

Each Enneagram Type has unique ways for practicing gratitude that align with their core motivations.

Here's how each type might express gratitude to themselves and to others:

TYPE 1 | THE REFORMER

GRATITUDE THROUGH APPRECIATION OF INTEGRITY

IN THEIR OWN LIFE

Finds gratitude in order, structure, and doing things “the right way.” Appreciates moments alignment with their values.

TOWARDS OTHERS

Expresses gratitude by acknowledging hard work, dedication, and moral integrity in others. Might show gratitude through acts of service or detailed feedback.

TYPE 2 | THE HELPER

GRATITUDE THROUGH ACTS OF KINDNESS

IN THEIR OWN LIFE

Feels gratitude for deep relationships, moments of connection, and opportunities to care for others.

TOWARDS OTHERS

Expresses gratitude through thoughtful gestures, verbal affirmations, or small acts of service that make people feel loved and appreciated.

TYPE 3 | THE ACHIEVER

GRATITUDE THROUGH RECOGNITION

IN THEIR OWN LIFE

Finds gratitude in success, accomplishments, and opportunities for growth. Appreciates personal achievements and progress.

TOWARDS OTHERS

Shows gratitude by publicly recognizing others' efforts, celebrating wins, and giving words of encouragement and affirmation.

TYPE 4 | THE INDIVIDUALIST

GRATITUDE THROUGH DEEP EMOTIONAL CONNECTION

IN THEIR OWN LIFE

Feels gratitude for authenticity, beauty, and moments of deep emotional significance. Values meaningful experiences and relationships.

TOWARDS OTHERS

Expresses gratitude in poetic, heartfelt ways—through written notes, deep conversations, or artistic expressions of appreciation.

TYPE 5 | THE INVESTIGATOR

GRATITUDE THROUGH KNOWLEDGE & UNDERSTANDING

IN THEIR OWN LIFE

Finds gratitude in learning, gaining insight, and having space for deep thought. Appreciates knowledge and personal autonomy.

TOWARDS OTHERS

Expresses gratitude by sharing helpful information, offering thoughtful perspectives, or recognizing someone's intelligence and contributions.

TYPE 6 | THE LOYALIST

GRATITUDE THROUGH LOYALTY AND SUPPORT

IN THEIR OWN LIFE

Feels gratitude for security, trust, and the presence of reliable people. Finds comfort in stability and strong relationships.

TOWARDS OTHERS

Shows gratitude by being dependable, standing by loved ones, and verbalizing appreciation for those who offer support and consistency.

TYPE 7 | THE ENTHUSIAST

GRATITUDE THROUGH JOY AND CELEBRATION

IN THEIR OWN LIFE

Finds gratitude in exciting experiences, possibilities, and moments of joy. Appreciates the ability to explore life freely.

TOWARDS OTHERS

Expresses gratitude through enthusiasm, sharing fun experiences, and making others feel uplifted and included.

TYPE 8 | THE CHALLENGER

GRATITUDE THROUGH PROTECTION & EMPOWERMENT

IN THEIR OWN LIFE

Feels gratitude for strength, independence, and the ability to take charge of their own life. Appreciates control and resilience.

TOWARDS OTHERS

Shows gratitude by standing up for and protecting loved ones, offering opportunities, and encouraging others to be strong and empowered.

TYPE 9 | THE PEACEMAKER

GRATITUDE THROUGH PRESENCE & ACCEPTANCE

IN THEIR OWN LIFE

Finds gratitude in peace, simplicity, and moments of harmony. Appreciates times when life feels balanced and stress-free.

TOWARDS OTHERS

Expresses gratitude by being fully present, offering deep listening, and making others feel accepted and valued just as they are.

Each Enneagram Type can encounter resistance when practicing gratitude. **Here's how each type might struggle to express gratitude:**

TYPE 1 | THE REFORMER

STRUGGLES WITH ACCEPTING IMPERFECTION

- Tends to focus on what needs improvement rather than appreciating what is already good.
- Feels like gratitude means settling for less than their high standards.
- May struggle to express gratitude to themselves, always feeling like they could do better.

TYPE 2 | THE HELPER

STRUGGLES WITH SELF-GRATITUDE

- Easily gives gratitude to others but struggles to acknowledge their own worth and needs.
- Can feel like receiving gratitude or appreciation is selfish.
- May expect gratitude in return and feel unappreciated if it's not expressed.

TYPE 3 | THE ACHIEVER

STRUGGLES WITH SLOWING DOWN

- Often focuses on future goals and accomplishments, overlooking gratitude for the present moment.
- May see gratitude as a distraction from productivity.
- Finds it hard to appreciate non-material or non-status-based blessings.

TYPE 4 | THE INDIVIDUALIST

STRUGGLES WITH COMPARISON

- Can become too focused on what they lack, feeling like others have more to be grateful for.
- May believe that their gratitude must be deeply meaningful, making it hard to appreciate simple joys.
- Tends to dwell on what's missing rather than what's present.

TYPE 5 | THE INVESTIGATOR

STRUGGLES WITH EMOTIONAL EXPRESSION

- Often intellectualizes gratitude rather than feeling it deeply.
- Prefers self-sufficiency and may struggle to express appreciation to others.
- Can focus on what they don't yet know or understand rather than appreciating what they do.

TYPE 6 | THE LOYALIST

STRUGGLES WITH FEAR AND ANXIETY

- Worries about the future, making it hard to feel secure in the present.
- May struggle to trust that good things will last, leading to hesitation in fully embracing gratitude.
- Can focus on potential problems rather than appreciating stability.

TYPE 7 | THE ENTHUSIAST

STRUGGLES WITH CONTENTMENT

- Always looking for the next exciting experience, making it hard to appreciate the present.
- Moves quickly past moments of gratitude to chase new possibilities.
- Can struggle to sit with deeper gratitude that requires reflection.

TYPE 8 | THE CHALLENGER

STRUGGLES WITH VULNERABILITY

- Prefers independence and may see expressing gratitude as a sign of weakness.
- Can take things for granted, assuming they've earned everything on their own.
- May struggle to acknowledge the role others play in their success.

TYPE 9 | THE PEACEMAKER

STRUGGLES WITH ACTIVE ENGAGEMENT

- Can be passive about gratitude, not actively reflecting on or expressing it.
- May struggle to acknowledge their own needs and contributions.
- Tends to go with the flow, sometimes missing opportunities to deeply appreciate life.