



MASTER YOUR SUPERPOWERS



YOUR INTEGRATED ARCHETYPE
DEDICATED ENTHUSIAST

PRIMARY ►	<i>WATER</i>	<i>WOOD</i>	<i>FIRE</i>	<i>EARTH</i>	<i>METAL</i>
SECONDARY ▼					
<i>WATER</i>		Wood - Water LOGICAL VISIONARY	Fire - Water RADIANT PROVIDER	Earth - Water CALM CONNECTOR	Metal - Water FOCUSED VISIONARY
<i>WOOD</i>	Water - Wood RESOURCEFUL CREATOR		Fire - Wood SPONTANEOUS INITIATOR	Earth - Wood PATIENT SPEEDSTER	Metal - Wood EFFICIENT PRODUCER
<i>FIRE</i>	Water - Fire INTUITIVE LUMINARY	Wood - Fire INNOVATIVE IDEALIST		Earth - Fire LOYAL CHEERLEADER	Metal - Fire DEDICATED ENTHUSIAST
<i>EARTH</i>	Water - Earth REFLECTIVE CONFIDANT	Wood - Earth THRIVING MANIFESTOR	Fire - Earth ENERGETIC PROTECTOR		Metal - Earth MASTERFUL ALLY
<i>METAL</i>	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 DEDICATED ENTHUSIAST

METAL + FIRE

**AKA: THE REFINED SUPERSTAR
AND THE GIFTED WIZARD**

PRIMARY ELEMENT: METAL

SECONDARY ELEMENT: FIRE

YOUR OVERVIEW: As a Dedicated Enthusiast, you know it's important to take time to contemplate any situation before you fully commit, but once you decide to move forward on something, you are unstoppable. You keep your standards high in all that you do and operate with heart and enthusiasm. You are a unique combination of someone who is a good listener as well as someone people look to for inspiration.

You have an enigmatic personality, and you love being respected and acknowledged for what you know. You are self-competitive, constantly striving to reach higher. As a Refined Superstar, you have a humble yet confident personality. As a Gifted Wizard, you delight others with your creativity at the most unexpected times, whether it's a brilliant idea or a resourceful connection.

YOUR PURPOSE: You are here to move through barriers and obstacles and by doing so, to show others that it's all about heart.

YOUR CREED: "When I decide it's worth my time to do something, I will succeed."

YOUR CORE DESIRE: To stay focused on your goals while also having fun.

YOUR CORE VALUE: To be responsible, yet still able to let go and experience what life offers.

AT YOUR BEST: You are enigmatic and the perfect mix of reserved yet dramatic and conservative yet bold, drawing others in with your ability to gracefully entertain them. You are approachable and able to make others feel secure with you. You make quick connections that serve you later.

AT YOUR WORST: You are arrogant and overconfident, which leads to impulsive actions you later regret. You want to be in control, overdoing and overanalyzing everything, which drives others crazy and gets nothing accomplished. When you are worried, you become inflexible, and that detracts from your natural gift of creativity.

IN RELATIONSHIPS: You bring intensity and depth to your closest relationships. You're warm, loyal, and attentive once trust is earned, and others feel seen and supported by your care and encouragement. However, you need space and time to process privately, and may retreat when overstimulated. You thrive in partnerships where both autonomy and shared enthusiasm are honored, and where mutual respect for boundaries and brilliance is present.

IN THE WORKPLACE: You bring the perfect blend of performance and precision. People admire your attention to detail, high standards, and passion for excellence. You're not one to cut corners, and you raise the bar for your team just by modeling what's possible. You thrive in structured environments that allow room for creative flair, and you inspire others with your quiet confidence and results-oriented mindset.

WATCH FOR:

- Wanting control of every outcome or timeline
- Letting worry or “what if” scenarios slow your momentum
- Getting rigid with routines that need updating
- Not asking for help due to fear of appearing unprepared
- Shutting down when others don't meet your high expectations

WHEN OUT OF BALANCE: You may become controlling, inflexible, or overly self-critical. You might micromanage others or fall into an all-or-nothing mentality that blocks progress. To recalibrate, return to your inner fire—what lights you up—and allow yourself space to flow with life again. A bit of play, spontaneity, or time in nature can help reignite your optimism and open your heart to inspiration.

YOUR ARCHETYPE TWIN: Fire + Metal – Warm-Hearted Loner

MOST COMPATIBLE WITH:

Water + Wood – Resourceful Creator

Wood + Water – Logical Visionary

MOST SUPPORTED BY:

Earth + Wood – Patient Speedster

Wood + Earth – Thriving Manifestor

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.*

Earth + Water – Calm Connector

Water + Earth – Reflective Confidant

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

Fire and Metal together can move obstacles. (Consider how Fire can turn a hard element like Metal into liquid). Therefore, when you are in balance, you have the unique ability to transform old structures into new forms. However, since Metal also can be destroyed by Fire, it's important to take time to nurture both elements and not overdo one or the other.

If you are overactive with too much emphasis on Fire (socializing, being out and about and doing too much) and not enough downtime for restoration, peace, and contemplation, which Metal needs, you suffer from ineffectiveness and burnout. On the other hand, if you spend too much time analyzing and thinking in solitude without enough social contact, you lack the stimulus you need to make progress.

MISSING ELEMENT: Earth

Earth bridges the elements of Fire and Metal. In the elemental cycle, Fire turns into Earth, which brings forth Metal. The one element that supports both of your elements is Earth, so when you feel out of balance, being in Earth energy is extremely helpful: hiking, walking, grounding yourself, and sitting or lying on the floor. Hugging and having physical touch with those close to you is extremely grounding. Getting a massage is also very supportive.

Having Earth elements in your environment is essential. It is beneficial for you as a Fire/Metal Integrated Archetype to surround yourself with wall art depicting mountains, land, continents, stones, or the planet Earth, as well as earth tones that you see outside in nature.

Earth energy is about strong foundations, about being certain and confident, so it can be helpful to spend time with individuals who have Earth as a part of their makeup.

YOUR PERSONAL VIRTUES:

- **Dedicated:** You invigorate others to work tirelessly at whatever they say they want to do. People realize you are in their corner. Your positive attitude is inspiring.
- **Intriguing:** You hold your cards close so others don't know what you are thinking, but then, when it is least expected, you show how thoroughly you've thought through everything.
- **Observant:** You are aware of surroundings and people. You are attentive and alert and recognize the red flags that warn something is at risk.
- **Leading:** You are a natural leader, able to gather people around you and come forth with a plan for success.
- **Results-Oriented:** You not only get things done, you want to excel and improve upon what has been done previously. You have the strength and energy to get where you want to go.

YOUR SUPERPOWERS:

Focus, Commitment, Positivity, Confidence

WEAKNESSES TO STRENGTHEN:

Faultfinding, Inflexibility, Arrogance, Negativity

YOUR MISSION FOR POWER:

- **Take time for consideration.** You will be much more effective and dedicated in everything you do if you consider all options before jumping in. This will ensure your ultimate success.
- **Give yourself permission.** You might feel that you need to spring into action and embrace change head on, but instead, you need to deliberate and acclimate to any changes. Give yourself time to contemplate.
- **Double-check as you go along.** You work best when you feel safe and secure. If you move too quickly, you could develop a painful fear of failure.
- **Make a system to get yourself going.** When working with others, start with a timeline and system so you can pour your heart into moving forward on track. You'll motivate others with your enthusiasm when you know how you'll get there.
- **Look forward to a positive outcome.** When you are unsure, you tend to feel immobilized. Catalyze yourself to action by talking about and envisioning what you want to produce.

LIFE AFFIRMATION: "I trust that everything I need, to get to where I want to go, is on its way to me. I remain patient and focused on the next step."

When you first start out on any journey, what you need is not always available. However, have you noticed that once you begin, the right situation, person, circumstances, and opportunities seem to magically line up? It's no different with the challenges you may be facing right now. Don't overwhelm yourself and create stress by thinking too far ahead. Take it step by step. Make the best decision you can right now, based on what you know and *not* on what you fear will or will not happen, otherwise you'll drive yourself crazy. Use this affirmation to let the present be your master, not a fear-fabricated future in an incomplete and incorrect reality.

ICONIC REPRESENTATIONS:

- **Beyoncé** – Global icon whose fierce performances and perfectionism embody passion honed through dedication.
- **Michael Jordan** – Sports legend whose laser focus, emotional intensity, and commitment to excellence continue to inspire generations.
- **Rocky Balboa (Rocky series)** – Underdog hero whose fire, humility, and relentless training define the spirit of triumph through grit.

ENERGY-BALANCING ACTIVITIES: You're passionate, disciplined, and fiercely committed. These elements help you stay balanced when drive turns into pressure or emotion feels too intense to manage.

- When emotions are hard to access or express → **Earth** gently grounds and opens your emotional space
- When your thoughts become overly critical or sharp → **Metal** helps you return to clarity with compassion
- When you're exhausted from striving or performing → **Water** invites rest and emotional replenishment
- When your passion feels blocked or forced → **Wood** brings movement and natural momentum
- When joy fades under pressure → **Fire** reconnects you to lightness, celebration, and presence



ELEMENTAL ENERGY BALANCING ACTIVITIES

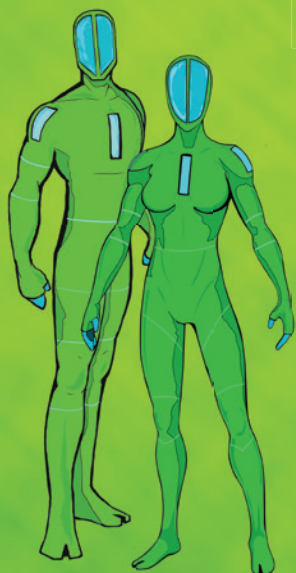
Use these activities when you feel off-center. Choose the element that supports the area where you feel most out of balance — emotionally, mentally, or energetically.

*(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.



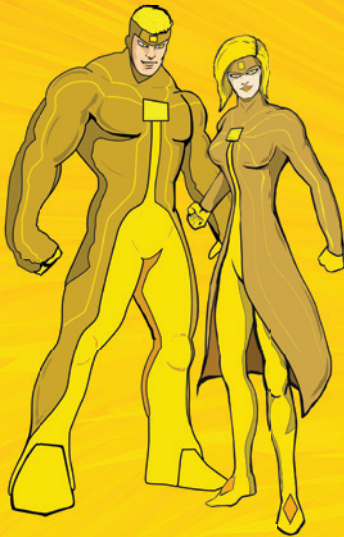
WOOD

- 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

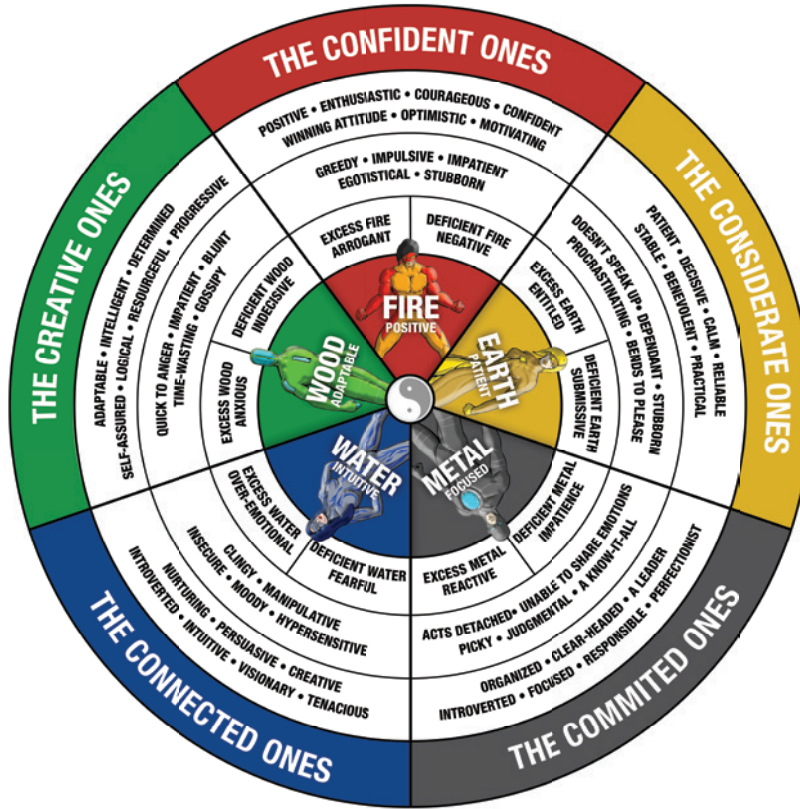
- Come home to yourself with nurturing, comfort, and creative grounding:
- Walk in nature, cook a nourishing meal, or do something hands-on and creative.
- Spend quality time with someone you trust — or with a beloved pet.
- Complete a small task you've been putting off.
- Give yourself guilt-free permission 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.



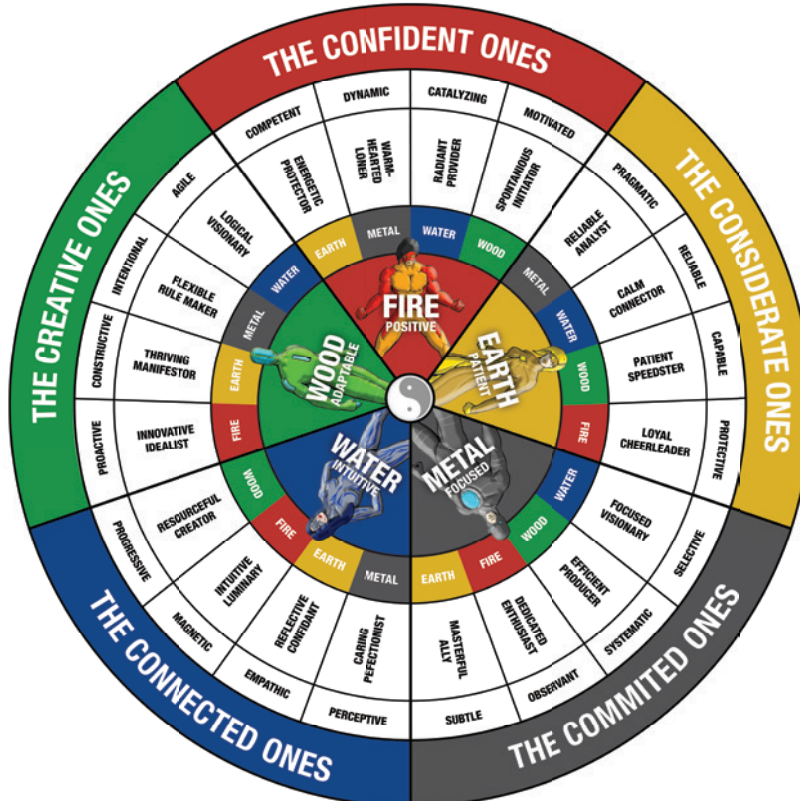
METAL

- 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





masteryoursuperpowers.com

power@masteryoursuperpowers.com