



Enneagram Coaching Session Reflection Template

* Required information

First name *

Last name *

What's your email? *

Which of the Core Motivations grabbed your attention and why?

How do you feel when reading your Type's Core Motivations?

Can you think of circumstances in your life where your Core Motivations were activated?

Share several from different seasons of life.

Have you felt stuck and hopeless at times when your Core Motivations are activated, and your reactions seem to cause more problems than they solve?

Can you give examples?

How can knowing why you think, feel, and react to circumstances (Core Motivations) help you in your everyday life and relationships?

SESSION HOMEWORK

The goal now is to enable you to gain power over the things you say, think, and do. I will be sending you your type's synopsis for your review. I want you to read over it and consider through the week how what you read and what we have talked about is being acted out in your daily life. Your homework is simple but very detailed. Throughout your day, I want you to step back and ask yourself:

1. Why did I just do that?
2. Why did I just say that?
3. Why did I just feel that?
4. Why did I just think that?

