



Hints for Green Woman Health Maintenance by Enneagram Type

Type One: Make time to relax and laugh every day. Your natural self-discipline helps you do the right thing but can leave little time to unwind. Set aside a time where you practice deep breathing, laugh at silly YouTube videos, or dance along to music you like. Letting yourself let loose, even just a little bit, will provide perspective, fun, and balance.

Type Two: Take yourself on dates. You're naturally intuitive about others' needs, but sometimes you spend so much time supporting others, your own self-care gets lost. A little bit of time set aside to do something you love, whether it's watercolor painting or Netflixing a favorite TV show, will give you self-nourishment and support.

Type Three: Unplug yourself from the external world. Your incredible productivity, and ability to accomplish things that others value and appreciate, can make it hard to make time to discover your own desires. Whether it's going into nature or taking a mindful daily shower, true solo time- without your phone or social media- will help you look out for number one.

Type Four: Bring organization into your self-expression. You have a remarkable ability to create and imagine, but sometimes lack the self-discipline to bring your visions to life. Accountability to a schedule or calendar will help you finish tasks and share your gifts with the world. Feel free to customize your organizational system with your own personal touches!

Type Five: Use the buddy system to get motivated. Your strength of incredible focus gets lost when you aren't able to start projects that inspire you. Find a friend or coworker with similar goals for accountability to provide encouragement. A buddy will be a source of connection and support, giving you the kick to put your ideas out there.

Type Six: Do something that stimulates your mind. You're wonderful at providing leadership from a place of support, but can get mentally "stuck" in certain ways of doing things. Doing reading that interests you, discussing and debating ideas, and even playing strategy computer games will help you stay in touch with the ideas you believe in.

Type Seven: Focus on doing one thing at a time. Your productivity is a huge strength, but when you try to do several things at once, it's easy to drop or forget projects. Try tying a task that's boring into something you find fun or interesting (musical cleaning party?). Harness your natural enthusiasm to focus and see tasks through to completion.

Type Eight: Do something regularly to give back to others. You excel at leadership and impact, and can sometimes overlook relationship building. Use your strength to lift up others, even though simple morale-boosters, like complimenting your partner or holding the door at work. Giving genuine love and care will nourish your own heart and make you a better leader.

Type Nine: Make a list of goals, and a plan for accomplishing them. Your gift for creating harmony and unity sometimes causes you to lose a sense of self amongst the greater collective fabric. Set aside time everyday for self-exploration and execution of your own personal desires. Self-accomplishment will give you an ever greater sense of happiness and harmony!