

3

The Achiever

The Little Engine that Could.

Basic Proposition

True Nature: Threes are drawn to the preciousness of life – their own and the lives of everyone and everything. They know that everyone and everything has intrinsic value.

Great Loss: At an early age, Threes lost a sense of their own worth.

Core Belief: As a result, Threes came to believe they need to create value to be valuable. They do this by trying to reach the top position in whatever role or field they find themselves in. They believe life is a contest they need to win.

Personality

Threes are active, busy and successful. They like to set goals and achieve them as quickly as possible. They value their image; even if they are struggling or exhausted, they want to be seen as successful and put together. They are charming and have the ability to adjust who they are depending on the situation.

Where the Three's energy/attention goes (fixation):

- Setting and achieving goals
- Receiving recognition
- Self-promotion; looking good

Healthy Traits of the Three (Gifts):

- Capable of growth and learning; helping others do the same
- Inspires others to achieve their own success
- Self-confidence, charm, poise, leadership
- Practicality and competence

Average Traits of the Three:

- Driven to be the best
- Concerned with status
- Efficient
- Emotionally detached

Unhealthy (Red Flags):

- Vanity; needing to be recognized for achievements, material wealth and visible successes
- Willing to do whatever it takes to look good, including use or hurt others
- So willing to change themselves to win that they lose sight of who they really are
- Out of touch with their own desires and heart

Stress and Coping

What Causes the Three stress:

- Others wanting to be emotionally close
- Expecting to be successful at everything
- Doing too much
- Sense of impending failure

Coping Methods:

- Working hard for others
- Reinventing self to be successful in present environment
- Making sure close family and friends – as reflections of the Three – are also on top of their game

Practices for Transformation for Three

- Practice sharing your real self with others.
- Explore joy. What brings you joy? When do you feel it? How does it feel?
- Create time and space that is just for you. Stop and smell the roses
- Be curious about your urge to succeed. What defines success for you? How do you feel when you succeed? What is going on in and around you when you feel the urge the strongest?
- Questions for daily reflection: What emotions did I feel today? What was I doing when I felt them? Did I avoid them or suppress them? If so, how? How did I allow myself to feel them?
- Develop a mindfulness practice to build awareness of your mind, body and heart as they are in the moment.