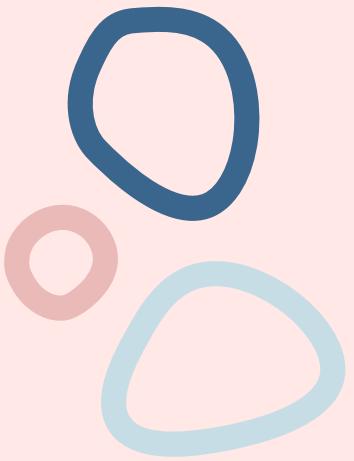


# Journal Prompts



For your enneagram type



@letthatshitgrow\_

# Type 1

- Recall a time you had to make peace with someone's differences. What did that feel like and what did you learn?
- What imperfection about yourself can you not only accept, but embrace?
- Take your inner critic out to coffee. What do they look like? How are their mannerisms? What would you say to them to set boundaries like you would a toxic friend?
- Recall a time in your life you did something without having all the answers. How did you feel in that moment? What brought you the most happiness?
- What are small things you can do every day to make you feel like you're doing the world—and yourself—good?

# Type 2

- Write about a powerful friendship you've had. What made you connect? Was the relationship healthy? How are you similar and how are you different?
- What do you need to say "no" to so that you can say "yes" to the things that serve you?
- If you could pick any color to describe you, what would it be and why? Think about the energy you reflect and how you think others see you. What does this color symbolize?
- Besides giving to others, what makes you feel good, worthy, and validated?
- Write out a giant list of what makes you feel better when you're in a funk—is it binging The Real Housewives? Is it planning a road trip? These can be as simple or as elaborate as you want.

# Type 3

- What do you love about yourself outside of what you have achieved?
- What if you achieved all your goals but no one ever saw them accomplished? Would you still strive to reach those goals? What changes and what stays the same?
- Recall a time when you felt most satisfied with your life. What did that satisfaction stem from? (i.e. Did you prove yourself? Feel a sense of freedom?)
- If you could live in anyone else's shoes for a day, who would you choose and why? Now, say you could steal one of their qualities to bring back with you. Which would it be?
- Talk about a time you didn't achieve a goal or a time your life changed course. What was your biggest takeaway?

# Type 4

- Recall a song or album that had a significant impact on your life. What were you going through at the time? How did it help you understand or embrace your life in that moment?
- How do you think you're different from everyone else? On the flip side, how do you think you're similar?
- Set the scene for a novel or a film about your life. Where is your home and what does it look like? Notice the decor, what's out the window, what you're eating for breakfast, where you spend your time, etc.
- What little routines can you set for yourself to feel more organized and in tune with yourself?
- Is there someone in your life or from your past that you can forgive? Write a short letter to that person, letting go of resentment. If no one comes to mind, how can you forgive yourself for something that you're still holding onto?

# Type 5

- If you were invisible for 12 hours, what would you do?
- If you could live in any universe from a book, TV show, or movie, what would it be and why?
- Imagine: You walk into a locals bar in a foreign city and strike up a conversation with the bartender. What do you talk about? Think deep. What are things you are longing to connect with someone about? Write out the dialogue or simply describe the scene.
- Describe the last time you felt a strong emotion. Was it about something or someone specific? How did you feel in that moment? If it was positive, what are things you can do to achieve that feeling again?
- What's something you want to learn more about? What excites you the most about this topic?

# Type 6

- Talk about a time you did something that scared you or pushed you out of your comfort zone. What motivated you to take this action? (If you had a choice.) How did you feel during and after, and what did you learn? If nothing comes to mind, think back to childhood.
- If you could ask your future self from the year 2050 one question, what would it be?
- Pretend you're stranded in the snow with a stranger who is your only way of getting out of the snowstorm. What can you do to let go of your skepticism and allow yourself to trust them? Write out a dialogue or describe the scene.
- What are small things that you can do daily to change up your routine or push yourself out of your comfort zone?
- Instead of thinking in terms of worst-case scenario, think of the BEST-case scenario for something in your life right now.

# Type 7

- Write down a list of emotions. Get it all out, whatever comes to mind. Now, circle the ones that are resonating with you right now, and elaborate on why you're feeling this way.
- Make a list of areas demanding attention in your life right now. Next, go through the list and prioritize them. Think about things that align with your values or goals. Use this list as a reference to set boundaries.
- Describe a hardship in your life that you saw the positive side of. How were you able to grow?
- Describe something that excited you during your childhood. What about that moment or thing brought you joy?
- What secret fears live inside of you and prevent you from living your most fulfilling life?

# Type 8

- Make up a hypothetical business—it can be inspired by a hobby, something you've been thinking about, or completely out of left field. What would the business be? How would you also give back?
- Reflect on a time from childhood when you were the boss of something. What sense of freedom did you have then that you don't have now? Any similarities or differences to yourself back then as opposed to now?
- Reflect on the past 3 months and write down the highlights and the low lights. Is there anything you've been afraid to confront in your OWN life?
- What are areas in your life where you can lean on others for support?
- Write a list of everything that makes you feel good/satisfied—whether it's simple things like "puzzles" or meaningful things like "giving back." How can you incorporate these things into your life more regularly?

# Type 9

- Name 3-5 defining moments in your life when you felt most alive. What excited or scared you? Any themes you notice among your list? What can you apply to your life at the current moment?
- Pick someone you want to go on an adventure with. What makes them a good travel buddy? Where are you going? What struggles might you face? How would you overcome them?
- Name an animal whose characteristics you admire. In what ways do you see yourself in that animal?
- Write a list of all the priorities in your life at this moment. Next, reread the list and circle which ones align with your ultimate purpose.
- You walk into a room with white walls and white furniture. How does the energy feel? Now, picture the same room with colorful walls and furniture—how does this change the way you feel?