

GET MOVING! SELF-REFLECTION WORKSHEET

Directions: Take time to reflect on the questions and actions below.

Step One: Refer to the 9 ideal work environment descriptions. Underline the words, phrases, or sentences that most describe your ideal work environment. Write in the ones that most fit for you below:

Step Two: Describe your current work environment.

Step Three: Now compare your current work environment with your ideal work environment and answer this question, “How does your current work environment fulfill your ideal work environment and where does it fall short?”

Fulfill	Fall Short

Step Four: How does your Enneagram type perspective support you in filling the gap between your current and ideal work environment? How does it limit you?

My Enneagram Type is: _____

How does your Enneagram Type support you in fulfilling the gap between your current and ideal work environment?

How does it limit you?

Step Five: What lessons can you learn from this reflection?

Step Six: What next actions might you want to take to move closer to your ideal work environment right now?

Step Seven: By taking these next actions, I will _____

_____.



We'd love to hear what your next actions will be. Share them on our [Facebook page](#) or send them to us at info@transforminc.com. If you want to learn more about your Enneagram Type or filling the gap between your current and ideal work environment, feel free to reach out to us at info@transforminc.com.

REGISTER FOR OUR UPCOMING ENNEAGRAM OVERVIEW



Discover the personal, relational, and professional insights revealed by exploring the Enneagram.

Want more out of life? Ready to understand yourself on a deeper level while you begin to understand others as they actually are to themselves? For an overview of the Enneagram's life-changing personality model, join nationally recognized Enneagram experts Mary Anne Wampler and Theresa Gale, co-owners of Transform, Inc., on **Monday, September 28 at 7:00 PM (EDT)**.

This **free** orientation to the Enneagram system includes a summary of each Type's core motivation, automatic actions, and ingrained patterns of thoughts, feelings and behaviors. Whether you are new to the Enneagram or just want to deepen your understanding, this overview is for you! [Register](#) for the FREE event today!