





MASTER YOUR SUPERPOWERS



YOUR INTEGRATED ARCHETYPE

INNOVATIVE IDEALIST

PRIMARY ►	WATER	WOOD	FIRE	EARTH	METAL
SECONDARY ▼	Blue	Green	Red	Yellow	Grey
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 INNOVATIVE IDEALIST

WOOD + FIRE

AKA: THE PIONEERING ADVENTURER
AND THE INTELLIGENT CHARMER

PRIMARY ELEMENT: **WOOD**
SECONDARY ELEMENT: **FIRE**

YOUR OVERVIEW: As an Innovative Idealist you find ways to make things happen, no matter how unconventional your ideas may be. You excel at communicating a vision and implementing the system that makes it happen, often to the surprise of others. You have a way of getting people to buy into what you believe without selling it to them. As an optimist and a magnetic source of energy, you thrive when you are efficiently getting things done and drawing others into the possibility that they also can achieve what they want in life.

Although it may take you some time to warm up in new situations or environments, you have a warm, welcoming, kind, and engaging personality. Ideas and heart-centered living inspire you. You delight in making life fun, and you know that, with dedication and desire, it can be better. People are drawn to you as a Pioneering Adventurer for your fearlessness in being the first to try something a bit risky. As an Intelligent Charmer, you know how to help people move through their fears and embrace life in new ways.

YOUR PURPOSE: You are here to show people what can be achieved when you follow your heart.

YOUR CREED: "Everything I want in life happens when I decide it's time to take action."

YOUR CORE DESIRE: To be comfortable being your authentic self, to inspire others, and to live a truly happy, heart-centered life.

YOUR CORE VALUE: To be efficient, productive, and organized—and happy along the way.

AT YOUR BEST: You are the embodiment of action and movement. You serve others by lifting them up when they most need it. You are accomplished, fair, and productive, and are able to be a great source of encouragement and celebration.

AT YOUR WORST: You are egotistic, detached, indecisive, and scattered. You get anxious and fearful that you won't accomplish what you set out to do.

IN RELATIONSHIPS: You bring enthusiasm, spontaneity, and inspiration to your relationships. You uplift others, share ideas freely, and make life feel more fun and full of possibility. People are naturally drawn to your energy — but sometimes you may move too quickly or gloss over emotional nuance. When you feel appreciated and seen, you're a motivating and generous partner or friend. When you're misunderstood or stifled, you may pull away or become reactive. Authentic connection with space to grow is key.

IN THE WORKPLACE: You're a dynamic presence, brimming with ideas and drive. You shine in roles that require innovation, fast action, and inspiring others toward a bigger vision. You naturally take initiative, motivate others, and get things off the ground — often before others even see what's possible. However, you may lose steam without visible progress or structure. You work best when you're trusted to lead, create, and move at your own rhythm, with collaborators who match your momentum and optimism.

WATCH FOR:

- Overcommitting in a moment of excitement
- Dismissing details or emotional depth in favor of speed
- Needing external affirmation to stay motivated
- Being overly reactive when things slow down or go off plan
- Struggling with follow-through when the novelty wears off

WHEN OUT OF BALANCE: You may become scattered or impatient, chasing new opportunities before completing what you've started. When burnout hits, you might feel emotionally flat or frustrated that your spark isn't enough to drive results. If you're around people who doubt or dampen your ideas, you may internalize their energy and start second-guessing yourself. Recenter by connecting to your long-term vision, surrounding yourself with positive allies, and letting your heart — not just momentum — guide your next move.

YOUR ARCHETYPE TWIN: Fire + Wood – Spontaneous Initiator

MOST COMPATIBLE WITH:

Wood + Earth – Thriving Manifestor
Earth + Wood – Patient Speedster

MOST SUPPORTED BY:

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

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.*

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

YOUR ELEMENTAL DYNAMIC: Nurturing

Wood supports Fire and together they create light, heat, and energy, so when you are in a state of balance, you are lighting up the world, generating positivity, and moving things forward. However, since Fire also consumes Wood, it's important to stay in balance by taking time to nurture both elements and not depend entirely on Wood to be the energy generator.

You'll experience frustration, impatience, and anger if you are over-active with too much Wood, which means you are taking too much time to plan, organize, talk, and think without incorporating enough spontaneity and leaving a bit to chance (which Fire needs). On the other hand, if you just go with whatever catches your attention without strategizing, you will lack the focus and control to be optimally productive and enthusiastic, and that will drain you.

SUPPORTING ELEMENT: Water

Water supports the elements of Wood and Fire. In the elemental cycle, Water nurtures Wood, which in turn fuels Fire. The only thing Fire and Wood have in common is Water, so when you feel at odds with yourself, tired, or out of balance, it is extremely helpful to be around Water energy, such as a pool, a spa, the ocean, a lake, or a waterfall.

Having Water in your environment is essential for support. Wall art depicting bodies of water and all shades of grey, charcoal, and black are considered beneficial for Wood/Fire 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:

- **Spontaneous:** You are quick-witted and can think on your feet, whether in a personal, professional, or social situation.
- **Proactive:** You are consistently able to step forward and take charge, especially when early action can make a big difference.
- **Vigorous:** Working towards a goal energizes you. You are unfazed by deadlines and challenges and find ways to make your energy work for you.
- **Enterprising:** You have the ability to see opportunity and turn it into success. You instigate new action and continually look to create new opportunities.
- **Forward-Thinking:** You inspire others to look towards the future. You detest complacency and push yourself and others to innovate.

YOUR SUPERPOWERS:

Adaptability, Creativity, Positivity, Confidence

WEAKNESSES TO STRENGTHEN:

Worry, Impatience, Arrogance, Blame

YOUR MISSION FOR POWER:

- **Make sure you let people know that your optimism and positivity are not naivety;** you know the bad things that are going on and are simply choosing to focus on the good.
- **Appreciate others and tell them how much they mean to you.** You will not only make them feel better, but you will also expand the energy tank of your own well-being.
- **Protect your buoyant energy.** Minimize your time with people who are not on the same page as you. When you feel tired and lethargic, ask yourself if you've outgrown some of the people you hang around with.
- **Be your own boss.** You do best when you move at your own pace. Take time to be with others on your own schedule.
- **Recognize yourself and others.** When you take the time for recognition, you will be more motivated in the next phase.

LIFE AFFIRMATION: "I powerfully manifest that which I desire by focusing specifically on what I want."

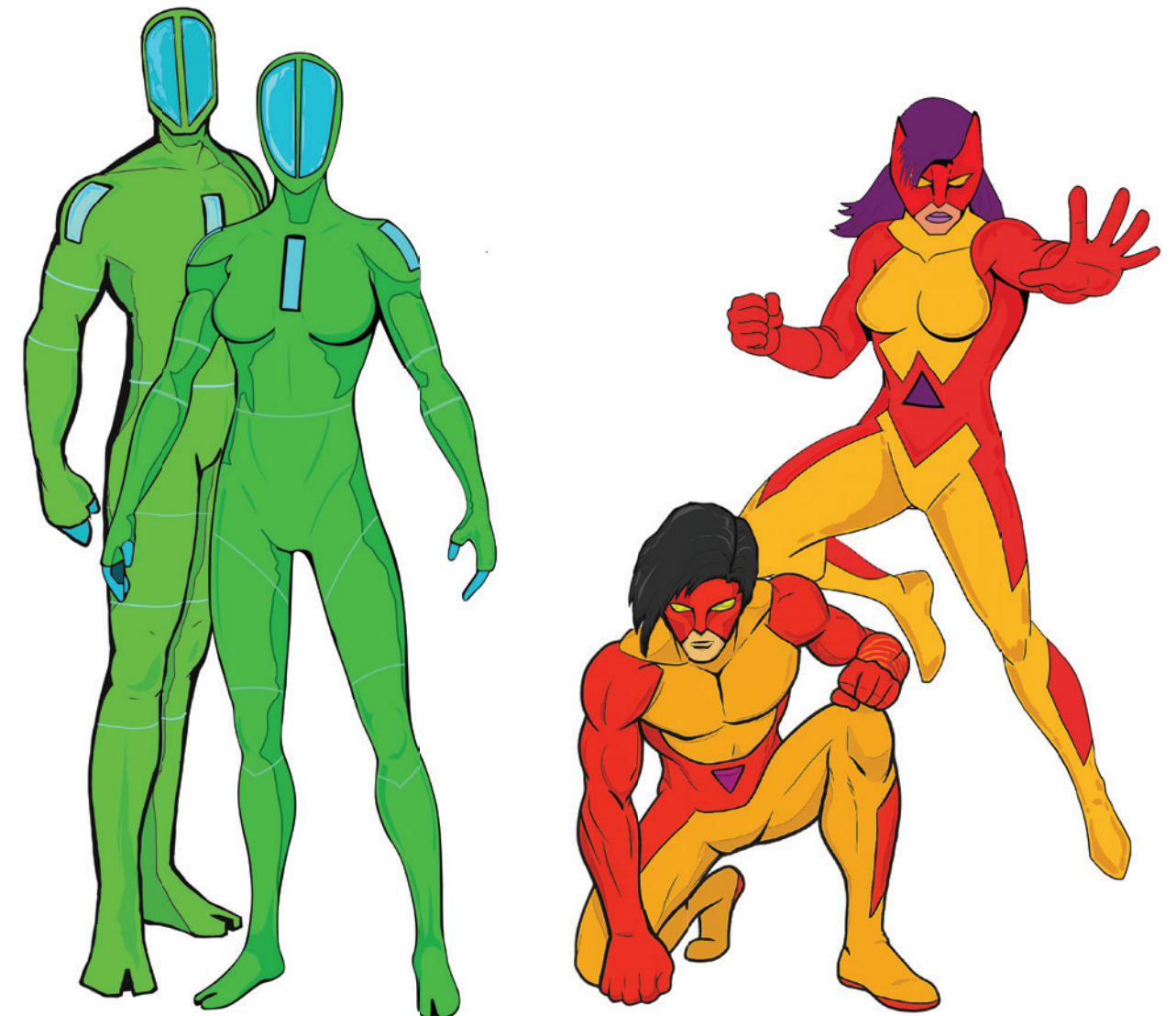
If you complain a lot, the Universe will respond lovingly and give you more to complain about. On the other hand, if you choose to look for what is going well, you will increase the chances that things will go smoothly. What you talk about or think about, you bring about. If you don't appreciate what you have, why would you get more to appreciate? Find more of what's good today so that you can experience more good in your life tomorrow.

ICONIC REPRESENTATIONS:

- **Walt Disney** – Legendary creator whose passionate imagination and innovative vision redefined storytelling.
- **Amelia Earhart** – Daring aviation pioneer whose fearless ambition and ideals challenged societal limits.
- **Willy Wonka** – Eccentric inventor whose creative brilliance and boundless vision brought joy and transformation to those who dared to believe.

ENERGY-BALANCING ACTIVITIES: You're bold, creative, and future-focused — full of big ideas and contagious energy. When that fire burns too hot or motivation stalls, these elements restore balance and momentum.

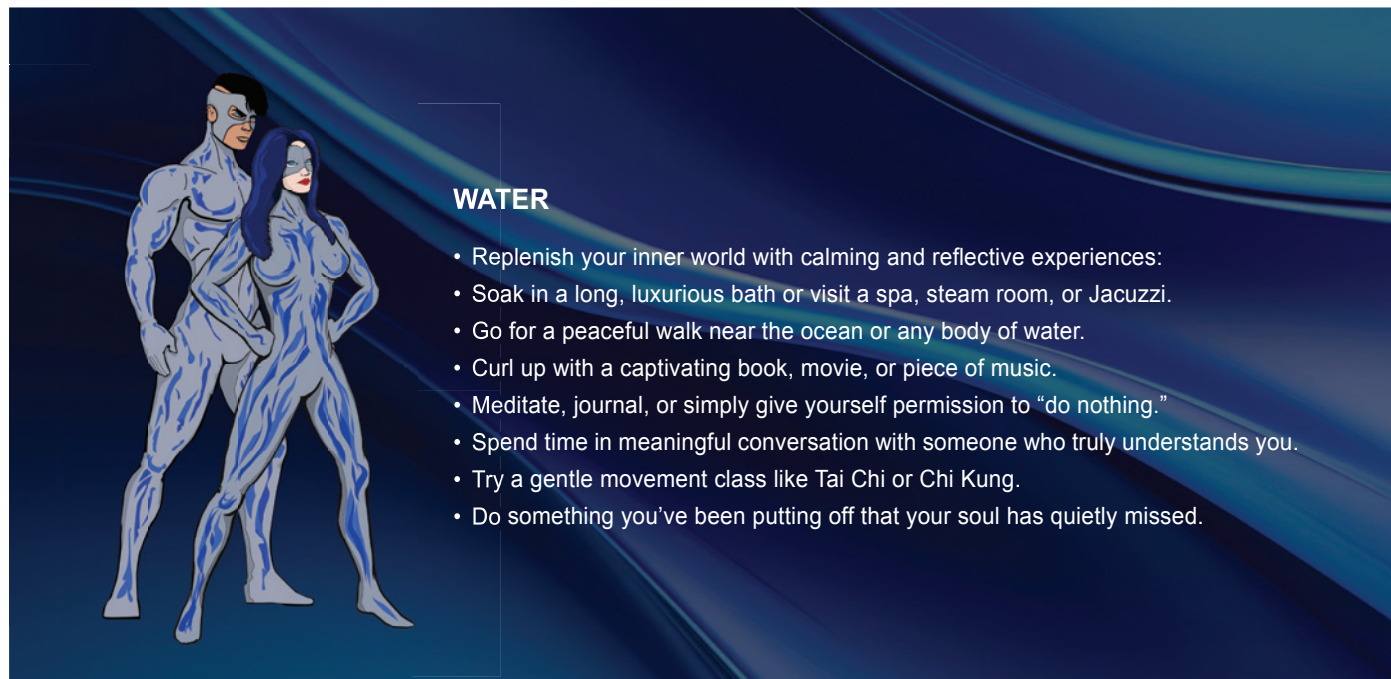
- When your emotions run high or feel reactive → **Earth** calms, grounds, and steadies your energy
- When your mind jumps from idea to idea → **Metal** helps streamline your thoughts into action
- When your drive fizzles or burns out → **Water** invites rest, reflection, and renewed inspiration
- When you hit roadblocks or feel creatively stalled → **Wood** reorients you to your path and next steps
- When your passion dims or you forget to play → **Fire** reconnects you to joy, boldness, and freedom



ELEMENTAL ENERGY BALANCING ACTIVITIES

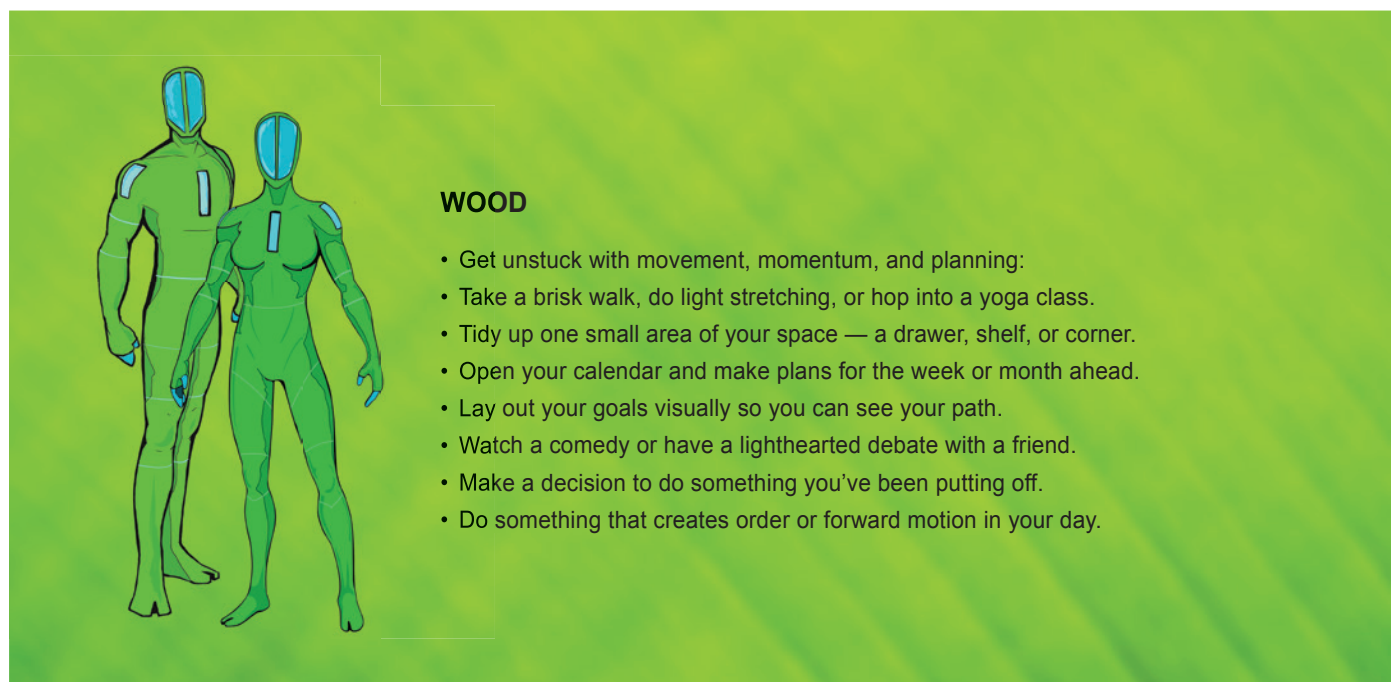
Use these activities when you feel off-center. Choose the element that supports the area where you feel most out of balance — emotionally, mentally, or energetically.

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



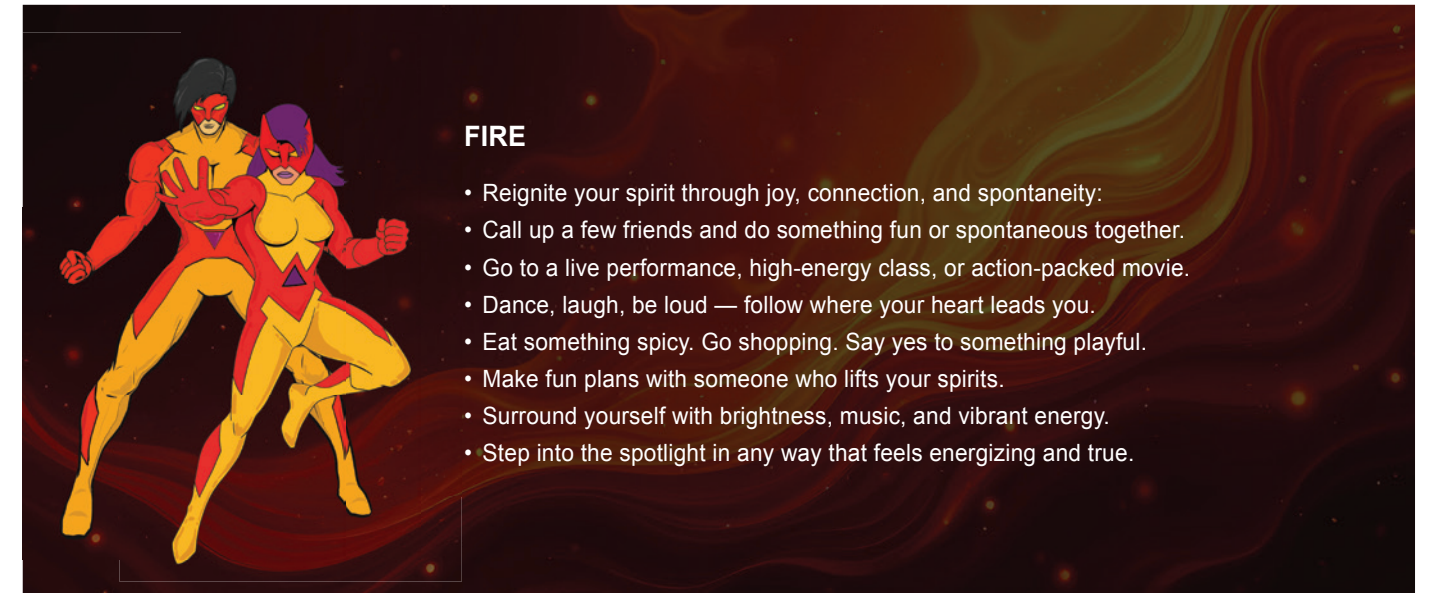
WATER

- 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.



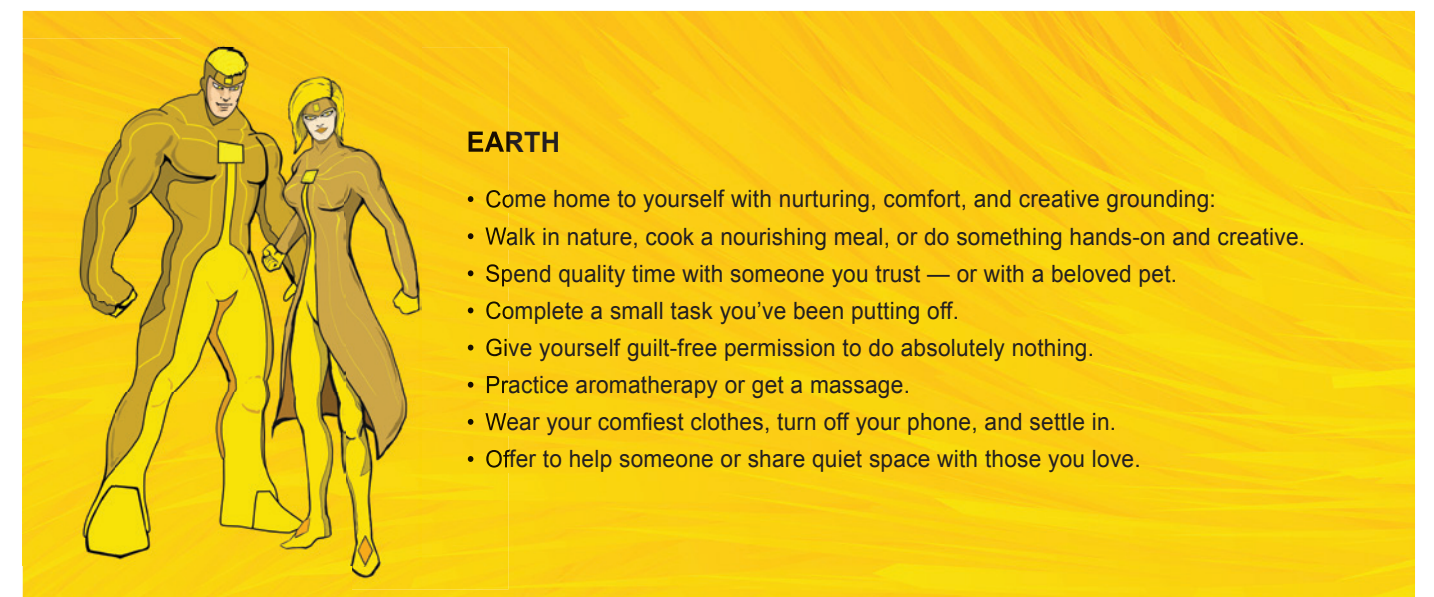
WOOD

- 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.



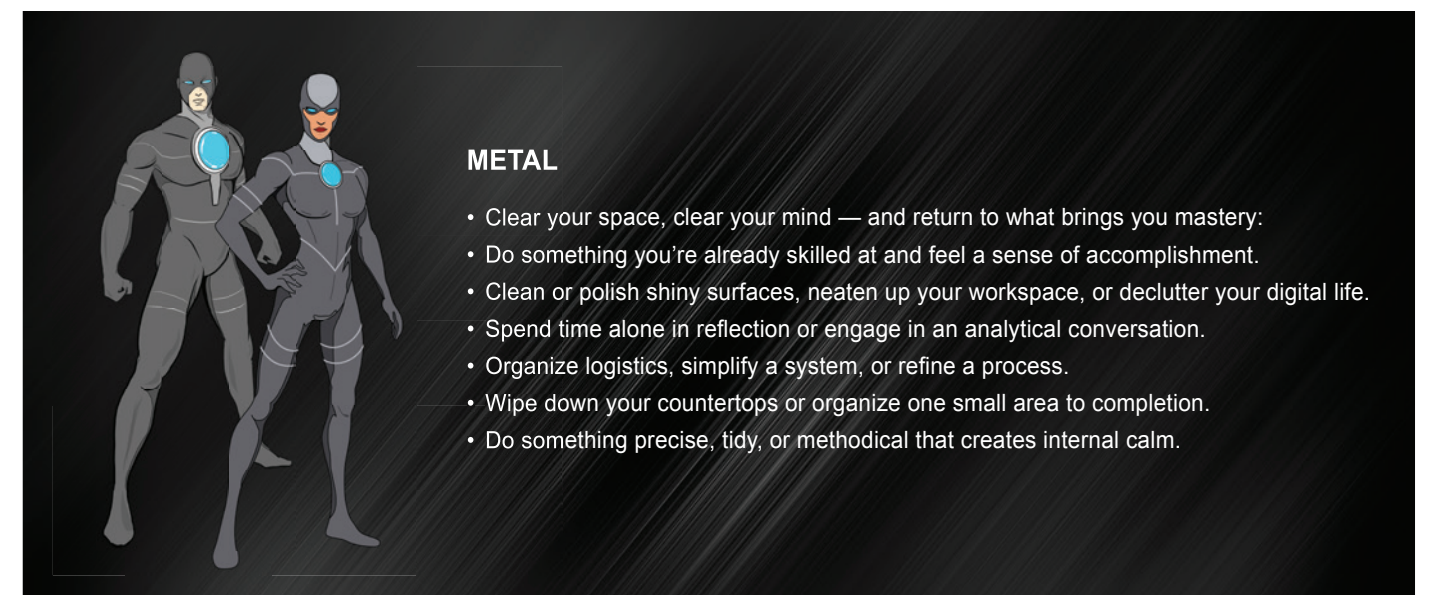
FIRE

- 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

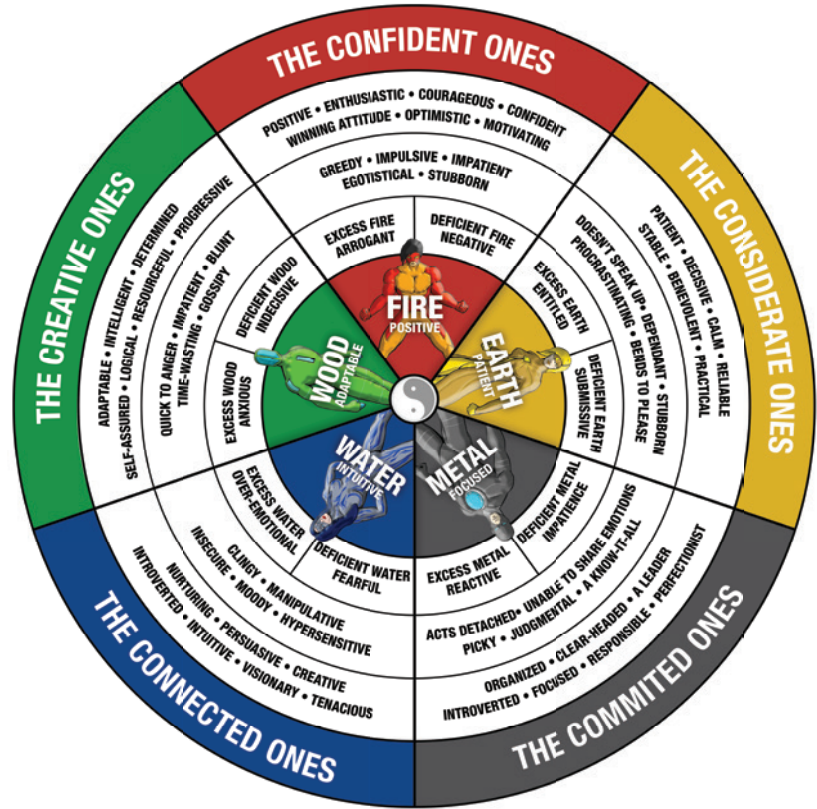
- Come home to yourself with nurturing, comfort, and creative grounding:
- Walk in nature, cook a nourishing meal, or do something hands-on and creative.
- Spend quality time with someone you trust — or with a beloved pet.
- Complete a small task you’ve been putting off.
- Give yourself guilt-free permission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



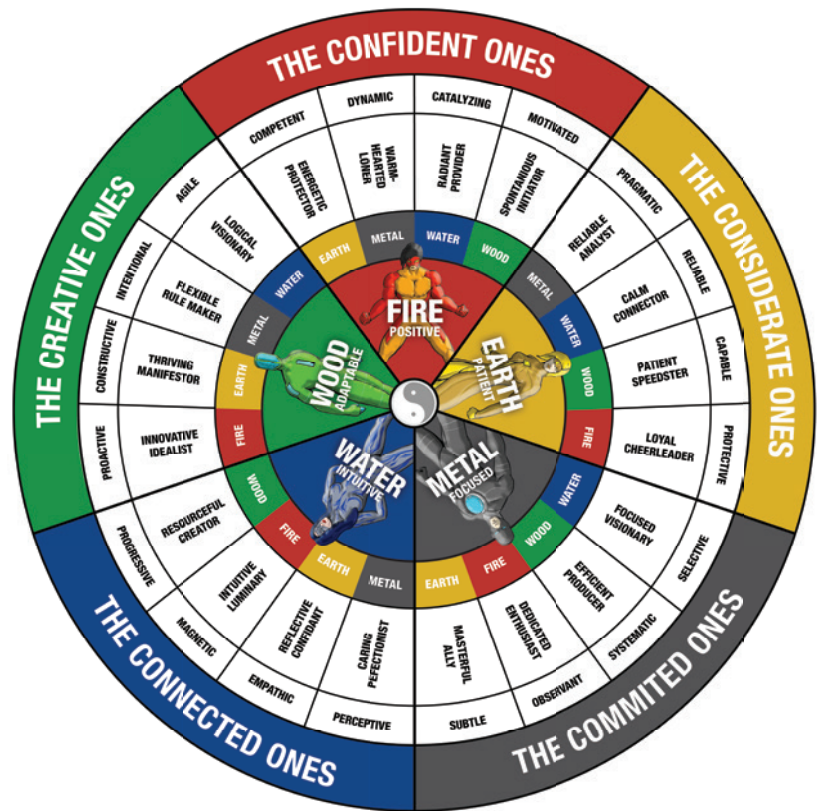
METAL

- 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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