



EMERGE BEYOND THE SURFACE AND THRIVE

BOSS BALANCE JOURNEY PROVISIONS

NON-JUDGMENTAL SELF-OBSERVATION:

- Simply notice. Notice your own behavior. You're reactions to every day circumstances and people in your life.
- Throughout your week, when do you most notice your immediate reaction of thinking, doing, or feeling?
- How often do you notice feelings of anger, shame, or fear?
 - What are the circumstances where they seem most pronounced?

INTENTION PRACTICES:

- When do you feel like a bird? Dedicate a page in your journal (or phone notes) to note any time you're aware that you feel at ease, in contrast to trying/efforting/manufacturing. When possible, additionally note the circumstance, where you are, who you are with, etc. so you can reference.
- Sit quietly outside, or while looking outside. For a few minutes, watch a bird simply being a bird.

EXPANSIVE RESOURCES:

- **Undercurrent Enneagram Introduction Video**—for a little more in-depth intro to the Enneagram, and to share with friends!
- The Danger of a Single Story by Chimamanda Ngozi Adichie
- Our Three Intelligences* by Cynthia Bourgeault
- @UndercurrentEnneagram Instagram highlights for:
 - Essence
 - Feeling dominant, thinking dominant, and doing dominant
- A Counterintuitive Wisdom* by Richard Rohr
- Surrender as a Superpower by Anne Lamott
- Surrender and Acceptance* by Richard Rohr and Nadia Bolz Weber
- "ANGER" by David Whyte
- 3 Things You Can Do to Stop a Shame Spiral by Brene Brown
- Meeting Fear with Rest* by Cole Arthur Riley
- Want to explore deeper?!: **Enneagram Essentials Discovery Group**



QUOTES FOR THE QUEST:

- No one sees what you see even if they see it, too." —Chris Ferreiras
- "Maturity is the ability to...courageously inhabit the past, the present and the future all at once." —David Whyte
- "We are captives of comfort in our habits of thought and feeling [and doing], victims of certainty — that supreme narrowing of the mind — when it comes to our own desires. That we don't fully know what we want because we are half-opaque to ourselves, that something we didn't think we wanted may end up enlarging our lives in unimaginable ways, is a kind of uncertainty that unravels us. But if we can bear the frustration of the figuring, we may live into a larger and more authentic life." —Maria Popova
- Labeling sets up an expectation of life that is often so compelling we can no longer see things as they really are. This expectation often gives us a false sense of familiarity toward something that is really new and unprecedented. We are in relationship with our expectations and not with life itself. — Rachel Naomi Remen
- Since Einstein, we have learned that there is no center; or alternatively, that any point is as good as any other for observing the world.... There are no privileged locations. If you stay put, your place may become a holy center, not because it gives you special access to the divine, but because in your stillness you hear what might be heard anywhere. All there is to see can be seen from anywhere in the universe, if you know how to look; and the influence of the entire universe converges on every spot. —Scott Russell Sanders

**These resources contain references that may personally be triggering to some, including: spirituality, addiction, the Christian faith tradition, etc. I hope the content, and intent in which these resources are offered (to better understand yourself through the Enneagram), do not effect anyone in a triggering way, but I have *starred* this content to provide you the opportunity to chose if you feel comfortable engaging with these resources.*