

THE *inner* SHIFT

3 STEPS TO GET UNSTUCK & LEVEL UP



How to use the Enneagram to
stop spinning your wheels and
clear the path to your dream life.

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It starts

here...

You don't have the thing you desire...yet.

You do your best to go after it. You hustle, try hard, and bend over backwards.

But it still feels beyond your reach.

You get confused, procrastinate and beat yourself up.



And you start making it mean all sorts of things about who you are... You don't have what it takes, you'll have to settle, you're not good enough.

Well, guess what, love?

- You already have everything you need to soar at that next level.
- You don't need any more certifications or someone else's seal of approval.
- You don't need to externally change anything about your looks or your circumstances.

The only thing that needs adjusting is your inner game.

*Your stuckness is a gift, it's telling you:
this way isn't working, go in another direction!*

*The minute you surrender and let go, the faster your
desired object will come flying into your worthy arms.*



Hey y'all!

I'm Elizabeth, Enneagram Expert & Self-Discovery Coach.

I'm here to remind you that who you are is **enough** to create the life you want.

I've always been a big seeker, a high achiever, but my sly self-saboteur consistently got the upper hand.

Until finally, I got sick of leaving a trail of unrealized dreams in my wake.

I woke up to the fact that the only person holding me back from actualizing them was *ME*, and the only one who could give me the permission I desperately sought was...also me.

So, I decided to take back the reins, willing to risk failure on the way to achieving my goals, rather than succeed in not going after them, at all.

But, I needed a process, something that could be flexible and repeatable, depending on when, where, how, or why I got stuck. And that could help me level up in a variety of different areas: self-growth, relationships, and career.

What I'm going to teach you in this guide is how to master the inside job, so that the outside path to your dream life becomes crystal clear and attainable.

elizabeth

step

01

Discover YOUR ENNEAGRAM TYPE

who are you and why do you do what you do?

The best way to gain clarity on where you get stuck and how to level up is to discover your Enneagram type.

The Enneagram is the most effective tool for self-awareness. It describes how nine different personality types show up in the world, and illustrates a path for transformation.

Being stuck usually means that you're resisting what's present. You are either holding on to the past, or grasping for the future.

Understanding your Enneagram type will help you get crystal clear on what's going on underneath and how to shift it.



WHICH *enneagram type* ARE YOU?

Figuring out your Enneagram type isn't easy, but it is a total game-changer.
Which of these descriptions sound like they might be you?

9 *the* PEACEMAKER
keeps the peace by being
easy-going & avoiding
conflict.

1 *the* IMPROVER
fixes things by
taking responsibility
& doing what's right

8 *the* CHALLENGER
protects those who are
vulnerable by being
strong & in control.

2 *the* GIVER
helps others by
taking care of
their needs &
offering advice.

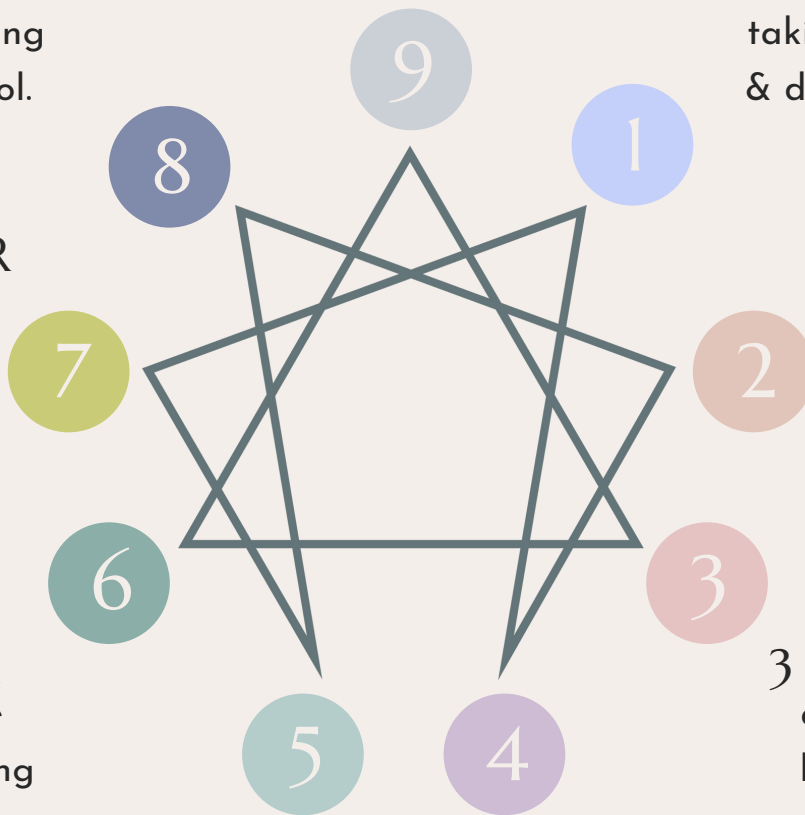
7 *the* ADVENTURER
enjoys new experiences
by being optimistic &
keeping their options
open.

3 *the* PERFORMER
achieves their goals
by being the best &
working hard.

6 *the* QUESTIONER
prepares for the future
by projecting & planning
for what could go wrong.

5 *the* OBSERVER
processes information
by gaining knowledge
& conserving their
time.

4 *the* DREAMER
expresses their
idealism by being
unique & creating
beauty.



step 02

Explore YOUR PATTERN

What are your *thoughts, feelings & actions* when you're stuck?



This place where you're currently stuck, is it familiar? Have you been here before?

As humans we are pattern-making machines, and our stuckness usually cycles back around throughout our life.

If that's the case for you, wherever you get stuck has vital information to share with you. There's some key lesson you must learn before ascending to your next level.

Once you've discovered your Enneagram type, you're going to explore your pattern (how you think, feel, and act) from a place of compassionate curiosity.

Use the table on the next page to identify which limiting thoughts, feelings and actions contribute to you being stuck.

~ LIMITING ~

enneagram type

thoughts

feelings

actions

1

I have to do the right thing.

RESENTFUL

CRITICIZE

2

I have to be indispensable.

SENSITIVE

PEOPLE-PLEASE

3

I have to be the best.

COMPETITIVE

IMPRESS

4

I have to be exemplary.

INADEQUATE

COMPARE

5

I have to know more information.

DETACHED

SHUT DOWN

6

I have to know what could go wrong.

ANXIOUS

PROJECT

7

I have to know all of my options.

BORED

CHASE

8

I have to take charge.

AGGRESSIVE

CONTROL

9

I have to go along to get along.

INDECISIVE

AVOID



step 03

Carve Out a New Path

What thoughts, feelings & actions align with your dreams?

And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.

-ANAÏS NIN

Now that you've become aware of your patterns, you are empowered with choice.

You must let go of the road you've been down before and carve out a new path.

This new path is created by consciously choosing what you believe, how you feel, and what you do.

In order to level up, you have to align your thoughts, feelings and actions with your future, not your past.



Choose the path that liberates you

- 1 Choose the thought, feeling or action that is directly opposite of the one that keeps you stuck
- 2 Imagine you've achieved your goal, what would you think, feel, or do
- 3 Once you find what is aligned with your next level, look for evidence in ways it is already present or true

~ LIBERATING ~

enneagram type

	<i>thoughts</i>	<i>feelings</i>	<i>actions</i>
1	I get to decide what's right for me.	CALM	ACCEPT
2	I get to take care of myself.	RECHARGED	SET BOUNDARIES
3	I get to slow down and rest.	PATIENT	RELAX
4	I get to appreciate who I am & what I have.	SATISFIED	BE PRESENT
5	I get to learn as I go.	ENGAGED	IMPROVISE
6	I get to trust my own capacity.	COURAGEOUS	TAKE RISKS
7	I get to follow through.	INTERESTED	COMMIT
8	I get to be vulnerable.	OPEN	ALLOW
9	I get to prioritize myself.	GROUNDING	DECIDE



NEED MORE *guidance?*

I'd love to offer you extra support as you move from where you are to where you want to be.

3 WAYS WE CAN WORK TOGETHER:

DISCOVERING *you*

A 60-minute singular session to discover your Enneagram type, understand *why* you do what you do, so you can choose what *you want* to do.

BECOMING *you*

An 8-week Group Coaching Program to help you shift the way you think, feel, & act from the person you thought you had to be to the person you're becoming.

NEXT LEVEL *you*

A 6-month Private Coaching Program to guide you towards your next level, as you align your self-worth with your dream life.

YOU CAN EXPECT

results



Liz has taught me to not abandon myself. This has been the biggest game changer of all. It has helped me with struggles around food, alcohol, and relationships. Every time I finish a session with Liz I feel lighter, brighter, and more excited about what my life can look like. Working together has truly made me a more positive and confident person.

-MOLLY, TYPE 4



Liz came into my life during a rock bottom moment and I can only describe my sessions with her as transformative - that is actually an understatement. Through the Enneagram, her thought work, and how much she genuinely cares, my hour with Liz each week is arguably my favourite hour. The result of my sessions are that I am more present in the moment, comfortable with being uncomfortable, and overall feel 'lighter.' I couldn't recommend this work more, it is game-changing.

-MEGAN, TYPE 6



Liz has helped me totally shift my perspective, break old patterns, push myself out of my comfort zone and challenge myself to yield better results and transform my life by changing the way I think and approach life's situations.

-MADELINE, TYPE 8



Liz has helped me become more aware of my own feelings, develop new daily practices and ways of thinking that have transformed my normal patterns. I take more time to check in with myself and make decisions that are truly aligned with my wants and goals. This work has really changed the way I act on a day to day basis, and I feel more connected to my truth. Liz has helped me become more like the real 'me.'

-MARYELLEN, TYPE 9

LET'S STAY
in touch!



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www.elizabethnewcomer.com

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thank you!

And remember...you are already
more than enough!