



ONES seek a perfect world and work diligently to improve both themselves and everyone and everything around them.

Strengths | strive for quality | organized | perceptive | honest

Development | reactive | critical | opinionated | impatient



TWOS want to be liked, try to meet the needs of others, and attempt to orchestrate the people and events in their lives.

Strengths | empathic | supportive | motivating | warm

Development | accommodating | indirect | angry when unappreciated | overextending



THREES organize their lives around achieving specific goals in order to appear successful and to gain the respect and admiration of others.

Strengths | energetic | entrepreneurial | confident | results oriented

Development | competitive | abrupt | overly focused | selectively disclosing



FOURS desire deep connections with both their own interior worlds and with other people, and feel most alive when they authentically express their personal experiences and feelings.

Strengths | inspiring | creative | introspective | expressive

Development | intense | self-conscious | moody | guilt-ridden



FIVES thirst for knowledge and use emotional detachment as a way of keeping involvement with others at a minimum.

Strengths | analytic | objective | systematic | expert

Development | secretive | detached | autonomous | under-emphasize relationships



SIXES have insightful minds and create anticipatory or worst-case scenarios to help themselves feel prepared in case something goes wrong. Some are tentative, some engage in high-risk behavior to prove their fearlessness, and some do both.

Strengths | loyal | collaborative | persevering | problem solving

Development | worrying | tolerance of ambiguity | analysis paralysis | martyrizing



SEVENS crave the stimulation of new ideas, people, and experiences, avoid pain and discomfort, and engage in positive possibility planning, thus allowing them to keep all of their options open.

Strengths | imaginative | enthusiastic | engaging | quick thinking

Development | impulsive | unfocused | rebellious | pain avoidant



EIGHTS pursue the truth, like to keep situations under control, want to make important things happen, and try to hide their vulnerability.

Strengths | direct | strategic | protective | big action oriented

Development | controlling | demanding | disdain weakness | intimidating



NINES seek peace, harmony, and positive mutual regard, and dislike conflict, tension, and ill will.

Strengths | diplomatic | easygoing | accepting | affable

Development | conflict avoidant | unassertive | procrastinating | indecisive