



'The Enthusiast'

Spontaneous, fun loving and scattered

- Type SEVEN · HEAD Centre -

The Enneagram describes 9 ways of seeing the world.

If you have always believed that something better is just around the corner, this one is yours. You are motivated through your head. But where a Five collects knowledge and a Six collects evidence, you collect experiences. Your mind is always moving toward the next possibility and away from anything that feels like limitation or pain.

Why this name?

The Seven is named The Enthusiast because they greet life with an extraordinary appetite for experience, adventure and possibility. They bring joy and vision wherever they go. But this appetite can become a way of outrunning something rather than moving toward it. Their journey is accepting that the richness they have always searched for out in the world has been quietly waiting for them in the depth within, 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 happy, free and to experience everything life has to offer

What keeps you up at night

Being trapped in pain, boredom or limitation

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



When you are in flow · Levels 1–3

You are joyful, focused and deeply present. Your vision and enthusiasm are no longer running from something, they are moving toward something you genuinely believe in. You help people see that something better is possible and then you show them how to get there. The joy is real. And for the first time it does not need to be followed by the next thing.



When life gets hard · Levels 4–6

You keep moving. The next plan, the next experience, the next possibility, because stopping feels too much like being trapped. You are scattered and impulsive and the people around you feel the distance even when you are right there. The present moment is never quite enough.



When you are running on empty · Levels 7–9

You cannot stop. The movement has become compulsive and the stimulation has become the only thing standing between you and something you are terrified to feel. This is not freedom. It is the most sophisticated cage a Seven can build and it is entirely made of joy.

Discover how to begin living in flow →

Type SEVEN

'The Enthusiast'

This is what becomes possible when you release and surrender

Most Type Sevens will love this page immediately and feel genuinely excited about becoming this person. The real question is, can you stay with that feeling long enough to actually do the work it requires?

Type Seven - Your true gift to the world

The ability to turn vision into wisdom, showing others that the greatest adventures are not always found out in the world but in the extraordinary depth within. To help people believe that something better is possible, and then actually show them how to get there. A healthy Seven has been through the darkness and chosen joy anyway. That is not naivety. That is one of the rarest and most courageous gifts a human being can offer. The world does not need more positivity. It needs people who have genuinely earned their hope. That is a Seven who has done the work.

This is what release and surrendering looks like for a Type 7. Not less joy. Not less vision. The moment you discover that the present moment - this one, right here - was the adventure you were always running toward. When you finally stop moving long enough to feel it you will discover that what you were looking for was never out there. It was here all along.



With Yourself

You slow down and discover that the present moment; this one, right here, is actually enough. You stop running from discomfort and find that sitting with it reveals something extraordinary.

The work: sitting with one feeling today without immediately moving away from it.



With People You Love

You bring joy, vision and genuine excitement for life into your closest relationships. Not as a distraction, but as a true and generous celebration of the people you love.

The work: being fully present with someone without planning what comes next.



With The World

You use your extraordinary vision and enthusiasm to inspire and uplift the world around you. You help people believe that something better is possible, and then you show them how to get there.

The work: finishing one thing completely before starting the next.

Begin Here: Observe

You move through life at full speed and the world loves you for it. Observe this: when did you last stay still long enough to feel something all the way through without moving on to the next thing?

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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ENNEAGRAM & INTEGRATIVE COACH



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