

315: Unlocking Your True Self Using the Enneagram

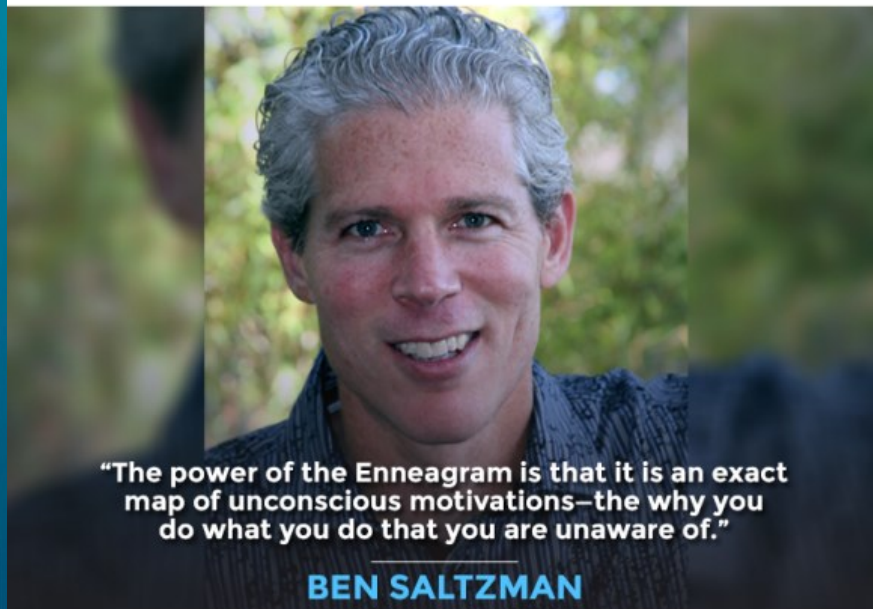
10 Point Checklist

Ben Saltzman

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"The power of the Enneagram is that it is an exact map of unconscious motivations—the why you do what you do that you are unaware of."

BEN SALTZMAN

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Take the Enneagram test. Discover what my type is and what my tendencies are to learn how I can transform.
- Explore ways to find my authentic self—research resources that can help me start my journey towards growth and change.
- Acknowledge my weaknesses. Before I transform, I should address my shortcomings. Accepting they exist and working to change them is a step towards a fully empowered self.
- Welcome transformation. Don't be confined to my current views and beliefs. I can find my authentic self when I'm open to change.
- Show up for me. I should be the most vital part of my support system. When I build a strong foundation of self-support, I am capable of doing anything.
- Become interested in the evolution of my spirit. Be prepared for the discomfort that comes with change. However, I should also find joy in knowing I'm changing for the better.
- Seek my power. Gain control over my life, emotions, and behavior. I can be more authentic when I'm in command of myself.
- Watch an Enneagram panel. Participate in self-exploration with a group to see me from a different point of view.
- Check out Ben Saltzman's programs. [Transform Your Type](#) and [Relational Mastery](#) are two programs I can use to deep dive into my relationship skills and transformational journey.
- Visit Ben Saltzman's [website](#) to figure out my enneagram type. Then, follow him on [LinkedIn](#) to stay updated on his latest activities.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/unlocking-your-true-self-using-the-enneagram-with-ben-saltzman/>