

Grow



HELPING GIRLS GROW IN JESUS

"Let your roots grow deep into Jesus."

Colossians 2:7

Module 2: Grow Your Individuality



Girls Will learn

You are unique. Your personality matters.

Key Verse

“Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it.” – Psalm 139:14 NLT

Module Components

Create Energy	Get Hands-On	God’s Word	Application	Talk About It	Life Skills
<i>Love Your Selfie</i>	<i>Discover Your Enneagram Number</i>	<i>Esther’s Story</i>	<i>Action > Appearance</i>	<i>Stop the Photoshop</i>	<i>Dress for Success</i>
Snap a photo that makes you feel beautiful.	Learn about the nine personality types of the Enneagram to discover that it’s what’s on the inside that counts.	Discover how a woman, revered for her beauty, used her character to make an impact in the world.	Encourage others based on what they do, not how they look.	How has your view of beauty and your body image impacted you?	Learn how to write a resume, then put together an interview outfit that fits your unique style.
<i>Personal Commercial</i>					
Promote yourself in 30 to 60 seconds.					

Suggested four-week schedule

Week 1: Create Energy, Get Hands-On

Week 2: God’s Word, Application

Week 3: Talk About It

Week 4: Life Skills

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Message to Leaders



According to BuzzFeed, if I were a Disney princess, I would be Ariel from *The Little Mermaid*: “a dreamer who is always thinking of the next big step in life.” Fun personality tests like this can be found all over the Internet these days answering questions like: What type of soup are you? (I’m apparently French onion) or, What Hogwarts House would you be sorted into (I get Slytherin every time). And while these types of quizzes can be a fun way to pass the time, the message they send is an important one: our personality matters.

This is especially important to note in a culture that seems to value appearance above all else. Our world is saturated with images of pretty people on magazines, TV and social media, and the pressure to look just like them can be overwhelming. What’s worse is that many of the images we see are edited and unrealistic representations of their true selves.

Putting an emphasis on personality helps to override the pressure to look a certain way. Personality tests do not value one type over another. Rather, each personality type is celebrated for its unique characteristics. And while you may think that your girls are too young to dive into these types of personality tests, studies have shown that the basics of one’s personality changes very little after age six^[1], so your teens are more than ready to start exploring their personalities in more depth.

You may find that your girls have already taken a personality test in school. Many schools have students take tests around grade nine to help them hone in on what career path they may be well suited for. For this module, help the girls focus on valuing the way God has uniquely made them and understanding how their friends and family members’ personalities may differ from their own. Each of us is made “wonderfully complex” by God, both inside and out, and that is to be celebrated.

Ultimately, action is greater than appearance. One of the best models of this is Esther, a Jewish woman who became a Persian queen because of her beauty. But she did not let her outward appearance be her only defining characteristic. Instead, she used her strength of character to make a positive impact in the world. If your girls are able to embrace their unique personalities, they will be able to make a positive impact in their world too. – Laura

¹ Live Science Staff. “Personality Set for Life By 1st Grade, Study Suggests.” LiveScience. Purch, August 6, 2010. <https://www.livescience.com/8432-personality-set-life-1st-grade-study-suggests.html>. Accessed January 2020.

The nature of your group and the time allowed will help you to determine whether you choose to do one or both of these activities. Love Your Selfie will only take 10 to 15 minutes, while Personal Commercials may take upwards of an hour.

Love your Selfie



What You Need

- A phone, tablet, or digital camera, one per girl ideally.

What To Do

1. Ask: I'm pretty sure everyone here has taken a selfie, right? What are your favourite apps to use? What filters do you like to apply?
2. Direct the girls to spend some time taking a selfie that they love. They can use whatever apps or filters they would like. Allow three to five minutes for this.
3. If girls are comfortable, allow them to share their selfie with the group. Ask: What is it about this photo that makes you feel beautiful?



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Personal Commercial



What You Need

- One video capturing device for every two girls

What To Do

1. Divide girls into pairs or groups of three.
2. Explain to the girls that they will be creating 30 to 60 second commercials where they will be able to advertise themselves for a potential client, employer or coach. Depending on the age of the girls, you may have them think about the following:
 - Are you trying out for a sports team and convincing the coach to let you make the team?
 - Are you a babysitter looking for potential clients?
 - Are you an artist looking for commissions, or a writer pitching your idea to an editor?
 - Are you looking for a part-time job?
3. Give girls 20 to 30 minutes to develop the script and film their commercials.
4. Give girls an opportunity to share their commercials with the group.

Option

Don't have video capturing devices? You could also have the girls create a billboard or a poster advertisement. Provide poster paper and art supplies.



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Enneagram



Personality profiles are really popular right now, and for good reason. They can offer unique insights into how God has made us, from what we value to what we are afraid of and how we interact with the world around us.

While there are a lot of personality profiles out there that you could do with the girls, one of the best personality profiles for discipleship is the Enneagram.

The Enneagram (from the Greek “ennea” meaning “nine” and “gramma” meaning “written” or “drawn”) suggests that there are nine different interconnected personality types, or “enneatypes.” These are represented on a geometric drawing called an “enneagram” (see right). Plainly put, the Enneagram is a personality typology that reflects our innermost selves. Each personality type is given a number – one through nine – but that number should be viewed as a starting point to understanding yourself and not a label.

Each Enneagram type has some distinct characteristics, including a base desire, a root fear, and a root sin.

There are many (many!) helpful books and resources out there on the Enneagram, and you can choose how deep you want to take this personality exploration with the girls based on their interest and maturity, and your capacity.

If you want to dig deeper, we suggest:

- *The Road Back To You* by Ian Morgan Cron and Suzanne Stabile
- *Self To Lose Self To Find* by Marilyn Vancil

There are also many Officers in the Canada & Bermuda Territory who are skilled at teaching the Enneagram. You may want to reach out to your Divisional Women’s Ministries Secretary to find out if there is someone in your area.

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A simple Enneagram tool you can use with the girls is called the EnneaApp. It partners with The Visual Enneagram by Aine Ni Cheallaigh and Kelly Kingman and uses some colourful, fun and insightful graphics. It can be downloaded through the App Store on Apple and Android products, and includes a free assessment, a basic description of each type, and a fun pictograph of each type.

If your girls don't have access to a phone or tablet, you can print the Enneagram assessment available as Appendix 2-A.

What You Need

- One phone or tablet per girl (many will have their own)

OR

- One copy of Appendix 2-A per girl
- One pencil per girl

AND

- One copy of Appendix 2-B

What To Do

Have girls download EnneaApp OR distribute one copy of the Enneagram assessment to each girl.

Invite them to answer the posed questions as truthfully as possible. Allow 5 to 10 minutes for this. You may want to play some quiet music in the background.

At the end of the assessment, have them determine which number they most likely are (these assessments are simplified versions, so they will give a first, second and third possibility. Have girls group together with other girls that are the same number as they are. (If one or more girls are by themselves, this is ok.) Stress that no one number is better or worse than the other. Rather, there is beauty in diversity.

Pass out the description of their number (Appendix 2-B) to each group (Give the number one page to the number one girls etc.) Allow the girls a time to read over the characteristics of their Enneagram number.



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Ask: How do you see these characteristics in yourself?

Ask: How does knowing this about your friends help you to understand and get along with them better? (I understand where they are coming from now; I know they aren't trying to hurt me with their actions etc.)

Explain that we never want to use any personality profile as an excuse for bad behaviour.

Ask: How do you think the Enneagram could be used as a negative thing? (People use it to excuse being mean or selfish; they say "that's just the way I am" instead of working on improving their social skills etc.)

Ask: How can the Enneagram, or another personality test, be a helpful thing in our lives? (Knowing what I'm afraid of can help me face my fears; I can choose a class project or work towards a career that uses my strengths etc.)

Note: *If you are unfamiliar with the Enneagram but are more familiar with another personality typology such as True Colors, the MBTI, 16Personalities etc., feel free to walk your girls through a different personality test.*



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Esther's Story



Esther 1-8

While the book of Esther is too long to read in its entirety, it may be helpful to bring your own Bible and show the girls where the book of Esther is found. You could encourage them to read it on their own in the coming week.

Share with the girls a condensed version of the story of Esther by reading below, or by telling the story in your own words.

Esther was a Jewish girl who lived 2500 years ago. At this time, a man named Xerxes was king of Persia, making him one of the most powerful men in the world. The Jewish people – God's chosen people – had been taken into captivity years ago by the Babylonians. They were free to go back to their home country by now this time, but many had chosen to stay where they were, including Esther's family who were living in a city called Susa. Esther is was an orphan, and is was being raised by her uncle Mordecai.

As the story of Esther begins, King Xerxes has had become displeased with his wife, Queen Vashti. King Xerxes banishes banished her from his sight, basically divorcing her, and sets set out to choose a new Queen.

Esther 2:1-4 (NLT) says, "After Xerxes' anger had subsided, he began thinking about Vashti. . . So his personal attendants suggested, "Let us search the empire to find beautiful young virgins for the king. Let the king appoint agents in each province to bring these beautiful young women into the royal harem at the fortress of Susa. Hegai, the king's eunuch in charge of the harem, will see that they are all given beauty treatments. After that, the young woman who most pleases the king will be made queen instead of Vashti." This advice was very appealing to the king, so he put the plan into effect."

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Ask: What exactly was King Xerxes' plan here? (He was going to hold a beauty pageant to select the most beautiful young woman to be his wife.) As a young woman yourself, what do you think of Xerxes' plan? (It's superficial; It's sad that he's only looking at the outward appearance of the women.)

Along with many other young women, Esther was brought to the king's harem. She was given 12 months of beauty treatments, a special diet, and was assigned seven maids to care for her. Eventually, King Xerxes chose to make Esther his wife, declaring her more beautiful than any other woman. But there was one thing he did not know – He thought Esther was Persian, not Jewish. Long into the marriage, Esther continued to keep her family background and nationality a secret.

Sometime later, King Xerxes promoted a man named Haman to rule over all the other nobles, making him the most powerful official in the empire. Everyone in Persia was commanded to bow down to Haman and to worship him, but Mordecai, Esther's uncle, refused.

Ask: Why do you think Mordecai would refuse to bow down to Haman? (Because he was a Jew, and Jewish people only bow down to God.)

Ask: How do you suppose Haman responded to Mordecai's act of defiance? (He probably got very angry; he might try to kill Mordecai.)

Esther 3:5-6 (NLT) says, "When Haman saw that Mordecai would not bow down or show him respect, he was filled with rage. He had learned of Mordecai's nationality, so he decided it was not enough to lay hands on Mordecai alone. Instead, he looked for a way to destroy all the Jews throughout the empire of Xerxes."

Haman told King Xerxes his plan, and the king agreed to it. A decree was written that indicated that in nearly a year's time, all of the Jewish people in Persia would be killed. When Esther's uncle, Mordecai, heard of this, he sent a message to Esther, asking her to go to the king to beg for mercy and plead for her people.



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But it wasn't that simple. In those days, anyone who visited the king without an invitation risked being killed, unless the king chose to be lenient and raised his golden scepter to halt the execution. And, King Xerxes had not invited Esther to visit him in nearly a month.

Ask: What was the problem with Esther going to ask the king for help? (She could be killed/executed.) What was the decision that was before Esther? (Should she wait and hope the king would invite her to visit him soon? Should she risk her life to try to save the lives of the Jewish people?)

Ask: While you've probably not been in a literal life-or-death situation before, we've all had difficult decisions to make. What's a difficult decision that you have to make right now (or have had to make in the past)? How did you decide what the right thing to do was?

Esther was brave. While she was chosen to be queen because of her outward beauty, Esther 4:14 tells us that Esther she decided that perhaps she was "made queen for just such a time as this." (Esther 4:14) She sent a message to her uncle Mordecai to gather all of the Jews of Susa together to fast and pray for her. She and her maids would do the same. Then, after three days, she would risk visiting the king to plead for the lives of her people.

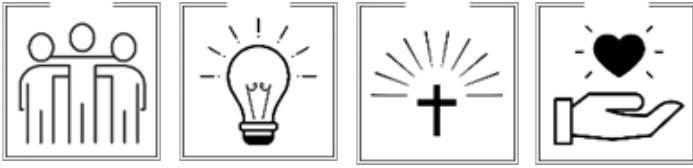
Ask: Does anyone want to guess how the story ends?

Thankfully, it does have a happy ending. King Xerxes does not kill Esther. When the truth comes out that Haman's decree was against the people of her nationality, that Esther herself was Jewish and that she too should be killed along with her people, King Xerxes was outraged. He reversed Haman's decree, sparing the lives of the Jewish people.



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Action > Appearance



Share: *King Xerxes chose Esther to be queen because of her outward beauty. But it wasn't her beauty that saved her people. Esther needed to be brave, to be smart, and to take action and use her voice to stop the killing of the Jewish people.*

Action is always more powerful than appearance, but all too often our culture still values girls and women for how they look, rather than what they can do.

What You Need

- White paper, a whiteboard or flipchart paper
- Pens or markers
- Optional – phones, tablets or access to the internet on a computer

What To Do

1. Divide girls into groups of two to three.
2. In groups, have the girls think about a celebrity female role model. If they have access to the internet, have the girls do some research on the role model they have chosen.
3. Have girls answer the following questions:
 - What is this person famous for?
 - What does this person look like in their photos? (Do they wear heavy make-up or are they more natural looking?)
 - What is this person usually doing in their photos? (Are they posing or are they doing something active and powerful?) Girls can record their answers on printer paper, a whiteboard or flipchart paper, depending on what is available.
4. Have girls present their celebrity role model of choice to the rest of the group.

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Ask: How many of these women are valued primarily for their appearance, or primarily for their actions. Why is this important?

5. Read Psalm 139 together. Highlight verse 14: “Thank you for making me so wonderfully complex! Your workmanship is marvelous – how well I know it.”

Ask: Do you think this relates only to our physical selves or our inner selves/personalities as well? (This relates to our inner selves as well – see verse 1 – “You have examined my heart” etc.)

Ask: How should knowing that God made our physical selves and inner selves/personalities affect the way we think of ourselves? (We should not doubt our worth, we should not think poorly of ourselves having a certain personality etc.)

6. As a full group, make a list of things you can compliment someone on other than appearance. Some suggestions are:
- You’re a strong person.
 - You’re so artistic.
 - You have the best sense of humor.
 - You are so smart. Thanks for helping me with my homework.
 - You are such a great leader.
 - You are generous, and always so thoughtful.
7. Put it into action! Have girls grab their phones and send a message to a female friend or mentor, complimenting them on something other than their appearance.

Option

You may wish to take time to encourage one another. This can be done in pairs, or you can provide blank note cards so girls can write encouraging notes to a teacher, coach, parent or friend.



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Prayer



Dear God, thank you for creating my outside and my inside. When the world only cares about how a person looks, you care about our character. Help me to see the beauty in my personality, and to use my strength of character to make a difference in the lives of others. Amen.



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Dress for Success



Whether your girls are looking for babysitting clients, applying for a part-time service job, or dreaming of a career after school, the basics of writing a resume and preparing for an interview are essential skills.

These activities will walk girls through the basics of resume writing and dressing for an interview. If girls are actively looking for a job, you may want to follow up with them to assist them more intentionally on this journey.

The activity about dressing for an interview contrasts with some of the conversation in this module on the importance of inner beauty. Be sure make note of the importance of both the content of the resume and their personal appearance in landing a job.

Also, avoid making the clothing conversation about modesty. Instead, stress emphasize finding a look that is both professional and yet still unique to each girl.

Resume Writing

What You Need

- One resume template per girl, found in Appendix 2-D
- Pens or pencils



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What To Do

1. Ask the girls if they've ever had a job before? Share experiences of applying for a job, interviewing etc.
2. Have girls think about a job they would like. It can be one they are interested in obtaining right away, or a dream job for some time in the future. Girls can share their answers with the group.
3. Distribute one resume template per girl. Help them work through what to include on their resume. Fill out all of the fields.
4. If you have access to a computer, the girls can type up their resume. Otherwise, talk about how the importance of making their resume professional-looking and eye-catching. Employers may receive hundreds of resumes for a single job – make sure yours stands out!
5. Making the decision to e-mail a resume or deliver it in person can be important and can vary job – to – job. If you are emailing a resume, be sure to convert your document to PDF before sending it and include a professional cover letter in the body of the email. If you are delivering the resume in person, looking the part is important!

Looking the Part

Share: While it's never healthy to focus only on outward appearances, sometimes the way we present ourselves is important, especially when making a first impression with a potential employer like when delivering a resume or going for an interview.

What You Need

- Chart paper or a whiteboard
- Markers

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Option 1

- A variety of flyers and magazines that include images of women's clothing
- White paper
- Scissors
- Glue

Option 2

- Access to a Thrift Store



What To Do

1. As a large group, create two lists:

- What you should wear to a job interview
 - Something clean
 - Something professional
 - Something that fits properly
 - Closed toed shoes, etc.
- What you shouldn't wear to a job interview
 - Headphones
 - Perfume
 - Ripped jeans
 - Flip-flops
 - Athleisure wear etc.

1. **Say:** While there are no set rules for what to wear to a job interview, you do want to make sure you present yourself as clean, organized and professional – someone they can trust. Don't be afraid to let your personality shine through, though!

Here are a few outfit ideas to inspire you, (from www.thebalancecareers.com.) What do you notice about them? (They are all professional, they are a mix of skirts and pants, each outfit is very different.)

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Option 1

Have the girls look through the magazines for possible interview outfits. Have them cut out various articles of clothing and paste them together on the paper to create an infographic, similar to the one from .

Option 2

Take the girls to a thrift store and have them put together an interview outfit. If you can afford it, or if your ministry unit runs a Thrift Store, you may want to allow the girls to each take one outfit home.

Check all that apply to you. Remember, there are no right or wrong answers.

Section 1

- I learn from observing or reading as opposed to doing.
- It's hard to express my feelings in the moment.
- I dislike most social events. I'd rather be alone or with a few people I know.
- Conforming is distasteful to me.
- I usually experience my feelings more deeply when I'm by myself.
- Sometimes I feel guilty that I'm not generous enough.
- I try to conceal my sensitivity to criticism and judgment.
- Brash, loud people offend me.
- I like to associate with others who have expertise in an area of interest to me.
- I like to have a title (top-honors, newspaper editor, team captain) to feel proud of.
- I have been accused of being negative, cynical and suspicious.
- When I feel uncomfortable in a group, I often wish I could disappear.
- I am often afraid to speak up and be assertive.
- I get lost in my interests and like to be alone with them for hours.
- I sometimes feel shy or awkward.
- I get tired when I'm with people for too long.
- I feel invisible. It surprises me when anyone notices anything about me.
- I feel different from most people.
- I don't look for material possessions to make me happy.
- Acting calm is a defense. It makes me feel stronger.

SECTION 2

- I believe in doing things as quickly and efficiently as possible.
- I generally feel pretty good about myself.
- I have an optimistic attitude.
- I can't understand people who are bored. I never run out of things to do.
- I try to present myself well and make a good first impression.
- I hate to see jobs undone.
- I go full force until I get the job done.
- I try not to let illness stop me from doing anything.
- It is sometimes difficult for me to get in touch with my feelings.
- People often look to me to run the show.
- It is important for people to better themselves and live up to their potential.
- I like to make to-do lists, progress charts, and schedules for myself.
- I'm almost always busy.
- I don't mind being asked to do extra homework.
- I work very hard to take care of my family and friends.
- I tend to put homework before other things.
- Having money to buy things for myself is very important to me.
- I like hanging out with smart or important people.
- I like to stand out in some way.
- I'm not interested in talking a lot about my personal life.

SECTION 3

- I work hard to overcome all obstacles in a friendship.
- When I'm alone I know what I want, but when I'm with others I'm not sure.
- I am very sensitive to criticism.
- It is very important that others feel comfortable and welcome in my company.
- If I don't get the closeness I need, I feel sad, hurt and unimportant.
- I try to be as sensitive and tactful as possible.
- Relationships (family, friends etc.) are more important to me than almost anything.
- I want people to feel comfortable coming to me for guidance or advice.
- I crave, yet sometimes fear, close friendships.
- I often figure out what others would like in a person, then act that way.
- I am more comfortable giving than receiving.
- Sometimes I feel overburdened by how many people rely on me.
- I enjoy giving compliments and telling people that they are special to me.
- I have trouble asking for what I need.
- Watching violence on TV and seeing people suffer is unbearable.
- Sometimes I feel a deep sense of loneliness.
- Sometimes I get physically ill and emotionally drained from taking care of everyone else.
- People have said I exaggerate too much or am overly emotional.
- I don't want my need for others to show.
- I like to hang out with important or powerful people.

SECTION 4

- I enjoy my life. I am generally happy and optimistic.
- My style is to go back and forth from one task to another. I like to keep moving.
- I often take risks.
- Sometimes I feel like I'm not good enough, and other times I feel better than others.
- I value being able to think quickly.
- I am busy and energetic. I seldom get bored if left to do what I want.
- I like myself and I treat myself well.
- Sometimes I feel committed to my family and friends, while other times I value freedom and independence.
- I don't like being made to feel that I *have* to do something.
- I can make great sacrifices to help people.
- I'm not an expert in any one thing, but I can do many things well.
- When people are unhappy, I usually try to get them to cheer up and look at the bright side.
- I feel comfortable in groups.
- I am idealistic. I want to make the world a better place.
- I usually manage to get what I want.
- I usually pick upbeat friends who have similar goals.
- I seem to let go of set-backs and critiques and recover from loss faster than most people.
- I love the excitement of travel.
- I usually say whatever is on my mind. Sometimes that gets me into trouble.
- I like people and they usually like me.

SECTION 5

- Others see me as peaceful, but inside I often feel anxious.
- Instead of doing what I really need to do, I sometimes do little, unimportant things.
- I often feel in harmony with nature and people.
- Making choices can be very difficult. I can see the pros and cons of every option.
- When people try to tell me what to do or try to control me, I get stubborn.
- I focus more on the positive than the negative.
- Supportive and easy-going relationships are very important to me.
- I have trouble getting rid of things (I can be a bit of a hoarder.)
- It is sometimes hard for me to know what I want when I'm with other people.
- Sometimes I feel shy and unsure of myself.
- When there is unpleasantness going on around me, I just try to think about something else.
- I usually prefer walking away from a disagreement than confronting someone.
- I enjoy just hanging out with my friends.
- I like to be calm and unhurried, but sometimes I work too hard and tire myself out.
- I like to listen and give people support.
- If I don't have some routine and structure in my day, I get almost nothing done.
- I like to be sure to have time in my day for relaxing.
- I am very sensitive about being judged and take criticism personally.
- If I'm going, it's easy to keep going, but sometimes it's hard to get started on a project or goal.

SECTION 6

- I am longing for the greatest love of my life to come along.
- I place great importance on my gut instincts.
- My melancholy moods are real and important – it's ok to feel sad. I don't necessarily want to get rid of them.
- I focus on what is wrong with me rather than what is right.
- I often long for what others have.
- It really affects me emotionally when I read upsetting stories online.
- I am always searching for my true self.
- I live in the past and in the future more than in the present-day reality.
- Sometimes I feel very uncomfortable and different, like an outsider, even with my friends.
- Being understood is very important to me.
- I cry easily. Beauty, love, sorrow and pain really touch me.
- I try to control people at times.
- I am very sensitive to critical remarks and feel hurt at the tiniest slight.
- My ideals are very important to me.
- My friends say that they enjoy my warmth and my different way of looking at life.
- I hate insincerity and lack of integrity in others.
- I can become non-functional for hours, days, or weeks when I'm depressed.
- I like to be seen as one of a kind.
- When people tell me what to do, I often become rebellious and do, or wish I could do, the opposite.
- I try to support my friends, especially when they are going through a rough time.

SECTION 7

- I don't like it when people break the rules.
- I often feel that time is running out and there is too much left to do.
- I often compare myself with others.
- I am idealistic. I want to make the world a better place.
- I hold on to resentment for a long time.
- I analyze something very thoughtfully before I buy it.
- Incorrect grammar and spelling bother me a lot.
- I think of myself as being practical, responsible and realistic.
- Truth and justice are very important to me.
- I like to be organized and orderly.
- It is difficult for me to be spontaneous.
- I often feel guilty about not getting enough done.
- I worry almost all the time.
- When I am jealous, I become fearful and competitive.
- Either I don't have enough time to relax or I think I shouldn't relax.
- I dread being criticized or judged by others.
- I love making every detail perfect.
- I tend to see things in terms of right or wrong, good or bad.
- I almost always do what I say I will do.

SECTION 8

- I am nervous around certain authority figures.
- My friends think of me as loyal, supportive and compassionate.
- I often doubt myself.
- I tend to either procrastinate or plunge headlong, even into dangerous situations.
- I can be a very hard worker.
- I constantly question myself about what might go wrong.
- I am always alert for danger.
- I am very aware of people trying to manipulate me with flattery.
- I've been told I have a good sense of humor.
- I take things too seriously.
- I follow rules closely, or I often break rules (regardless, I always know what the rules are.)
- I dislike people who are "stuck up."
- I often feel like I am being attacked when I am critiqued.
- I have sabotaged my own success.
- Being neat and orderly helps me feel more in control of my life.
- I can support my family and friends through good and bad times.
- I like to have clear-cut guidelines or rules to know where I stand.
- I like predictability.
- The more vulnerable I am in my friendships, the more anxious and testy I become.
- I often obsess about what my friends are thinking.

SECTION 9

- Some people often take offense at my bluntness.
- When I enter a new group, I know immediately who the most popular or powerful person is.
- I like excitement.
- I respect people who stand up for themselves.
- Sometimes I like to debate with people, especially when I feel safe.
- Making decisions is easy for me.
- I am vulnerable when loving when I really trust someone.
- In a group I sometimes like to just watch rather than participate.
- I will go to any lengths to protect those I love.
- I will fight for what is right.
- I can't stand lies.
- I can be assertive and stand up for myself or others when I need to be.
- I can't stand being tricked.
- I am an individualist and don't always follow the rules.
- I work hard and know how to get things done.
- Being independent and self-reliant are important to me.
- I support the underdog.
- I can have an addictive personality.
- I value being direct and honest.
- Overly nice or flattering people bother me.

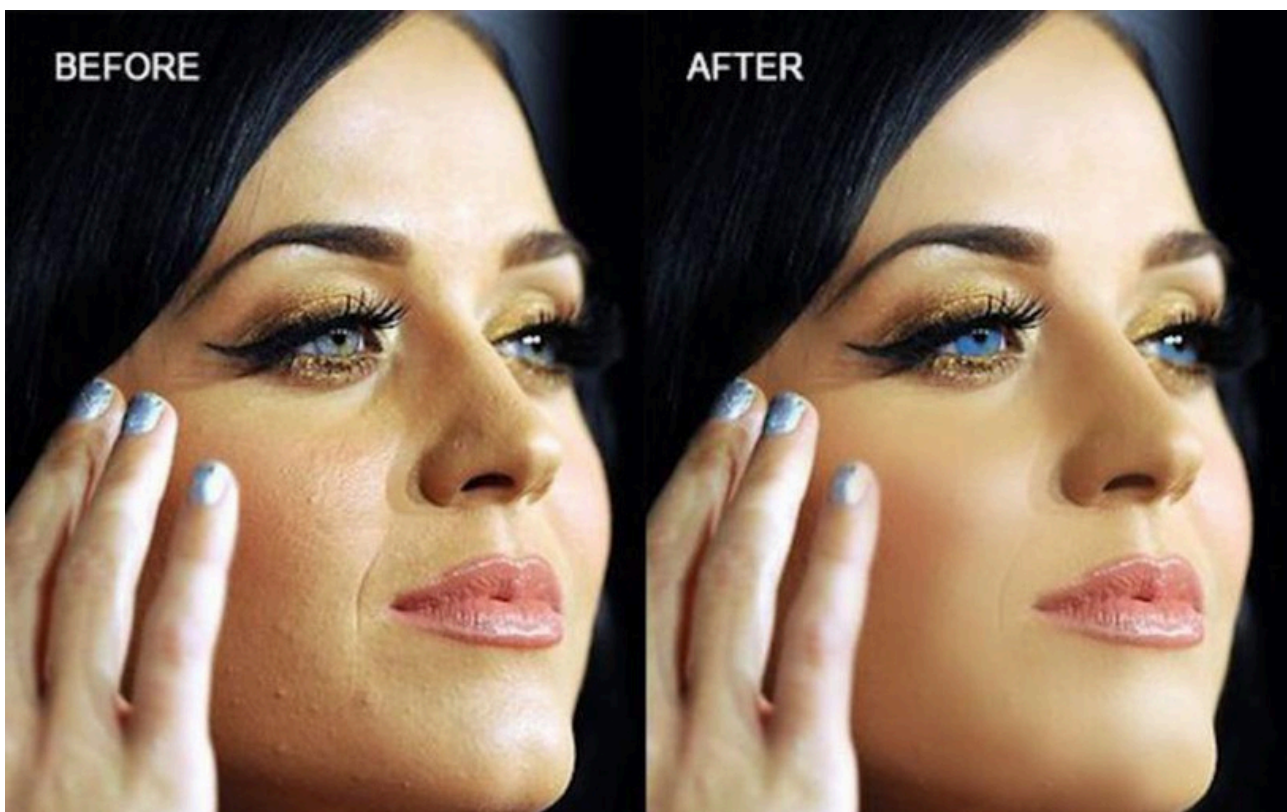
After finishing the test, tally the number of statements marked with each section, then record them in the chart below. The section with the highest score is most likely your Enneagram type.

Section	Total	Enneagram #	Enneagram Type
One		5	The Investigator
Two		3	The Achiever
Three		2	The Helper
Four		7	The Enthusiast
Five		9	The Peacemaker
Six		4	The Individualist
Seven		1	The Reformer
Eight		6	The Loyalist
Nine		8	The Challenger

Appendix 2B – Type descriptions can be found at <https://www enneagram institute .com /type-descriptions/>

The graphics for appendix 2-B are taken from EnneaApp and: Cheallaigh, Aine Ni, and Kelly Kingman. The Visual Enneagram: a Quick Tour of the 9 Types. Beacon, NY: Capsule Press, 2013. The charts are modified from: Vancil, Marilyn. Self to Lose Self to Find: a Biblical Approach to the 9 Enneagram Types. Enumclaw, WA: Redemption Press, 2016.

Appendix 2-C-Katy Perry



Notice any differences between the two pictures? Both are beautiful, but the photoshopped picture on the right shows a smoother face and eyes that are a much brighter blue. The before photo is marred by normal facial imperfections like acne and pronounced dimple lines.

Appendix 2-D – Copies can be downloaded at www.salvationist.ca/women-s-ministries/grow/
Resume Template

- Contact Information
- Resume Objective (In one sentence, who are you and why are you applying for this job?)
- Education (Where do you go to school? What grade have you completed?)
- Experience (You can include paid and volunteer work experience here.)
- Skills (Are you good at using a computer? Are you a strong communicator? Share these things here.)
- Training, Awards and Certificates (Brag about things like passing your babysitting course or getting perfect attendance.)