

# Enneagram #7



## The Enneagram 7 is The Enthusiastic Visionary

The Enthusiastic Visionary is someone who values freedom and is constantly thinking about “what’s next”. They are people who are optimistic about what the future will bring and automatically reframe challenging or difficult things into positive opportunities.

They are spontaneous and playful but this can result in being restless and distracted, easily getting bored with what they see as the mundane and looking to live the next great adventure.

They can have a difficult time living in the present - especially if it is painful - because they are thinking about what is over the horizon.

## KEY WORDS



Joyful and  
Enthusiastic



Distracted and  
Scattered



Active and  
Productive



Escapist and  
Impulsive

## WHAT DRIVES ME

I have the need to be happy, filled up and avoid pain. I love having options and living life to the fullest so it is difficult to say no to opportunities because I might miss out on something.

## FEARFULLY AND WONDERFULLY MADE

- I find comfort in God because he promises overflowing life when I walk in His presence and His power. There is a great adventure available to me when Jesus invites me to follow him and I say "Yes!"
- I am stretched by God because of His use of suffering and perseverance to form Godly character. God is not in a hurry and I mostly am so I struggle to trust the process and timing of God to bring about His purposes.
- I experience love from others when you engage in adventure, see the positive, talk about ideas with me and give me the freedom and space to express my many changing interests.
- I love other people by pointing to the positive side of things, being playful and fun-loving around you.
- My gift to the world is to bring joy, energy, excitement and show the possibilities.

# SPIRITUAL PRACTICES

## PRACTICE THIS PRAYER

As you breathe in, "God you are enough..."  
As you breathe out, "I can be still in You."

## CENTERING PRAYER

focus on a word like Peace/Abide/Rest/Joy/Yield  
to calm and focus your mind.

## PRACTICE FASTING

from food, shopping, activities, electronics, etc. to practice  
self-control and self-denial. This will help you live more  
in the present instead of always thinking about the future.

## PRACTICE SIMPLICITY

to counter your tendency toward excess and the temptation  
to use activity and "things" to fill a sense of emptiness  
you regularly experience.

## AT MY BEST

- I am doing new, creative and exciting things that combine new learning with new insights leading to new adventures.
- I love coming up with new ideas and I can be very insightful about what can happen and how to get there.

## AT MY WORST

- I believe I don't have options.
- I feel stuck doing boring and mundane tasks.
- I believe I'm being criticized unfairly, and I am around persistent negativity.
- I don't have the opportunity to engage in creative thinking and activity.

Other people experience me as exciting, engaging, distracted,  
uncommitted, fun, exhausting, shallow, loud.

# WHO I AM

**TO GET WHAT I WANT, I WILL MOST LIKELY**  
be assertive by pursuing new things, actively seeking stimulation and fulfillment. If I think of something or want something, I will figure out a way to go and get it.

**WHEN I DON'T GET WHAT I WANT, I WILL MOST LIKELY**  
deny the problems and find the silver lining, reframing the negative or painful into something positive, enjoyable or exciting. I move on and move forward from conflict and difficult things, choosing not to dwell on them and their impact on me or others.

**I LIVE MOSTLY OUT OF MY**  
head - I'm constantly thinking about what's next, what the possibilities are, how to get the things I want. I have a constant stream of new ideas, new insights and new awarenesses about what could be and how to get there. I am usually not very good at executing these ideas into action as that can quickly become difficult and mundane.

**MY SELF MEDICATION TEMPTATION IS**  
doing anything that will make me feel good and be distracted from hard things. I naturally seek to maximize pleasure and minimize pain so I am constantly tempted to do things that will make me feel good.

**MY CORE WEAKNESS IS**  
gluttony - I have the insatiable need to have more in the attempt to fill the emptiness I experience. I want to have more experiences, "things", adventures or positive emotions through whatever means necessary.

# SPIRITUAL TRANSFORMATION

## HOW TO SHARE JESUS WITH A 6

"Focus on the new adventure and the new life Jesus invites me into when I follow Him. Challenge me to the deeper life that can be found in Jesus through being consistent in engaging the spiritual disciplines."

## MY JESUS TRUTH IS

Jesus, you are enough and you have enough for every need I have.

"The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly." (John 10:10, ESV)



