

THE Defiant *Spirit*

OWN YOUR NUMBER

THE ENNEAGRAM TYPE



The Reformer

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The Reformer

WHO

WHO THEY ARE



Alternative Names

- The Perfectionist
- The Pragmatist
- The Idealist

Enneagram 1s are the most principle-driven and value-based type. They revere integrity and strive to be responsible citizens and good human beings. Sometimes called Perfectionists, they can overfocus on perfection, missing out on what is right in the world and good in their life. In **reaction**, they tend to be judgmental, uncompromising, and critical of others, especially themselves. In **response**, 1s become more compassionate and forgiving of others and, most of all, themselves. They are impeccable, principled, hardworking, and responsible, living to the highest standards and caring for everyone in their life.

• INTEGRITY

Ones are responsible, trustworthy, and live with integrity, reflected in all their relationships and endeavors.

• ORDER

Ones navigate the chaos and imperfections of the world through creating and imposing structure, systems & order.

• PERFECTION

Ones tend to be perfectionists, focused on details, precision and excellence in all aspects of their life.

• GOODNESS

Ones stand for what is right and good, with clearly defined values and a commitment to their principles.

Famous Reformers



Tina Fey



Bill Maher



Elizabeth Warren



Jordan Peterson



Brene Brown



Natalie Portman



Matt Damon



John Kerry



Harrison Ford



Mike Pence



Jerry Seinfeld



Martha Stewart



Al Gore



Jimmy Carter



Anderson Cooper



Bill Maher



Michelle Obama



Hillary Clinton

Self-talk

I am good, responsible, and prepared.

Worldview

The world and those in it should be perfect; when they're not, it's my duty to perfect them.

Fear

To be imperfect, immoral, irresponsible or in chaos.

Motivation

To be a good person, live with integrity, and fulfill my responsibilities perfectly.



The Reformer

WHAT

WHAT THEY VALUE



The Reformer tends to be unmistakable in their need to be responsible and good and their desire for order and perfection. They have a sixth sense of right and wrong, and their eye always looks toward what still needs to be perfect. They instinctively understand how things could be improved and focus on improving themselves, their circumstances, and those around them.

Supreme Court Justices



Amy Coney Barrett



Sandra Day O'Connor



Thurgood Marshall



Neal Gorsuch



Ketanji Brown Jackson



Ruth Bader Ginsburg

Change Agents



Nelson Mandela



Mahatma Gandhi



Pope John Paul II



Angela Merkel



Yitzhak Rabin



Margaret Thatcher

Reformers Are...

RESPONSIBLE



...the most responsible type, taking ownership for all they do and being accountable to their family, friends and followers.

CRITICAL



...the most critical of any type, with high expectations not only for others, but mostly themselves.

THOROUGH



...thorough, never cut corners, and expect the same from those whom they live with, love and lead.

DETAILED



...are highly detail-oriented, need structure, are organized, and naturally skilled at creating systems.

PRECISION



...not only thorough, but deliver precision and quality; they strive for perfection in their life and expect it from others too.

ONE-ISH SYMBOLS

Surgeon's Tools



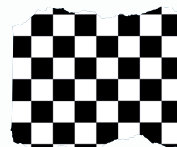
A surgeon's tools are designed for precision, meticulous and clean just like 1s.

Traffic Lights



Smooth-running systems, grids, and stop lights were definitely made possible by 1s.

Shades of Grey



Shades of grey don't come easily to 1s as they tend to live their lives in black and white.

Celtic Knot



The Celtic knot is an ancient symbol reflecting divine symmetry and perfection just like 1s.



The Reformer

WHY

WHY THEY DO WHAT THEY DO



Ones are motivated by their values and ideals. They need to be good people, take care of their responsibilities, and fulfill their duties. They are compliant by nature, detail-focused, and function best when there is clear communication, expectations, and rules.

Why Reformers REACT

In **reaction**, the Reformer is the most perfectionistic type, triggered when they feel they, or others, are shirking their duties, chaos is threatening, or what is being produced, delivered, or offered is less than it could or should be. **Here are some signs they are reacting...**

- **Angry:** They become angry, though they usually repress it believing no one knows (even though we all do).
- **Controlling:** They insert themselves into everyone's business, taking over and criticizing everything we do.
- **Shut Down:** If their to-do list grows too long; alternatively they can go in the opposite direction and shut down and shirk their duties.

Why Reformers RESPOND

In **response**, the Reformer is the most responsible and quality-focused type. At their best, they instill this desire for excellence into others, inspiring them to rise to new heights and accept and forgive when human frailties and imperfections occur. **Here are some signs they are responding...**

- **Methodical:** They shift from obsessive to methodical, slowly and surely checking boxes at a sustainable and healthy pace.
- **Composed:** They deal with their anger, get calm and present themselves in a composed and amiable manner.
- **Forgiving:** They shift from critical to compassionate, forgiving of others and much kinder and easier people to be around.

Ones In Pop Culture

Superheroes



Superheroes like Captain America, Wonder Woman, and Superman tend to be 1s, with their high-flying ideals and unwillingness to bend to the bad guys.

Perfectionists



One caricatures like Monica from *Friends* are often showcased as the uptight, controlling, and bossy friend, partner, parent or boss.

Moral Pillars



Ones are often portrayed as religious leaders, moral beacons, and the pillars of integrity within our homes, organizations or society.

Change Agents



Ones are idealists, rising to the forefront of most justice related movements or causes like Nelson Mandela in his quest to end Apartheid.



The Reformer

HOW

HOW THIS TYPE MOVES THROUGH THE WORLD



Ones operate from their instinctive gut center, though not always trusting it, defaulting to action as the primary way they take in the world, typically internalizing this action in an attempt to make things perfect.

Gut Types & Anger

Anger



Like all Gut types, 1s struggle with anger. Ones resist anger trying to repress it and hide it from others, often believing they aren't angry when clearly they are.

Gut Types & Control

Control



Gut types all seek control and react strongly when they feel a lack of it or feel they're being controlled. Ones react through passive aggressive behavior, or becoming fixated on perfection.

Gut Types & Action

Action



Gut types all revolve around action, and 1s move into action usually with much consternation, second-guessing and negative self-talk.

Gut Types & Autonomy

Autonomy



Gut types strive for autonomy and the need to physically be free. Ones do this through complying with authority, or becoming competent in an attempt to gain back their freedom.

Reference & Movement

Both-Referencing

Enneagram 1s are both referencing, paying attention to themselves (their principles and ideals) while also focusing on their circumstances, torn when those two realities conflict. They move inwards, into themselves, or wherever they place their attention, tending to all the details to achieve perfection or resolve conflict.

Time & Energy

Present-Oriented

Ones are present-oriented, becoming hyper-focused on all the details and nuances of what is happening around them or within them. They can ignore the past or avoid the future, becoming overly compliant to the systems, structure, or never-ending details to perfect themselves, others or their circumstances.

If Ones Were...

AN ANIMAL

The Eagle is a 1 animal. Since ancient times, it has signified nobility, strength, and flying high above the rest. However, it can also seem perched in judgment and alone in the world.



A COUNTRY

Switzerland is a 1 country with its precision, order, and principles. However, the Swiss hold an underlying belief that they are more "perfect" than the rest.



A PROFESSION

Any industry that requires precision, perfection, and principles speaks to a 1, but none is more 1-ish than healthcare. When the surgeon says, "scalpel," you can breathe easier knowing they're a 1.

