

The logo consists of a light blue geometric design, resembling a complex star or a series of overlapping triangles, positioned behind the text.

EnneaTest®

"A valuable opportunity to trigger your personal and professional growth path."

What is the Enneagram?

In times of great transformation sometimes we wish we had a tool to help us better read ourselves and others around us. Here is where knowledge of the **Enneagram, a powerful tool for decoding** why we are the way we are, our behaviour, how our character traits influence us in situations that bring us happiness or unhappiness, can come to our aid. It helps us to understand more deeply **what we are afraid** of and what we run away from, **to identify our strengths on which to trigger change**, how instead to **recognise the traps we fall into**.

Today there are many paths and tools for knowing ourselves: the Enneagram is among them. A tool of awareness for better self-knowledge and understanding of others who, like us, fall back into their automatisms and fears.

The Enneagram is a tool that identifies **9 main personality types** that lead back to a primary conditioning aspect and automatisms that we do not recognise and struggle to get rid of. From childhood we have built defence mechanisms that generate recurring compulsions and anxieties whenever we are in trouble.

The power of the Enneagram is precisely its becoming a traveling companion at our service, valuable support because of its ability to read us and others, and **to guide us on how to work on the blocks and conflicts** that prevent us from being as we would like to be.



Enneatype One

Your test result is:

Enneatype One

The Perfectionist

Enneatype One is one of the nine personality types described in the Enneagram system.

They are commonly known as the **Perfectionist**, the **Reformer**, or the **Idealist**. Driven by a desire to live in a just and error-free world, they are very detail-oriented, extremely conscientious, and exhibit a strong work ethic.

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Enneatype One

Enneatype One constantly strives for improvement and seeks perfection in everything they do. They possess strong internal motivation and often set very high standards for themselves. They are generally **disciplined** and **organised**; however, at times they can be overly critical of themselves or others, as they tend to see only the negative side and be overly fussy. They feel guilt when they make mistakes or fail to achieve their goal. In fact, they act driven by the fear of being wrong or not living up to the situation, which leads them to seek a sense of control and security that is encapsulated in the **pursuit of perfection**. Enneatype One is attentive to social rules and norms and tends to expect the same attention from others. When people do not meet their expectations, or violate the rules, they can become very critical and judgmental.

Enneatype One possesses many qualities: they are **loyal**, **honest** and **responsible**; very attentive to the needs of others and committed to doing the right thing. They are usually very organised with good problem-solving skills. They can be a **directive** and reliable **leader**, able to inspire and motivate others with their **commitment to excellence**.

To develop a more balanced state of mental and emotional well-being, Enneatype One should learn to **let go** of the quest for absolute perfection, accepting error as inevitable but also as an opportunity for personal improvement and growth. They should learn to appreciate the beauty of imperfection and have more compassion for themselves and others, knowing how to embrace spontaneity and flexibility by letting things go in their natural course, discovering those unexpected opportunities that can arise precisely from imperfect situations.

Enneatype 1

Enneatype 2

Enneatype 3

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It can be extremely beneficial for the Enneatype One temperament to work on their management of expectations, **accepting the things they cannot control**, not taking achievements for granted, and learning to recognise and celebrate their successes, even while allowing themselves moments of detachment and relaxation.

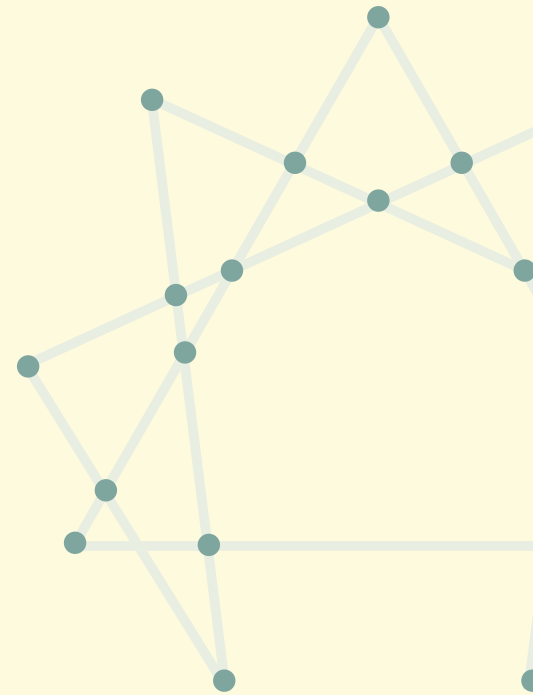
“They are characterised by a desire for perfection. They are self-disciplined, idealistic, and driven by strong principles to improve themselves and the world around them.”

A hallmark of Enneatype One is the ability to see what can be improved or corrected in different situations. They tend to be perfectionists in every aspect of their life, whether in work, interpersonal relationships, or daily activities. They are driven by the need to do things the right way and get frustrated when they see inefficiency or inconsistency in doing so.

Enneatype One can be very individualistic and consistent with their ideals and is often inclined to have a very clear worldview and their own strong personal ethics. They are guided by their principles and sense of justice, often influenced by their internal value system. This leads them to be frequently **judgmental** and **self-critical** as they measure themselves and others according to their own high expectations.

Enneatype One has, because of these characteristics, great potential and can be highly committed and motivated to achieve the goals and objectives they set for themselves. However, they may also feel constantly dissatisfied precisely because they are too hard on themselves and others. Their desire for perfection may lead them to become anxious or stressed, as they might find it difficult to relax and accept imperfections in situations while constantly striving to improve themselves and the world around them.

Enneatype One also exert control over their emotions, as this allows them to achieve predetermined goals more easily without distraction. **Anger** is often the result of accumulated frustration, sense of injustice, neglect or bad actions beyond their control. They can be very demanding of themselves and others and have a **deep need to feel appreciated and validated** for their efforts. However, they may sometimes neglect the emotional side of life because of their commitment to the pursuit of perfection.



In summary

Enneatype One is characterised by a desire for perfection and attention to detail. They are self-disciplined, idealistic, and guided by strong principles. They are capable of great achievement, but it is critical that they balance their need for control with flexibility and acceptance of imperfections. With greater awareness of their limitations and with work on managing their emotions, Enneatype One can strike a balance between the pursuit of perfection and self-acceptance.

Strengths of Enneatype One

In this description, we will explore the strengths of Enneatype One, highlighting their behaviour, the emotions they experience and the impact these have on their relationships and society as a whole.

This mindset is characterised by numerous human qualities, such as **integrity**, **discipline** and **honesty**.

01.

Enneatype One acts with integrity and consistency, adhering to a strong moral and ethical value system. They are committed to doing the right thing, even when no one is watching.

They are generally considered trustworthy and honest. Their **integrity** is demonstrated by how they treat others, how they conduct their life and how they makes decisions.

02.

Enneatype One has a deep sense of **ethics**: they understand the difference between what is right and wrong and follow a personal code of conduct based on moral principles.

03.

Enneatype One is committed to behaving morally and adheres to the principles of justice **conscientiously**. They do so because they believe that acting ethically is fundamental to their own well-being and that of society as a whole.

They are characterised by a sense of personal responsibility, high attention to detail, and a constant willingness to do their best.

04.

Enneatype One makes decisions objectively and **fairly**, based solely on facts and assessment of circumstances. They are sensitive to diverse perspectives and strive to ensure fair treatment for all.

05.

Enneatype One is well-organised and methodical in their approach to work and everyday life, is committed to keeping commitments, and always follow established directives and the ideal of **discipline**.

They are committed to following a routine by adhering to rules and directives. Therefore they demonstrate self-discipline and self-control in the pursuit of their goals.

Enneatype One is determined and motivated in their work and does not get distracted or discouraged by difficulties they may encounter along the way. They are often seen as a role model in society.

They are respected and admired for their integrity and loyalty. They act as a role model for others and can positively influence those around them. They promote ethics and morally correct values through daily actions and behaviour.

Integrity, ethics, conscientiousness, fairness and discipline are all qualities that are developed through a process of self-reflection and self-improvement.

An Enneatype One applies these qualities in their professional life, family, friendships, and every aspect of their relationships. They are mindful of their impact on the environment and other people and **always try to do the right thing**.

In summary

Enneatype One is an individual who is committed to following moral principles and ethical values. They are honest, trustworthy, and respectful of others. These qualities help them build meaningful relationships and contribute to the well-being of society.

Integrity

Ethic

Conscientiousness

Equity

Discipline

Weaknesses of Enneatype One

A frustrated, self-righteous, sententious, intolerant and rigid temperament lives in **internal conflict** and finds it difficult to adapt to the various facets of reality. These characteristics can deeply affect an Enneatype One's perception of the world when they become too rigid in their interactions with others.



01.

Enneatype One may often find themselves **dissatisfied** with their personal or professional situation. They may feel stuck, unable to achieve their goals, and may be prone to projecting this frustration onto others. This can lead to a general

sense of bitterness and pessimism, which may affect their social relationships and make it difficult to cooperate with or appreciate the achievements of others.

02.

Enneatype One judges the actions and choices of others according to a strict code of ethics or **morality**. They are guided by a firm belief that there is an objective 'truth' and that their

opinions and beliefs are the only valid ones. This attitude can create a hostile and intolerant environment in which they may end up discrediting or ignoring the opinions of others.

03.

Enneatype One sometimes tends to make final judgments (almost as if they were **absolute**) without openness to discussion or reflection on alternative points of view. They may come across as a confident speaker who feels entitled to

impose their own worldview without considering the experience or contexts of others. An arrogant attitude can hinder personal growth and make it difficult to learn from new perspectives.

04.

Enneatype One does not always accept differences and, in doing so, shows little willingness to listen to the opinions and needs of others, coming across as **intolerant**. They may also categorically reject ideas

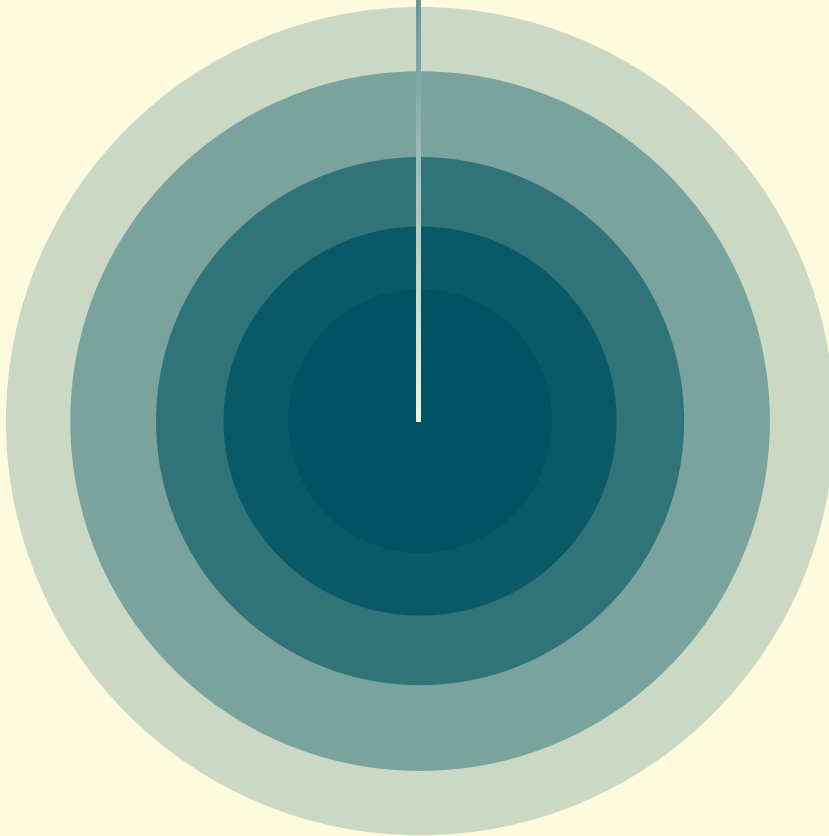
or behaviours that do not align with their expectations or principles. This can create tension and erect barriers in communication, hindering the development of meaningful relationships.

05.

Sometimes, Enneatype One lacks flexibility in dealing with new situations or considering different points of view. This attitude is often deeply rooted in their own beliefs and routines, leading them to show little interest in adapting or considering alternative ways of thinking or

acting. This **rigidity** can limit opportunities for personal growth and create significant difficulties in interpersonal relationships.

Dissatisfied
Moralist
Sententious
Intolerant
Rigid



Ultimately, an Enneatype One who gives vent to their rigidity can have a negative impact on their own life and the lives of those around them. These characteristics can hinder personal happiness, impair social interactions, and create a climate of tension and hostility. Understanding and addressing these traits may require significant inner work, such as self-reflection, opening up to new perspectives, and developing empathy and tolerance.

Conflict management

of Enneatype One

01.

The Enneatype One, consistent and perfectionist, usually handles conflicts with others in a **resolute and firm manner**. These characteristics can significantly influence the way they deal with conflict situations and strive to find a solution that is fair and satisfactory to all parties involved.

02.

The Enneatype One who does not lock themselves into rigid positions is generally willing to listen and try to **understand the perspectives of others**. They know that conflicts often arise from different interpretations of the same situation and actively seek to put themselves in the shoes of others in order to gain a clearer and deeper view of problems. An attitude of openness and understanding can immediately predispose a person to **handle conflict cooperatively**.

03.

Consistency is another trait that can facilitate conflict management: by following well-defined principles and adhering to high standards, an Enneatype One can clearly communicate their thoughts, feelings, and goals in a consistent and stable manner. This helps establish a climate of clarity and predictability, allowing **conflicts to be addressed with direction and structure.**

04.

The pursuit of perfection, a trait that can be useful in some situations, may present challenges in conflict management. An Enneatype One may have high standards and desire everything to be done in the best possible way. However, this can lead to an inflexible attitude and unrealistic expectations complicating conflict resolution. They must therefore be aware of this trait and try to **balance the need for excellence** with some **flexibility in their expectations.**

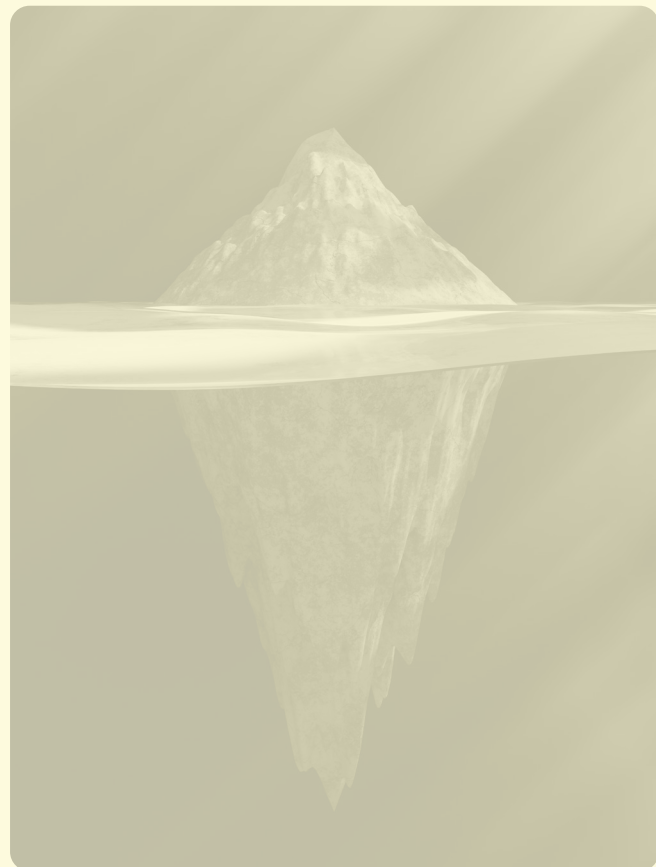
In summary, Enneatype One approaches conflict situations firmly, striving to find a solution that is fair and satisfactory to all parties involved. However, their tendency towards perfectionism can present challenges during conflict, as it might reveal an inflexible and

demanding attitude, which could negatively impact group cohesion. Calmness, assertiveness, and humility are key elements of effective conflict management.

Working independently

In this description, we will analyse how an Enneatype One handles autonomous work. We will examine behaviour, challenges, and strategies they can adopt to succeed in work situations where a certain amount of autonomy is required.

An Enneatype One is aware of their own limitations and capabilities and knows how best to handle autonomous work; they are not overwhelmed by anxiety or fear of failing but, on the contrary, they use these emotions as a stimulus to **constantly improve**. Enneatype One's sensibility leads to setting **realistic** and **feasible** goals that can be achieved with commitment and dedication.



Consistency is a fundamental characteristic of a person working independently. It consists of the **alignment between what one thinks, says and does**. In fact, an Enneatype One has a clear vision of their goals and priorities and acts accordingly. This means that, even when working alone, they continue to follow a well-defined course of action and always give their best in every activity performed.

Being zealous and perfectionist does not mean being perfect but rather having a strong **desire to do things as well as possible**. Here then, an Enneatype One is extremely detail-oriented and prefers **quality** over quantity. This attitude is also reflected in the way they work independently, as they are able to organise their time and resources efficiently in order to achieve maximum results accurately and precisely.

To work independently efficiently and successfully, it is important to have good **organisation** and **planning**. An Enneatype One knows how to set up a workday and how to distribute tasks in a balanced way, considering timelines and deadlines; this allows them to focus on the most important activities and to always know the progress of tasks.

Enneatype One knows how to recognise their mistakes and consequently learn from them. This attitude enables them to constantly improve the way they work, making work more effective and efficient. Having a strong capacity for self-criticism makes it easier for them to make decisions, as they are able to objectively evaluate different options and choose the best solution.

An important characteristic for an Enneatype One who works independently is the ability to maintain motivation and determination in the long run. In fact, without a boss or supervisor to impose deadlines, they must have a great capacity for self-motivation; otherwise, they risk losing interest and not completing their projects. To maintain this motivation, Enneatype One tries to be clear about their goal and to have all the necessary tools at their disposal to achieve it.

They are aware that unforeseen events and difficulties may arise along the way, but they know how to handle them and how not to be discouraged.



In summary

Enneatype One knows how to be determined and rigorous in developing activities independently or managing tasks once they are assigned to them. Their natural tendency to do the right thing leads them to a strong sense of responsibility in showing themselves and others that they are doing the best they can, planning and aiming for quality results.

Working in teams

Empathy is the quality that allows them to understand the needs of others and interact with your team or clients effectively. They are therefore critical in the collaboration and communication phase, as each project requires the participation of multiple people to achieve goals.

Enneatype One **is not afraid to ask for help** or to cooperate with others when necessary. In fact, they are aware that it is not always possible or effective to do everything on one's own and therefore is willing to listen to the opinions and ideas of others and work together to achieve the best results. In addition, collaborating with others can be an opportunity to learn new things and to broaden their vision.

The **rationality** of an Enneatype One is foregrounded in dealing with issues that may arise within the group, analysing them objectively and trying to find solutions that satisfy all members.

Their **consistency**, on the other hand, manifests itself in their ability to abide by the agreements and decisions made by the group, thus ensuring the stability and effectiveness of the activities carried out. Their zealous spirit and perfectionism are an additional asset to the team. Indeed, through their attention to detail and dedication, Enneatype One is able to lead their team to achieve high quality and excellent results.

They never settle for the least effort but strive to the best of their ability to achieve the **greatest possible result**.

The **ability to listen** to other team members is another important component of an Enneatype One. Although they are very focused on personal goals, because of their drive to seek the fairest solution, they do not neglect the needs and opinions of others; on the contrary, they integrate them with their own ideas, finding a win-win balance. In addition, they have great adaptability and flexibility, enabling them to collaborate effectively with different people with divergent attitudes.

Enneatype One knows how to put themselves in other team members' shoes and understands their perspectives, always reasoning logically and consistently to find the best solution. They try not to be influenced by emotions and subjective opinions and always rely on facts and hard data. Because of their rationality and adaptability, they are often highly valued within the team and **become a figurehead for other members**. Their calm and reflective approach contributes to a calm and harmonious atmosphere within the group. In addition, Enneatype One is very organised and punctual in their tasks, meeting deadlines and maintaining a good work pace.

They do not get overwhelmed by stress or the pressure of urgency, but **manages time** optimally, always maintaining a high level of productivity.



Finally, Enneatype One's high motivation and dedication to **"teamwork"** should not be underestimated. They are aware of the importance of collaboration and the contribution of each individual team member in achieving common goals. For this reason, they work hard and constantly tries to stimulate other members to achieve the desired results.

However, despite all these positive qualities, it is important to stress that an Enneatype One must remember that they cannot be perfect. They must accept that they can make mistakes and have moments of fatigue or uncertainty. The difference is that because of their rationality and coherent thinking, **they are able to recognise and admit their mistakes**, without being overwhelmed by negative emotions. On the contrary, they use them as opportunities to learn and improve themselves further.

In addition, it is important to note that an Enneatype One, so zealous and perfectionist, can sometimes be too demanding of themselves and others. In such cases, **it is crucial that the team knows how to recognise and appreciate their efforts** but also knows how to **help them find a balance** and a fair compromise to avoid escalating into stressful situations or conflict.

In summary

An Enneatype One is an indispensable resource for the success of a team because they can work independently due to their methodical and organised approach. In addition, because of their ability to maintain focus on goals, they can collaborate effectively and come up with high-quality solutions, leading the group to excellent results. However, it is important that they are supported and valued by other team members to make the collaboration even stronger and more cohesive.

Ability to delegate

Delegating is a fundamental act of leadership and time management that can be challenging for a perfectionist, consistent, and zealous person. These traits, if well managed, can contribute to effective delegation, but they can also become obstacles if not used appropriately. In this description, we will explore how an Enneatype One can learn to delegate effectively and how the traits of their temperament can influence this process.

An Enneatype One is known for their **constant desire to achieve perfection** in every activity or task they undertake. This characteristic can be useful in some situations but can also hinder delegation, as an Enneatype One might feel **dissatisfied with others' work** or struggle to trust others with important tasks.

However, they can learn to delegate by assigning specific tasks, setting clear quality standards, and providing detailed guidance. This will help ensure that the work meets high expectations and allow them to focus on more strategic tasks.



Consistency is an important characteristic in someone who strives for perfection: it can be an advantage in delegation, as an Enneatype One is more likely to establish standardized procedures and clear expectations for those receiving the task. However, it is crucial that an Enneatype One also learns to be **flexible in managing people and situations**, as everyone is different and may require a different approach when being delegated a task. Consistency can become a hindrance if it prevents the person from adapting to changing circumstances. As a result, an Enneatype One may become reluctant, struggling to grant team members the freedom to express their creativity and autonomy in full delegation.

Zealotry is often associated with **strong determination** and a desire to accomplish every task diligently. When it comes to delegating, an Enneatype One may fear that others are not as committed or detail-oriented as they are. However, they can learn to delegate by trusting others and recognising that everyone has different skills and abilities. Their zeal can also be a valuable asset when it comes to closely monitoring the progress of a task and providing active support to those to whom important tasks have been delegated.

In summary

An Enneatype One can learn to delegate effectively by developing greater self-awareness and self-characteristics, setting priorities, trusting others, setting clear expectations, and offering support. The key lies in finding a **balance** between attention to detail and trust in the abilities of others, thus enabling delegation to become an effective tool in managing work and resources.

Conclusions

Enneatype One is characterised by a **desire for perfection** and **attention to detail**. This is an extremely self-disciplined, idealistic, and strongly principled individual. They are capable of great achievement, but it is critical that they balance the need for control with flexibility and **acceptance of imperfections**. With greater awareness of their instinctual tendencies and work on managing their emotions, they can find a solid, pragmatic balance between the pursuit of perfection and self-acceptance.

In general, Enneatype One is **committed to moral principles and ethical values**. They are honest, trustworthy, and respectful of others. These qualities help them build meaningful relationships and contribute to the well-being of society. It is important to note that each individual is unique, and the nuances of Enneatype One can vary greatly from person to person.

Enneatype One may exhibit character traits that, when they become points of weakness, can hinder personal happiness, impair social interactions, and create an atmosphere of tension and hostility. Self-reflection, openness to new perspectives and learning empathy and tolerance are valuable elements in their personal growth.

In managing conflict, Enneatype One must focus on keeping calm and a good dose of humility while maintaining effective assertive communication.

Enneatype One is an **indispensable resource** for a successful team because they can work autonomously due to their methodical and organised approach. However, it is important that they are supported and valued by other team members to make the collaboration even stronger and more cohesive. They can learn to delegate effectively by developing **greater awareness of themselves** and their tendencies, setting priorities, trusting others, setting clear expectations, and offering support. The key lies in finding a balance between attention to detail and trust in the abilities of others, thus enabling delegation to become an effective tool in managing work and resources.

Enneatype One who knows how to express their potential to the fullest can be a highly valuable resource for themselves and for those around them, both in personal, professional and business settings.

