

# 315: Unlocking Your True Self Using the Enneagram

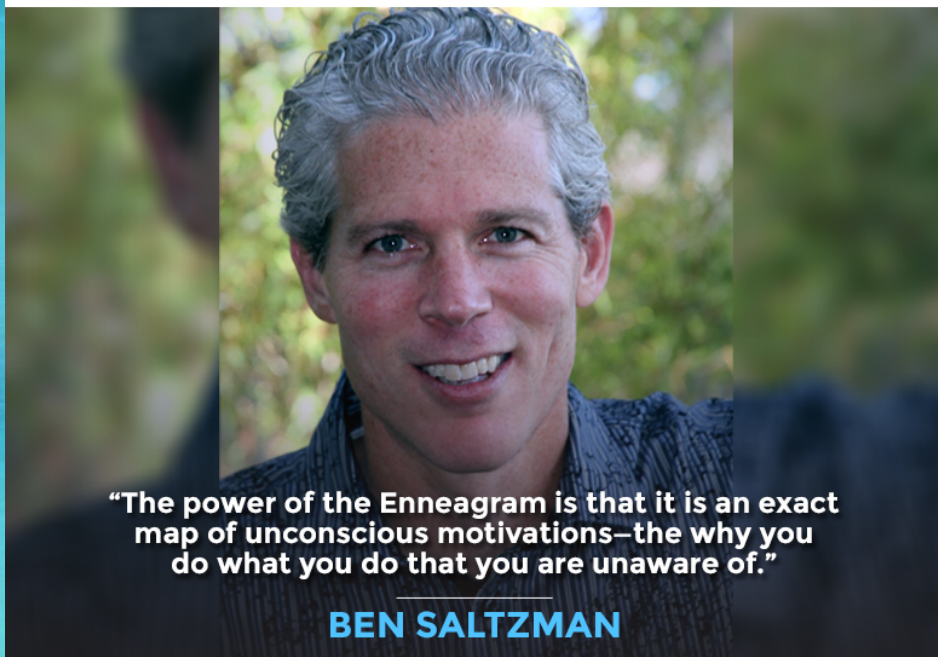
## 10 Point Checklist

### 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/>