



MASTER YOUR SUPERPOWERS



YOUR INTEGRATED ARCHETYPE

CALM CONNECTOR

PRIMARY ►	WATER	WOOD	FIRE	EARTH	METAL
SECONDARY ▼					
WATER	 Wood - Water LOGICAL VISIONARY	Fire - Water RADIANT PROVIDER	Earth - Water CALM CONNECTOR	Metal - Water FOCUSED VISIONARY	
WOOD	Water - Wood RESOURCEFUL CREATOR	 Fire - Wood SPONTANEOUS INITIATOR	Earth - Wood PATIENT SPEEDSTER	Metal - Wood EFFICIENT PRODUCER	
FIRE	Water - Fire INTUITIVE LUMINARY	Wood - Fire INNOVATIVE IDEALIST	 Earth - Fire LOYAL CHEERLEADER	Metal - Fire DEDICATED ENTHUSIAST	
EARTH	Water - Earth REFLECTIVE CONFIDANT	Wood - Earth THRIVING MANIFESTOR	Fire - Earth ENERGETIC PROTECTOR	 Metal - Earth MASTERFUL ALLY	
METAL	Water - Metal CARING PERFECTIONIST	Wood - Metal FLEXIBLE RULE-MAKER	Fire - Metal WARM-HEARTED LONER	 Earth - Metal RELIABLE ANALYST	

Discovering your Integrated Archetype is like finding your personality's innate superpower. This knowledge adds value to your life and to your ability to stay in balance, which will help you transcend life's challenges.

Your Integrated Archetype reveals how you intentionally or unintentionally express yourself and the way you most naturally are. You might have wondered why at times you are shy and introverted, and at other times bold and extroverted.

Or why, in some areas of life, you are logical and linear while in others you are creative and out-of-the-box. This can be explained through knowledge of the particular elemental combination that makes up your Integrated Archetype.



The explanations will give you greater perspective on what you need to achieve balance. It will also help you understand others around you and how they fit into your life. The purpose is to aid you in finding power within yourself and creating harmony in your interactions.

Below, you'll find a list of your superpowers, energy-balancing activities, your creed and purpose, where your support comes from, who your greatest teachers are, and more. When you focus on strengthening your positives, your superpowers shine, and you'll be able to serve your sphere of influence in a much more meaningful and dynamic way.

THE CALM CONNECTOR EARTH + WATER

AKA: THE CONSIDERATE REFLECTOR
AND THE TRUSTING MAGICIAN

PRIMARY ELEMENT: **EARTH**
SECONDARY ELEMENT: **WATER**

YOUR OVERVIEW: As a Calm Connector, you make people feel cared for, safe, and valued. You excel at minimizing conflict and keeping the peace, and you have the ability to easily garner the trust of others. You are a great listener; people feel heard when they are with you. You are a steadfast source of calming energy, and you thrive when you are following your intuition. You have a caring personality, but you are able to stand your ground when it comes to something you really believe in.

Connecting people to products, thoughts, themselves, or other people inspires you. You delight in being the one who gives people the knowledge or opportunity to find a new path. You thrive when you follow your heart. Your ability as a Considerate Reflector to offer people ways to make their lives better draws them to you. As a Trusting Magician, you give people hope that miracles can happen, even to them.

YOUR PURPOSE: You are here to find yourself and to fully honor and value who you are.

YOUR CREED: "I am loyal to that which nurtures my soul."

YOUR CORE DESIRE: To make sure everyone is happy but not overextend yourself.

YOUR CORE VALUE: To live peacefully and with minimal conflict.

AT YOUR BEST: You are gentle, intuitive, wise, and creative. You speak up when you have a strong opinion and accept people for who they are without judging. You are thoughtful, considerate, and able to connect with others on a very human level.

AT YOUR WORST: You hold on to physical things, people, mindsets, and ideas long after they have stopped serving you. You subordinate to others' opinions and rules and lose your sense of a center. You are either passively stubborn and ignore what needs to be taken care of or you procrastinate and neglect what you know you need to do.

IN RELATIONSHIPS: You're a grounding and nurturing presence in any relationship — the one who listens deeply, understands without judgment, and holds space for others to simply *be*. People feel safe with you because you don't rush them, and you offer a calm kind of wisdom. While you love being needed, you can easily overextend. The healthiest relationships for you are mutual — where you're appreciated, not just relied upon.

IN THE WORKPLACE: You're the steady anchor that keeps things running smoothly, especially when tensions rise or changes unfold. You value harmony and bring a thoughtful, intuitive lens to everything you do. You excel in environments that allow for meaningful connection and a slower, more reflective pace. However, if your contributions go unnoticed or conflict becomes too intense, you may retreat. You thrive when your care, consistency, and quiet leadership are acknowledged.

WATCH FOR:

- Saying yes when you mean no
- Holding in emotions to avoid upsetting others
- Taking on others' emotional burdens and losing your own center
- Getting stuck in old routines or relationships that no longer serve you
- Seeking peace at the cost of your own truth or boundaries

WHEN OUT OF BALANCE: You may feel weighed down by the emotional or practical needs of others, while quietly putting your own desires on hold. When you suppress your truth, it builds up, leading to resentment or shutdown. To rebalance, carve out alone time to reset, simplify your commitments, and gently assert your needs. You are most powerful when you remain soft and open — without sacrificing your self-respect.

YOUR ARCHETYPE TWIN: Water + Earth – Reflective Confidant

MOST COMPATIBLE WITH:

Fire + Wood – Spontaneous Initiator
Wood + Fire – Innovative Idealist

MOST SUPPORTED BY:

Fire + Metal – Warm-Hearted Loner
Metal+ Fire – Dedicated Enthusiast

MOST DRAINING FOR YOU: *Note: These archetypes may challenge your natural rhythm or energy, especially when either of you is out of balance. Awareness, boundaries, and mutual respect help restore harmony.*

Water + Metal – Caring Perfectionist
Metal + Water – Focused Visionary

YOUR GREATEST TEACHER: *Note: These archetypes may challenge you in ways that lead to your greatest growth. By observing their traits, you can gain valuable insight and evolve your own strengths.*

Water + Fire – Intuitive Luminary
Fire + Water – Radiant Provider

YOUR ELEMENTAL DYNAMIC: Controlling

Earth and Water together create stability, so when you are in balance, you are poised and calm. However, since Earth can also slow the flow of Water, it's important to take time to nurture both elements and not overdo one or the other.

If Earth energy begins to dominate, you feel stuck in a rut, unable to move forward in new and dynamic ways. If there is too much Water energy and not enough Earth, which Water needs to keep it from draining away, you lose your center and are not able to draw strong boundaries around your time and energy.

MISSING ELEMENT: Metal

Metal bridges the elements of Earth and Water. In the elemental cycle, Earth produces Metal, which when heated turns into liquid (Water). The only thing Earth and Water have in common is Metal, so when you feel at odds with yourself, drained, stuck, or out of balance, it can be extremely helpful to bring Metal energy into your day. This might involve getting organized, writing a To Do list, creating a system, clearing out both physical and digital clutter, or getting your affairs in order. The more order you create, the more balance you'll experience.

Having Metal elements in your environment is essential for support. Shiny metal objects, wall art depicting circular patterns, as well as pastels and the colors white and light grey are considered beneficial for Earth/Water Integrated Archetypes.

Metal energy is about precision and grace and drawing strong boundaries, so it can be helpful to make a point of spending time with individuals who have Metal as a part of their makeup.

YOUR PERSONAL VIRTUES:

- **Safe:** You naturally make others feel safe in your presence. No matter how challenging the situation, they feel calm when you are present.
- **Thorough:** Whatever you commit to, you see it through to the end. Because of your caring nature, you slow down when others interfere, but you eventually finish things up.
- **Reliable:** It's not in your nature to let people down. You have standards when it comes to family, friends, and commitments.
- **Balancing:** You bridge people and communities by neutralizing polarity. When two people are at odds, you are able to see both sides and connect to both with understanding.
- **Devoted:** You are dedicated to the people and projects to which you are committed. You tend to stick with people who've been with you throughout your journey.

YOUR SUPERPOWERS:

Patience, Consideration, Intuition, Connection

WEAKNESSES TO STRENGTHEN:

Difficulty saying no, Over-giving, Insecurity, Defensiveness

YOUR MISSION FOR POWER:

- **Recall your positive impact on people.** When you feel overwhelmed, think about how you've influenced others' lives, and it will remind you of your value. This will rejuvenate your drive to complete your commitments.
- **Build connections with those who are independent and have strong focus.** When you need expertise, be open to advice from such people, as they can help you see other valuable perspectives.
- **Draw people together when there is conflict.** When you are mitigating conflict, ask others to share their thoughts. You have the ability to be the harmonizer and move things in a different direction.
- **Practice ways to stand strong without confrontation.** It's not natural for you to speak up, so prepare by learning techniques, otherwise you'll resort to passive-aggressive behavior.
- **Let your caring nature show, even in professional environments.** Build connections by finding people to help or mentor. Don't hesitate to reach out and ask others to help you; they will, because you so gladly help others.

LIFE AFFIRMATION: "I say no when I need to. By doing so, I value myself and my time and save myself from future pain."

It's always best to do or say what you want. If you don't do what you know inside is right, you will keep attracting unwanted, energy-draining lessons. For example, if you don't say no to someone who keeps asking for your time and energy but doesn't appreciate it, you will attract increasingly greater frustration until you finally get the "lesson" and say no, anyway. Let's not be out-of-truth in our words and actions. Learn to say no in a graceful and loving way. Read the above affirmation often for strength and to prepare for the future.

ICONIC REPRESENTATIONS:

- **Thich Nhat Hanh** – Beloved monk and teacher whose presence and words offer peace, connection, and gentle transformation.
- **Mary Oliver** – Poet of the soul whose quiet wisdom and reverence for nature evoke serenity and emotional resonance.
- **Garnet (Steven Universe)** – Centered and loving leader whose grounded strength and still presence hold space for love and understanding.

ENERGY-BALANCING ACTIVITIES: You bring gentle strength, empathy, and steady presence. These elements help you restore your own energy when you've been tending to everyone else.

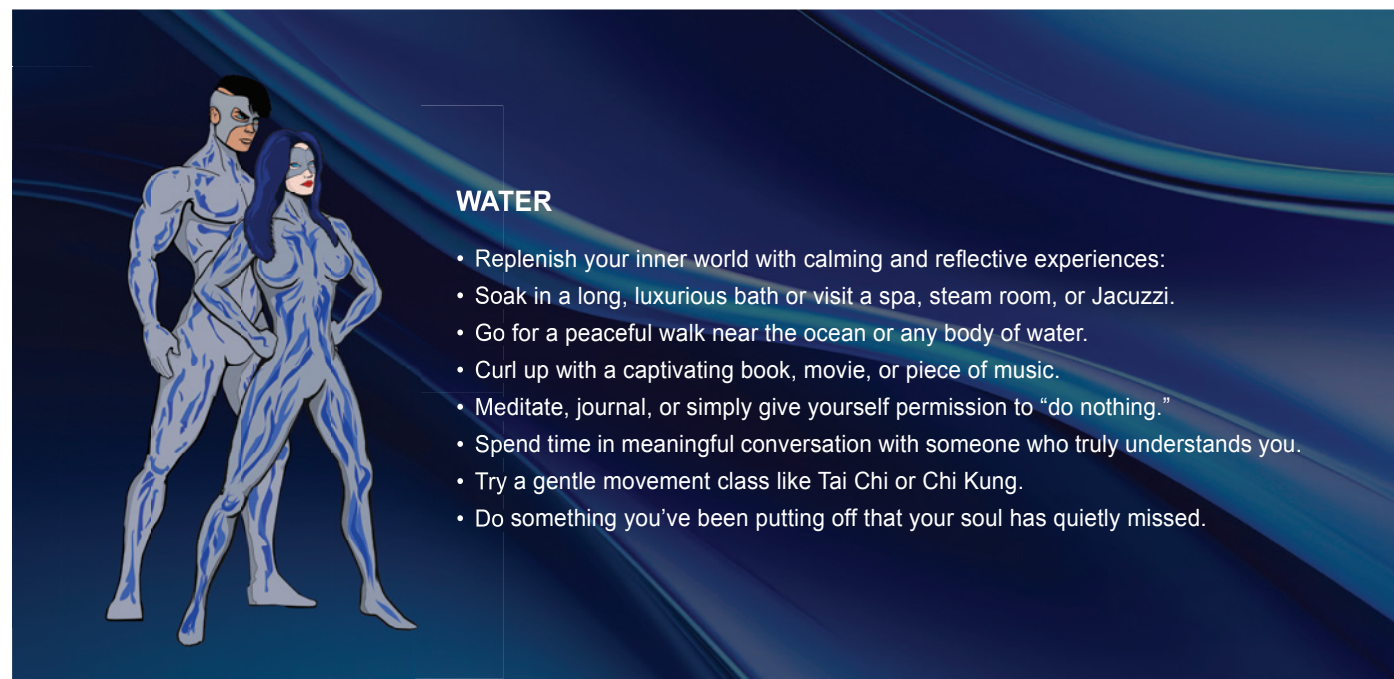
- When emotions feel heavy or you've absorbed too much → **Earth** helps you center and ground yourself in the present
- When your mind gets lost in concern or worry → **Metal** brings clarity and mental simplicity
- When your giving becomes depletion → **Water** invites quiet time and personal nourishment
- When you feel stuck in comfort zones or routine → **Wood** helps you move forward with grace
- When you're emotionally flat or disconnected from joy → **Fire** brings back warmth, lightness, and connection



ELEMENTAL ENERGY BALANCING ACTIVITIES

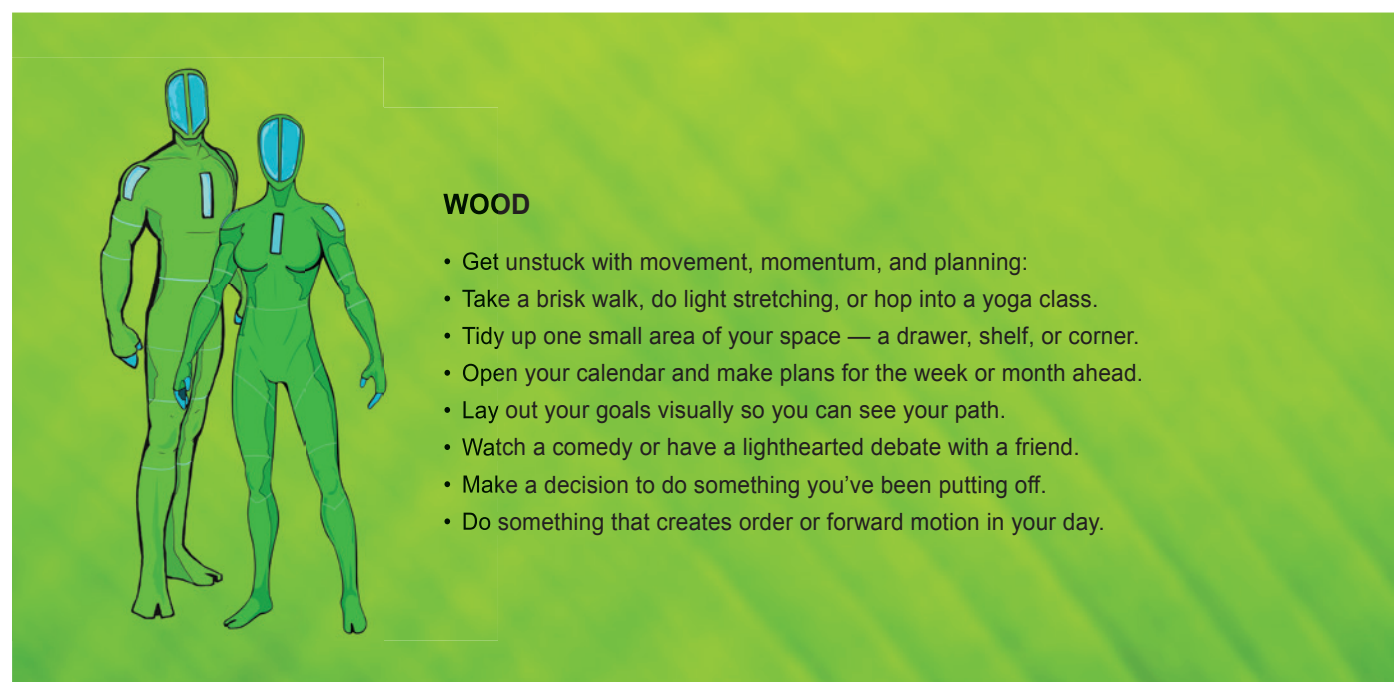
Use these activities when you feel off-center. Choose the element that supports the area where you feel most out of balance — emotionally, mentally, or energetically.

*(For example: feeling stuck = Wood;
feeling uninspired = Fire.)*



WATER

- Replenish your inner world with calming and reflective experiences:
- Soak in a long, luxurious bath or visit a spa, steam room, or Jacuzzi.
- Go for a peaceful walk near the ocean or any body of water.
- Curl up with a captivating book, movie, or piece of music.
- Meditate, journal, or simply give yourself permission to “do nothing.”
- Spend time in meaningful conversation with someone who truly understands you.
- Try a gentle movement class like Tai Chi or Chi Kung.
- Do something you’ve been putting off that your soul has quietly missed.



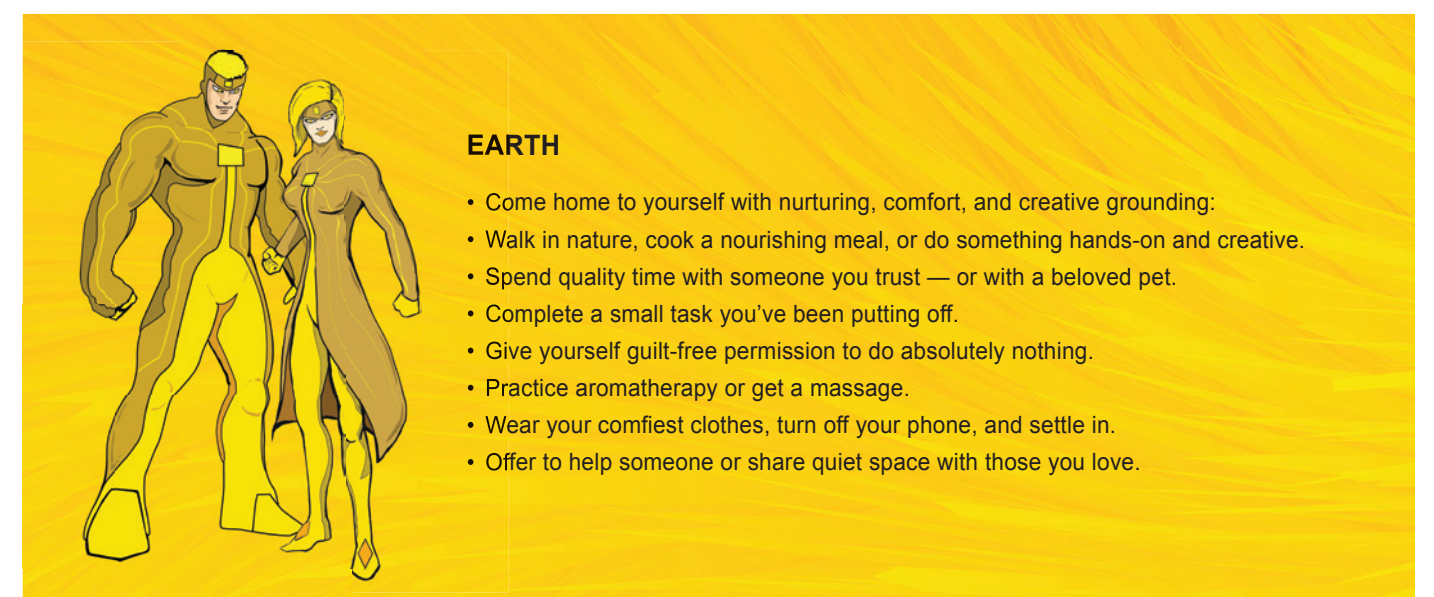
WOOD

- Get unstuck with movement, momentum, and planning:
- Take a brisk walk, do light stretching, or hop into a yoga class.
- Tidy up one small area of your space — a drawer, shelf, or corner.
- Open your calendar and make plans for the week or month ahead.
- Lay out your goals visually so you can see your path.
- Watch a comedy or have a lighthearted debate with a friend.
- Make a decision to do something you’ve been putting off.
- Do something that creates order or forward motion in your day.



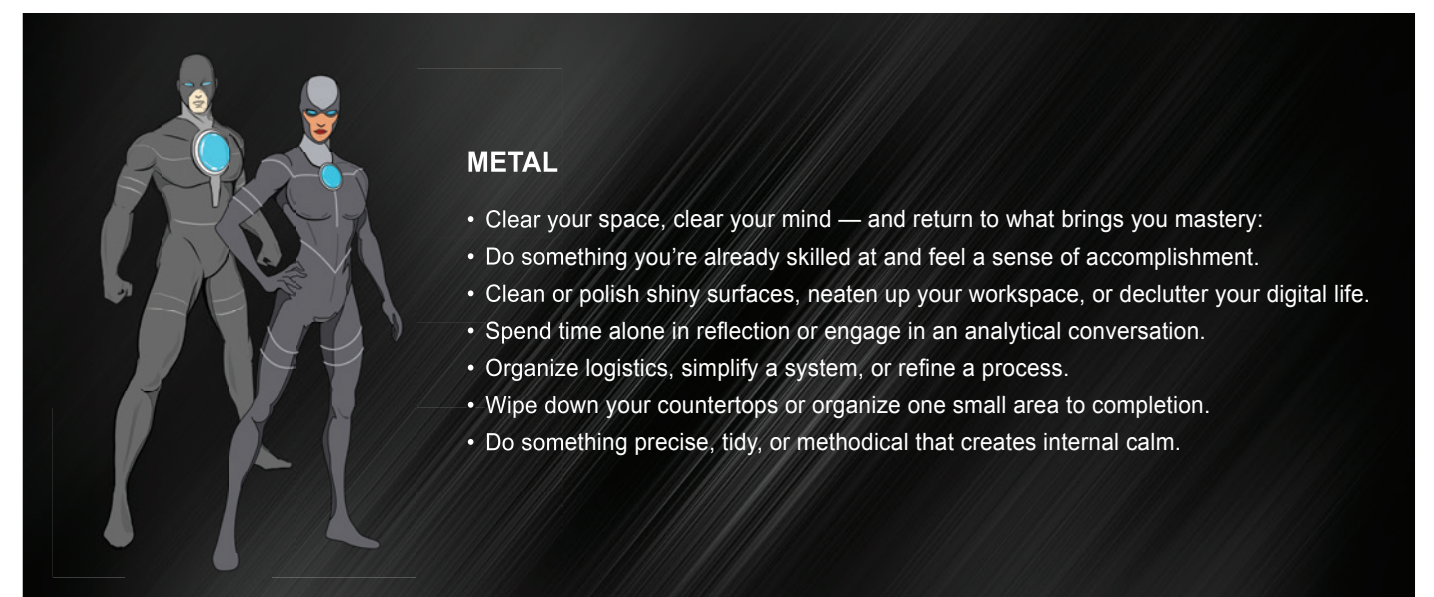
FIRE

- Reignite your spirit through joy, connection, and spontaneity:
- Call up a few friends and do something fun or spontaneous together.
- Go to a live performance, high-energy class, or action-packed movie.
- Dance, laugh, be loud — follow where your heart leads you.
- Eat something spicy. Go shopping. Say yes to something playful.
- Make fun plans with someone who lifts your spirits.
- Surround yourself with brightness, music, and vibrant energy.
- Step into the spotlight in any way that feels energizing and true.



EARTH

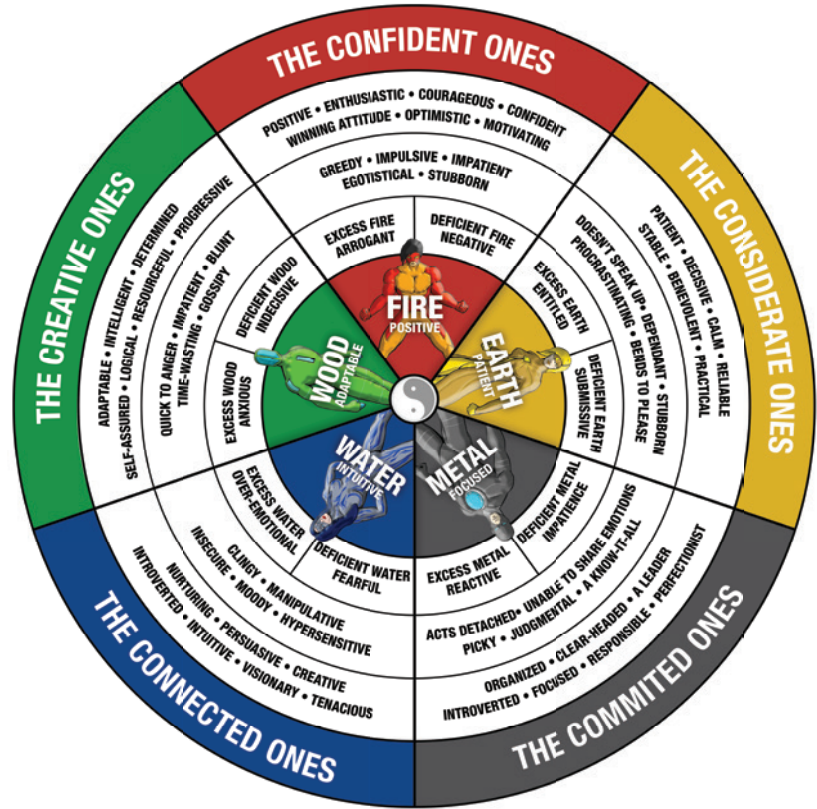
- Come home to yourself with nurturing, comfort, and creative grounding:
- Walk in nature, cook a nourishing meal, or do something hands-on and creative.
- Spend quality time with someone you trust — or with a beloved pet.
- Complete a small task you’ve been putting off.
- Give yourself guilt-free permission to do absolutely nothing.
- Practice aromatherapy or get a massage.
- Wear your comfiest clothes, turn off your phone, and settle in.
- Offer to help someone or share quiet space with those you love.



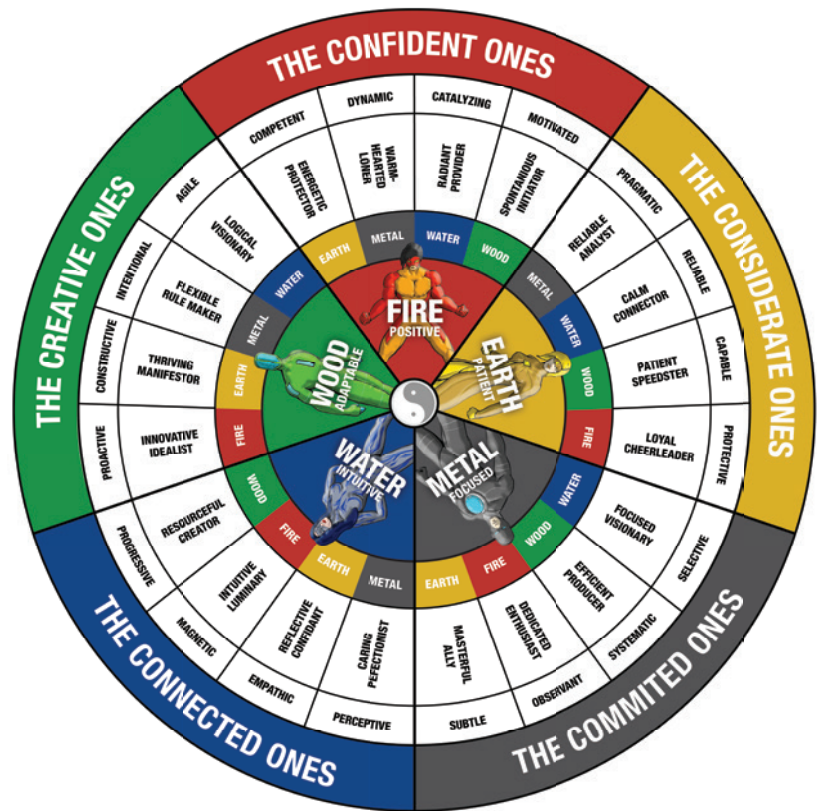
METAL

- Clear your space, clear your mind — and return to what brings you mastery:
- Do something you’re already skilled at and feel a sense of accomplishment.
- Clean or polish shiny surfaces, neaten up your workspace, or declutter your digital life.
- Spend time alone in reflection or engage in an analytical conversation.
- Organize logistics, simplify a system, or refine a process.
- Wipe down your countertops or organize one small area to completion.
- Do something precise, tidy, or methodical that creates internal calm.

ELEMENTAL QUALITIES



ARCHETYPAL QUALITIES



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