



MASTER YOUR SUPERPOWERS



YOUR INTEGRATED ARCHEYPE
ENERGETIC PROTECTOR

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 ENERGETIC PROTECTOR

FIRE + EARTH

AKA: THE PLEASURE-SEEKING DIPLOMAT
AND THE ENTHUSIASTIC GIVER

PRIMARY ELEMENT: FIRE

SECONDARY ELEMENT: EARTH

YOUR OVERVIEW: As an Energetic Protector, you are “all in” when it comes to taking care of anything you consider *yours*—whether a person, a project, or a cause. You excel at being expressive, engaging, and spontaneous while also making others feel that you are dependable and can be trusted. You are a positive source of nurturing energy. You thrive when you have the opportunity to build lasting relationships and create things of value. You have a naturally helpful and loyal personality, and you light up when you are celebrated and appreciated for your efforts.

Action is what inspires you. You delight in considering all the best options before taking a chance, but once you decide, you are unstoppable! As a Pleasure-Seeking Diplomat, you are effortlessly the ambassador of fun. People are drawn to you, and you bring them together for enjoyable causes. As an Enthusiastic Giver, you give whenever you can, and when you do, you give abundantly and joyfully.

YOUR PURPOSE: You are here to show others that it's possible to stand up for yourself while also being kind and considerate.

YOUR CREED: “Life is best when enjoyed and experienced with those I care about.”

YOUR CORE DESIRE: To do what makes you happy and stay connected with those you care about.

YOUR CORE VALUE: To enjoy all the moments of life without having to sacrifice your own desires.

AT YOUR BEST: You are strong-willed and competitive, while also understanding and selfless. You are the perfect mix of proactive and cautionary. Energizing and sociable, when you turn on your charm you quickly build relationships you sustain over time by making the people feel heard and valued.

AT YOUR WORST: You are stubborn, impatient, egotistical, and over-valuing of yourself but can also bend to please, becoming a doormat when you do not trust in your own abilities and values.

IN RELATIONSHIPS: You are warm, loyal, and full of generous energy. You love to give, protect, and uplift the people you care about — often becoming the steady force that holds everything together. You value closeness and celebration, and your heart shines when you feel appreciated. At times, you may overextend or give too much in the name of harmony. Relationships thrive when you are with people who both receive your energy and reflect it back with sincerity and care.

IN THE WORKPLACE: You're a powerhouse of enthusiasm and follow-through. Whether leading a team or supporting one, you bring a contagious optimism and an eye for building systems that work. You are grounded yet bold, and you shine in roles where connection and creation intersect. However, too much rigidity or lack of appreciation can drain you. You function best in environments that balance structure with fun, and where you're encouraged to take initiative *and* receive recognition for it.

WATCH FOR:

- Giving too much in the hopes of being appreciated
- Taking on others' responsibilities without setting limits
- Becoming irritable when you feel overlooked or unappreciated
- Overcommitting due to your desire to help
- Being too quick to smooth over conflict at your own expense

WHEN OUT OF BALANCE: You may find yourself running on empty — still giving, still showing up, but secretly feeling exhausted or unacknowledged. When this happens, you might become reactive or retreat behind a wall of cheerful over-functioning. Resentment can build if you're not taking time to recharge or speak your truth. To realign, reconnect with your joy, rest unapologetically, and remember that your worth isn't tied to how much you do — it's rooted in who you *are*.

YOUR ARCHETYPE TWIN: Earth + Fire - Loyal Cheerleader

MOST COMPATIBLE WITH:

Metal + Fire – Dedicated Enthusiast

Fire + Metal – Warm-Hearted Loner

MOST SUPPORTED BY:

Wood + Fire – Innovative Idealist

Fire + Wood – Spontaneous Initiator

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 + Metal – Reliable Analyst

Metal + Earth – Masterful Ally

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 + Wood – Resourceful Creator

Wood + Water – Logical Visionary

YOUR ELEMENTAL DYNAMIC: Nurturing

Fire supports Earth, and together they create a fertile foundation. When you are in balance, you energize and sustain yourself and create from a strong foundation. However, since Earth can also drain Fire, it's important to take time to nurture both elements and not depend only on Fire to be the energy generator. If you have too much Fire activity (on the go all the time) and not enough reflection and rejuvenation, which Earth needs, you will suffer from burnout and energy drain. But if you lack the stimulus you need to be creative, you will be unproductive, stuck in an uncomfortable state of inertia.

SUPPORTING ELEMENT: Wood

Wood supports the element of Earth through Fire. In the elemental cycle, Wood fuels Fire, which in turn produces Earth. Since Fire and Earth are supported by Wood, when you feel at odds with yourself, tired, or out of balance, being in Wood energy, like nature, is extremely helpful.

Having plants (real or silk) in your environment is essential for support. Wall art depicting nature as well as all shades of the color green are considered beneficial for Fire/Earth Integrated Archetypes.

Wood energy is about moving forward and being adaptable, so making it a point to spend time with individuals who have Wood as a part of their makeup can be helpful.

YOUR PERSONAL VIRTUES:

- **Competent:** You are strong-minded and unfazed by setbacks. When you are confident in your ability, you surprise others with your proficiency and power.
- **Charming:** When you turn on your charm, you are able to quickly build relationships and make people feel comfortable.
- **Inclusive:** You have the ability to get everyone involved in anything you are inspired by and draw them into the fold.
- **Immediate:** Though you consider your actions and reactions, you work hard to avoid delay. You can get things going, and get things done on time.
- **Protective:** You are loyal to the people, places, and things for which you take responsibility. You help when there is challenge and excel in initiating well-being for all.

YOUR SUPERPOWERS:

Positivity, Confidence, Patience, Consideration

WEAKNESSES TO STRENGTHEN:

Negativity, Blame, Difficulty saying no, Over-giving

YOUR MISSION FOR POWER:

- **Catalyze situations and people.** Look for ways to help others take action. They will be grateful for your energy, and you will feel fulfilled.
- **Remember that you learn from real experience.** Whenever you can, get away from theory; to build your foundation, go out and consciously expose yourself to challenges that will test your skills and knowledge.
- **Earn trust and loyalty first.** In certain situations, you can come across as over-enthusiastic and impatient to get started. Remember that sometimes your effectiveness comes from tempering your impulsiveness.
- **Energize the plans and ideas of others.** Your energy can bring them to completion, and you can build value with people who have ideas that need to get off the ground.
- **Make sure you give reasons.** You have more enthusiasm than most, so when you try to motivate others, give them a reason to do what you say. Bring in your practical side.

LIFE AFFIRMATION: “I focus on where things are going right, even when they’re not perfect. I appreciate what I have and I get more to appreciate.”

When things are not going the way we want them to, we tend to complain and blame. This is natural. For example, when you get together with friends, you tell each other everything that’s going wrong. The more you do this, the more incomplete is the picture you paint of the situation and the more difficulties you attract. What you think about, you bring about. And what you focus on, you attract more of. Let this affirmation remind you to look for what *is* going right—so you can receive more to celebrate! When you take your eyes off the obstacles, you will naturally see a new path on which you can move forward.

ICONIC REPRESENTATIONS:

- **Dwayne “The Rock” Johnson** – Charismatic and compassionate powerhouse whose energy and heart uplift and protect.
- **Simone Biles** – Record-breaking gymnast whose strength, passion, and advocacy demonstrate bold yet grounded leadership.
- **Gimli (The Lord of the Rings)** – Fiercely loyal warrior whose unwavering support and humor make him a steadfast protector.

ENERGY-BALANCING ACTIVITIES: You're a steady source of strength, driven by heart and loyalty. These elements help you recharge when you've given too much, or when your fierce energy needs softening.

- When your emotions run high or feel explosive → **Earth** helps you ground and regulate
- When your mind is fixated or reactive → **Metal** restores clarity and simplicity
- When you're depleted from supporting others → **Water** gently fills your cup again
- When your fire gets stuck in frustration → **Wood** channels your energy into purposeful action
- When you're disconnected from joy or stuck in “duty mode” → **Fire** brings play, fun, and lightness



ELEMENTAL ENERGY BALANCING ACTIVITIES

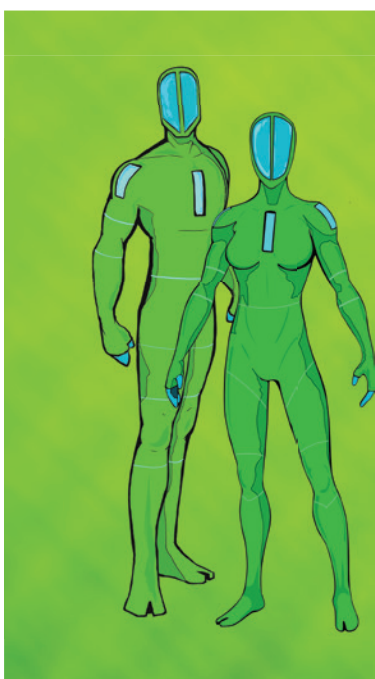
Use these activities when you feel off-center. Choose the element that supports the area where you feel most out of balance — emotionally, mentally, or energetically.

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



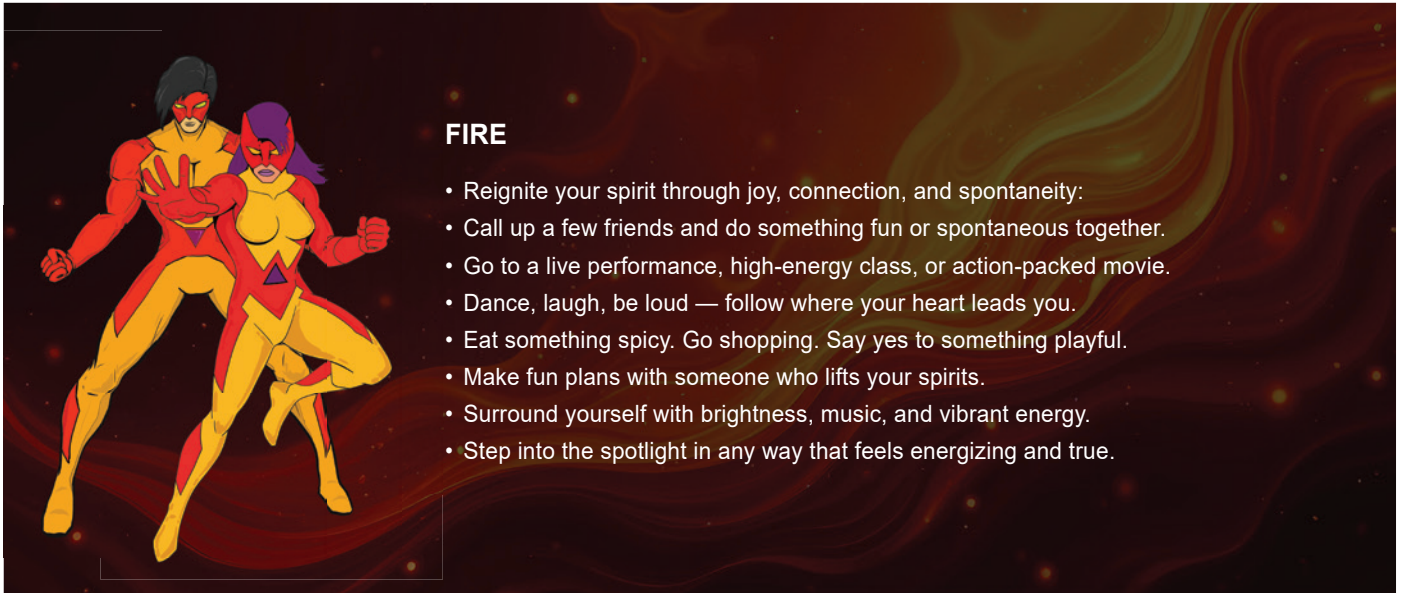
WATER

- 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.



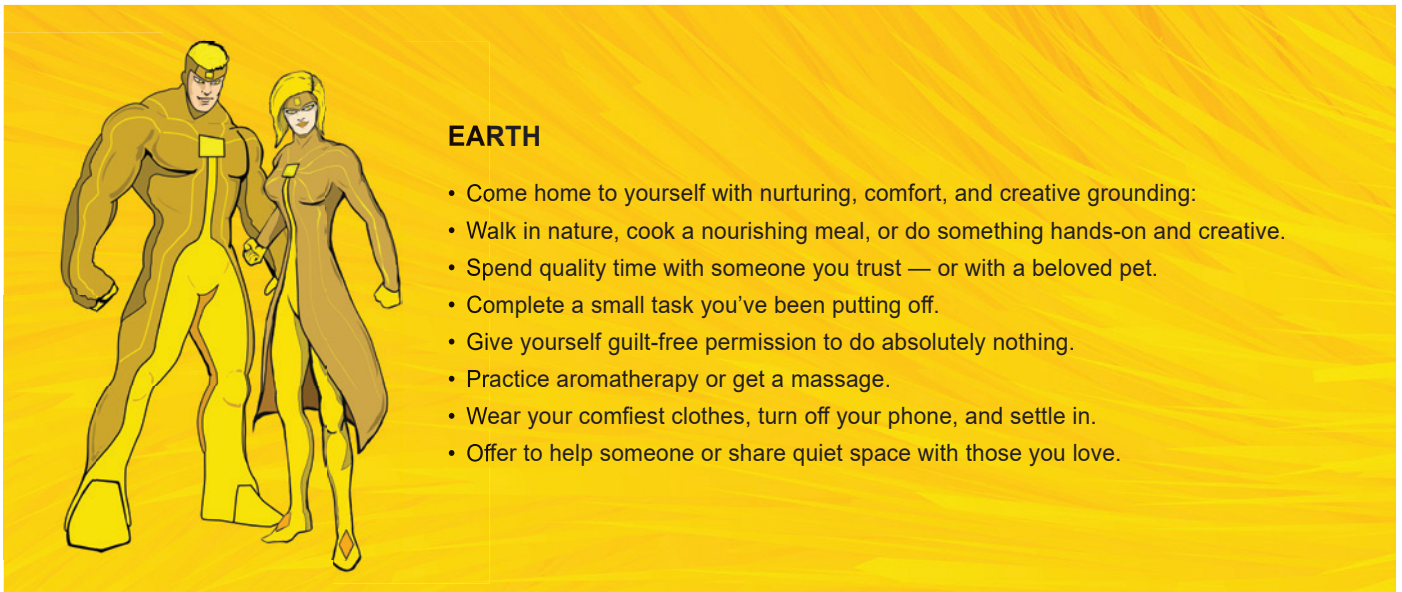
WOOD

- 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.



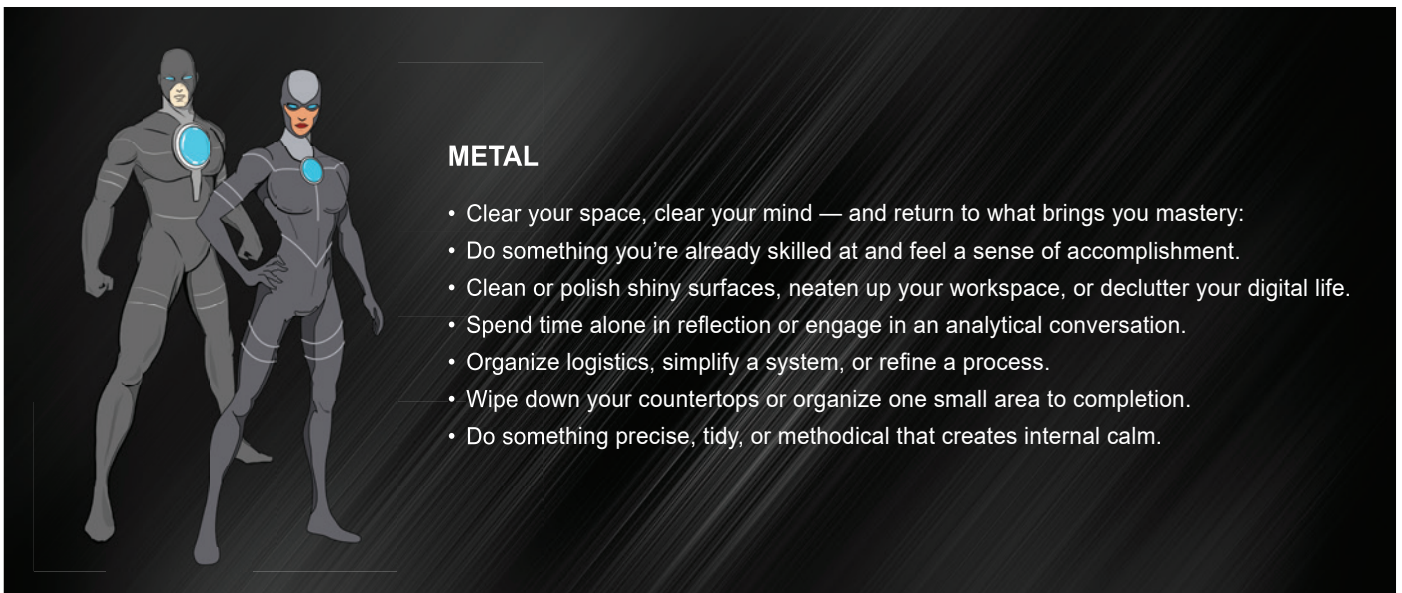
FIRE

- 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

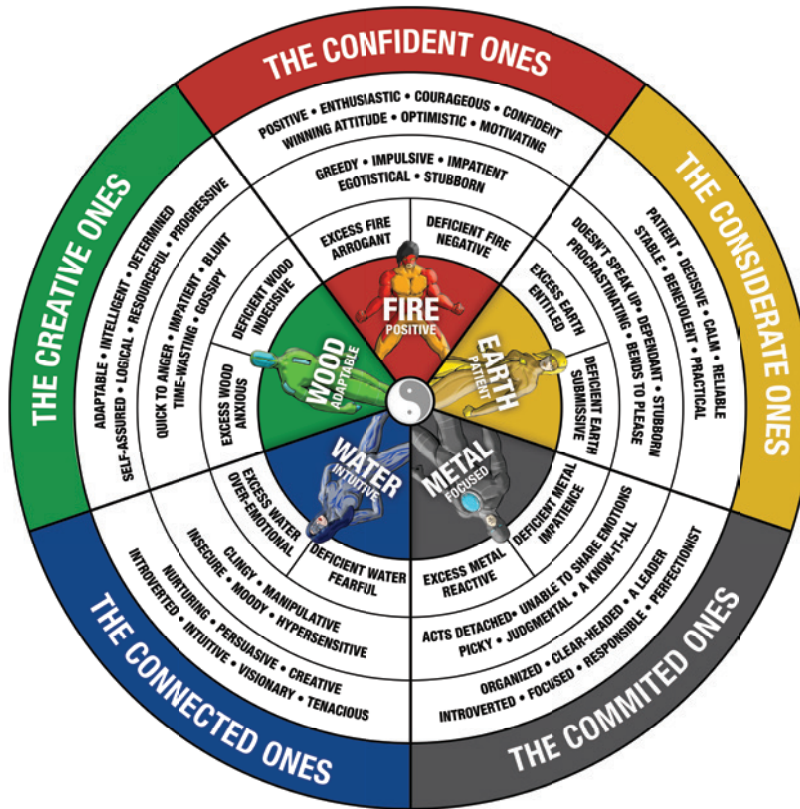
- Come home to yourself with nurturing, comfort, and creative grounding:
- Walk in nature, cook a nourishing meal, or do something hands-on and creative.
- Spend quality time with someone you trust — or with a beloved pet.
- Complete a small task you've been putting off.
- Give yourself guilt-free permission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