

# Episode 176

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## SUMMARY KEYWORDS

enneagram, book, people, author, kickstarter, wing, type, burnout, talking, understand, career, claire, good, threes, motivations, core, enneagram type, writing, nines, bit

## SPEAKERS

Carissa Andrews, Claire Taylor

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Carissa Andrews 00:03

The indie author revolution has been around for more than a decade, the Wii indies continue to push the boundaries of what we're capable of. From getting over initial prejudices, to staring down perfectionism and author impostor syndrome. We've become a force to reckon with. Now after years of hustling, grind, we indies are rebelling again. Gone are the days of publishing a book a month until we drop, and in its place, we're sowing the seeds of a better way away with more ease, abundance and flow. Get ready to learn about indie authorship from a whole new perspective. We're about to cover everything from releasing your poverty mentality to manifesting your millionaire author destiny. I'm Carissa Andrews, and this is the Author Revolution Podcast. Hi, there, and welcome back to the Author Revolution Podcast. Guys, this is a podcast interview I have been so looking forward to sharing with you since the beginning of this year. If you've been listening to any of the author revolution podcasts up until this point, you know that we have talked an awful lot about Claire Taylor's Reclaiming Your Author, Career Enneagram book. And finally, finally, I get to share with you my conversation with Claire as we talk about the Enneagram talk about her book. And of course, the Kickstarter that led to the book being released and earning a whopping \$25,000. It was an incredible journey for her and she shares it here in the podcast interview. So without further ado, I would love for you to listen to this interview, take onboard some of the information about Enneagram how you can utilize it for your author, career and your writing, because you can do it for bolt. That's pretty awesome. And let's just go forward and have a listen. Well, Hi, Claire, welcome to the Author Revolution Podcast, I am so excited to have you here. Finally, because we've been talking on the podcast, I don't even know how many times I've lost count about your book that we'll talk about in a little bit here. But and I also in the introduction spoke a little bit about how you kind of came into my sphere and how I've been following some of the things that you've been doing. But for my audience who maybe is a little bit new to do you want to tell them a little bit more about who you are and what you do?



Claire Taylor 02:21

Sure, yeah, um, well, I am first and foremost a fiction author, I write a lot of books, if you're watching video that those are all my books, I've written 35, six, something like that. Anyway, that's what I do first and foremost. And that's, I think, important to what I do with helping

that's what I do first and foremost. And that's, I think, important to what I do with helping authors because I find it's very important to have that experience. So I do that on, you know, that's sort of my main job. And then on the side, I guess, which is turning into another full time job. I help authors with aligning their stories if they get stuck, and align their careers, if they get stuck there, too, using the Enneagram framework, which is I'm sure we'll talk extensively about it. But it's a framework that works from a person's core motivations. So there, it's any meeting nine, and Graham meaning a shape. So it's basically nine different core motivations that drive people, figuring out which one is yours, and how that manifests in your life and how it creates a lens through which you view the entire world where you're putting your attention, what you're attracting through that. And then noticing the patterns that arise from that Enneagram type, and becoming sort of the master of them.



Carissa Andrews 03:37

That is so cool. To me, it's so fascinating to look at the Enneagram. And, well, your book does such a great job. So let's start there, actually. So obviously, I know you from the summer book show, amazing show, by the way. And I was introduced to reclaim your author career, I can't even remember who originally recommended it. But since then, I've talked to Martha Carr. I've talked to Troy Lambert, I mean, we've shown it on the podcast a couple of times now. And we're like, oh my god, this is amazing. So you want to first talk a little bit about the book about reclaiming your career and how authors obviously need to go out and get it?



Claire Taylor 04:11

Yeah, so this is, this is a book that sort of rose out of a need for it to be there. I really love writing fiction. So I don't put anything into my nonfiction business that doesn't need to be there. Right. But this was just sort of that that gap that I saw and the trend that I've seen of people, you know, everyone went into the gold rush, right? We remember those days of Kindle, it was good things were easy, you know, cost per click for clicks were low. And things have changed, as they do in all industries as they develop. But some people are still trying the same patterns and and finding that it doesn't work finding that it leads to burnout, and not really understanding why they are so tired and so fast. it all the time. And I really care about the industry, I care about the people in it. A lot of my friends, most of my friends, the people I know and talk to on a regular basis are indie authors. And so it just really deeply affected me. And I thought, Hey, there's this tool that has really helped me sort of step outside of my patterns, notice that they're patterns and not necessarily hard, fast reality, and make adjustments, try new things that then take me to the next level. So that's how I wrote this book. And it's, it's based on the Enneagram framework. So it's based around who you are. And I think that's where the strategy should start, not what you what is out there that you could do. And we talked a lot about strategies, and tactics and various things to try on the sell more book show, we're always, you know, throwing it out there. And there's so much you could do. And there's so much that if you did it like this, it may increase your odds. But it may not be for you. So every single person, every single Enneagram type has the possibility of hitting success, but only if they're going to do it their way and build it around them. So I use concentric circles in this book to describe an author career, we have creative values, which everything needs to fall within your creative values, and those break down into money, motivation and writing motivation. If it's not going to hit your values, you're going to hit burnout. That's just the way that it goes. So we're getting really clear on that. And then we sort of go down in those circles, you know, tighter and tighter towards the center, and we hit persona, what your persona is, a lot of the

times people go, I don't have anything to bring to my readers, you have things to bring to your readers, you're already bringing them but you may not be consciously aware of it. So we talked about what you can bring to your readers that we talked about beings, and these are themes for your stories. But these are also themes that are aligned to your life, certain Enneagram types have these life themes that just keep coming up over and over again, as a result of the attention. We're paying based on our core fear and core desire. So finding what those themes are, that you're going to be able to write to and just write the crap out of really just you're going to be obsessed with them. And they're going to be things that keep coming up that you keep, you know, just sort of turning over in your mind, why not write your books about that, that's going to be fuel. And then we look at our protagonists and how to write the protagonist so that they are their own character, and they're not half your type and half the type that you meant them to be. So that's the way the books structured. I have a free course that also is sort of like a primer for that. If you go to FFS dot media forward slash five like the number day, that's where the free courses because I just really I want to get people primed.



Carissa Andrews 07:43

Absolutely. It's so cool. And to me, like the way that you picked it up from what I understand was Kickstarter, I came in after the fact how did that whole scenario go for you was the Kickstarter fun? Did it work well for you?



Claire Taylor 07:55

Yeah, I love Kickstarter. I'm actually in the middle of a fiction Kickstarter as we're recording this, which is my second. So the Reclaim your author career, Kickstarter was my first Kickstarter. But I've been in a mastermind with Monica Lee Anelle. For seven years, I don't know, a very long time. I've known her a long time. And she's been talking about this Kickstarter, of course, heard wrestle gold here, like the king and queen of Kickstarter. So I was looking for somewhere to do that, some project to do that with and that I realized, I've been developing so much around storytelling, I have multiple courses, multiple master classes, all kinds of material. And this is all stuff that was just sort of like, oh, there's a need that I'll fill over here. And I'll do this, or I'm really obsessed with this concept. I'm going to explore it, form some ideas, and then teach it. That's just how I process information. So I had all this stuff. And then I was like, Oh, this is perfect for a Kickstarter, I was already writing the book. I could have been in progress for a long time. And then once I realized Kickstarter was placed for it, that I really got that sort of, you know, fire me to go, oh, okay, this is it all, you know, full steam ahead. I love Kickstarter, because I love burst energy. A lot of people think that you have to be consistent to get success. And there's just that's not true. You can have burst energy. You can work in bursts. You can switch between things, as long as you kind of limit. You know, you don't always start new things. You can have multiple projects going on. And just you know, be careful how you define success, and you're golden. That's how I do it. And the Kickstarter, yeah, I hit something like a little over 25 grand, which I was not expecting, right. That's amazing. Yeah, that was great. And really, it was so cool to just get this book out and start hearing back from people. Because, I mean, as authors know, you sit on these projects forever. And you're like, Oh, right. I have no idea how this is going to be received. Okay, let's go. Let's go see how it how it turns out. So that's been really gratifying.





Carissa Andrews 10:00

That's awesome, especially when you when you're like you said already, your fiction side is like the main side. And so when you're doing something on the nonfiction side, it's like, how will this be received? And will people think of this is weird? I mean, when did you first start getting interested in Enneagram? What was like the impetus of it?



Claire Taylor 10:17

Well, I had heard about eight years ago. So my mom and sister did a like Enneagram workshop at their church and came back and started telling me about how I was whatever number they were wrong on all but very misunderstood. That's my for stress type coming through, I'm very misunderstood. But yeah, so I had taken the test, and I tested as a nine. And I was like, That doesn't seem like me, so I wasn't interested in it. And that is generally what happens when people take a test. And the tests are not super accurate. You have to like, look at your top few scores, and read about them, and learn, you know, about each type how it looks, and then kind of assess the totality of your life to figure out your type. But if you test you test wrong, that's usually when people are like, No, I don't really care about the Enneagram, because they haven't connected with it. But when you read, you're tight, it's like a kick to the chest. So you're like, oh, this explains that has not been going so well for me. So I didn't get that kick to the chest back, you know, in high school when I first learned about it. So it was years later, and my mastermind started talking about it. And I was like, oh, yeah, I kind of know about that. We all took our types. And it became such a useful tool, with the seven of us in that group, that it became a language that we are able to speak and we understood each other, I would give a suggestion based on not what I would do, but what that type would be most likely to be comfortable with. And so it was really a great individualization tool. And I think that it helped accelerate everyone in that mastermind. And it kept us from wasting time being like, well, this is what I would do to someone who was like, yeah, that's never gonna happen. So then I started using it my writing, it helped with my protagonists thinking about that, and making sure that I wasn't just, if I was writing a protagonist, or even just any character who wasn't my type, I wasn't making them, you know, how I make the decisions that I would make in that stressful situation, I was having them make the decisions that they would make based on their core desire, and core fear. And that just made it writing so much easier. It gave me peace of mind that people aren't going to give you to hold that character would never do that. Because we know instinctively, we recognize these types, instinctively, we recognize a cohesive, you know, like personality type. And so when someone switches over, which happens very frequently, in fiction, we start writing a character that's kind of an amalgamation of other characters or other people we know. And then we unintentionally project ourselves onto it. So keeping that separate really helped me and then just talking to people about their characters, a lot of the times people were instinctively writing protagonists that were their type. So when I was doing my story, alignment conversations, I found that I was also giving a lot of information about the author that I was talking to, like, yeah, okay, you know, a type nine would do this, you're a type nine. So you've probably noticed this pattern in your life. And that became very useful to the authors I was talking to, and I was getting good feedback. So I was like, alright, let's, let's make this its own thing. So we don't have to talk about, you know, personal career stuff, and story stuff in the same session, we can keep it, you know, as separate as those two things can ever be sure.



Carissa Andrews 13:40

That is really cool. Okay, so speaking of different types, and whatever, I read in your book that you will go through or have gone through posts, like on Facebook or wherever and just be like, Okay, that's a type one. That's a type four. That's it. Have you gotten any information about what type I might be? Like? Would you be able to describe what I am just based off of what you know, in this limited timeframe? Or do you have

 Claire Taylor 14:03


I have been doing most of the talking, but I don't I mean, my initial guess, would be probably a three, but possibly, possibly a six as well. I feel like somewhere in that 369 triad is the vibe. But again, this is our first conversation. So sometimes people have behaviors, they have overlays from other experiences that that can make it hard to tell.

 Carissa Andrews 14:35

Sure you're you're in the right triad.

 Claire Taylor 14:38

So are you are you a nine?

 Carissa Andrews 14:40

I am a nine Yeah, with a one wing apparently.

 Claire Taylor 14:43

Nice. Okay. Yeah. Yeah. So hard to tell when someone's in that 369 triad, or not. It's not really a triad. It's just a triangle. It's, those are the only, like, that's the only close triangle in the Enneagram meaning if you're a three understood So you're going to look like a nine in growth, you're going to look more like a healthy six, you're six, you're going to look like a three and a nine, a nine is gonna look like a three to six, right? So they all kind of are connected. And it's really hard to tell sometimes. And that's something that people run into a lot when they're getting typed is, I don't know if I'm a three or a six. And so you have to sort out Well, let's look at the healthy and unhealthy behaviors in which one, or you know, adaptive and maladaptive, resourceful, less resourceful. There's all kinds of lingo and see which ones you relate to the most


 Carissa Andrews 15:30

Sure. When I first took the test, like years and years ago, I think I was a one, or it came up as a one. And it's like, like you it didn't feel quite right. It was close. I felt like it was close. But it wasn't quite wasn't quite there. And so when I took the test again, after your recommendations

of where to go, I was like, Oh, my gosh, that's why, okay, I get it. Now I understand. And I got that kick to the chest thing that you're talking about? Because it was like, okay, yep, that's better. So it's interesting that people will, like, get typed a wrong way at first, or maybe a few times. So that's, that's really good to know that they need to almost take a couple of tests and just double check, like, where, where it's all falling? And what is the pattern? That's really cool.

 Claire Taylor 16:16

Yeah, and always read up on it, there are great resources. I mean, I have, these aren't even all the Enneagram books, I haven't, there's probably eight here, it just the more you know about it. I mean, I feel like my job is just to introduce people to it, get them interested and get them researching it for themselves, because I can't possibly, you know, go to each person. But it's such a great resource. It's such a great framework. And there's so much out there for self discovery. And because because it is like a framework of liberation, rather than a framework of control, which we experienced a lot of frameworks of control in our lives. It's safe for people to explore it themselves. It very rarely goes off into some sort of toxic territory, because it's all laid out there. It's if you're doing this, you're not in a healthy version of yourself. Like this is the healthy version. So it's perfect for self discovery.

 Carissa Andrews 17:06

Right? Right. And I love that, like you were talking about to when you're looking at it, not just for your own career, which obviously is such a great guidance system for when whether you're doing it in a healthy or unhealthy manner. But it's also, I think there's a lot of authors who, like you said, when you're creating your characters, it's hard to know, like, what would this person do, where if you understand the different types, it's so much clearer to see like how they would operate and how they would be interacting. And so I mean, when I got to that part of the book, it was, it was so golden. That was, I was actually in my plotting stage for a new series I was doing and so I was like, This is great. I can use this on all my characters a lot. So of course, I was sitting down with, you know, these books, the positive traits, this is an emotional source, but whatever the most positive, negative, all those things, get them all together, I must have I don't even know what I looked like to my husband. My whole desk was like books.

 Claire Taylor 17:58

If you look like a conspiracy theorist, you're doing it. Right.

 Carissa Andrews 18:01

Right. That's what I thought too. So when I was talking with Troy, and we were talking about your book, obviously, he called this absolutely the biggest game changer in his career. He's so excited about it. So I'm just curious, when it comes to what you've written and what you think is the most important part of the book. What do you think authors should like? Absolutely, like put their energy and effort into when it comes to? Because you've got so many cool aspects that they could focus on? Obviously, they should focus on the whole thing. But what what do you think it's like, the big, the big thing for you?

 Claire Taylor 18:33

Well, I think the linchpin right now, because of just where the industry is at, and it's really at a turning point, we'll have a burnout, lot of frustration. And there, there doesn't need to be, you know, you can, you can have the same situation, you can be frustrated in it, or you can be not frustrated at it, you can accept it. So, I think that understanding why you can't do the things that other people can do. And this isn't like, like, you can try, you can try it, it's gonna be like hitting the gas in the brake at the same time. Right. But understanding that I think will reduce frustration. And then I think the most important thing is figuring out your creative values. You need to figure out what you want your money to do for you. Not where you want to spend it. But what you want to feel when you spend it. Because that's ultimately how we spend money based on how it makes us feel when we do it, and, and also how it makes you feel when you earn it. What does earning money mean to you? And what is it telling you about yourself? And is that like a healthy idea that you're you're holding? Or is that an unconscious belief that maybe you don't need? And then what do you want your writing to do for you emotionally? And are you making sure that it's doing that? And is the pursuit of money for the sake of money, causing you to forfeit some of your writing motivate functions is it making you step away from what will actually fill you up with will actually get you excited to sit down at the keyboard each day. Right?

 Carissa Andrews 20:09

That is so key, especially for all the authors who I know, the whole burnout thing was a very big thing, you know, in 2017, when the whole rapid release system kind of got built, and people were like, write as many books as possible forever and ever. And no one really thought of like how to pull back and make this a little bit more sustainable at the time. And it is interesting, though, just to see how those cycles play out in an author's career. And if they, if they are focused on those values, like you're talking about, they can pull that back in and understand for themselves that it doesn't, you know, they don't have to operate just because people are saying, this is the way everyone should do this thing that they themselves shouldn't necessarily adhere to it. I think that's really key, there was something that I definitely found early on in my career where you try to do, I don't know, that must be my, my wing one coming through where it was, like, you tried to do what the people are saying, and you're just finding yourself hitting that wall of burnout. And going this is not even a sustainable way to operate in life. Like, what. And so it's it is it's so key to to know what those values are, so that you can create and design your career to look like you want it to look, it's I think it's so powerful the way that you've described it in the book, it's great.

 Claire Taylor 21:20

Well, and just to get a little bit more concrete, for people who aren't super familiar with the Enneagram, yet, let's do the example of like a type two, who's called the helper by often called the helper sometimes called other things, but let's just call them the help works. I like that one. Kind of like that label. They're very helpful type twos, their core fear is to be unloved, or unwanted. And their core desire is to be loved and wanted. So the core fear core desire, usually two sides of the same coin. But it's all about that love and worthiness of love for the two. So if they make \$20, in sales on their books, where would be the place that a two could spend that

money, that would give them the most emotional satisfaction. And when you understand the motivation of the two, which is to help people genuinely very giving and caring people they are, they are the caretakers, they anticipate people's needs before most people even know they have needs. So the twos are very emotionally sensitive to other people's needs, not so much their own wants and needs time. But they're very focused on other people, and it's in a very genuine way. It's not, you know, it's not just I want something from you, it can become a little bit forced reciprocation. If the two sort of goes into some unhealthy places, generally speaking, they like to give to people that is what gives them energy. So the 20 bucks, you can spend it on, you know, a promo that may or may not move any books, and maybe you invest a little bit. But for the two, what's really going to fill them up is if a friend is having a really hard time, maybe they just lost their job or something, something went wrong, maybe they're just having a bad day, spending about 20 bucks to take the friend out to coffee is going to give the two, it's going to fill their tank, it's going to make them appreciate that \$20 that they got from their books, more than just blowing it on something else. Right? Just saying, Okay, well, everyone says I should run this promo with, you know, free free book, Penguin or whatever, you know, whatever the the thing is gonna be that's not I don't think that's a real promo Listen, go searching for I'm just trying to call out any promo list, you know, and maybe it moves some copies, maybe you get some stuff, but probably you're just gonna get some freebie seekers, right? And then it's like, oh, but everyone told me to do that? Well, it's really about really, I mean, reclaiming, you know, taking that back and say, Well, what works for me? What do I want my book money to accomplish in my life? How do I want that to make my life richer. And so a to doing that would be great for you know, take your friend out, it's gonna make you feel amazing. It's not really necessarily going to do it for say, a five, the investigator who is about self sufficiency, and being capable, they will probably spend that on something like a book. And that would make them very happy, no book and some niche interests that they have. And that would, that would be a better use of the 20 bucks for them to really refill that their well and motivate them. So just as a concrete example, that's sort of how knowing your type, and knowing how it relates to money can benefit you and keep you in this long term.



Carissa Andrews 24:36

I think that's really cool. It's such a neat kind of mental game to play to for yourself, like what, what would I really feel good about putting that money in? And how am I operating in a way that is opposed to what um, I'm actually like, core motivated by because I think a lot of us especially like you were saying, there's so many shiny objects to be putting your money on when it comes to growing your author career and trying to do The thing and so if you're so if you're so hyper focused on growth or on readership or on sales, you, you oftentimes I've seen this and I know I've done it for sure. push aside, the thing that would make you feel good for the thing that you think is going to get you bigger gains, you know what I mean? And that almost always will lead to that burnout and frustration and overwhelm. And



Claire Taylor 25:23

Yeah, and it's also important to know, within your book, selling business, what is the part that matters to you, certain types are going to care a lot about, you know, caring for their readers and developing that relationship. In which case, you know, that 20 bucks could go towards a little giveaway, to say thank you to your readers, because you're deepening that connection. Certain types are not going to care that much about that, and are going to say, I'm going to put



20 bucks towards Amazon ads, and that's going to feel very good to me, you know. So even just within the industry, where you spend your money is, there are all there's just a whole range of goals. And a lot of us have been sort of pressured to reduce our business to just not even profit but revenue, which is super unhealthy, right? Because revenue? Sure, okay. You make 100 grand, well, how much did you spend 90 grand? Okay, that's not necessarily the best approach. Right? Right. It ends up being about revenue. And that is just not feeding anyone?



Carissa Andrews 26:24

No. Well, it's feeding Amazon or if some of the other sales sites.



Claire Taylor 26:31

Feeding them very well. Yes.



Carissa Andrews 26:34

Yeah. Especially since Amazon ads became a thing. I think that's definitely been a feeder.



Claire Taylor 26:41

Yeah, it's important to remember that Amazon ads don't have to be effective for them to get paid.



Carissa Andrews 26:47

Yep. Same with Facebook's. Yeah, for sure. They will take your money regardless of how well they serve.



Claire Taylor 26:55

I believe Amazon ads is about a third of Amazon's profit right now. Anyway, wow. We cover that on Sell More Books.



Carissa Andrews 27:04

That is not surprising to me whatsoever. Thanks, goodness, for people like Brian who actually teach others how to do them effectively. Just saying.



Claire Taylor 27:13

Yeah, we got to be careful which game we're playing?



Carissa Andrews 27:15

Absolutely. It's it's very key. Oh my gosh. So as a as a three? How does that work? Working with him? Is that fun? Speaking of Bryan.



Claire Taylor 27:23

Oh, yeah. So Bryan Cohen is a three. You know, I love surrounding myself with threes, because I am not easily peer pressured. So if someone suggests an idea, and I go, that's icky. That's the end of the conversation. So that's sort of the tension between like ones and threes, right? Once we end up getting limited, so we are the reformers. We want to be good. We want to not be corrupt. That is at the core of everything. So we can seem kind of like where sometimes because we are like, that's a problem. That's right. If it gets rigid, it's it's ugly. It's not a cute look. So if you're a one, you need to get healthy right away. No, that's not a problem for ones because we love self improvement, because we want to be better, better, better. So but that is like the core thing of the one for me, if something seems like, yeah, it's, it's allowed, I don't like it. That can become limiting, if you're cutting yourself off to too much. And attaching morality to too many things where it doesn't belong. So by attaching by, you know, becoming friends with threes, and surrounding yourself with threes, as long as you're very clear on your own boundaries, it can sort of open your perspective. And that's just a hanging out with it any different type. If you're, you know, once you start to learn, they have that different lens, they're looking at the world through, you know, oh, yeah, you can survive an entire life. Looking at the world that way. Yeah.



Carissa Andrews 28:52

How does that work? WHat?



Claire Taylor 28:54

I know, my way isn't the only way people aren't filtering everything into the column of good, bad, good, bad. You know, threes are more filtering into success, failure, success, failure. So being around threes can really open your eyes to some cool marketing techniques, because that is where they're focusing their attention. And so with Bryan, he has he and Monica is also a three. They, they definitely give me a new perspective, whenever I'm like, I don't know what to do here. Like I need to brainstorm something. They are they can brainstorm all day. Me Monica and Brayn are also number one strategic and Clifton Strengths. So we do get to see that, you know, have that sort of commonality. But they can open my eyes to some things and maybe they're things that I can reconsider and go oh, that's that's not actually like a bad thing. That's perfectly fine. No one gets hurt. Okay. I yeah, I will try that. And I would like to think that I can be a kind reminder that just because something is allowed doesn't necessarily mean that it's the most ethical thing to do, which is, you know, my gift that I'm bringing around. Yeah, it's a good symbiotic relationship.



Carissa Andrews 30:08

So would you put Hermione then as a one as well? Yes. That's gonna say, Yeah, I'm Rory Gilmore is probably a one. Yes. Okay. Yeah.



Claire Taylor 30:17

Atticus Finch, we've got tons of people on Team One. Batman is a one, actually. So that's fun. Yeah. He was very much in his four and then most recent Batman. Robert Pattinson. He was very much in a stress type of four, but still focused at his core about being the good guy. And that's why he was struggling with the legacy of his father who he thought was good. It's not. Yeah, so a lot of one's infection, but Hermione Granger is pretty typical.



Carissa Andrews 30:49

Already pretty straightforward. I can understand that. And I think for me as a so going to the astrology side of things, I'm a Virgo. So I definitely lean on that wing one very well. But there were elements of it, that just didn't resonate. And so it was, it's so interesting. Can you explain the wings a little bit for people?



Claire Taylor 31:09

Absolutely. I'm never going to not explain something. Enneagram whatever. Yeah, so. So the wing is, whatever style is next door dominant type. So we have one dominant type. And yes, it's the same your whole life, don't see any change. If it feels like it changed, it's probably because you were living in a stress type. And now you're in a dominant type, or you're living in a dominant type. And now you're in a stressed, I can talk to someone like me, and we can help you figure it out. But it's the same your whole life. So there are numbers on either side, the Enneagram is arranged in a circle. And so if you are a one, you'd have a two on one side, and you have the nine on together, because nine and one, when it circles back anyway, if you're a four, you could have a three wing or a five wing, if you're a seven, you can have an eight wing or have six wings. So the wings aren't just random numbers, they're a number next to you. And so you take some of those attributes of that style to support your dominant type. And so it looks a little bit different. And you can have one wing, you can have two wings, you can have no wings, it's just it's a much more fluid framework than a lot of people, you know, talk about, because if it's fluid, then it's hard to make means. The name application, I could really get on a soapbox about this. But I think the magnification of the Enneagram is the worst thing that's ever happened to it. Because as soon as it becomes a meme, people want to identify with it. And identifying is the first step. But if you get stuck in that you never get to transformation. So you identify too much, you use it as a form of control, feeling like you're in control of yourself, I recognize these patterns. And I'm not going to change them, it's really the challenge is really learning to let go of those patterns, because you're going into the unknown when you start letting go of your pattern. And that's scary. And that's a lack of control. But that's where transformation happens. So anyway, it's a very fluid system. So you can have a wing in one situation one part of your life and have kind of another wing another situation, but there's usually kind of a dominant wing. So as a nine with a one thing, you have that sort of peace at the center, you're seeking that inner peace, that peace around you a little bit conflict avoidant,

but that one way, creates creates some stability, it's that sort of moral compass that can support you. So you have a lot of those. It's like a quiet morality. It's not like type one where we're like, this is all right way to live. It it is a guidance, you know, a moral compass, that sort of guides deny, because the nine one of the gifts is being able to see things from all perspectives. And and it's saying, not only do I understand what you're saying, but I can basically get in your head see it and I feel it, I feel the rightness of what you're saying. You're also correct. That is also true. And so it's a genuine understanding of the connectedness of, you know, the entire universe of the nines app, which makes it very hard to make decisions when you all sides and they all seem equal. And it can sometimes I don't know if this is true for you, but it can sometimes mean that when nines tell stories, everyone else is like get to the point, because because the night is like but it's a whole irrelevant. It's all irrelevant, because I see the connectedness of everything. And then the ones are like yes, but I would really like this to be more, you know, to the point like give me the interesting part. I need to get to the heart of this and threes are like, can we be a little bit more efficient with our time? Or like, no, no, you're gonna listen to the full breath and I'm gonna paint you this picture which makes nines very descriptive and engrossing writer or So yeah, that one wing is going to be sort of that quiet, moral compass that helps support the nines, peacefulness. And then an eight wing would be a little bit more of that forcefulness and that enforcer type. So the nine would be less of like the diplomat and more of the, like, mediator, like getting in the into the conflict and saying, No, this is how it's gonna go. Because I, I can see all of this. So they see all your perspectives. I hear yes. Here's, you know, but it's less like the judge. It's more like helping other people see eye to eye. The ones will get in there and be the absolute referee of you're wrong. You're right.



Carissa Andrews 35:40

I love it.



Claire Taylor 35:42

Get in there and go. Oh, you're all right. Hey, look, here's the middle ground between all of you. Here's a happy solution when you love that. And everyone goes, Yeah, I would love that. Thanks.



Carissa Andrews 35:54

And then there's some of them that are like, there is no middle ground. Yeah. Yeah, that's always interesting. That whole conflict avoidance thing, I totally felt that I feel very called out right now. And I have way too many people in my house, there are five kids who live with us, and then my husband. So I'm just saying there's always a lot of conflict. And I'm usually like, I'm out. So yeah, yeah,



Claire Taylor 36:17

Yeah, well, I feel that it's a little too much. But the subtypes of play in instincts of each type, sort of, there's like social one to one and self preservation that kind of determines how you can move in different circles. And so like, my husband is a social slash, like one to one nine, he also

has a one wing. And he, I mean, he's on the hostage negotiation team. So well. He is that negotiator. He goes in. He really he knows how to de escalate. That's, you know, you would think like, I know, he doesn't want to be on law enforcement, like they're constantly going into conflict. But it's like being able to use that gift all the time when we find a place where we can use our gifts all the time. And it's appreciated. That's where we're gonna find a lot of, you know, fulfillment.



Carissa Andrews 37:11

Yeah, teens don't appreciate that.



Claire Taylor 37:14

No, really. There's no fulfillment.



Carissa Andrews 37:16

There is none there. Oh, my gosh, that would be an interesting place to be though. I'm like, as a nine I'm like, no, no, I would not want to be a hostage negotiator.



Claire Taylor 37:29

Yeah. I think has eight wing comes out a little bit.



Carissa Andrews 37:31

I would say. Yeah, that's great. Well, Claire, thank you so much for coming on the show and describing Enneagram. And you're obviously you're amazing book. Do you want to let my audience know a little bit more about how they can find you where they can go for your courses, your book, your fiction, books, resources, all the good things?



Claire Taylor 37:49

Yep, it is all at FFS.media. FFS media is my business. I do all my fiction and nonfiction under it. So if you go to FFS dot media, it'll ask you, are you a reader or a writer, and you can click, I'm a writer, and it will take you to all my resources.



Carissa Andrews 38:04

That's a wonderful, thank you so much. Thank you for being here.





Claire Taylor 38:07

Thank you so much for having me. It was great conversation, I enjoyed it.



Carissa Andrews 38:10

Isn't utilizing the Enneagram for your author career and for your writing an incredibly interesting idea. I know for me, when I first started hearing more about Claire Taylor's book, I was like, so fascinated about it, one of my partners in crime, she's one of our accountability partners, or Amy Porterfield Digital Course Academy, we've talked for a long time, and she's so interested in Enneagram. And it was one of those things where I had done the testing and just kind of was like, it's alright, it's okay. And I was still kind of coming out as that like, one Enneagram type. And while it's similar for me, to what I really am, it just didn't quite resonate. But at the time, when we were doing the course, I think I was definitely operating out of my stress mode, right, the Enneagram three type and so I wasn't quite connecting with who I truly was what I was really looking for. And now I'm in a much more stable, like Enneagram, nine growth place. So I can see things a little bit more clearly now. And so it was very interesting for me to understand Enneagram back then, but then now also bringing in into like, how is it incorporated for the author career? So Claire's book, when it came on? The scene for me, was obvious that the universe was like, hey, you need to check this thing out, first of all, because it was like we had Martha Carr and we had Troy and we had, I don't even know how many people at the you know, by the time Claire actually came on to this podcast that I spoke with where it was just like there's a lot of people that are telling me I need to check this book out and obviously bring Claire on. So it was just so much fun to finally have that conversation with her. And you know, I've been a fan of the summer book show for a long time and so hearing more about what she is doing and on the side of learning all about All that she does when it comes to helping the author community. Obviously, it was just a no brainer to bring her on and talk with her about this amazing book. So if you haven't yet had a chance to check out reclaiming your author career, I highly recommend that you do. So. It's one of those books that has kind of become my staple of like go to reference books when I am in the outlining phase. So like I'll use, you know, the, the emotional thesaurus, and I'll use the emotional wound thesaurus. And I'll use those types of books when I'm creating my characters. But oh, yeah, this book is going to become an already has become one of my reference books for building characters and for understanding their motivations, because it's that good. Obviously, it helps you understand your own motivations as an author as well, so that you can identify with the type of author career you really want to have. And I think that's so key. One of the things that I really just knew early on, when I was starting this whole rapid release journey and understood for myself, at least that like, writing a book a month is just not sustainable for at least for me, it's just not sustainable. It's not something I enjoy. It's not what motivates me. And I knew that there were other people out there, that would feel the same. And so it's interesting to me to see how we, once we identify what our goal motivations are, can really come into our own and drop the, the feelings of overwhelm men to the feelings of burnout so that we can embrace what we really enjoy about the writing process, and our author careers and take them on as our own. And sometimes I think we need that person out there that just says, You know what, I know everyone's saying to do it this way, but it's okay to trust yourself too. And I'm so glad that Claire is becoming that person as well as someone who is out there in the world and letting people know that it's okay to be your individual self. It's okay to look at things and operate in your career in a way that feels good to you. Because we authors, we are fragile creatures sometimes. And sometimes we just need that little reassurance letting us know that we're on the right track. Well, my friend if that sounds like you, you are on the right track. You are you

for a reason you have your goals and motivations for reason, trust them and move forward with them confidently knowing that they're going to lead you to the exact right success for you. All right. So if you'd like to get the transcript of today's podcast episode, or if you'd like to click out to Claire's site, or anything that we talked about in the podcast today, make sure you head over to [authorrevolution.org/176](http://authorrevolution.org/176). And of course, if you're hearing this before April 17. Don't forget we are going to be launching live launching the abundant author alignment course next month, we kick it off on April 17. So if you're interested in getting in on any of the pre launch emails, perhaps the pre launch pricing might still be available for you if you hear this and get into it right now. Head over to [millionaireauthorcoach.com/alignment](http://millionaireauthorcoach.com/alignment) to get on that waitlist because emails are still going out until the end of this week, which is the final week of March. After that After April 1, the price is going to go up to its normal launch price. So make sure you get on the waitlist so that you can get those emails and the pre launch pricing. Okay guys, I hope you have a wonderful rest of your week. I hope you enjoy this process. Get Claire's book, start digging in and learning more about yourself and the characters that you're trying to write. And of course, go forth and start your author revolution.