



# 'The Achiever'

Driven, ambitious and image conscious

- Type THREE · HEART Centre -

## The Enneagram describes 9 ways of seeing the world.

If you have always known how to make things look effortless, even when they are not, this one is yours. You are motivated through your heart. But where a Two seeks love, you seek admiration. Your worth lives in what you achieve and how it looks to others

### Why this name?

The Three is named The Achiever because they are driven by an extraordinary need to succeed and be seen as successful. They adapt, perform and excel in everything they do. But beneath the performance there is always a quiet and exhausting question, who am I when I am not achieving anything? Their journey is accepting that who they are is infinitely more valuable than anything they could ever achieve, and that starts with understanding the motivation that propels them forward and the fear that is quietly shaping their every move.

### What gets you out of bed

To be successful, admired and seen as outstanding in everything they do

### What keeps you up at night

Being worthless or a failure in the eyes of others

These three levels describe the range of how a Type Three can show up; from your most expansive self to your most contracted.



### When you are in flow · Levels 1–3

You've stopped performing and started meaning it. Your drive and charisma are no longer in service of your image, they are in service of something you genuinely believe in. People don't just admire you at this level. They trust you. And that feels completely different.



### When life gets hard · Levels 4–6

The performance takes over. You adapt to whatever the room needs you to be and somewhere in the middle of all that adapting you lose track of who you actually are. The doing never stops because stopping feels too much like failing



### When you are running on empty · Levels 7–9

You will do almost anything to maintain the image of success even when everything inside is falling apart. The mask has become so fixed that you are no longer sure there is anything underneath it. This is the loneliest place a Three can be.

*Discover how to begin living in flow →*

# Type THREE

## 'The Achiever'

This is what becomes possible when you release and surrender

Most Type Threes will claim this page immediately: it looks like success and a Three knows how to claim success. The real question is, does the person closest to you recognise you in this? Or just the version of you they are allowed to see?

### Type Three - Your true gift to the world

To show the world what becomes possible when someone stops performing and starts meaning it. A healthy Three doesn't just achieve things, they make other people believe they can too. Not through polished success stories. Through the quiet radical act of being real.

This is what release and surrendering looks like for a Type 3.

Not achieving less. Not dimming the drive that has always defined you. The moment you realise that the most extraordinary thing you could ever do is take off the mask and let someone see who is underneath it. When you finally stop performing you will discover that who you actually are was always more than enough.



#### With Yourself

You learn that your worth has nothing to do with your success. You take off the mask. You stop performing and discover who you truly are underneath all the achievement.

The work: doing one thing today purely for yourself with no audience and no outcome.



#### With People You Love

You discover that being real is far more connecting than being impressive ever was. You become deeply loyal, genuine and emotionally present. Not impressive, but real.

The work: letting someone see you struggle without immediately recovering.



#### With The World

You use your extraordinary drive and charisma to lead others toward something genuinely meaningful, not for applause but because you truly believe in it.

The work: leading from genuine belief rather than the need for applause.

### Begin Here: Observe

You perform brilliantly and the world rewards you for it.  
Observe this, when the applause stops and the room empties, who are you then?  
And do you know that person?

The Enneagram is a lifelong practice. If your curiosity has been sparked and you are ready to explore further, I would love to continue this conversation with you.

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