

Enneagram for the Homeschool Mama

by: Payton Carty and Grace Berg



TYPE 1: The Reformer

STRENGTHS:

Healthy discipline, Organized, Planner, Responsible, Instills a strong sense of responsibility in her kids

BOOKS:

[Brave Irene by William Steig](#)

[Joan of Arc by Mark Twain](#)

[The Pilgrim Stories by Margaret Pumphrey](#)

FITNESS:

Improvement oriented? You'll enjoy the challenge of pilates or ballet.

SELF-CARE:

Give yourself time to play or explore hobbies that you have no intention of perfecting. Try something new like horseback riding or a pottery class.



TYPE 2: Helper



STRENGTHS:

Warm-hearted, Self-sacrificing, Compassionate
Loves serving others, Your children always feel
loved and nurtured

BOOKS:

[Finding Winnie](#) by [Lindsay Mattick](#)

[Pocahontas](#) by [d'Aulaire](#)

[George Washington Carver](#) by [Tonya Bolden](#)

FITNESS:

Commit to scheduling workouts with a
friend or personal trainer.

SELF-CARE:

Set aside time each week to fully take a
break from helping others. Invest in your
own care and creative passions.

TYPE 3: The Achiever

STRENGTHS:

Goal-Oriented, Vision-Driven, High Productivity, Driven to Succeed, Urges her children to be their best

BOOKS:

Miss Rumphius by Barbara Cooney

George Washington by d'Aulaire

Winston Churchill by Paul Johnson

FITNESS:

Honor your competitive nature with signing up for a triathlon or a soccer club.

SELF-CARE:

Take time to connect with yourself by journaling or creating art.



TYPE 4:

The Individualist

BOOKS:

[The Clown of God by Tomie dePaola](#)

[The Courage of Sarah Noble](#)
by [Alice Dalgliesh](#)

[Gladys Aylward: The Little Woman](#)
by [Gladys Aylward](#)

STRENGTHS:

Imaginative, Enjoys alone time,
Expressive, Values Authenticity,
Encourages emotional side of
children

SELF-CARE:

Show yourself some love with nourishing
foods and hiking in nature with a trusted
friend.

FITNESS:

Go your own way with rock
climbing, hiking, or cycling.



TYPE 5: The Observer

BOOKS:

Marie Curie by Philip Steele

The Right Word by Jen Bryant

Phoebe the Spy by Judith Berry Griffin

STRENGTHS:

Natural Teacher, Thinker,
Innovative, Seeks deep connection
in the world, Loves learning
alongside her children

SELF-CARE:

Create a quiet head space with
meditation and prayer. Come
back to your body by stretching
and deep breathing exercises.

FITNESS:

Find space between your
thoughts with yoga, swimming,
or jogging.



TYPE 6:

The Loyalist

BOOKS:

The Wright Brothers by Quentin Reynolds

The Red Badge of Courage
by Stephen Crane

When I Was Young in the Mountains
by Cynthia Rylant

SELF-CARE:

Practice fully enjoying the present moment by taking time to explore your senses in nature, get a massage, or keep a gratitude journal.

STRENGTHS:

Committed, Dependable, Hard-working, Protector, Her children always feel safe and can count on her

FITNESS:

Your ability to commit will pay off in a barre or pilates class.



TYPE 7:

The Enthusiast



STRENGTHS:

Spontaneous, Joyful, Risk-taker, Loves travel, Creates fun memorable adventures with her children

BOOKS:

[Benjamin Franklin by d'Aulaire](#)

[Caddie Woodlawn by Carol Brink](#)

[The Little Prince by Antoine De Saint-Exupery.](#)

FITNESS:

Keep it fun and avoid boredom with cardio dance classes, group sports, or kickboxing.

SELF-CARE:

Get all those thoughts, ideas and possibilities onto paper by regular journaling. Take time to fully relax with a massage or time in nature.

TYPE 8: The Challenger

BOOKS:

Rachel and Obadiah by Brinton Turkle

Theodore Roosevelt
by Genevieve Foster

Riders of the Pony Express
by Ralph Moody

SELF-CARE:

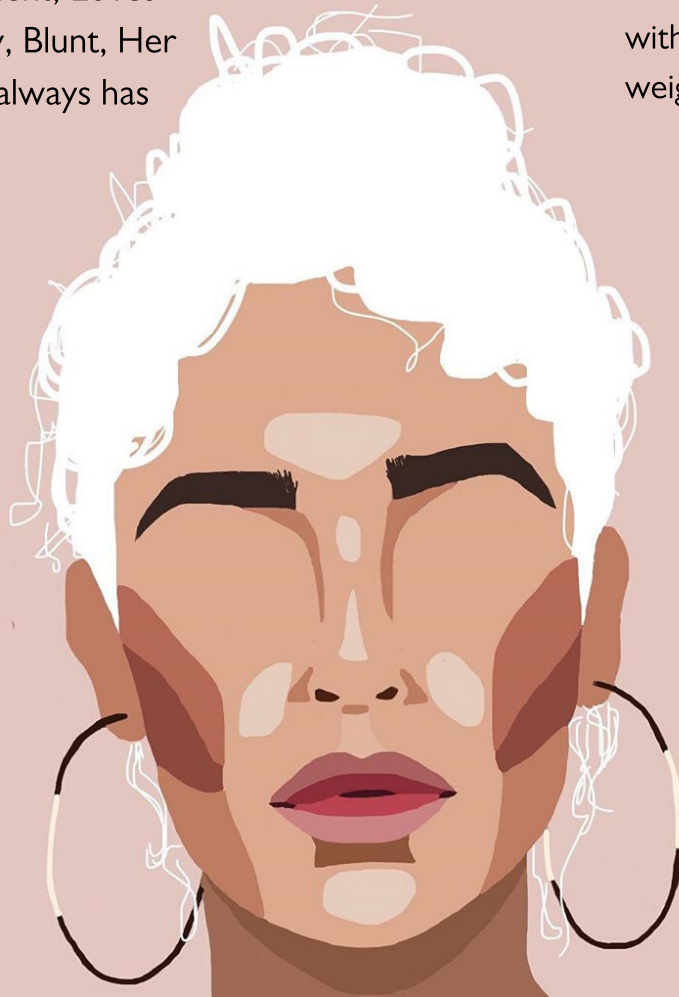
Find rest and recharge with quiet time in nature, reading a good book, or getting a massage.

STRENGTHS:

Fearlessly independent, Loves justice, High energy, Blunt, Her children know she always has their back

FITNESS:

Unleash your powerful intensity with a kickboxing class or weightlifting.



TYPE 9:

The Peacemaker

STRENGTHS:

Easy-going, Supportive, Peaceful,
Welcoming, Empathizes deeply
with the world of her children

BOOKS:

[The Hundred Dresses by Eleanor Estes](#)

[Abraham Lincoln by d'Aulaire](#)

[Rascal by Sterling North](#)

FITNESS:

Maintain your inner zen with yoga
and rise above passivity with a
challenging HIIT class.

SELF-CARE:

Connect with your unique God-
given gifts and passions by
scheduling time to invest in those
each week, just for you.

