

Mindshift Triangles

Use this desk companion to remind yourself to shift your mindset.

Control Approval Security – from Conscious Leadership

⇒ shift from threat to feeling you have enough within yourself

Villain Hero Victim – from Karpman Drama Triangle

⇒ shift to challenger, coach, and creator

Anger Shame Fear – from Enneagram

⇒ allow yourself to feel your feelings

Each side is also arranged according to Enneagram type:

Red – 8, 9, 1

Blue – 2, 3, 4

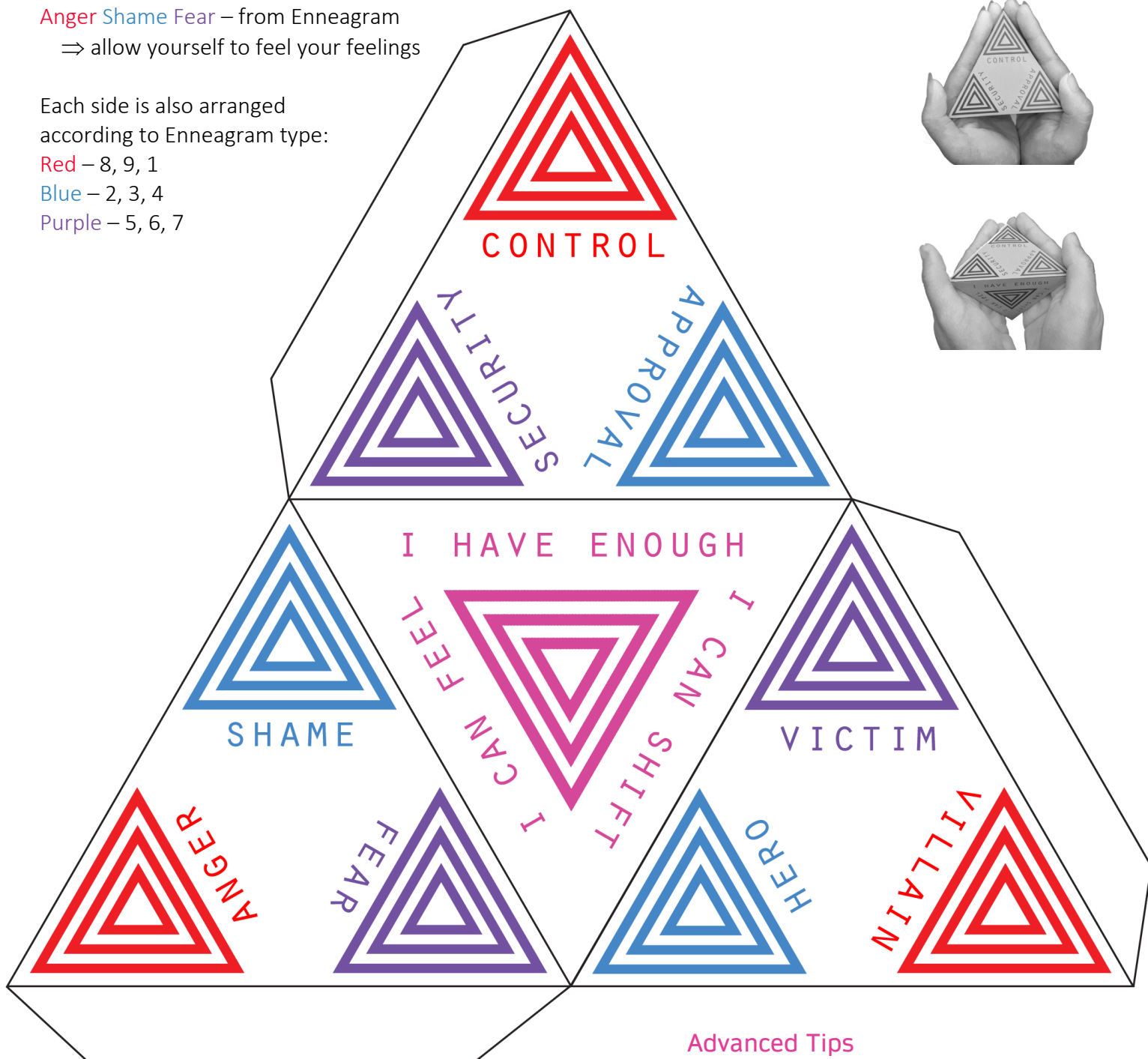
Purple – 5, 6, 7

How to Use

Explore different sides of the triangle

Hold the red side facing up

Tilt away to reveal the shift



Advanced Tips

Print on cardstock

Add a weight or bell inside