

Enneagram #3



The Enneagram 3 is The Competitive Achiever

If you want something done and you want it done the best way possible, the most efficient way and with the greatest impact, you want me involved. As a Competitive Achiever, I will accomplish more and work harder than anyone else. I need to win at whatever I am doing and I am driven by the goals I set for myself.

I am fast, efficient and focused. I am also very in tune with the people around me and able to read the emotions of others so I can do what needs done in the best way possible. You will experience me as very optimistic about pretty much everything because I am confident that I will be able to do anything and everything I set my mind to.

KEY WORDS



Authentic and
Self-Confident



Performing and
Image-Conscious



Goal-Oriented and
Self-Developing



Self-Promoting and
Deceptive

WHAT DRIVES ME

I need to be seen as successful. The world attaches importance to winners and I will show you that I am one of the best. I deserve my place at the table by what I do to bring value to others.

FEARFULLY AND WONDERFULLY MADE

- My gift to the world is I bring hope and radiance to the people and the challenges I face. When healthy, I am comfortably grounded in who I am and can easily adapt to meet the needs and accomplish the goals of any situation.
- I find comfort in God because He sees beyond what I do to who I truly am. He loves me unconditionally even though I question my ability to measure up.
- I am stretched by God because He is much more concerned about my being versus doing. God doesn't measure me by me looking good, He wants me to be good by having humility and integrity.
- I experience love from others when you take the time to recognize my contributions, competence and the character I exhibit when I accomplish all of the things I do.
- I love other people by doing whatever needs to be done. I will set aside my needs and my emotions to make sure the job gets done efficiently and done well. I appreciate working in teams of highly competent people who share my values and drive.

SPIRITUAL PRACTICES

PRACTICE THE BREATH PRAYER

“It’s not about what I do...” (as you breathe in),
“I choose to rest in you Jesus.” (as you breathe out).

PRACTICE SLOWING DOWN

Get in the longest line at the grocery store and notice the people around you, get in the slow lane and don’t pass anyone during a commute, sit at the table for a half hour and slowly chew, enjoy your meal and enjoy the conversation.

PRACTICE CONFESSION

Be honest with a close friend about the temptations and times where your vice of deceit shows up. Invite Jesus into these moments.

DO THINGS ANONYMOUSLY

Practice blessing others and meeting their needs where only Jesus knows what you have done.

PRACTICE SLOWING DOWN AND SOLITUDE

Take time to just be and step away from your constant doing. Notice the tension it brings to slow down and invite Jesus into the tension to give you rest and peace.

AT MY BEST

- You’ll see me at my best when I have a challenge to overcome, a task to focus on or anything I can win at!
- I love being busy and focused.
- I can easily multitask, quickly adapting to whatever the need is in front of me.

AT MY WORST

- You’ll see me at my worst when I don’t know how to keep score.
- When my goals are blocked in any way I will get very anxious and irritated.
- If I feel others are holding me back, I will probably go solo so I can accomplish what is important to me to the level and and pace I want.

Other people experience me as whatever they need me to be. I can be very chameleon-like to meet the expectations and needs of those around me - especially as it relates to getting things done. When I’m healthy, you will find me to be ambitious, focused on results, flexible and attentive to others needs.

WHO I AM

TO GET WHAT I WANT, I WILL MOST LIKELY

be very assertive. I love being successful and being seen as successful. I'm going to identify my goals, work hard to accomplish them and overcome whatever obstacle is in my path.

WHEN I DON'T GET WHAT I WANT, I WILL MOST LIKELY

turn to my competence to resolve any conflict as quickly as possible so we can keep moving efficiently forward. Don't mess with my goals.

I LIVE MOSTLY OUT OF MY

heart - I'm a feeling person but in a unique way. I'm quite in tune with the feelings of others and able to read the room easily and accurately.

I will sacrifice myself (and my feelings) for the goal.

MY SELF MEDICATION TEMPTATION IS

winning. And winning means looking good. When I am under stress I will get busy and, if at all possible, get with others in a way that I can be seen as successful. "Image is everything" is my slogan. I want you to love me, appreciate me, value me and I will prove to you that you should.

MY CORE WEAKNESS IS

deceit. Being successful and being seen as a winner can become so important to me that I will cover up my faults or cut corners to protect my image. The greatest deceit is toward myself when I don't know who I am because I have tried to be what everyone else needs and have lost myself in the process.

SPIRITUAL TRANSFORMATION

TO HAVE A CONVERSATION ABOUT JESUS WITH ME

"First challenge me to slow down from my striving - I'm very busy and important, you know - so I can listen. Remind me that God has a purpose for my life but I can only discover that purpose through giving my ambitions to Jesus and allowing him to bless them."

MY JESUS TRUTH IS

Jesus you love me because of who I am, not what I accomplish.

You truly know me and you deeply love me.

"God saved you by His grace when you believed. And you can't take credit for this; it is a gift from God. Salvation is not a reward for the good things we have done, so none of us can boast about it. For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago."

Ephesians 2:8-10

