

# Explore the Enneagram Personality Types

This lesson provides students with language to reflect on their identity, build empathy, and foster positive classroom relationships.



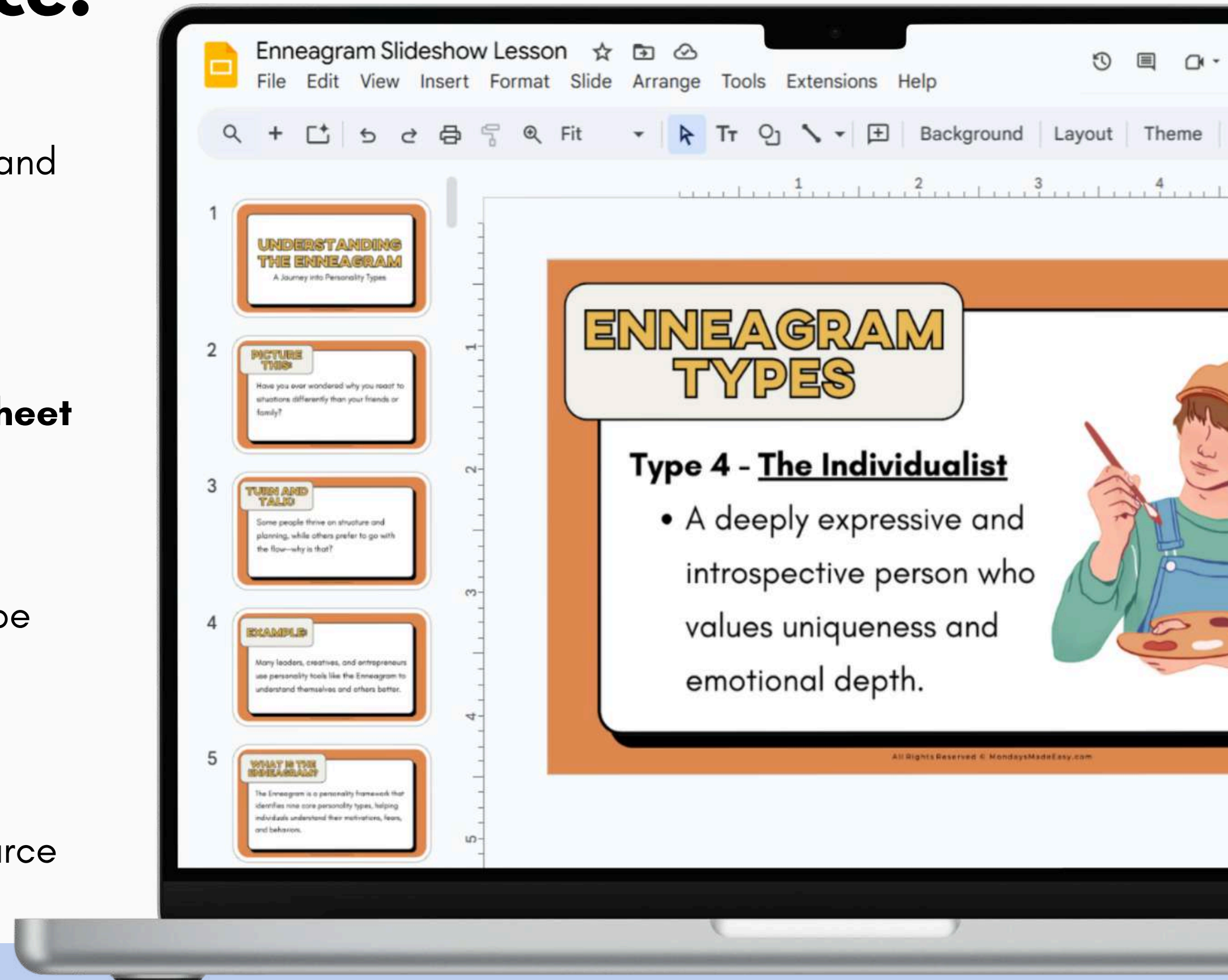
- **Introduce students to the Enneagram** with a ready-to-use slideshow lesson, informational handbook, and real-world examples.
- **Guide students through a 36-question personality test and personalized reflection workbook** to deepen self-awareness and empathy.
- **Create a vibrant, SEL-focused classroom environment** with printable Enneagram posters highlighting each type's core traits.

**Great for back to school, end of the year, or SEL-focused lessons!**

**PURCHASE HERE**

# Included with this resource:

- ✓ Enneagram **Slideshow Lesson**
  - Introduce students to the history, purpose, and structure of the Enneagram framework
  - Explore each Enneagram personality type, including examples of famous figures
- ✓ **36-Question Personality Test** and **Scoring Sheet**
- ✓ Enneagram **Informational Handbook**
- ✓ **Reflection Workbook** for Each Enneagram Type
- ✓ **Enneagram Type Posters** – Vibrant & Printer-Friendly Versions
- ✓ **Teacher Instructions** for how to use this resource



**Includes Classroom Poster Sets!**




# Introduction to the Enneagram Slideshow

Introduce students to the history, purpose, and structure of the Enneagram framework.

## ENNEAGRAM TYPES

**Type 3 - The Achiever**

- A driven and success-oriented individual who adapts to excel and maintain their image.




## UNDERSTANDING THE ENNEAGRAM


A Journey into Personality Typology

Guess the Enneagram Type

SERENA WILLIAMS




ANSWER



Guess the Enneagram Type

FRED & GEORGE WEASLEY




**Type 7: The Enthusiast**

Always seeking fun and mischief.

**Peacemaker (The Mediator)**

The Peacemaker strives for harmony in relationships and goes to great lengths to avoid conflict. They are deeply empathetic and understanding, often acting as a mediator to maintain a sense of balance. However, their desire for peace can make it difficult for them to assert themselves or make decisions, as they tend to "merge" with others' wants and needs rather than advocating for their own. While their calm and accepting nature makes them a source of comfort to those around them, it can also lead to a tendency to suppress their own desires in favor of keeping the peace.



Includes **celebrity and fictional character** examples!

# 36-Question Enneagram Personality Quiz

Help students determine their enneagram type using this student-friendly quiz!

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## ENNEAGRAM TEST

Assessment Sheet

**Instructions:**

- Read each statement carefully.
- Shade the circle (●) that best describes how much you agree with the statement.
- Be honest—there are no right or wrong answers!

TEST QUESTIONS	Never 1	Rarely 2	Sometimes 3	Often 4
1. I set high personal goals and push myself to achieve them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I often worry about things going wrong and prepare for the worst.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I try to be kind to everyone, even if I don't agree with them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I feel the need to be unique and express my individuality.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I enjoy solving problems and figuring out how things work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I want to be seen as successful and competent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I strongly dislike being controlled by others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I feel most comfortable when I know what to expect.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I can sense the emotions of people around me and adjust accordingly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I sometimes feel like I don't quite fit in with others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I seek out new experiences and enjoy taking risks.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I am highly responsible and take my commitments seriously.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I find it hard to relax because I always have things to do.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I value deep conversations over small talk.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I often try to take care of others, even if it means ignoring my own needs.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. I have a strong sense of justice and fairness.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. I sometimes change my personality depending on the people I'm around.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

## ENNEAGRAM TEST

Assessment Sheet

**Scoring Instructions:**

- Add up your points for each Enneagram type using the table below.
- Write your totals in the last column.
- Your highest total = Your main Enneagram type.
- If your second-highest score is close, that may be your "wing" type.

*Example: If Type 1 = 18 and Type 2 = 17, you are a Type 1w2 (1 with a 2 wing).*

ENNEAGRAM TYPE	STATEMENT	TOTAL SCORE
Type 1: The Reformer (The Perfectionist)	1, 16, 20, 28, 33	
Type 2: The Helper (The Giver)	3, 15, 21, 34	
Type 3: The Achiever (The Performer)	6, 12, 17, 29	
Type 4: The Individualist (The Romantic)	4, 10, 14, 25	
Type 5: The Investigator (The Thinker)	5, 18, 26, 32	
Type 6: The Loyalist (The Guardian)	2, 8, 13, 27	
Type 7: The Enthusiast (The Adventurer)	11, 24, 35	
Type 8: The Challenger (The Protector)	7, 19, 23, 31	
Type 9: The Peacemaker (The Mediator)	9, 22, 30, 36	

**Final Result**

- My Main Enneagram Type: \_\_\_\_\_
- My Wing (if applicable): \_\_\_\_\_

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

## ENNEAGRAM TEST

Assessment Sheet

TEST QUESTIONS	Never 1	Rarely 2	Sometimes 3	Often 4	Always 5
1. I like to be the person others come to for advice.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I am often being seen as weak or vulnerable.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I believe that everything should be done in an orderly and proper way.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I enjoy helping others and making them feel appreciated.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I like to avoid situations where I feel emotionally exposed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I easily notice when something feels unfair or unjust.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I act on impulse without overthinking.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I value meaningful and deep friendships rather than a large circle.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I am independent and not rely on others too much.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I like structured environments where I know what is expected of me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I find it hard to forgive myself when I make mistakes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I like being the center of attention.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I like spending time alone or with a small group of close friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I have a strong need to protect and take care of the people I love.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I like exploring deep ideas, mysteries, or abstract concepts.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. I like detailed plans and sticking to them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. I have to earn love and approval.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. I think life should be an adventure, and I want to live it as much as possible.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. I like to mediate conflicts and keep the peace whenever possible.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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# Reflection Questions for Each Enneagram Type

Prompt self-exploration through tailored questions about communication, self-care, goal setting, and emotional regulation.

Name: \_\_\_\_\_Date: \_\_\_\_\_

Understanding the Enneagram

Your Guide to the Personality Types

TYPE 1

THE REFORMER (The Perfectionist)


The Reformer strives for self-improvement and hold themselves to high moral standards, often driven by an intense inner critic. This self-critical nature pushes them to do better, but it can also create internal pressure. They deeply value rules, fairness, and integrity, holding both themselves and others to these ideals. However, this commitment to high standards can sometimes lead to frustration or judgment when they encounter imperfection—in themselves or in others.

**Core Desire:** To be good, ethical, and morally right

**Core Fear:** Being corrupt, wrong, or defective

**Key Traits:**

- **Strengths:** Principled, disciplined, responsible, hardworking
- **Challenges:** Perfectionistic, critical (of self & others), rigid



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Name: \_\_\_\_\_Date: \_\_\_\_\_

Understanding Enneagram

Reflection Worksheet

**Instructions:** Write your responses in the space provided.

1 How do you handle criticism, both from yourself and others?

Date: \_\_\_\_\_

ies help you relax when you feel ov

5 How do you ensure fairness without becoming overly rigid in your beliefs?

Name: \_\_\_\_\_Date: \_\_\_\_\_

Understanding Enneagram

Your Guide to the Personality Types

TYPE 6

THE LOYALIST (The Guardian)


The Loyalist seeks stability and security in both relationships and career, valuing trust and consistency. They often struggle with self-doubt and look to others for reassurance, seeking guidance to feel more confident in their decisions. Depending on their response to fear, they may be either phobic, avoiding risks and seeking protection, or counter-phobic, confronting challenges head-on in a rebellious manner. Despite these inner conflicts, they possess a strong sense of duty and responsibility, remaining deeply committed to those they trust.

**Core Desire:** To feel secure and supported

**Core Fear:** Being unsafe or without guidance

**Key Traits:**

- **Strengths:** Loyal, responsible, trustworthy, protective, practical
- **Challenges:** Anxious, indecisive, skeptical, overly cautious



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# Includes 2 Bulletin Board Poster Sets

These poster sets highlight each type's core traits and are a great tool for vibrant and inclusive classroom bulletin boards!

