



## Overview

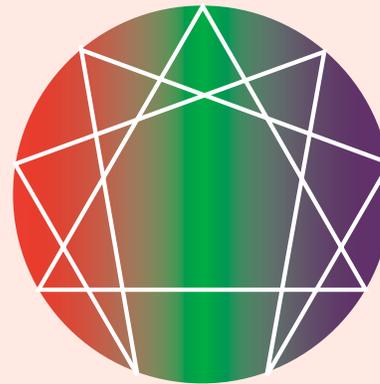
As a Type 3 woman, you are competent, productive, accomplished, and dynamic. More importantly, you want to be good at what you do and to look good doing it. You see yourself as ambitious, competitive, and industrious and aspire to have others view you as a winner with all the trappings of success.

You are goal-oriented, self-confident, and ambitious. You're the type of woman who wants to be seen as the very example of the person who has it all together and is on the way to the top. You take great pleasure in crossing tasks off your 'to do' lists after quickly finishing them.

Concerned about having prestige, and status, you quickly adapt to whatever role is expected of you. Seeking success through appearances, you are likely to place continuous pressure on yourself to maintain an enviable image. You do this by controlling your emotions, being efficient, and maintaining a focused single-minded attitude. A natural born performer, you try to do your best and to be an 'all star' at whatever you attempt.

Continuously seeking attention and admiration, like a strutting peacock, you aren't afraid to showcase or promote your talents and ambitions. As there is no second best for you, you keep trying until you reach your goal. You strive for and often develop finesse. Your high level of self-confidence, enthusiasm, and energy tends to rub off on everyone around you. Your positive attitude is often motivating to others. Always on the go and energized by starting new projects, you can achieve a great deal but are also at risk of burning out. As soon as you reach one goal, you are on to the next.

*"I've got it all together."*



**3** The Achiever

Much of your effort in life is to embody the image of success that is promoted by our society. This can lead to a disconnection from your authentic self causing a deeply felt sense of meaninglessness. The attainment of the image that you are constantly striving for never quite satisfies you.

The need to be validated for your image often hides a deep sense of shame about who you really are. Your deepest fear is that if people get too close they will not love you for you. This is why expressing true feelings is sometimes difficult for you. Many Type 3s are secretly afraid of being or becoming "losers."

Your path to personal transformation is realized when you recognize you are a human being, not a human doing, and you are loved for yourself and not for your accomplishments.

## Famous Type 3s

Barbara Streisand, Oprah Winfrey, Madonna, F. Scott Fitzgerald

## World View

The world values winners.

## Focus of Attention

How can I gain the respect and esteem of others?

## Basic Fear

Of being worthless, not having value without their achievements

## Basic Desire

To feel worthwhile, accepted, and desired

## Strengths

- Confident
- High Energy
- Optimistic
- Ability To Multi-Task
- Problem Solver
- Leader

## Areas That Prevent Personal Growth

- Highly Competitive
- Overextend Yourself
- Abrupt
- Don't Deal With Feelings
- Workaholic
- Status Conscious

## Steps for Personal Transformation

- Get In Touch With Feelings
- Do Something For Enjoyment
- Learn To Listen To Others' Opinions
- You Can Be loved For You
- Let Others Lead
- Establish Work/Life Balance