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Annie: Hi friends! Welcome to another episode of That Sounds Fun. I'm your host Annie F. Downs. I'm so happy to be here with you today. Okay, we are continuing our EnneaSummer 2024 series with our first triad of friends.

Okay, if you didn't get to listen to our kickoff episode of the series with Ashton Whitmoyer-Ober, I highly suggest you go back and start there because she's going to give you kind of an overview of the whole thing. It is so helpful.

This month we're talking about the Enneagram triads and relationships. Ashton really helped us kick things off on Monday by walking us through what the triads are. As a reminder, the Enneagram is a personality typing system and a tool we love around here because of how it helps us know ourselves better and love our people better. It is just a tool, one of many that can help with personal growth, but one that we find really interesting and helpful.

We've done three other EnneaSummer series over the years now. We've got a playlist of all of those on Spotify. We'll link to that in the show notes if you want to go back and listen. A lot of times y'all say, will you build us a playlist on Apple? You can't. They haven't made that possible yet. So we've got them all on Spotify though.

We also have a free download for you that kind of gives you a chance to process through some of the same questions we're asking our experts and guests in this series. You can find that as well as a list of other Enneagram resources from our experts. That's all at anniefdowns.com/EnneaSummer.

Before we dive into today's conversation, I want to tell you about one of our incredible sponsors. This show is sponsored by [BetterHelp](#). Let's talk about comparison for a second. We can really bump into that during EnneaSummer, or like me, you find yourself scrolling through Instagram, caught up in someone else's highlight reel, and then wondering why your life doesn't look like theirs.

Comparison truly is the thief of joy and can shift our perspective and attitude really quickly. But here's the thing. What we see online is not the whole picture. This is one of the reasons therapy can be such a game changer. It's not just about dealing with the major issues. It's about learning healthy coping skills and setting boundaries for yourself and finding the tools you need to navigate the big and small things.

If you're curious about therapy, but unsure where to start, give BetterHelp a try. It's all online so you can connect with a licensed therapist from the comfort of your

own home on your schedule. Plus they make it easy to find the right fit. You just fill out a quick questionnaire—y'all know we love a quiz—and you get matched with a therapist right for you.

So stop comparing and start focusing. Visit betterhelp.com/thatsoundsfun today, and you'll get 10% off your first month. That's betterhelp.com/thatsoundsfun.

Remember that link, all the links we talk about are always in the show notes below wherever you're listening, or if you're watching on YouTube. But also we will send those to you every Friday in our AFD Week in Review, which is where we announce things first, tell you a story there we aren't telling anywhere else, and send you all these links. So make sure you are signed up for that.

Intro: Today on the show we dive into the Gut Triad with my friends Katie, Katy Boat, and our Enneagram expert, Dayo Ajanaku. The Gut Triad is made up of Enneagram 8s, 9s, and 1s. So our guests each represent one of those numbers and are here to talk about their learnings and experiences when it comes to understanding the way those in the Gut Triad relate to themselves and to others.

Remember, we're thinking a lot about healthy relationship in this particular EnneaSummer Series. Our Enneagram expert today, Dayo, identifies as an Enneagram 1, and she shares her expertise on all things Enneagram on Instagram. So go give her a follow @TheBlackEnneagram. We will also link to that below.

So whether you identify as an 8, 9, or 1, or there's someone in your life that is in the Gut Triad, you're going to love learning more about our friends and how they relate to the world. So here's my EnneaSummer 2024 Gut Triad conversation with my friends, Dayo, Katie, and you know and love her because she works here, Katy Boat.

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Annie: Ladies, welcome to That Sounds Fun.

Katie Richards: Hi.

Annie: So glad y'all are here.

Katy Boat: What a party!

Annie: I know. Dayo, where are you coming at us from?

Dayo: I currently live in like Oakland, Bay Area, California.

Annie: Wow.

Dayo: We're in North California.

Annie: Okay. All the way on the other side of the country. Thank you so much for joining us. Your Instagram account, The Black Enneagram, is one of my favorites.

Dayo: Thank you.

Annie: Will you start by telling us how you got started in being kind of a voice of Enneagram, not just a consumer, but a teacher?

Dayo: Right. Right. I had learned about the Enneagram I think in like 2019, and then subsequently in 2020, I was a senior in college and we had like a class assignment of like.. I was in taking a class called Creativity and Innovation in Business. And she wanted us to come up with some business plan, some idea that's like novel, no one's ever done before. That's hard to do because everything is pretty much been done under the sun.

Annie: Sure.

Dayo: But I had, you know, recently been following a lot of Instagram accounts that we're talking about the Enneagram. I didn't really see people who look like me talking about the Enneagram. So I decided to do that as my school project to, you know, kind of talk about the Enneagram from a Black perspective.

Then 2020 happened and everyone was at home and we had all this free time, and I needed a hobby. So I was like, "You know what, let me just deep dive into this while I'm studying for the LSAT and finishing school. Let me just find something to do that's fun, that's not too stressful." And so, yeah.

I mean, it was birthed out of a desire to see people like me talking about it, living it, experiencing it, growing from it, all these things. I think that's the very 1 thing, the reformer in me of like, there's something missing. How can I be the one to fix and fill that gap?

That's even one of the reasons why I went to law school was because I was like, "There's not a lot of Black women who go to law school. I mean, I want to be one of the people who go to law school." That's a pattern in my life is just wanting to fill the gaps where people are not being represented, being seen. So yeah.

Annie: Well, thank you for doing that because we had a gap for an Enneagram 1 here in this particular episode, our Gut Triad episode. So you will be our expert. In every episode of this series we'll have one expert who's also in the triad. And you are a 1. We'll go reverse ways. Katy Boat, introduce yourself, tell us who you are and tell us what you do for work and your Enneagram number.

Katy Boat: I am Katy Boat. I work here with Annie. I am the content manager and also get to manage Single Purpose League. I am an Enneagram 9.

Annie: Yes, you are. Yes, you are. It's very fun that the two women in the room with me are both Katie's.

Katy Boat: Yes.

Katie Richards: That's right.

Annie: So other Katie.

Katie Richards: Yes.

Annie: Katie, tell us who you are, what do you do and what number do you identify as?

Katie Richards: So I'm Katie Richards. I am the president and CEO of Siloam Health. We're a nonprofit in Nashville that provides health care to marginalized immigrants and refugees. And I am an Enneagram 8.

Annie: Yes, girl. I love it. Dayo, I'm glad to introduce you to both these women, but I feel like you will really love what Siloam is doing in Nashville too, serving... I mean, Siloam stepped into a gap in Nashville of the... We have a lot of immigrant neighbors who were unable to get health care.

Katie Richards: That's exactly right. We'll care for 6,500 people this year from 80 countries and speaking 50 languages.

Annie: Oh my gosh. Fifty languages.

Katie Richards: And we're 33 years old. So we've really been uniquely shaped in this city to fill a gap. We're grateful for that opportunity.

Annie: And your Enneagram 8ness, you were on staff there and then the CEO left, and they were like, "Let's look for another one." We were all like, "Will they?" We go who is already sitting there."

Katie Richards: Oh, I'm glad y'all knew because it was a long process.

Katy Boat: Oh, I knew.

Annie: Dayo, will you talk for a second about the Gut Triad, about these three? Will you kind of explain to me what does a Gut Triad feel like and why are these... these three numbers don't seem very similar to me..

Dayo: Right. Right. I think that one of the ways that people characterize the body triad or the Gut Triad is with their relationship with anger. So all three are going to have a very different experience of anger, though, because I think with the 8s, if I remember correctly, 8s are very outward with their anger. They express it very easily. They've expressed it very rapidly. They're not really going to sugarcoat their anger. Depending on their subtype as well. That also will matter.

Then 9s kind of can be very out of touch with their anger. They don't even realize that they're angry. Maybe they'll be fine, they'll be fine, they'll be fine, and then they'll have a burst of anger. And they'll be like, where did that come from? People will be confused. The 9s are so easygoing, they're peacemakers. So it takes a lot to get a rise out of them. So when they do finally burst, it can be very scary because you're just not you're not used to that from the 9.

Then the ones have a very internalized anger, very repressed anger. As a social 1, I don't necessarily resonate with that. I guess in a way I do, because it's really important for me not to be seen as an angry person. But it just leaks out. It's hard for me to control my face. People can kind of tell when I'm upset. It's hard for me to hide it. But naturally, for the 1, it's like you don't want people to see you as an angry person. That is 9.

Then also add on the me being a Black woman, that just will be more pressure of like... I can't have that trope attached to me. And so, yeah, that kind of is a defining factor is the way that the 8s, 9s and 1s relate to their anger, communicate their anger, show their anger.

I think when I think of body types, and I'm curious to hear how the two Katie's feel about this. But I think that it's really like you're moved by just your knowing. I think that's how I describe it. It's like there's a knowing that you feel that maybe other types who are heart types or mind types they don't really have this internal...

I think that the mind types are more so like, I'm going to use logic. I'm going to use what I actually know while heart types are like, no, I'm going to use what I actually feel. But for the body, I feel like there's more of like a... it's a sense. It's just like, I just have this gut feeling, this... something just is not... either something is really

right or something is really not right. And you don't really know what's controlling that.

There's sometimes not a lot of evidence to explain why you feel the way you feel. But they just kind of like this visceral, physical feeling of like something needs to happen. Either good or bad. Like I need to do something. That's the way I experience it. That's the way I understand it. But I'm curious if you guys also have that kind of visceral, physical-

Annie: Is it visceral for you?

Katy Boat: Yes.

Annie: Really?

Katy Boat: Oh, I think certainly. I guess it depends a little bit on the issue. Like if it's an issue of injustice, I mean, it is visceral. But then sometimes it's just, no, I have this anchoring this... I just know.

Annie: When you walk into a room as a Gut Triad, as a body triad person, what do you feel in the room? Do you start sensing? You know, someone in the heart triad is going to feel what people are feeling. Someone in my triad in the thinking triad, when we walk in, we're kind of observing everyone and figuring out putting them all in boxes in our minds. What are y'all doing when you walk into a room?

Katy Boat: I'm observing and then I am taking in what the vibe is. So a little bit similar to the heart triad, I can also get a read on what you're feeling and what is going on in the room. So then I'm trying to figure out how I'm going to react or respond. And that's kind of exhausting to me.

Annie: The visceral response is exhausting for you.

Katy Boat: Well, it's like there is a gut sense of what is happening. The way that I feel like it's an internal battle is me trying to figure out, am I going to speak up? Am I not? Am I going to act? Am I not? Am I just observing? So that part of it is exhausting to me.

Annie: I mean, Dayo, I'm curious. I would have... I was about to say I think everyone feels I don't know if that's true. But I'm curious if everyone feels... when you're in a dangerous situation, if everybody feels it in their body, and then y'all just feel that all the time. So like flight or fight is in your body. So I wonder if all 9 types feel that better. Y'all saying that you live with "my body tells me" all the time.

Katy Boat: Right?

Annie: Oh, yeah.

Dayo: I think, for me, that's my experience. I'm constantly... That's something that I think is a big struggle with being a body type is you really don't get rest from that instinctual feeling all the time. I think maybe the people who are in the mind types, they can bypass their physical feeling with logic. I can't bypass with logic. I don't know how to be like, "Oh, well, that doesn't make sense." If it doesn't make sense, my body is telling me something that I can't ignore.

Maybe with the heart, someone is like, "Well, I feel my heart is telling me." I'm like, I'm very disconnected from my heart as a 1. So I'm curious if that's also true for you guys as 9s and 8s. But I'm very distanced from my heart. The word "feeling" is not really something I can articulate. It's more so of like, I just know. I just physically... It's so hard to explain because it's not like a tangible thing. It's just like ethereal, spiritual.

Annie: That's really helpful. Because if Gut Triad is saying "I know," heart triad is saying "I feel" and my triad is saying "I think". So y'all just know.

Katie Richards: We just know. I think it's very hard to put into words. Because it just is. Like, what do you mean you don't know. I just know. It's just this piece, this anchoring, this resolve. Like I just know.

Annie: Is that like when you're making decisions at work, not just when you're-

Katy Boat: Yes.

Annie: Oh, listen, all of you. Yes.

Katy Boat: Well, I wouldn't say that. "Is true for me?"

Annie: Well, that's interesting because one of our other experts said in the Gut Triad, the counter type in the Gut Triad is you. That the 9 is the one who is a little more disconnected to what the two of them can be like, Yeah.

Dayo: Yeah.

Katie Richards: Right.

Annie: So you don't feel that when you're making decisions. You don't know.

Katy Boat: Well, because I always see both sides in everything, then if I have a feeling, I still am weighing out the options. So I'm still trying to be like, well, but we could do this, but we could do this. We could... you know? And so really, I think at least for my experience as a 9, confidence is the issue. It's having the confidence to trust my gut and having the confidence to act on what it is that I really sense.

Annie: Wow. Okay. That is different than you.

Katie Richards: Oh, for sure. I think for me, it's actually knowing the answer to something. And especially as a leader at an organization and needing to just slow down. Because just because I know where we're going to end up doesn't mean that everyone else knows that. I need to wait and bring them along so that they can catch up. But I already know. It's like I know where we're headed. I know what this answer is going to be. So y'all just come on.

Annie: You're such a better boss than me. I'm often like, "We're not going to use our time this way. I'm just going to tell you how this is."

Katie Richards: Well, I say that, but if you ask people who worked at Siloam, maybe they would say something different. That's what I'm trying to do internally.

Annie: Dayo, I mean, in law school and you're going into law school or coming out of law school probably soon, as a 1, as a Black woman, as a Gut Triad, how do you see yourself, even in the practices you've done or the court cases you've done, how has your Gut Triad worked for you in this new profession?

Dayo: I think it's exposed what I know I don't want to do. I think I've been working at a firm the past couple of summers and I'm like, "This is cool for now. This is not something I can do long-term. My body does not feel the most comfortable in this space. So I don't feel like I can survive in big law for super, super long. I know that I want to be a professor at some point. I don't know why that is a thought. I don't know why that is a belief. But I know that I want to be in a classroom. I just know.

Like when I think about teaching, when I think about... like I'm doing it right now. I'm in that mode and I feel the most myself, I feel the most light in these moments. So I know that my physical body just feels most comfortable when I'm in that mode rather than when I'm like working for someone and getting assignments and doing grunt work. I think that's something that I've realized.

I think also law school has been a big eye opener to the fact that in America the law is not just like... there's a lot of stuff there that my body is just like, This is wrong, but it's the law. Like, this should not be the law, but it's the law. So that's something I noticed throughout my time is just like... I don't think I came into law

school knowing that. And that was kind of a rude awakening of like, Oh, this is not what I thought it was going to be. So yeah.

Annie: My mother is also a 1 and was also a corporate lawyer.

Dayo: Wow.

Annie: There you go. You female 1s, you better get it.

Katie Richards: I work with a lot of 1s in healthcare. Which I would really appreciate my doctor being a 1.

Annie: My doctor could well be a 1 or a 3. Show up, know, know that you're good, and do not leave a scalpel in me and then just sew it up and not tell.

Katie Richards: That's right.

Annie: That's exactly right. I'm listening to all of you talk about your body, your connection with your body. That also requires, particularly as females, that requires health, I would guess, in how you feel about your body, because y'all have to listen to your body, so you have to like yourself more than I do as a thinker. My brain just has to be like, oh... My brain doesn't... my brain and I have been at odds with each other. Do y'all feel that way or no? Y'all are looking like that may not be true.

Katy Boat: It's just the first time I've ever thought about that. So that's super interesting. I will say, I think the work that I've done through both counseling and just overall health has changed the way that I think about and trust my body. Even from a physical standpoint, I know if something feels off physically, I have to ask myself, is there something going on emotionally or stress-wise or anxiety-wise that I didn't realize before? I think that is my way that it's connected.

Annie: You're like, Did I eat bad pizza or am I unsafe?

Katy Boat: Am I nervous about something that's coming up tomorrow that I did not think about?

Annie: Interesting.

Katie Richards: I think this is one of the more complicated things for me to explain, and Dayo, I would welcome your insight on this. But you said something earlier about being disconnected from the heart. And that was a lot of the early work that I did in counseling, was how to integrate emotions, because I can be disconnected from

that, and I can also be disconnected from my body, but not from my gut. It almost feels like a different thing to me.

Dayo: Right, right.

Katie Richards: Does that resonate with y'all?

Katy Boat: Yeah. I think that's fair. And I think, as your friend, I see that is true, too, in you.

Dayo: I've heard some 1s also... I don't experience this, but I've heard some 1s say they struggled with body image issues because their perfectionism is like, I have to look a certain way, I have to be a certain way. This is the perceived way people expect me to be. So if I'm a couple pounds overw8, that's just not going to work. I have to figure out a way to get myself to the ideal, depending on their subtype, the ideal physical way of looking at themselves. So I think that it depends on the subtype.

But I think for me as a 1, I resonate a lot with what you're saying, Katie, is that I also feel like my gut and my body are two different things. They're not the same thing. My relationship with my physical body is not like... I don't know. I don't experience the same thing.

I will say though that I do resonate with what you said, Katy. What you were saying about how sometimes I'll get a physical sensation of anxiety, I'll get a physical sensation of fear, but nothing around me is happening. I can't really tell. I'm like, I'm fine. I think I'm fine. But that's not my physical body. That's my gut trying to tell me something.

But I think if I'm hungry, I often will ignore hunger and I will ignore tiredness. I'll ignore those things, because I'm just like, No, this needs to get done. My gut is telling me if we don't do this today, we have to do it. I'm always in that mode. So I think I can often neglect my physical body for the sake of what my gut knows needs to be done in this moment.

Katie Richards: 100%. I mean, I think 8s are notorious for just pushing, pushing, pushing, pushing until we just drop. And that's what I'm saying about I actually don't do well at listening to my body.

Annie: But you'll listen to your gut.

Katie Richards: I'll listen to my gut because it's for decision-making.

Annie: Interesting.

Katie Richards: It's not for care, necessarily.

Annie: Because I think that's from an outsider of your triad, though, as I've told y'all before we started, in my spirit, I am an 8 in all ways, except in my motivation I feel like an 8. I often have to say to myself, You can trust what your body's telling you. Like your body is telling you something. Y'all are on the same team. You can trust what it's telling you that you don't feel well or that something feels... this should feel totally safe and it doesn't. Let's figure out why. That kind of thing.

[00:21:44] <music>

Sponsor: Hey friends, just interrupting this conversation to tell you about one of our incredible partners, [Factor](#). If you want to cut out the stress of grocery shopping and meal prepping this summer, especially when you're traveling or coming home from a trip, Factor's ready to eat meals are so good and have got you covered.

Their meals are fresh, they're chef crafted, dietician-approved, and ready to eat in just two minutes. This means less time prepping and more time outside in the pool. Listen, I got home from our big fam vacay and waiting for me in my fridge were my Factor meals, which has made my life so much easier. And they are so delicious. Oh my gosh, the bacon ranch chicken situation, you guys, you've got to know it.

You can choose from a weekly menu of 35 options, including popular options like Calorie Smart, Keto, Protein Plus, which I love, or vegan and veggie. Plus, there are 60 add-ons every week, like breakfast on-the-go, lunch, snacks, beverages. So you have a ton to choose from. I have loved their juices. They have been so good.

You can completely tailor it to your schedule. Customize your weekly meals with the flexibility to get as much or as little as you need. Just head to factormeals.com/TSF50 and use the code TSF50 to get 50% off your first box plus 20% off your next month. That's awesome. That's the code TSF50 at factormeals.com/TSF50 and you'll get 50% off your first box plus 20% off your next month while your subscription is active.

Sponsor: And another incredible partner to tell you about, let's keep talking about our health, [Hiya Health](#). I know it's tough to get kids to eat healthy food, especially during the summer. Listen, I was just on vacation with five of them. I know. But Hiya Health is here to help.

Hiya is the pediatrician-approved chewable vitamin that is super powered and made with zero sugar and zero gummy junk. So many of the typical children's vitamins

out there have a bunch of sugar in them and are basically candy, but that's why we love partnering with Hiya Health.

Hiya fills in the most common gaps in modern children's diets to provide the full-body nourishment that kids need with a yummy taste they love. A lot of my miniBFFs love them, and I know they're getting the nourishment they need without any of that junk. They're non-GMO, vegan, dairy-free, allergy-free, gelatin-free, nut-free, and everything else you can imagine. Plus your first shipment comes with these really cute stickers so your kids can decorate their glass bottles. It's awesome.

We've worked out a special deal with Hiya for their bestselling children's vitamin. You get 50% off your first order. So to claim this deal, you got to go to Hiyahealth.com/thatsoundsfun. That's Hiyahealth.com/thatsoundsfun and get your kids the full body nourishment they need to grow into healthy adults.

Okay, now back to our conversation with Dayo, Katy Boat, and Katie.

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Annie: So when y'all are all three doing the work of being healthy, how does it serve your like up close relationships for your... bringing your Enneagram type to your dating. All four of us are not married, as of recording. Who can know what will happen in the next week? As of recording, we're not married. None of us are married. So you're up close, your intimate relationships, the people you date, the people that you're in small group with, the people you work with, how does your healthy self help to be in better relationship for them? What does a healthy 8, a healthy 9, a healthy 1 bring to relationship?

Katie Richards: I think we have, the gut triad has incredible discernment and we have pretty quick discernment. I think we can often see the answer before others can. And so I think being able to, when you're healthy, speak that truth in love and bring that in a way that's productive or just affirming. It sounds like this is what's going on. That feels valid. That's how I would answer that.

Annie: Katie Boat, what do you think?

Katy Boat: I think for a 9, at least for me, if I'm healthy, my hope is that you're actually getting a genuine experience of me. Because what is so often true is, you know, the core emotion here for the gut triad is anger. And that feels almost unacceptable to a 9. It's something that I battle with, right? How does this come out? Am I actually angry?

So for me to work on being a healthier me would be me being more direct in communication, me telling you, "Hey, this was frustrating," me saying, "I am stressed out about this thing because this, you know, whatever." I think that obviously serves the group, serves the friend group, serves the relationship, whatever, a lot better.

Annie: Dayo, what about you? What does a 1 bring it to healthy relationship to make it better?

Dayo: I think 1s bring purpose and intentionality, honestly. Because I think kind of similarly to the 8 in the group, I think that we know where we need to go and what we're doing. And so we kind of bring the structure, we bring the planning, we bring the organization. Because I think a lot of times, especially... like a lot of my friends are very organized. But I think if I was in a friend group that everyone was kind of like seven or everyone was kind of like, Let's just do whatever, it would be a very chaotic experience.

Annie: Totally. I have no 7s up close in my life. I'm enough for all of us.

Dayo: But I think the 1 brings in this, oh, this is why we're doing what we're doing. We're intentionally doing this for this purpose. I noticed, especially in my dating relationships, I don't just date to date. I'm dating because I have an end goal in mind, and I think that that brings a sense of foundation and groundedness. But I think that when you don't have that, you're kind of just flailing in the sky. So yeah, I think that's what 1s bring, is they bring this kind of grounded, purposeful, intentional way of moving around the world.

Annie: How does it feel when people don't trust your gut?

Katie Richards: Oh.

Katy Boat: I don't like that. It's so frustrating.

Katie Richards: It's so frustrating. My old boss, who I love and respect dearly and is a great friend and mentor, but he is a five. Like the fivest of 5s. And we would be in conversation, and I would be like, "That doesn't work." And he would need data, and he would need to know why. And I'd be like, "Because I'm telling you." It feels disrespectful, almost. I know you're not intending to be disrespectful, but I have a great track record. Can't you hear that I just know?

And it's not enough, and that's a good thing to learn and understand and relate well to the others, but it does kinda feel like, Oh, now I've gotta go do work to figure out how to explain this.

Katy Boat: I think for me it's more that if you don't trust my gut, then now we're in conflict, which is not what I like.

Annie: Ah, yeah.

Katy Boat: But also, if I use Katie as an example, because we're really good friends, I would call it, Oh no, we're in conflict. She would be like, No, this is just my everyday. She's like-

Annie: Literally you're like, "We're fine."

Katie Richards: That's right.

Katy Boat: She's like, bring it on.

Annie: Same, right? I was like, Yes, this isn't a fight. We're just talking.

Katie Richards: We just see it differently.

Annie: We're going to still eat pizza tonight, right? What does it feel like for you, Dayo, when someone doesn't trust your gut?

Dayo: I think I'm having a hard time thinking of an example of one of those.

Annie: She's like, hadn't happened.

Katy Boat: Always right.

Dayo: I just don't know. I can't think. Maybe I just am not aware of it when it happens, when people are kind of pushing back. I think I've kind of gotten a handle on... the person who doesn't trust my gut the most is my inner critic, it's myself. So I feel like there's no one externally that's pushing back against me. It's really just my inner critic being like, you're not doing this right, you're not doing that right. And I think it's been a lot of work to tell her that I'm fine, I'm okay. Let me just drive the car, you can sit in the back. I'm okay. I think my inner critic is probably the one that doesn't trust my gut the most.

Katie Richards: Can I also say this? That it's a good reminder, for me at least, that just because someone doesn't instantly agree with me, it doesn't mean they don't trust my gut. It just means I haven't come at them in a way that's adequate for their decision-making process. Because I do think it's true. I rarely have had someone who's been so blatantly pushing back because they don't trust my gut. They just

haven't gotten there yet, I haven't explained it in a way that makes them feel peace. I think that's an important self-awareness thing.

Annie: Dayo, I have a friend who has a child that's a fifth grader. The fifth grader, even herself, would be like, I think I'm a 1. The mom's like, I think my kid's a 1. And she's named her inner critic something like Franklin. And when she went to go visit a new school, after her shadow day, she got in the car and she's like, "I didn't hear Franklin all day". And they're like, "This is where you're going to school." Because the inner critic is so brutal for y'all, isn't it, Dayo? Will you kind of explain? I don't think anyone else lives with an inner critic like 1s do, correct?

Dayo: Yeah. I think the hardest part, especially when people are Christian and 1, is that you can sometimes confuse the Holy Spirit and the inner critic as one person. I think the work really is untangling that relationship and making sure that you realize that the inner critic is unkind, it's mean, it's berating, while the Holy Spirit is directive, is kind, is patient. I think that's been a big work for me as a Christian is to realize that I'm not the same person.

But the inner critic is basically just a voice in your head. And that could be like a parent's past voice, kind of like an authority trying to direct and dictate how you live your life based off of your own or its internal perception of what perfection is. Because it's trying to help you measure up to this unattainable standard of perfection, it's going to always point out when you fall short. So when you fall short, it's going to remind you, it's going to tell you, it's going to make sure that you are aware that you are not doing the right thing.

And that's why when I found out I was a 1, I was like, I already know all these bad things about myself because my inner critic has told me over and over and over again. For years. This is not new information. I'm not shocked. I'm not offended. I'm like, I've been dealing with this.

Annie: Yeah, I've been dealing with this my whole life.

Dayo: Right, right. So that's the way I experience my inner critics, so yeah.

Katy Boat: Dayo, I wing 1 so I get some of that too. It is this internal battle at all times. And what you're saying about Holy Spirit versus us, I think that's where the gut thing can get confusing for me because there is a gut reaction and a gut feeling, but I also I'm always, always asking the Lord for clarity because I'm like, Is this my own gut or is this you? Which one of us is talking here, you know? And trying to figure out and navigate what to trust.

Annie: Before y'all knew Enneagram, like even take me to like 13 year old you, did you know your gut led? Like, did you already know?

Katie Richards: Yes.

Katy Boat: No.

Annie: Katie did. Katy Boat did not. Tell me about it, Katie.

Katie Richards: I was thinking about this in youth group. I remember lots of conversations about discerning the voice of God and just watching people have a hard time with that or not knowing what God was saying and me being like, No, I know the decision. Why do we have to overthink this or why does this take so long? At the time, I think we called it having the gift of discernment. But in retrospect, that's definitely just a gut and instinct. And so just like knowing.

Annie: But you didn't, Katy Boat.

Katy Boat: No, I don't think I've figured that out about myself until maybe my 30s.

Annie: Poor 9. Y'all have to do so much work to get to what is actually happening inside of you.

Katy Boat: I guess so. I didn't know. I mean, honestly, even thinking about this conversation, I was like, I don't know.

Katie Richards: "That is the text I got last night."

Katy Boat: I said, "I don't know the answers to anything." And she said, "That's very on brand for a nine." And I was like, "Yeah."

Annie: Also, Dayo, Katy Boat told Katie not to wear a blazer. And I was like, "There's nothing more 8 than if she'd have shown up in a blazer." I said, You really quenched her spirit. We would have loved a blazer. It would have told us everything.

Katie Richards: I just have some really cute colored blazers.

Annie: Yes, I know.

Katie Richards: But it wasn't the vibe.

Katy Boat: You said, "Is blazer the vibe?" And I was like, "Around here, not really."

Katie Richards: I think that's fair. That was good advice. Good advice.

Annie: I just put on a pink blazer this morning and changed. But I'm sorry we didn't do it. Dayo, I think it's really interesting when we're hearing both of them... You said you knew... the Franklin in your head, you knew the inner critic in your head before you knew Enneagram. Katie knew it before she knew, Katy Boat didn't. I think I did to the degree of I always knew I could think myself out of any problem. Like I always have known, if you just give me enough time to think, I can solve this.

So for our friends listening, we didn't do this right at the top, so let's do it now. We'll start with you, Dayo. Like, how did y'all know what your number was? Dayo, did you take a test? Did you just start reading? How did you know that you identified most closely with a 1?

Dayo: I took a test. Then like I was saying before, when I was reading through the description, I was kind of like... I think a lot of times when people read through the description, they're very offended or taken aback. They're like, Oh, this is... whoever want to be like. This is terrible." But I was like, No, I felt very affirmed and seen and I understand why I'm experiencing life the way that I'm experiencing it because I'm being led by this particular personality.

So for me it was a very like, again, instinctual, like, oh I know I'm a 1. I didn't have to really question it personally. I think as I've learned more and I've grown and read more on the Enneagram and talk to more people who are Enneagram experts, I had like a little crisis of type when I was like, I was thinking I was a three because I think I present outwardly as a three, the achiever, but I don't think that I resonate with the motivation of being a three. I think it's more so the goodness, you know what I mean? The feeling, the needing to be right, the needing to be good. That was more resonant for me. So that's kind of how I accepted that as my type, rather.

Annie: Katy Boat, how did you figure out you identified most closely with a 9?

Katy Boat: I read The Road Back to You some years ago. I mean, most likely it was Katie Richards that brought it to our friend group. I read that chapter and I was like, Oh, I identify with every single part of this. I've always said I'm the poster child of a 9. I just, for sure, relate to all of it.

Annie: And her brother, who's also in our industry, also a 9.

Katy Boat: Yes.

Katie Richards: Is he a 9?

Katy Boat: Yeah, which is really fascinating. I have two brothers. I'm not sure what the other one is. But yeah, my middle brother is a 9.

Annie: Fascinating. Katie, how did you suss out that you were an 8?

Katie Richards: I think I was introduced to Enneagram about 10 years ago. I took a test, and it told me I was a three. And threes and 8s mistype for each other quite a bit. So there were things that resonated and I was like, yeah, I'm a three, I'm a three. Then a lot of things changed in our culture around 2016, and I think my work that put me in close proximity with populations that were vulnerable to that change. I just was angry all the time about the injustice, the false narrative I felt was being told about the valuable immigrants in our community. And I really took a year to work it out. You remember this.

Katy Boat: Yeah.

Katie Richards: Of course, all of my friends were like, "You're innate." And I was like, I don't know, guys."

Katy Boat: We don't have a question, but by all means, work it out.

Katie Richards: Give me time. So I studied it for about a year and then really realized once you get into those core motivations, core fears, no, I am for sure innate.

[00:39:17] <music>

Sponsor: Hey friends, just interrupting this conversation one more time to tell you about one of our incredible partners, [Ritual](#). I know a lot of you can spot a too-good-to-be-true health hack from a mile away. We are good at that. And you read labels like it's your job. I respect it.

Ritual knows that every good label reader deserves a multivitamin that exceeds your standards. It's why their clinically-backed Essential for Women 18+ Multivitamin has high-quality, traceable key ingredients in clean, bioavailable forms. I seriously love their multivitamin for women. The multivitamin includes omega-3 DHA to support brain health, vitamin D, magnesium, and boron to help maintain bone health, and iron and methylated folate to promote red blood cell formation. Okay, that all sounds good for my bod.

You just take two capsules a day, which has 9 key ingredients. And the capsules feature a delayed release, which will help you from getting your stomach upset, you know, on an empty stomach. I really appreciate that. It also has this minty essence

in every bottle. You know I love that because it does not taste gross. It tastes delicious. And it smell good too.

Plus, Ritual multivitamins are vegan, non-GMO, gluten, and major allergen-free. And they're a female-founded B Corp, which means they are holding themselves accountable to not just their company's financial health, but also the health of people and our planet.

No more shady business. Essential for Women 18+ is a multivitamin you can actually trust. Get 25% off your first month at Ritual.com/thatsoundsfun. Start Ritual or add Essential for Women 18+ to your subscription today. That's ritual.com/thatsoundsfun for 25% off.

Sponsor: Okay friends, let's talk about hair care and you already know what I'm going to say and that is because I love it. Y'all, it's [Prose](#). Have you tried it? I never knew how much I'd love custom hair care until I tried it. and now I can't go back.

I've noticed so many benefits, healthier, shinier hair being some of them. In fact, honestly, I forgot to pack my Prose for New York, and I had a friend ship me my Prose from my house in Nashville, because that is how much I think it matters to me and my hair.

With Pros, it is all about personalization. You do their in-depth consultation — we love a quiz — and they come up with your made-to-order products. There are millions of possible formulas, but only one that is uniquely yours or mine. Take my custom shampoo and conditioner, for example, that are literally in a box on their way to me from Nashville. They were formulated to make my hair shiny and hydrated, and they deliver.

Prose isn't just better for you, it's better for the planet. They're a certified B Corp, they're cruelty free, and they're the first and only carbon neutral custom beauty brand. Prose is so confident that you'll bring out your best hair and skin that they're offering an exclusive trial offer of 50% off your first subscription order at prose.com/thatsoundsfun. So you get your free consultation, then 50, five-zero, 50% off. at prose.com/thatsoundsfun. That's prose.com/thatsoundsfun.

And now to finish up our conversation with Dayo, Katie and Katy Boat.

[00:42:26] <music>

Annie: Dayo, I don't know if we told you this ahead of time, but during this year, we've asked the audience, like, do you want EnneaSummer this summer, or do you want

our dating series, our Summer Lovin' and dating series? The overwhelming vote was, put them together. So we're like, Okay, let's do them both.

So let's talk for just a second about dating, because the likelihood that you've dated your... I've never dated a 7. I've never dated someone that is my own type. You've dated another 8?

Katie Richards: Yeah.

Annie: How did that go?

Katie Richards: RIP.

Annie: Not great. I mean, you didn't marry him.

Katie Richards: No, that's for sure. No, never.

Annie: Dayo, have you dated a 1?

Dayo: No.

Annie: Katy Boat, have you dated a 9?

Katy Boat: No.

Annie: So tell me, if you could put up a billboard in your dating life that every man that was coming into your life and you said this is what an 8 will need. Because there's a lot of people listening, me included, who are not your triad. So what do you need? What does it feel like to be loved well, seen well? What's the billboard you put up? Like, if you really loved me you would (fill in the blank).

Katie Richards: Be comfortable with who I am, celebrate my strengths, and still honor my femininity.

Annie: Keep going a little bit.

Katie Richards: Well, that's basically it. I would say that just because 8s aren't typically what we think of when we think of women, it can feel... I recognize the gifts that I have in leadership, in strategy, in saying the hard things are not because of the fall. They're because that's how God created me.

Dayo: Exactly.

Katie Richards: So to be with someone who is comfortable enough and anchored enough in who they are and who God created them to be means that they're gonna give me space to flourish in those giftings, and also still remember I'm a woman, and I'm feminine, and you're masculine, and that dynamic is also important. And my giftings are not... they don't counteract that.

Annie: Kacey Musgraves has a song, I think it's Butterfly. Have you listened to it?

Katie Richards: Oh yeah.

Annie: Oh my gosh, it doesn't steal my... I'm going to have to look up the lyrics while we're sitting here. I'll look up the lyrics, but it's beautiful. Dayo, what's the poster for a 1? What's the billboard of how a 1 feels loved?

Dayo: I think I naturally have attracted a lot of heart types in my life because I feel like that's what I'm missing in... my natural being is my heart types. But I think that because that's the case a lot of times, patience is needed because I don't have that connection with my heart at all. I think it's really nice to be with men who are still connected to their heart. But it's difficult because then they kind of think, Oh, you're a woman. You naturally just like our feelings and emotions type of person. If I was putting a billboard out, I would just be asking for lots and lots of patience.

I think also 1s can be... I'm naturally very hypercritical and of people, my friends. I would never say it outwardly, but I think with intimate partners, I think I say it the most. I say outwardly the most. So I think also understanding that my criticism is a form of love and not a form of distrust or dislike.

The fact that I'm even sharing what is bothering me, what's wrong is a sign that I actually want you in my life. I'm not saying anything, it's because I just don't care if you come or go. But sharing the things that I would like to see improved are an attempt for closeness. They're an attempt to build closeness and build intimacy.

So I think those would be two biggest things. It's like patience with vulnerability, patience with me getting connected to my heart in the relationship, because trust takes a long time for me to build, and then also... What was I saying? Also-

Annie: That your criticism is not to ruin your life.

Dayo: Yes, thank you. Right. Right.

Annie: That is so true because we have three up close 1s here at work, and I often have to say to myself, they aren't bursting all my balloons. They're troubleshooting my ideas. And

I feel like, I'm just trying to tell you all this cool thing to do, and they're like, but what if it rains? And I'm like, "Shut up. But they're trying."

Katie Richards: It's true.

Annie: So I have to say to myself, This is them being invested. This is them caring. This is them hoping that we succeed instead of it feeling like they're just like, zzz, zzz, zzz. It just bursts at all of them. Katy, what does it feel like for you? What would the billboard say for you as a 9, as a gut triad?

Katy Boat: I think it would say, remind me that my opinion matters. Because that's where I get shut down the most, myself.

Annie: Like opinion about where y'all eat dinner or opinion about politics or opinion about what? Everything?

Katy Boat: Just in general. I think a lot of 9s, just can easily feel like they don't matter, feel overlooked. So I feel very loved when someone affirms something in me, sees something in me, and says... and you do a great job of this too. "Hey, what do you think about that?" I love that question. So yeah, I think it's just those small things.

Annie: Katie Richards, the line is from Butterfly's Kacey Musgraves. "And now you're lifting me up instead of holding me down, stealing my heart instead of stealing my crown."

Katie Richards: Okay, come on now.

Annie: Come on. I love that line. I love that line, yes. I mean, that just feels very like what an 8 needs. Yes, yes. Okay, so in dating... I thought what you just said was so interesting, Dayo, that like, I probably have a more judgmental tone toward myself of like, why do I always keep picking these same numbers? And you said, you know who's attracted to me is heart types, because that's what I need.

I find myself being like, why do I keep ending up picking? What is wrong with me? Why is my picker busted? So is it true that anybody can date and marry anybody? Do all types work together?

Dayo: Absolutely. I feel like the biggest indicator of a success relationship is the health of the two individuals. Because you can be with someone who is on paper your ideal type. When you think of what do they need, what do I need, and your needs may match, if they're not really doing their own personal work and you guys aren't doing the right kind of relationship, I don't think it's ever gonna work even if you are the ideal or you fit into that category of, oh, this type and this type match perfectly. It

still may not work out because what matters the most is personal and collective health. So, yeah.

Annie: Have y'all seen that to be true too? Is there any numbers that you're... I mean, I have one sworn off, but that's more about me and not them. But are there any numbers that you're like, man, I can't resist a (fill in the blank)?

Katie Richards: No. I will never say never, but I'm like, I don't know if I could be with a 4. Okay.

Katy Boat: Naming names.

Annie: That's fair.

Katie Richards: What?

Katy Boat: I wasn't going to say numbers.

Katie Richards: A lot of feelings.

Annie: But is there anybody you love that you're always like, "Oh man, when I find out he's a (blank)..."

Katie Richards: I really like 5. I see the appeal of 7s, especially if they have an 8 wing. Honestly, I like the idea of a fellow 8.

Annie: Oh man, she just wants to bulldoze the world. She wants to bulldoze the world.

Katie Richards: You're either going to change the world or burn it down.

Annie: That's it. That's it. That's it.

Katie Richards: One of those two.

Annie: Dayo, are there numbers that are irresistible to you that when you find out a man has a certain number, you're like, I'm in?

Dayo: Actually, when I was thinking about what kind of partner I wanted, like I wrote down... I was one of those girls who wrote down a list of what I wanted. I specifically wanted him to be a type 2. And I got a type 2. So I'm currently dating a type 2.

Honestly, the good and the bad is there, but I'm like, the good completely outweighs the bad. Because I'm just like 2, especially 2 men, something about them... they just are so thoughtful, so intentional, so romantic. There's so much good that comes with the 2s. So, yeah, I've always kind of wanted to experience what it's like being in a relationship with a man who's just so connected to himself in that way. And so, yeah, it's been fun.

Annie: 2s make me think of the diamond in the rough. Like you never think of male 2. a) it's very challenging to identify as a male 2 because it doesn't seem natural to a lot of men. So there's fewer of them identifying that way. But when you find them, that's it. Katy Boat, is there a number that you fall in love with every time?

Katy Boat: Not really, no. But when I think about-

Annie: That's so 9 of you.

Katy Boat: I know.

Katie Richards: I know. I was gonna say that.

Katy Boat: But when I think about more the context of friendship and even work relationships, I seem to work well and be friends well with 7s and 8s.

Annie: Yeah, you do. I'm your second 7 boss.

Katy Boat: Well, no, you're like my fourth 7. I think almost every boss I've had has been a 7, which is just kind of coincidence.

Annie: Oh my gosh. That's because we don't like working for people.

Katy Boat: I do think it would be interesting if a future relationship was a 7 or an 8. And I say 8 too because I think in our friendship, your directness is life-giving to me because I don't know how to do that. I even sometimes joke that I wing 1, but if I were to wing 8, my wing 8 is named Katie Richards.

Katie Richards: I've never heard you say that. I love it!

Katy Boat: Literally a couple weeks ago I got an email that made me angry. It's not a work email. Don't panic.

Annie: It can be. I was like, get me in. Put me in, coach.

Katy Boat: And I texted Katie to tell her the situation and I said, "Is it reasonable for me to be angry about this?" Like I needed permission.

Katie Richards: And I said, "Absolutely."

Annie: You said, "I'm mad with you."

Katie Richards: Exactly. I was mad with her.

Katy Boat: So then I was like, Okay, I'm mad, I'm mad, okay.

Katie Richards: I'm feeling kind of bad about what I said about the fours, so I just would like to apologize to male fours.

Annie: Listen, when you end up marrying a 4, we're going to replay this clip at your rehearsal dinner.

Katie Richards: I know. And there's so much value in goodness and ways they can go into deep feelings.

Dayo: Sure.

Annie: You're also allowed to have had experiences in the past that would lead you to believe that might not be the best fit for you. Both can be true. I will marry a 9 if he'll look at me twice. I think male 9s are the best. I think they're the best. They're just always up for it. You're like, should we go to the fair? They're like, yeah. I'm like, should we drive around? Should we? I mean, it is... I get to take all my wacky ideas to all my 9 friends and they're like, Yeah, I'll go. I'm like, great, let's go. You know, like I got the tickets, let's go. I love it. I love male 9s.

Okay, what did we not say about your triad that or about your number that you think is important for people who are not in your head to know about you?

Katy Boat: I think the thing I've learned probably mostly through therapy, but also through the Enneagram is we 9s don't have to deny what we feel. Like that example I just gave, I was trying to deny that I was angry. And why couldn't I have just said, I'm angry?

Annie: If someone's dating you, or the Katie Richards, or any of the friends here, what can we say to help that tool grow in you? What does it look like for someone to come alongside a 9 and go like, "Hey, you can feel this. How do we help you?"

Katy Boat: It probably is asking, hey, what is the root feeling going on here? Not just like, how does this make you feel? I probably will go surface. But asking me the deeper

thing. Because when I think back on it, I'm not sure, I'm not sure if the words "I'm mad at you" have ever come out of my mouth. Because I'm too afraid to say that. Because it will rupture the... not necessarily rupture the relationship.

Annie: What are you starting that you can't stop?

Katy Boat: Yeah, here comes the conflict.

Katie Richards: I've never seen you mad before. We have 14 years of friendship and I was trying to think of a time I've seen you. Now I've seen you probably repress some things and then a decision comes out, but it's not necessarily like you're angry. So yeah.

Katy Boat: Yeah, it's all living underneath, which I would like that to be more on the surface and more genuine with people.

Annie: Is there anything we didn't say about eights that you wish we knew? Y'all are so much sweeter than people give you credit for, too.

Katie Richards: Well, this is exactly what I was going to say. To know that we care. We do care about the person. We do care about the people. I'm thinking especially in leadership. But I also know that I am in a position, and I am built not with physical broad shoulders, but with proverbial broad shoulders, to do the hard thing and make the hard decisions. And that's what I bring into a situation.

But it hurts. There's a human level that I need to intentionally get in touch with and grieve when those decisions are made. But to even just say, I mean, you asked the question, how can you help with that? To even just say, Hey, I'm sure that's actually really hard. That's actually been pretty sad for you.

And even if we're not in a place where we can sit in that, to just know you see that aspect of it, because we know we can come off as the bad guy sometimes.

Annie: Dayo, what are we not saying about 1s that you want to make sure we know?

Dayo: I think one of the gifts that 1s bring, I think Katie R., she brought this up a little bit earlier about how like the grace in the truth, like the, you know, speaking truth in a loving way. I think that's a gift that 1s, one of the most healthiest, can bring to the world is that they are not just honest, but they're lovingly honest.

I'm thinking of this clip from a show called The Cosby Show, and I'm thinking of a specific clip when Clair Huxtable was correcting her daughter's boyfriend, because he was speaking in a very misogynistic way. I think that was probably the first time

I've seen and done so well I feel. That's something I've been wanting to grow in. I don't think I've mastered it. I think that's when I'm the most healthy is when I'm able to balance the grace and the truth and not being just all grace and being permissive and letting things go or not being all truth and just berating people and criticizing people all the time.

But I think that for me is being able to speak truth to power in a loving way and not hiding behind love or hiding behind niceness, which I think is a problem for a lot of women, of just being overly nice to avoid being perceived the wrong way in order to keep the peace. I think for me, it's for the 1s, that balance, I think, is the sweet spot of growth, because then you kind of balance the 9 and the 8 in you, right? You get to that body type. You take the grace of the 9 and the truth of the 8, and you kind of grow in that grace and truth.

Annie: That's what makes the Enneagram so fun for me, is even you saying that, like, I can take these things from my triad. My other wing is a 2, so I've got that. In my health, I go to this. I mean, there's a real depth to... it's more than just your number. There's a real depth to all these other parts of us that work together in really unique ways.

Dayo: Because we have all 9 types in us. I have 7 in me, I have 8 in me, I have 9, I have 1. I have all of them in me. 1 is just the most dominant, but I think that, yeah, you're right, the goal is to be able to take from a type when you need it instead of relying on being a 1 in all situations. Being a 1 in all situations is not the most healthiest thing to do. Sometimes I need to be an 8, sometimes I need to be a 9, sometimes I need to be a 7 for that situation.

I think that's kind of how you can tell that you're growing is when you can be more flexible instead of being very rigid and like, well, this is just who I am. Like, no, you can be more than just who you are.

Annie: Oh, that's really helpful. I don't know that I've ever heard a teacher give me that permission to pull out the number that you need in the situation you are in because it is in you. The world wishes I leaned on some 2 every now and again, so I should probably do that.

Okay, the last question we always ask. We'll go around the horn, so we'll go Katie, Dayo, Katy Boat. Because the show is called That Sounds Fun, uniquely as you, as your 8 self, tell me what sounds fun to you, Katie.

Katie Richards: Well, this summer, I turn 40. Yeah, that's right.

Annie: You're going to love it.

Katie Richards: I'm really excited about it. I was not excited about 30, excited about 40.

Annie: Same.

Katie Richards: So what sounds fun to me is that I'm taking a trip with five or six other friends to Greece.

Annie: Oh, yay.

Katie Richards: And that is coming up, and I'm pretty excited about it.

Annie: That's awesome.

Katie Richards: I can't wait.

Annie: Good answer. I got to go last summer, so I can give you some things to do.

Katie Richards: Oh, I would like to talk.

Annie: Yeah, it was great. Okay, Dayo, what sounds fun to you?

Dayo: That is a hard question.

Annie: I know.

Dayo: Because 1s struggle with fun, as you know. I am currently knee-deep in bar studying, so fun is no longer part of my life.

Annie: Yeah, you're like, not a part of my current lifestyle.

Dayo: Not a part of my life right now. But I think what sounds fun the most right now is just finding little pockets of joy with my dog, you know, with my partner, with my friends. Like, making sure that I'm not just holed up in an office or my house or a coffee shop. Like, making sure that I get out and hang out with people. That's something that sounds fun is just not being stuck in study mode all the time.

Annie: When are you done? When's the bar?

Dayo: I graduated Friday, but I'm taking the bar in July.

Annie: Congratulations!

Katie Richards: Congratulations!

Dayo: Thank you..

Annie: That's amazing!

Dayo: Thank you so much.

Katie Richards: I'll be in Greece thinking about you.

Annie: Yeah. Oh gosh. While you're taking the hardest test of your life. Congratulations.

Dayo: Thank you.

Annie: Okay, Katy Boat, what sounds fun to you?

Katy Boat: You know, I think it's picking up my guitar. I know that sounds really random, but I haven't played my guitar in maybe since 2020. During lockdown that was game on for me. And I don't know, lately I just.. I need that outlet, that music outlet, and I just want to pick it up.

Annie: You have done such an amazing job of chasing your passions when it comes to music because you took singing lessons and play guitar and sing in the choir at church. I just think it's really been admirable to watch you really pursue what you care about.

Katie Richards: It takes a lot of courage.

Annie: Yes, it takes a lot of courage. And 9s are brave people and don't always express it, maybe is the way.

Katy Boat: Are you reading my billboard?

Annie: Yeah. You guys, thanks for doing this. That was awesome.

Katie Richards: Oh, thank you. It was so fun.

Annie: Thank you so much. Dayo, thank you for making time for us.

Dayo: Yeah, thank you guys for having me. This was great.

Annie: It was so fun. I cannot wait for everyone to follow, watch along, be a part of what The Black Enneagram is doing. I'm really grateful for your work. Thank you.

[00:58:52] <music>

Outro: Oh, you guys, aren't they great? Okay. 8s, 9s, 1s gut triad, we love you, we understand you better now. I am dying to hear your thoughts. So make sure you jump on Instagram on that Sounds Fun Podcast, tell us what you thought. If you're an 8, 9 and 1 particularly, I want to hear what you thought.

And I want to hear what your billboard would say. As you saw on my Instagram, Annie F. Downs, and on That Sounds Fun podcast, if you swipe through, you see the billboards that our guests answered, I want to hear your answer.

So grab the blank one, fill it out, post it, make sure you tag me, tag That Sounds Fun podcast, and use the #EnneaSummer24. I want to share as many of those as possible over the next two weeks so that people can feel seen, heard, so that they will see your answer and be like, wait, that's exactly how I feel too, right? So make sure you do that when you get a chance today. You should be able to find the blank billboard on my Instagram that you can just like nab, you know?

You can also head over to annefdowns.com/enneasummer. There are a lot more resources and information. Also, that's how you can find more about Dayo. Make sure you follow her on Instagram, The Black Enneagram — she is so great — tell her thanks for being on the show.

And remember we've got that free download for you that's kind of going to walk you through this whole series. So don't miss that over at annefdowns.com/enneasummer.

If you've got any questions from this episode, you can drop them in the comments on Instagram or in the Q&A box on your Spotify app, if you're a Spotify listener like me. Remember that's Annie F Downs or That Sounds Fun Podcast. And listen, share this episode. There are so many of our friends in the gut triad who want to be understood — I'm looking at you 9s — who want to be understood.

And so if you will share this episode with your friends, you can either just text it to them as you're listening, just text it over and go, Hey, I think you'd really enjoy this or share it on your socials. It would mean so much to me. We love how many people feel helped by our EnneaSummer Series. So the more you share, the more people that get helped. That would mean a lot to me.

If you need anything else from me, you know I'm embarrassingly easy to find. Annie F. Downs on Instagram, Twitter, Facebook. All the places you may need me, that's how you can find me.

I think that's it for me today, friends. Go out or stay home, do something that sounds fun to you and I'll do the same. Today what sounds fun to me is getting a sneak peek at my new favorite brick and mortar store in Franklin, Tennessee. It's called The Statement Society. Look them up on Instagram. I'm getting to see the store tonight. It opens in a couple of weeks. I cannot wait. So y'all are gonna love buying clothes from there.

Y'all have a great weekend. We'll see you back here on Monday where we get to talk about the Heart Triad Enneagram 2s, 3s, and 4s. The Enneagram 3 is our expert you're gonna learn from, Tyler Zach. We cannot wait to see you guys on Monday. Y'all have a great weekend.

That sounds fun. That sounds fun. Oh, that sounds fun. Check one, two on the microphone. NEF down in your car to your home. Every week it's on the news. A deep talk or an interview. She'll make you laugh, she'll make you cry. When it's dark out, she's the light. When you're down, get your feeling right. Oh, man, that sounds fun. That sounds fun. That sounds fun. Oh, that sounds fun.