


Enneagram Statements for Church Administrators

If Each Enneagram Type Were a Church Administrator, They Might Say:


Type 1 – The Reformer

1. "I just want to make sure everything is done with excellence and integrity."
2. "If I don't do it, who will?"

 To Reduce Stress & Find Balance: "I will remind myself that good enough is sometimes good enough, and I will set aside time to rest without guilt."


Type 2 – The Helper

1. "I'll stay late to make sure everyone else has what they need."
2. "Saying 'no' feels selfish, but I know I should set better boundaries."

 To Reduce Stress & Find Balance: "I will schedule 'me time' as intentionally as I schedule serving others, knowing that rest allows me to give from a full heart."


Type 3 – The Achiever

1. "Let's streamline this process so we can be more efficient!"
2. "I feel accomplished when everything runs smoothly, and people notice my hard work."

 To Reduce Stress & Find Balance: "I will find value in simply being, not just doing. My worth is not tied to my productivity."


Type 4 – The Individualist

1. "I want our church to have a unique and meaningful identity."
2. "I need space to process my emotions, even in a busy environment."

 To Reduce Stress & Find Balance: "I will engage in simple, grounding practices like gratitude journaling or nature walks to help me stay present and at peace."


Type 5 – The Investigator

1. "I'll create a new system for organizing church records—it'll be foolproof."
2. "I prefer to work behind the scenes and think through all the details before making decisions."

 To Reduce Stress & Find Balance: "I will step away from information overload and allow myself to engage in restful activities that don't require problem-solving."


Type 6 – The Loyalist

1. "What's our backup plan in case something goes wrong?"
2. "I want to make sure everyone feels secure and prepared for anything."

 To Reduce Stress & Find Balance: "I will practice trusting God and embracing moments of stillness instead of always anticipating worst-case scenarios."


Type 7 – The Enthusiast

1. "Let's try something new and exciting for this church event!"
2. "I have so many ideas—I just need help following through on them."

 To Reduce Stress & Find Balance: "I will slow down, embrace quiet moments, and find joy in the present rather than always chasing the next exciting thing."


Type 8 – The Challenger

1. "We need to take decisive action to make sure things get done!"
2. "I protect my team fiercely and expect everyone to pull their weight."

 To Reduce Stress & Find Balance: "I will allow myself to be vulnerable and trust that not everything needs to be controlled by me."

Type 9 – The Peacemaker

1. "I just want everyone to feel valued and work together peacefully."
2. "Let's make sure we take time to slow down and appreciate the good things happening."

 To Reduce Stress & Find Balance: "I will practice speaking up for my own needs and taking intentional action rather than avoiding conflict."