



JOURNAL PROMPTS *for* ALL ENNEAGRAM TYPES

Always pray and seek the Lord's leading before you journal.

I can't say enough about the importance of journaling. The Enneagram is an insightful tool that helps us learn so much about ourselves - the "why" behind what we do. I believe we can never fully understand the depths of our "why" without pen, paper and times of stillness with God. May you be richly blessed in your times of journaling.

Coach Deb Luxton

TYPE 1 ~ THE MORAL PERFECTIONIST

Core Fear - Being wrong, bad, evil, inappropriate, unredeemable, or corruptible.

Core Desire - Having integrity, being good, balanced, accurate, virtuous, and right.

Core Weakness - RESENTMENT—Repressing anger that leads to continual frustration and dissatisfaction with yourself, others, and the world for not being perfect.

Core Longing - "You are good"

Encouraging Truth

You, Lord, are forgiving and good, abounding in love to all who call to you. ~ Psalm 86:5

Journal Prompts for Type 1's:

- 🕒 What does "being good" mean to me?
- 🕒 How will I know when I am "balanced?"
- 🕒 What might drive my longing to hear, "you are good?"
- 🕒 How does Psalm 86:5 speak to me?
- 🕒 Write a prayer of gratitude to the Lord for the wonderful person He created in you.



TYPE 2 ~ THE SUPPORTIVE ADVISOR

Core Fear - Being rejected and unwanted. Being thought worthless, needy, insignificant, dispensable, or unworthy of love.

Core Desire - Being appreciated, loved, and wanted.

Core Weakness - PRIDE—Denying your own needs and emotions, you use your amazing intuition to discover and focus on the feelings and needs of others. You confidently insert your helpful support in hopes that others will say how grateful they are for your thoughtful care.

Core Longing - “You are wanted and loved.”

Encouraging Truth

The Lord your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing. ~ Zephaniah 3:17

Journal Prompts for Type 2's:

- 🕒 How will I know when I am “being appreciated?”
- 🕒 What situations cause me to feel worthless?
- 🕒 What might drive my longing to hear, “you are wanted and loved?”
- 🕒 How does Zephaniah 3:17 speak to me?
- 🕒 Write a prayer of gratitude to the Lord for the wonderful person He created in you.

TYPE 3 ~ THE SUCCESSFUL ACHIEVER

Core Fear - Being exposed as or thought incompetent, inefficient, or worthless; failing to be or appear successful.

Core Desire - Having high status and respect, being admired, successful, and valuable.

Core Weakness - DECEIT—Deceiving yourself into believing you are only the image you present to others; embellishing the truth by putting on a polished persona for everyone (including yourself) to see and admire.

Core Longing - “You are loved and valued for simply being you.”

Encouraging Truth

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light. ~ Matthew 11:28-30

Journal Prompts for Type 3's:

- 🕒 What does “being admired” look like to me?
- 🕒 When does it feel like others see me as “incompetent?”
- 🕒 What might drive my longing to hear, “you are loved and valued for simply being you?”
- 🕒 How does Matthew 11:28-30 speak to me?
- 🕒 Write a prayer of gratitude to the Lord for the wonderful person He created in you.



TYPE 4 ~ THE ROMANTIC INDIVIDUALIST

Core Fear - Being inadequate, emotionally cut off, plain, mundane, defective, flawed, or insignificant.

Core Desire - Being unique, special, and finding your authentic self.

Core Weakness - ENVY— Feeling that you're tragically flawed, something foundational is missing inside you, and others possess qualities you lack.

Core Longing - "You are seen and loved for exactly who you are—special and unique."

Encouraging Truth

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. ~ Psalm 139:13-14

Journal Prompts for Type 4's:

- 🕒 How will I know when I've found my "authentic self?"
- 🕒 What makes me feel "insignificant?"
- 🕒 What might drive my longing to hear, "you are seen and loved for exactly who you are?"
- 🕒 How does Psalm 139:13-14 speak to me?
- 🕒 Write a prayer of gratitude to the Lord for the wonderful person He created in you.

TYPE 5~ THE INVESTIGATIVE THINKER

Core Fear - Being annihilated, invaded, or not existing; being thought incapable or ignorant; having obligations placed upon you or your energy depleted.

Core Desire - Being knowledgeable, capable, and competent.

Core Weakness - AVARICE—Feeling you lack inner resources and that too much interaction with others will lead to catastrophic depletion; withholding yourself from contact with the world; holding onto your resources, and minimizing your needs.

Core Longing - "Your needs are not a problem."

Encouraging Truth

But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. ~ Isaiah 40:31

Journal Prompts for Type 5's:

- 🕒 What does it mean to me to be "knowledgeable?"
- 🕒 What situations deplete my energy?
- 🕒 What might drive my longing to hear, "your needs are not a problem?"
- 🕒 How does Isaiah 40:31 speak to me?
- 🕒 Write a prayer of gratitude to the Lord for the wonderful person He created in you.



TYPE 6 ~ THE LOYAL GUARDIAN

Core Fear - Fearing fear itself, being without support, security, or guidance; being blamed, targeted, alone, or physically abandoned.

Core Desire - Having security, guidance, and support.

Core Weakness - ANXIETY—Scanning the horizon of life and trying to predict and prevent negative outcomes (especially worst-case scenarios); remaining in a constant state of apprehension and worry.

Core Longing - “You are safe and secure.”

Encouraging Truth

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go. ~ Joshua 1:9

Journal Prompts for Type 6's:

- 🕒 When will I know that I have “security?”
- 🕒 What makes me feel I am “without support?”
- 🕒 What might drive my longing to hear, “you are safe and secure?”
- 🕒 How does Joshua 1:9 speak to me?
- 🕒 Write a prayer of gratitude to the Lord for the wonderful person He created in you.

TYPE 7~ THE ENTERTAINING OPTIMIST

Core Fear - Being deprived, trapped in emotional pain, limited, or bored; missing out on something fun.

Core Desire - Being happy, fully satisfied, and content.

Core Weakness - GLUTTONY—Feeling a great emptiness inside and having an insatiable desire to “fill yourself up” with experiences and stimulation in hopes of feeling completely satisfied and content.

Core Longing - “You will be taken care of.”

Encouraging Truth

But whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life. ~ John 4:14

Journal Prompts for Type 7's:

- 🕒 How will I know when I “fully satisfied?”
- 🕒 When do I feel “limited or bored?”
- 🕒 What might drive my longing to hear, “you will be taken care of?”
- 🕒 How does John 4:14 speak to me?
- 🕒 Write a prayer of gratitude to the Lord for the wonderful person He created in you.



TYPE 8 ~ THE PROTECTIVE CHALLENGER

Core Fear - Being weak, powerless, harmed, controlled, vulnerable, manipulated, and left at the mercy of injustice.

Core Desire - Protecting yourself and those in your inner circle.

Core Weakness - LUST/EXCESS—Constantly desiring intensity, control, and power; pushing yourself willfully on life and people to get what you want.

Core Longing - “You will not be betrayed.”

Encouraging Truth

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. ~ Isaiah 41:10

Journal Prompts for Type 8's:

- 🎧 What does protecting “those in my inner circle” look like?
- 🎧 When do I feel “weak?”
- 🎧 What might drive my longing to hear, “you will not be betrayed?”
- 🎧 How does Isaiah 41:10 speak to me?
- 🎧 Write a prayer of gratitude to the Lord for the wonderful person He created in you.

TYPE 9~ THE PEACEFUL MEDIATOR

Core Fear - Being in conflict, tension, or discord; feeling shut out and overlooked; losing connection with others.

Core Desire - Having inner stability and peace of mind.

Core Weakness - SLOTH—Remaining in an unrealistic and idealistic world to keep the peace, remain easy-going and not be disturbed by your anger; falling asleep to your passions, abilities, desires, needs, and worth by merging with others.

Core Longing - “Your presence matters.”

Encouraging Truth

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. ~ Ephesians 2:10

Journal Prompts for Type 9's:

- 🎧 What does “inner stability” look like to me?
- 🎧 When do I find myself feeling “overlooked?”
- 🎧 What might drive my longing to hear, “your presence matters?”
- 🎧 How does Ephesians 2:10 speak to me?
- 🎧 Write a prayer of gratitude to the Lord for the wonderful person He created in you.



Enneagram Coaching

FREE 20-MINUTE ENNEAGRAM DISCUSSION

I will share the three-step process specific to Enneagram discovery and personal exploration. I will answer your questions, and you will gain insight to help you decide if this process is right for you and if you and I are a good fit to partner together. Granted, 20 minutes is not very long. I will send you brief information and ask 3 questions before our meeting to ensure we use the time wisely.



DISCOVER - FINDING YOUR ENNEAGRAM TYPE

I will help you discover your main Enneagram type in this single extended session. Discovering your type, for some, can be overwhelming. There are reasons for this; you are not alone! Before your session, I will ask you to: 1.) Complete a free assessment and 2.) answer some brief questions. When scheduling you will be asked to pay the \$100.00 fee for your DISCOVER typing session.



EXPLORE - UNDERSTANDING YOU

Series of five sessions, taking you further into your type with bite-sized lessons and coaching. Leave each session with a new and deeper understanding. Customized Guide Sheets are provided to help you retain what you've learned, reflect beyond the session, and immediately put your new awareness into personal growth. Just \$75.00 per session with a discount for full payment.



BECOME WHOLLY IGNITED! - THE WOMAN GOD CREATED YOU TO BE

After completing the EXPLORE sessions, your excitement to apply all you have learned to your everyday life (personal, professional, and spiritual) will be high! I am here, and it would be my honor to continue partnering with you.

This offering is available stand alone without an Enneagram focus.



MORE WAYS TO PARTNER



Debbie Luxton
Certified Leadership Coach
Certified Gospel-centered Enneagram Coach

debbie@debbieluxton.com

314-578-3003

www.debbieluxton.com



Igniting You to Thrive Beyond Your Wounds