

14-Day Self Growth Challenge

WITH COACH MOLLY K

Day 3: Discover the Core of Who You Are

The process of discovering your true self will help you live a more fulfilling life. One tool to help you in your discovery journey is the enneagram. The enneagram describes how we are “wired.” It describes patterns in how we interpret the world and manage our emotions. It is a bit more complicated than other assessments but that allows you to dive deeper into who you are.

Today I recommend completing an enneagram assessment. I’ve included some free ones below. I also encourage you to do some of your own research on the subject. Ian Cron has written the book *The Road Back to You* that would be a great resource. He also has a podcast. Richard Rohr also has some great YouTube videos for your reference.

Riso-Hudson Enneagram Type Indicator

(This assessment is free and brief, and closely aligned with my typing results from my enneagram coach)

The Enneagram Personality Test

(This assessment is free and brief, but did not match my typed results)

Eclectic Energies Enneagram Tests

(This assessment is free and brief, but also did not correlate with my typed results)

The Enneagram Institute

(This assessment is \$12. It’s simple but may take you 20-40 minutes to complete. The results aligned with my typing from my coach and they included a lot of information with your report)

My enneagram coach is Laurie Malloy. She is a certified enneagram coach with InnerLifeSkills®. You can reach out to her at www.lauriemalloy.com, if you want to really accelerate your self-knowledge.

Give me a shout if you think you want a partner to walk through this with you.

Molly Kyler
mollyk@pioneertech.edu
(580) 718-4304

Looking forward to growing with you!

- Molly K.

Pioneer Technology Center does not discriminate on the basis of race, color, national origin, sex/ gender, age, religion, disability, or veteran status.

