





MASTER YOUR SUPERPOWERS



YOUR INTEGRATED ARCHETYPE
FOCUSED VISIONARY

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 FOCUSED VISIONARY METAL + WATER

AKA: THE STRUCTURED INTUITIVE AND
THE CONSCIENTIOUS PHILOSOPHER

PRIMARY ELEMENT: METAL
SECONDARY ELEMENT: WATER

YOUR OVERVIEW: As a Focused Visionary, you can efficiently and effectively bring anything into manifestation when you see it clearly in your mind's eye. You offer a graceful yet powerful source of energy to any endeavor, and you thrive when you are contributing with your extraordinarily creative mind. You like being connected to others but are selective as to who you allow close to you.

When something doesn't feel right, you know you can make it better. You are loyal and willing to support anything or anyone who has gained your respect. You are considerate and thoughtful and shy away from conflict. When you are not appreciated or valued, you tend to disconnect. People are drawn to you as a Structured Intuitive for your ability to read situations for what they are. As a Conscientious Philosopher, you have the capacity to talk about concepts while still relating to reality.

YOUR PURPOSE: You are here to use your innate creativity and depth of experience to create a life and lifestyle that are authentic to who you are.

YOUR CREED: "Let's maintain separateness in our togetherness."

YOUR CORE DESIRE: To be needed by others, but not so much that it takes away from your plans and focus on what you want in life.

YOUR CORE VALUE: To be efficient, and to be valued for what you contribute.

AT YOUR BEST: You are firm and precise, yet flexible and understanding. You are resilient and able to come up with solutions even when under pressure.

AT YOUR WORST: You are detached, critical, controlling, and intolerant. You get emotional and then withdraw without communicating your true feelings.

IN RELATIONSHIPS: You are deeply loyal, thoughtful, and attentive — yet your quiet nature and need for space may cause others to misread you. You do best in relationships where your independence is respected and your emotional depth is seen and valued. You prefer intimate connections over surface-level interactions and are happiest when others trust your inner knowing and allow you the time you need to open up.

IN THE WORKPLACE: You bring a unique blend of strategy, intuition, and discernment to everything you do. You're the person people come to when things need to be done with accuracy, care, and vision. Your perfectionism, when channeled well, leads to excellence — and your ability to foresee issues before they arise is one of your greatest strengths. You thrive in environments where you are trusted to work independently and where your insights are valued, not rushed.

WATCH FOR:

- Withdrawing emotionally when you feel unappreciated
- Over-editing or over-perfecting instead of moving forward
- Becoming rigid when plans or timelines shift
- Taking on others' expectations and silencing your own
- Doubting your worth if you're not constantly producing

WHEN OUT OF BALANCE: You may retreat, overthink, or become overly critical of yourself and others. Your high standards can turn into self-imposed pressure that robs you of your creativity and joy. You might feel disconnected or uncertain, especially when your efforts go unnoticed. To rebalance, allow space for gentleness — slow down, simplify, and reconnect with your deeper purpose and intuitive insight.

YOUR ARCHETYPE TWIN: Water + Metal – Caring Perfectionist

MOST COMPATIBLE WITH:

Metal + Wood – Efficient Producer
Wood + Metal – Flexible Rule Maker

MOST SUPPORTED BY:

Metal + Earth – Masterful Ally
Earth + Metal – Reliable Analyst

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.*

Wood + Water – Logical Visionary
Water + Wood – Resourceful Creator

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.*

Earth + Fire – Loyal Cheerleader
Fire + Earth – Energetic Protector

YOUR ELEMENTAL DYNAMIC: Nurturing

Metal supports Water, and so, when you are balanced, you are able to effortlessly begin new projects and take them to completion. The Metal element within you helps you detach. The Water element within helps you stay connected.

However, since Metal can be eroded by Water, when you are out of balance, you will experience nervousness and insecurity, lose your ability to stay connected, and feel the need to withdraw.

SUPPORTING ELEMENT: Earth

Earth supports the elements of Water and Metal. In the elemental cycle, Earth nurtures Metal, which in turn supports Water. 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. This means hiking, walking, grounding yourself, and sitting or lying on the floor. Hugging and physical touch with those close to you is extremely grounding. Getting a massage is very supportive, as well.

Having Earth elements in your environment is essential. Surround yourself with wall art depicting mountains, land, continents, stones, and the planet Earth as well as earth tones that you find outside in nature. These are beneficial for Water/Metal Integrated Archetypes.

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

YOUR PERSONAL VIRTUES:

- **Selective:** You carefully consider your decisions and are not automatically sold on a new idea or way of doing things.
- **Efficient:** You care about people but also know how to stay on track. You pair empathy with practicality.
- **Elegant:** You bring a subtle yet understated dedication to anything you do. You choose your words carefully, your emails are refined, and you impress people with your style.
- **Discreet:** You gain others' trust by your ability to operate silently, yet effectively. You're not driven by ego as much as by your ability to listen.
- **Distinguished:** You know what you are looking for. You carefully choose your words and approach, and you excel at picking just the right ideas to present to anyone.

YOUR SUPERPOWERS:

Focus, Commitment, Intuition, Connection

WEAKNESSES TO STRENGTHEN:

Worry, Inflexibility, Insecurity, Defensiveness

YOUR MISSION FOR POWER:

- **Solve problems where you can.** Let people know that they can come to you when they are having a problem. Your desire to help others, combined with your intuitive nature, fuels your ability to formulate solutions for others, which you find fulfilling.
- **Share your calmness and certainty.** When things are chaotic, it's easy for those involved to worry and get distracted. Letting others know that everything is going to be okay helps them to feel comforted and secure.
- **Be candid.** You can become known as a source of truth by seizing opportunities to speak about sensitive subjects and bringing up delicate issues. You have the ability to see things clearly and speak in a way that is not offensive to others.
- **Accept that you will make mistakes.** Mistakes trouble you because being "perfect" is a core part of who you are. Keeping your expectations of yourself and others realistic is the best attitude to adopt.
- **Trust your intuition.** You are observant and may pick up on things that others don't. Make sure to speak up; your hunches may be valuable when you bring them to the attention of those you know are receptive to them.

LIFE AFFIRMATION: "My life is coming together in perfect alignment. Any fears I have are an imperfect view of an incomplete reality."

Whenever we really want something, we naturally put up our defenses, think negatively, and fear the worst—because, after all, what if we don't get it? This way we won't be disappointed. It's natural to think like this. It's easy to imagine a one-sided reality in which what you want doesn't exist, when in fact there

are more sides to consider than just the negative! Because people are negative by nature, we tend not to consider the positive side of what could be coming together, so this affirmation is a great reminder that everything is going to be all right.

ICONIC REPRESENTATIONS:

- **Marie Curie** – Groundbreaking scientist whose intellect, rigor, and perseverance shaped the world of science.
- **Frida Kahlo** – Emotionally intense artist whose raw honesty and inner complexity defined a genre and inspired generations.
- **Doctor Strange (Marvel Cinematic Universe)** – Master of logic and magic whose personal evolution reveals the balance of control, insight, and inner power.

ENERGY-BALANCING ACTIVITIES:

You blend intellect with intuition, insight with independence. These elements help you soften inner pressure and stay connected to your emotional core.

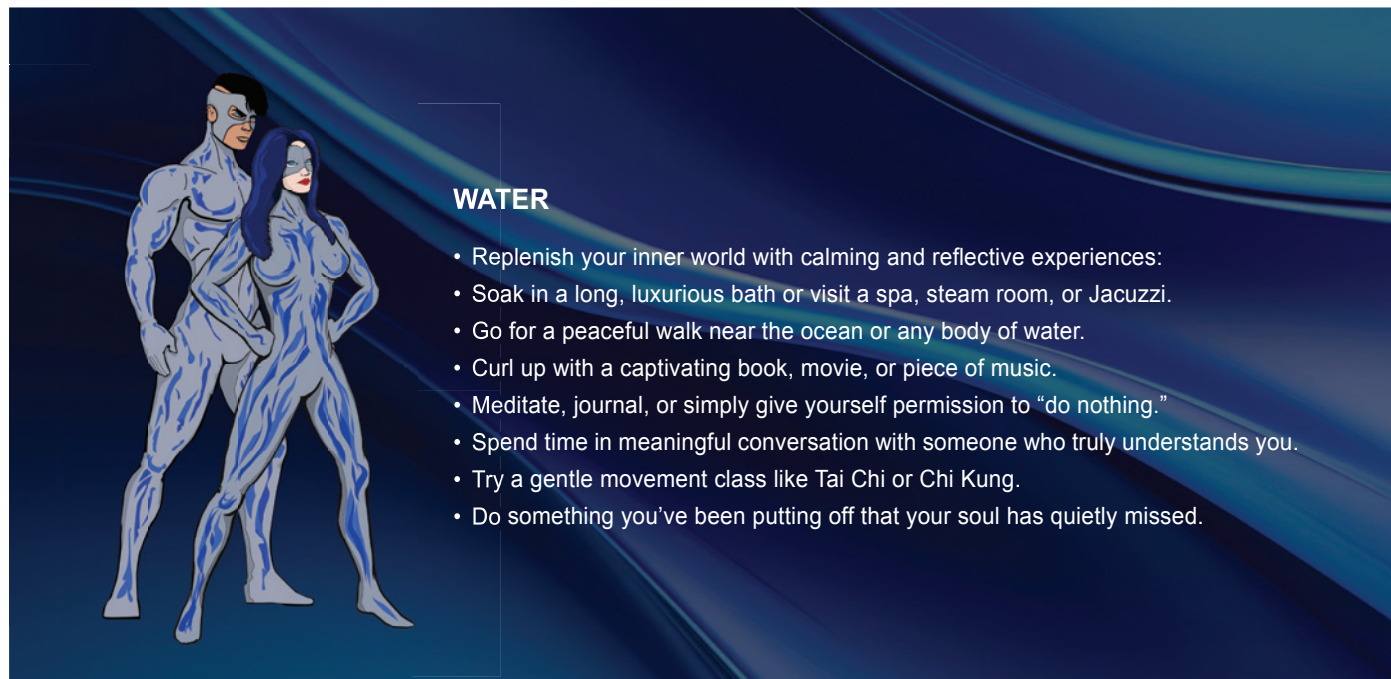
- When emotions feel buried or distant → **Earth** helps you reconnect to your heart and body
- When your mind is overstimulated or locked in loops → **Metal** brings clarity through simplification
- When you're burned out from deep thinking or holding space → **Water** soothes and restores creative depth
- When you're stuck in perfectionism or hesitation → **Wood** helps you act, even imperfectly
- When your inner fire dims or joy feels elusive → **Fire** reawakens self-expression and vitality



ELEMENTAL ENERGY BALANCING ACTIVITIES

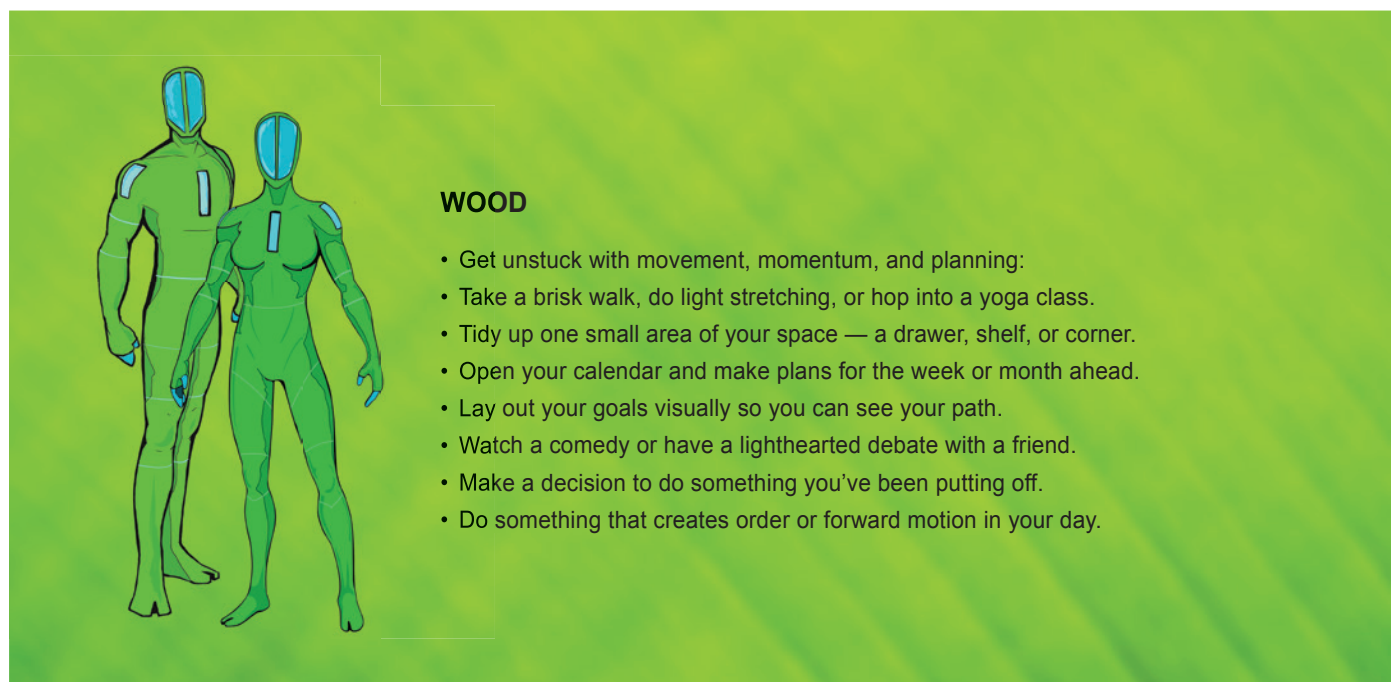
Use these activities when you feel off-center. Choose the element that supports the area where you feel most out of balance — emotionally, mentally, or energetically.

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



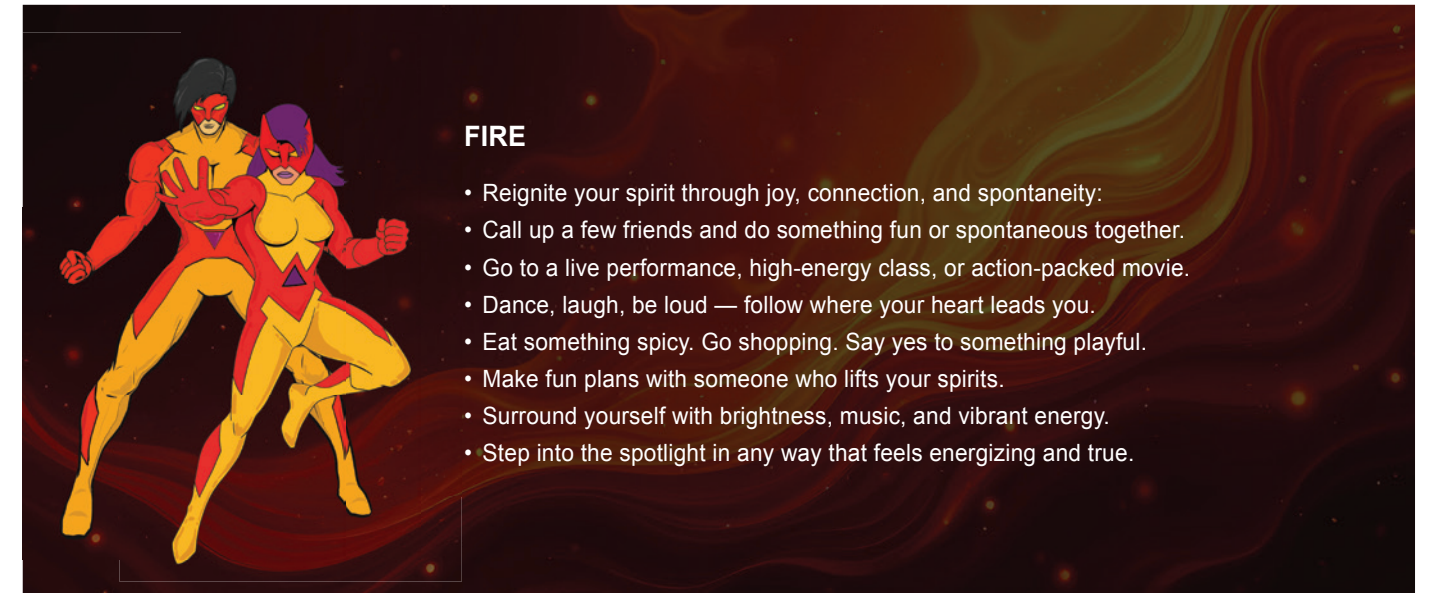
WATER

- 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.



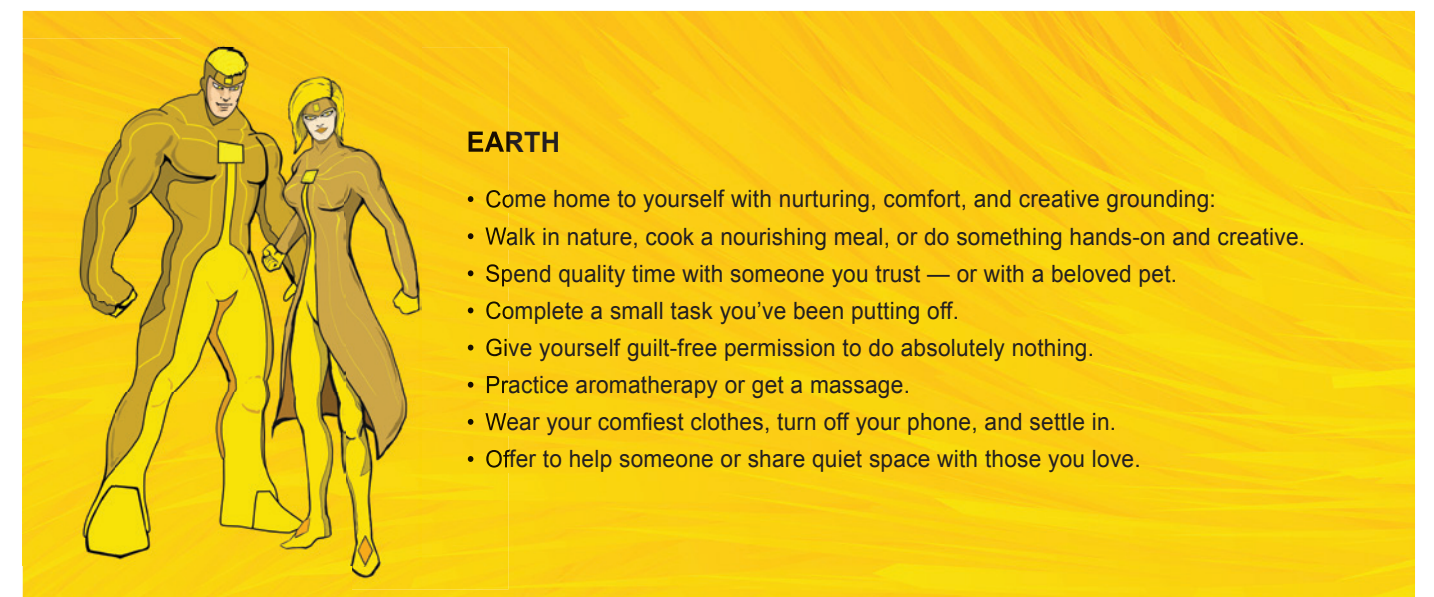
WOOD

- 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.



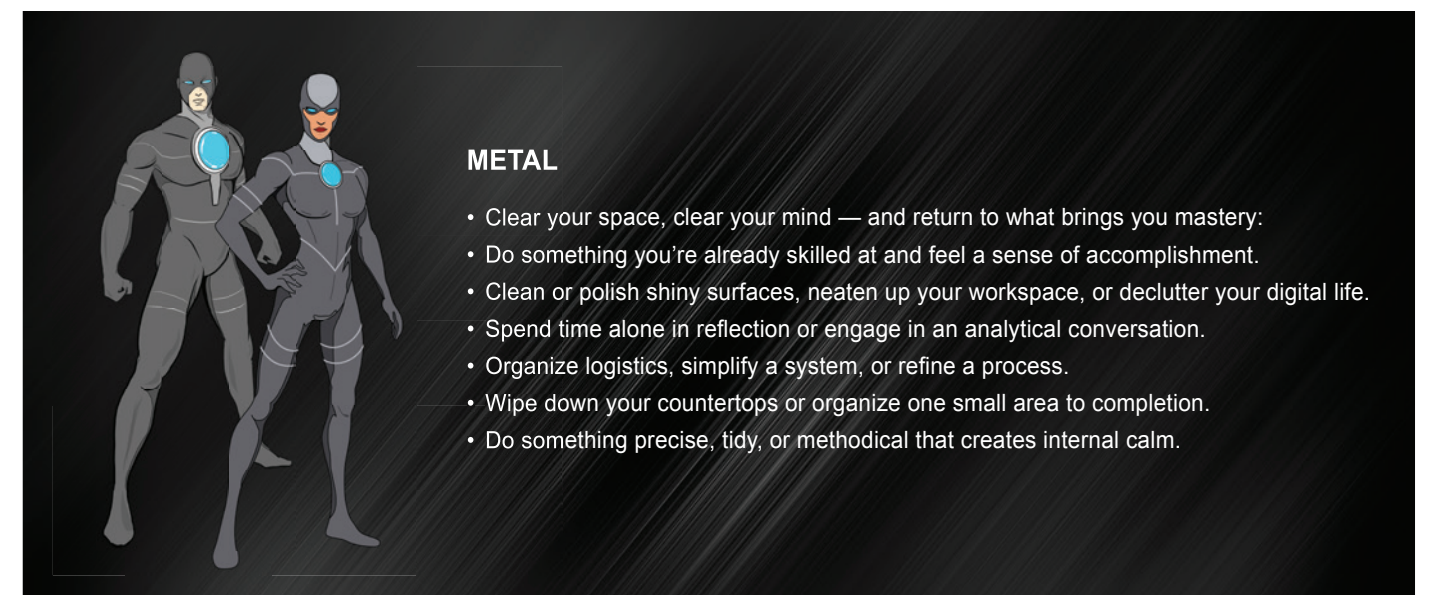
FIRE

- 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

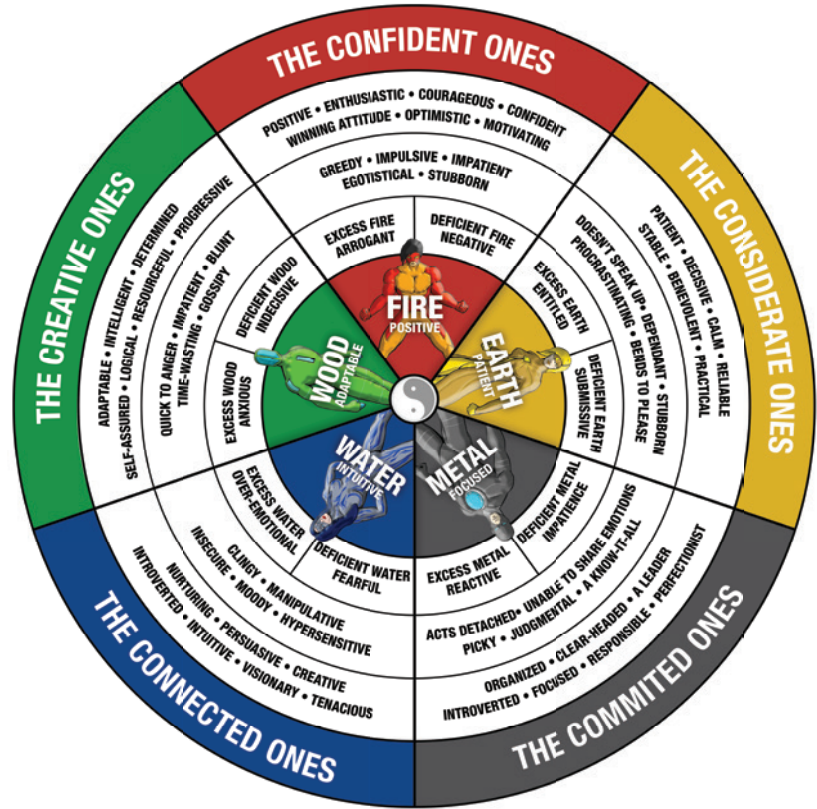
- Come home to yourself with nurturing, comfort, and creative grounding:
- Walk in nature, cook a nourishing meal, or do something hands-on and creative.
- Spend quality time with someone you trust — or with a beloved pet.
- Complete a small task you’ve been putting off.
- Give yourself guilt-free permission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



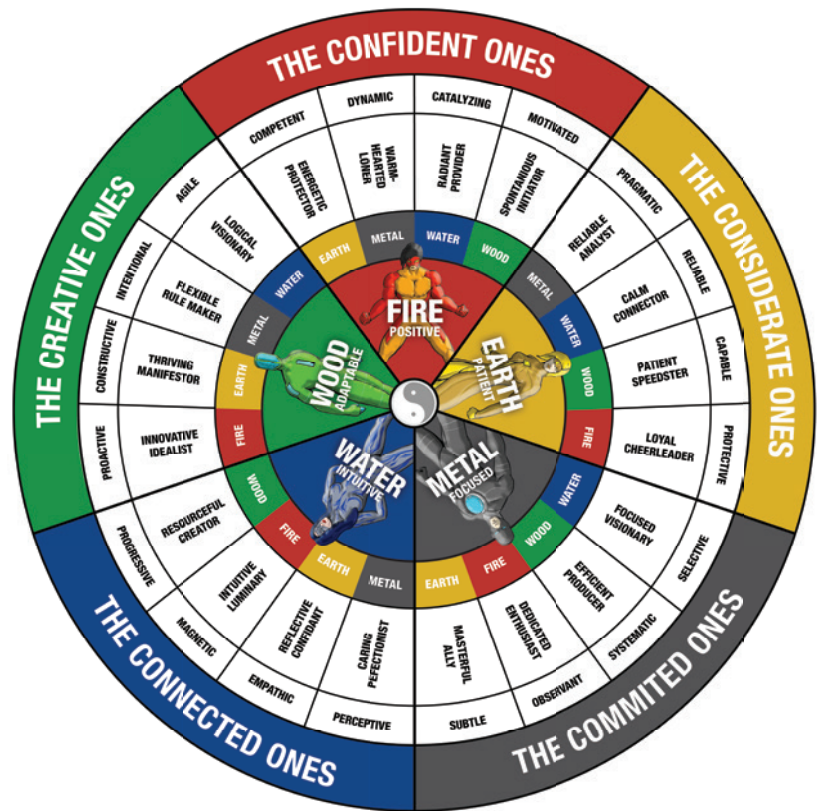
METAL

- 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