



MASTER YOUR SUPERPOWERS



YOUR INTEGRATED ARCHETYPE
FLEXIBLE RULE MAKER

| 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 FLEXIBLE RULE MAKER

WOOD + METAL

**AKA: THE ORGANIZED PROFESSIONAL
AND THE PRODUCTIVE AUTHORITY**

PRIMARY ELEMENT: WOOD

SECONDARY ELEMENT: METAL

YOUR OVERVIEW: As a Flexible Rule Maker, you thrive when you are in a position to determine how things will get done while knowing that you have the option to change anything at any time. You excel at planning and action and have great strength in standing up for what you believe in, whether a person or a cause. You are an unwavering source of energy and thrive when you are able to achieve a goal or help someone else achieve theirs. You have a contemplative yet competitive personality.

Being in control inspires you, and you delight in being decisive (although you are not always so). You need separateness in any togetherness but will socialize if you have a role or a reason. As an Organized Professional, people are drawn to your methodical way of moving through to the finish. As a Productive Authority, you can seem lazy, but when it's time to meet a deadline, you know you have the resources to make it happen.

YOUR PURPOSE: You are here to set new standards for yourself and to transcend limits placed upon you by others.

YOUR CREED: "I reach my goals by being flexible, yet determined."

YOUR CORE DESIRE: To be yourself in life, and to complete everything you start.

YOUR CORE VALUE: To make progress in whatever you're doing, and to be organized along the way.

AT YOUR BEST: You are decisive, productive, independent, and direct, yet also can be a great support and help to others. You are pleasant and can converse in great depth, but you are also good at keeping your feelings to yourself.

AT YOUR WORST: You isolate, worry too much, and become critical of others, blaming them for things outside of your control. You become picky and have expectations of yourself and others that are impossible to meet.

IN RELATIONSHIPS: You value structure, reliability, and a mutual respect for autonomy in your relationships. You're thoughtful and helpful, but you prefer connection to have a clear purpose or direction. You may find emotional unpredictability draining and prefer conversations that are constructive rather than emotionally messy. When you feel respected and trusted, you become a loyal and stable partner — but if you feel misunderstood or judged, you may retreat or become overly critical.

IN THE WORKPLACE: You're a systems-minded strategist who thrives on results and efficiency. You're great at setting goals, creating plans, and driving things forward, often becoming the go-to person when deadlines loom. You're highly capable of leading others with both logic and vision, especially when the path to the finish line is clear. However, overly emotional environments or constant interruptions can throw you off course. You excel when given authority with room to make decisions your own way.

WATCH FOR:

- Being overly rigid or unwilling to adapt once you've decided something
- Becoming critical of yourself or others when things don't meet your standards
- Isolating or detaching emotionally under stress
- Fixating on structure at the expense of spontaneity
- Taking on too much responsibility to ensure perfection

WHEN OUT OF BALANCE: You may push yourself too hard in the name of productivity, only to become mentally fatigued or emotionally disconnected. Your perfectionism may kick in, causing you to delay decisions or overcorrect for small mistakes. You might also withdraw when you feel your methods or boundaries aren't respected. When this happens, remember to soften the inner pressure, reconnect with your original vision, and allow room for grace and flexibility — both in yourself and others.

YOUR ARCHETYPE TWIN: Metal + Wood – Efficient Producer

MOST COMPATIBLE WITH:

Earth + Fire – Loyal Cheerleader

Fire + Earth – Energetic Protector

MOST SUPPORTED BY:

Earth + Water – Calm Connector

Water + Earth – Reflective Confidant

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.*

Fire + Water – Radiant Provider

Water + Fire – Intuitive Luminary

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.*

Metal + Fire – Dedicated Enthusiast

Fire + Metal – Warm-Hearted Loner

YOUR ELEMENTAL DYNAMIC: Controlling

Metal and Wood together break things down (think of the metal blade of an axe chopping a tree), so when you are in balance, you are able to make a lot of progress and break up challenges or tasks into bite-size pieces for ease of forward movement.

However, since Wood can be depleted by Metal, it's important to take time to nurture both elements and not overdo one or the other. If you move too quickly and don't take time to think things through, which is important to your Metal side, you'll suffer from self-judgment when things turn out less than acceptably by your standards, and you'll find it difficult to take confident future action. On the other hand, if you spend too much time trying to get every detail perfect, you won't get anywhere and will end up frustrated.

MISSING ELEMENT: Water

Water bridges the elements of Metal and Wood. In the elemental cycle, Metal transforms to Water (liquid), which in turn fuels Wood. The only thing Metal and Wood have in common is Water, so when you feel at odds with yourself, tired, or out of balance, Water energy, like swimming or being at a spa, is extremely helpful.

Having Water in your environment is essential for support. Wall art depicting bodies of water, as well as all shades of grey, charcoal, and black are considered beneficial for Metal/Wood Integrated Archetypes. Water energy is about going with the flow and moving around obstacles without stress, so it can be helpful to make a point of spending time with individuals who have Water as a part of their makeup.

YOUR PERSONAL VIRTUES:

- **Intentional:** You know what you want when you set out to do it. You move and communicate with clear purpose.
- **Orderly:** You can organize and present in a no-nonsense way. You are able to create platforms from which to be efficient.
- **Astute:** You are quickly able to assess situations. After getting familiar, you are able to see the key issues and help make a plan to move forward.
- **Logical:** You make decisions by weighing the pros and cons. When you do anything or make any decision, you look for the upsides and downsides. You probably even create a checklist.
- **Insightful:** You communicate your ideas with clarity and conviction. People trust you because, when you are certain, you are confident and sharp.

YOUR SUPERPOWERS:

Adaptability, Creativity, Focus, Commitment

WEAKNESSES TO STRENGTHEN:

Worry, Impatience, Faultfinding, Inflexibility

YOUR MISSION FOR POWER:

- **Work toward productive flexibility.** You are adaptable by nature, and yet you still resist sudden change. Greater flexibility will ensure that your progress towards goals is second to none.
- **After each success, take time to reflect on how and why you won.** You are self-competitive and like to win, and you can learn more from winning than from losing.
- **Learn to analyze the past and find the positive.** When you do so, you can be known as an active agent for positive change. This is a natural expertise for you.
- **Establish order in your life.** If you feel frustrated because you are not productive, take time to purchase some organizational systems. Order is necessary for you. You need to have a place for everything in your environment to support optimal progress.
- **Look beyond how others do things when you have to deal with people who operate differently.** Not everyone thinks like you or does things like you. Keep your focus on getting to the goal.

LIFE AFFIRMATION: “It’s okay to live a life that no one understands. The more I accept myself, the happier I am.”

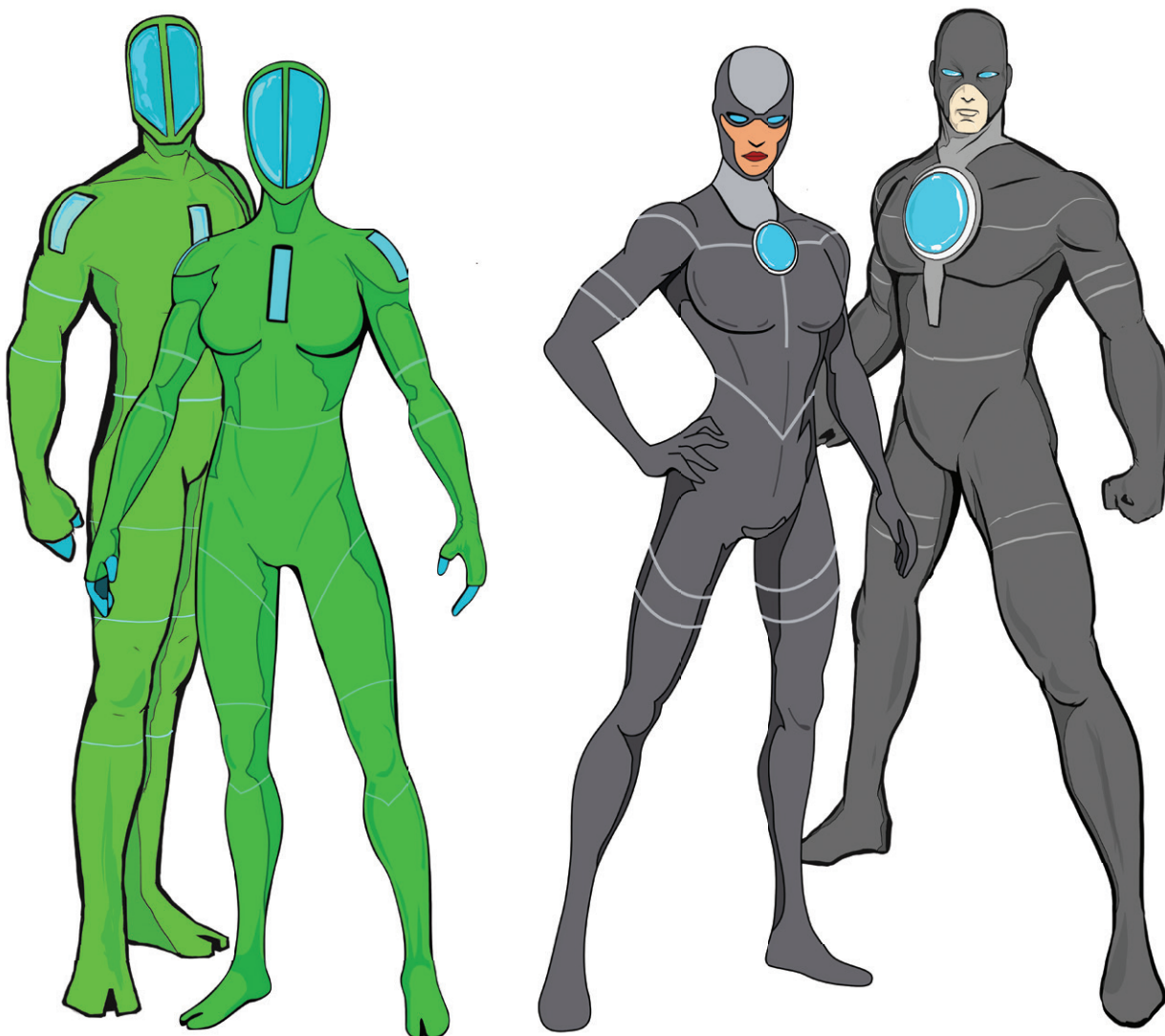
Sometimes you want to do things that you know others won’t approve of. When you respect or care about what those people think and do what they want you to do, you end up living a life that doesn’t feel like your own. When you try to explain yourself, you are met with judgment or disapproval. This can make you feel quite unhappy. Remember, your life is yours to live. Understand that you have different needs and wants than others. Choose to be bold and do or be what you want. It will be hard at first, but the more you understand that you are being who you need to be, you can be happy no matter what others think.

ICONIC REPRESENTATIONS:

- **Bruce Lee** – Martial artist and philosopher who fused discipline with innovation, creating a legacy of balance between form and freedom.
- **Indra Nooyi** – Visionary executive who led with clarity, cultural intelligence, and transformative strategy.
- **M (James Bond series)** – Cool-headed intelligence chief who upholds order while navigating chaos with precision and power.

ENERGY-BALANCING ACTIVITIES: You bring both structure and innovation — strategic, decisive, and always seeking progress. These elements help you soften rigidity and stay connected to your deeper “why.”

- When emotions feel inconvenient or pushed aside → **Earth** offers grounding and emotional nourishment
- When your mind becomes too rigid or critical → **Metal** helps you refine with grace instead of pressure
- When your drive turns to depletion → **Water** replenishes with introspection and self-trust
- When you're stuck in over-planning or indecision → **Wood** restores clear direction and momentum
- When your edge feels too sharp or joyless → **Fire** reconnects you to vitality, celebration, and connection



ELEMENTAL ENERGY BALANCING ACTIVITIES

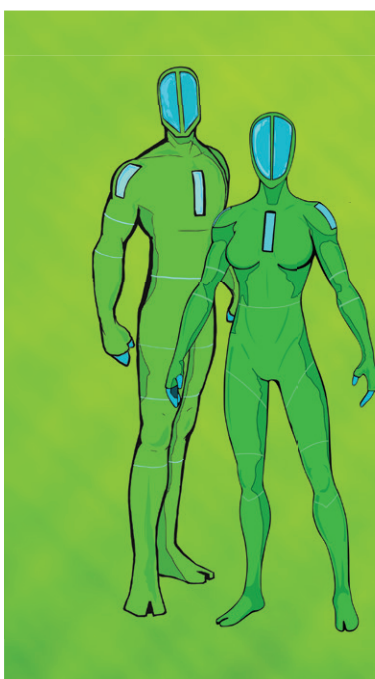
Use these activities when you feel off-center. Choose the element that supports the area where you feel most out of balance — emotionally, mentally, or energetically.

*(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.



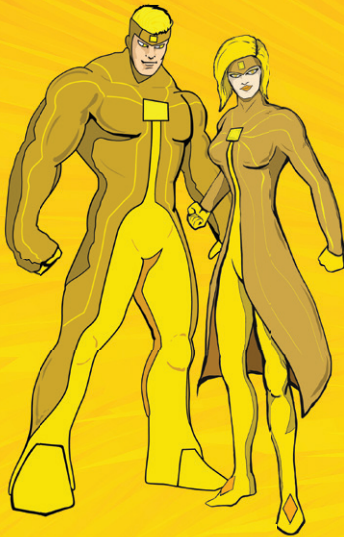
WOOD

- 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

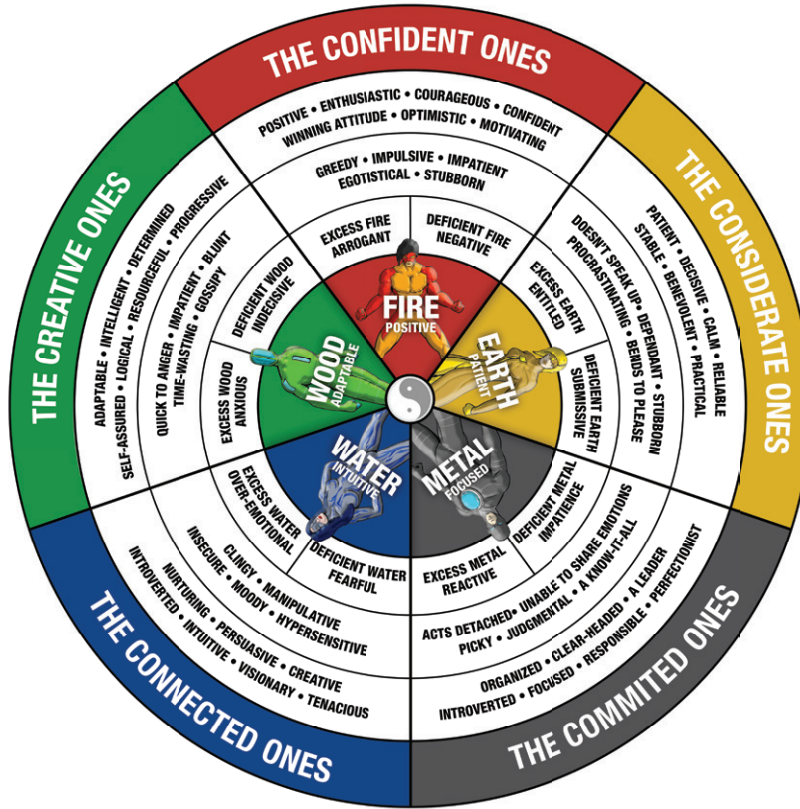
- Come home to yourself with nurturing, comfort, and creative grounding:
- Walk in nature, cook a nourishing meal, or do something hands-on and creative.
- Spend quality time with someone you trust — or with a beloved pet.
- Complete a small task you've been putting off.
- Give yourself guilt-free permission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



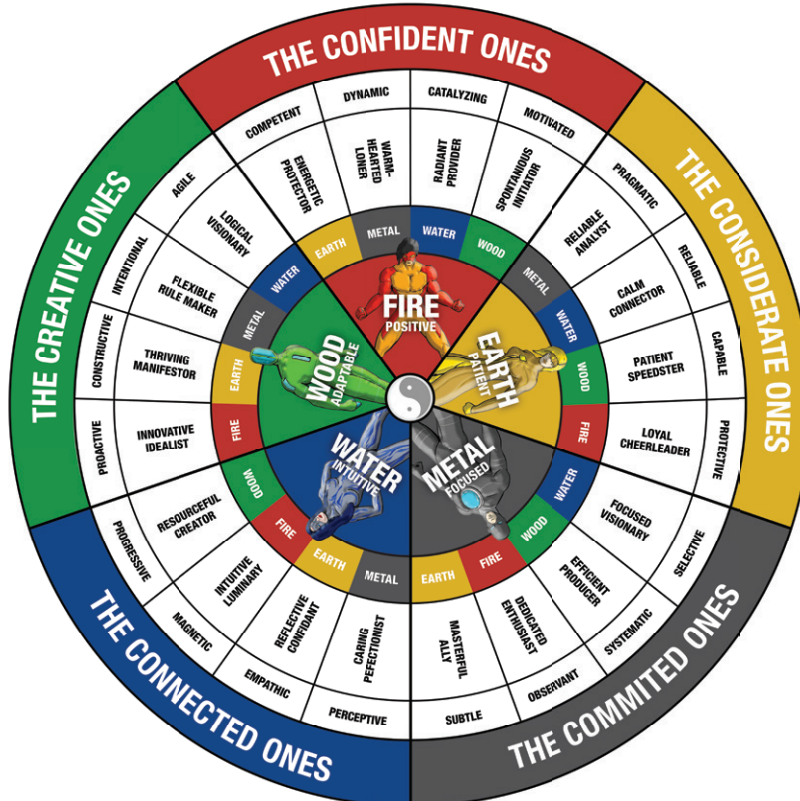
METAL

- 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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