



MASTER YOUR SUPERPOWERS



YOUR INTEGRATED ARCHETYPE
INTUITIVE LUMINARY

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 INTUITIVE LUMINARY WATER + FIRE

AKA: THE ENIGMATIC OPTIMIST
AND THE INTROVERTED EXTROVERT

PRIMARY ELEMENT: **WATER**

SECONDARY ELEMENT: **FIRE**

YOUR OVERVIEW: As an Intuitive Luminary, you innately understand what others need. You excel at inspiring others with ideas and can build vivid images of the positive impact that you believe in. You are a positive source of energy and thrive when you are "feeling good" about life and all that's happening. You have a warm, engaging personality, although it can take you some time to adjust in a new environment.

Helping others make new connections inspires you. You delight in linking people to people or people to products, and you know who or what to connect or recommend. As an Enigmatic Optimist, people are drawn to your positivity. As an Introverted Extrovert, you are private and reserved and love your alone time, and yet you light up when you feel confident and are called on to share anything you are interested in or that furthers your purpose.

YOUR PURPOSE: You are here to be an inspiration to humanity and a source of healing.

YOUR CREED: "I exist in a limitless Universe, and I can achieve anything."

YOUR CORE DESIRE: To be accepted and needed while living a happy life in which you are able to do what you want.

YOUR CORE VALUE: To be loyal to love and to what inspires you.

AT YOUR BEST: You are calm yet energetic, optimistic, and creative. You are positive even in the face of challenges and are able to go with the flow of life.

AT YOUR WORST: You are withdrawn, insecure, overly impulsive, selfish, and self-centered. You take offense easily.

IN RELATIONSHIPS: You bring warmth, insight, and emotional support to your relationships, often sensing what others need before they do. You're uplifting, intuitive, and a powerful source of encouragement when someone is struggling. However, because you feel deeply and care so much, you may take things personally or retreat when you don't feel appreciated. When you're in balanced relationships, you shine as a loyal confidant and quietly inspiring presence.

IN THE WORKPLACE: You light up when you're aligned with a meaningful mission. You thrive in environments where emotional intelligence, storytelling, or inspiration are valued — whether you're leading, mentoring, or quietly connecting people to ideas. You may need time to yourself to recalibrate, especially in noisy or highly extroverted spaces. Protecting your energy allows your natural charisma and inner clarity to guide others effectively.

WATCH FOR:

- Taking offense too easily or becoming emotionally reactive
- Over-giving to others at the cost of your own rest or vision
- Wanting validation but not asking for it directly
- Avoiding conflict and withdrawing when overwhelmed
- Feeling responsible for others' moods or experiences

WHEN OUT OF BALANCE: You may find yourself emotionally overloaded, unsure where your energy is best spent, or burnt out from always being “the uplifter.” You might retreat too far inward, isolating yourself to avoid emotional chaos — or swing the other way and become overly attached to being liked or admired. Your power returns when you connect to purpose, share your light freely, and let your heart rest in simplicity.

YOUR ARCHETYPE TWIN: Fire + Water - Radiant Provider

MOST COMPATIBLE WITH:

Metal + Earth – Masterful Ally

Earth + Metal – Reliable Analyst

MOST SUPPORTED BY:

Metal + Wood – Efficient Producer

Wood + Metal – Flexible Rule Maker

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 + Earth – Thriving Manifestor

Earth + Wood – Patient Speedster

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 + Water – Calm Connector

Water + Earth – Reflective Confidant

YOUR ELEMENTAL DYNAMIC: Controlling

Fire and Water together create steam, so when you are in a balanced state, you are powerful and dynamic. However, since Fire also can be put out by Water, it's important to take time to nurture both elements and not overdo one or the other.

If you are excessively active, and do not get enough downtime and rejuvenation, which Water needs, you suffer from depletion and burnout. However, if you spend too much time alone, you lack the stimulus you need to be creative and inspired.

MISSING ELEMENT: Wood

Wood bridges the elements of Water and Fire. In the elemental cycle, Water nurtures Wood, which in turn fuels Fire. The only thing Water and Fire have in common is Wood, so 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 and all shades of the color green are considered beneficial for Water/Fire Integrated Archetypes.

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

YOUR PERSONAL VIRTUES:

- **Profound:** You see beyond the obvious and rarely draw a conclusion from a superficial viewpoint. You seldom miss what others overlook.
- **Magnetic:** You have the ability to bring out the positive in people and situations, and people are drawn to your positive outlook and spirit.
- **Subtly Persuasive:** You are subtle, yet influential in your ability to be persuasive. You excel at “selling” products and ideas that you believe in without actually selling them.
- **Perceptive:** Your intuition when combined with confidence is second to none. You are sensitive to others' needs and know exactly what to say to lift another's spirits.
- **Admired:** You are respected for your knowledge and your ability to connect to people. You excel in many things and are well liked and respected.

YOUR SUPERPOWERS:

Connection, Intuition, Positivity, Confidence

WEAKNESSES TO STRENGTHEN:

Insecurity, Defensiveness, Arrogance, Vanity

YOUR MISSION FOR POWER:

- **Encourage people often.** Make sure to show appreciation for others, and make it a point to be specific about what. You will build engagement and happiness.
- **Remember that your attitude is contagious.** People in your life have likely come to see that you are a great support to them. You are enthusiastic and energetic when they are down or are afraid of making a change. Your attitude is what helps them continue on. Over time, people will start to look to you for your wisdom and inspiration.
- **Protect yourself and your gifts.** Insulate yourself from the people who drain your energy or who whine, blame, and complain too much. Make it a point to position yourself in environments that support you the best.
- **Connect people daily.** Though you are aware of the hierarchy, boundaries, and silos that divide people from each other, the Water element within you gives you the ability to flow across borders. You can use this to open people up to new ideas and to previously unseen opportunities.
- **Help others understand the bigger picture.** You have the ability to see things in a way that can help others understand what's going on. Share what you see, and you'll help others feel more at ease.

LIFE AFFIRMATION: "I see my desired reality so strongly that I attract the perfect situations and circumstances into my path to support me."

The more time you spend envisioning what you want to manifest versus focusing on the fear of *not* getting what you want, the stronger your power. Science has now proved that we create our own reality. Knowing this, it makes more sense than ever for you to put focus on what you want. As an Intuitive Luminary, you will "magically" find yourself in the right places at exactly the right time. You can be, do, or have anything you want in your life; you just have to use the power of your Water to envision your desires, and then use the illumination of your Fire element to attract them.

ICONIC REPRESENTATIONS:

- **Oprah Winfrey** – Empathic media leader who inspires transformation through truth-telling and soulful storytelling.
- **Brené Brown** – Researcher and speaker whose vulnerability teachings light the way toward authentic leadership.
- **Yoda (Star Wars)** – Timeless Jedi sage who guides others through emotional wisdom and illuminating

ENERGY-BALANCING ACTIVITIES: Your emotional depth and radiant spark make you magnetic and wise — but also prone to emotional burnout or overextension. These elements help regulate your energy.

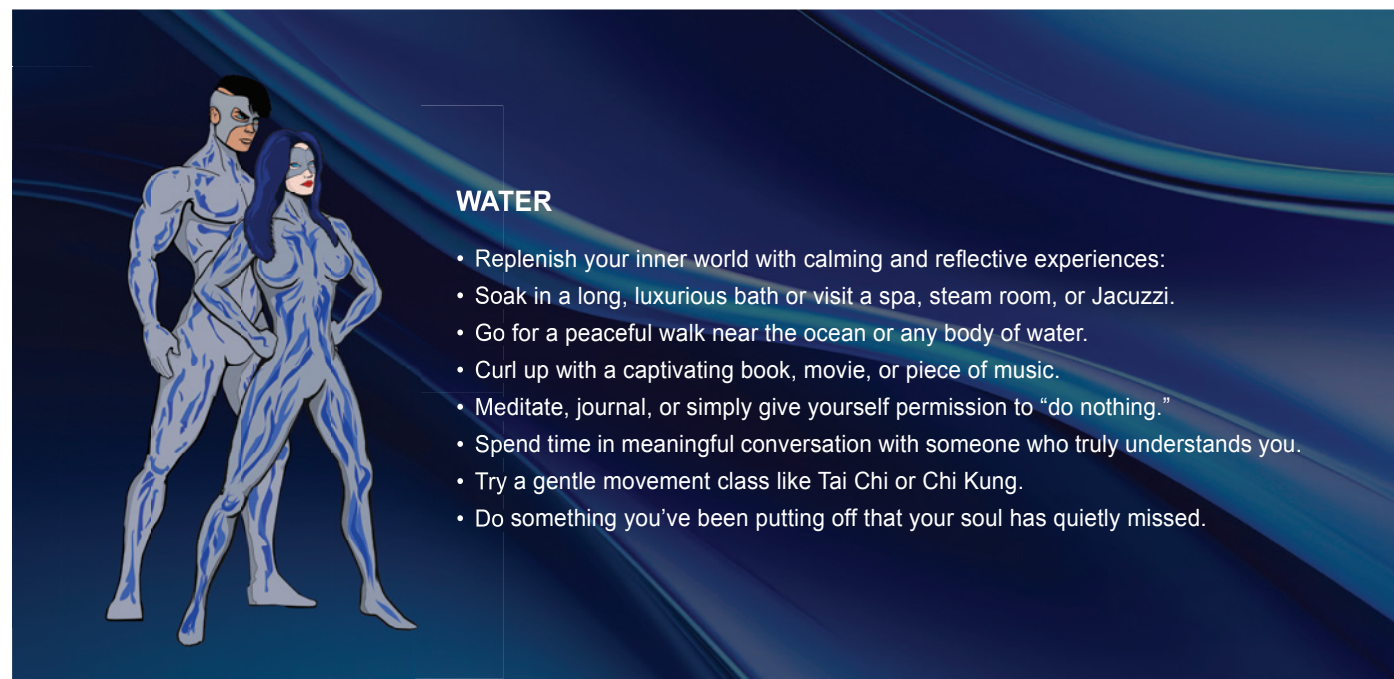
- When your emotions feel overwhelming or heavy → **Earth** brings calm, simplicity, and grounding presence
- When your thoughts race or spiral → **Metal** helps focus your mind and bring structure to your insights
- When you're drained from holding emotional space → **Water** gently replenishes and restores you
- When your spark dims or passion feels scattered → **Wood** reconnects you to purposeful direction
- When you're disconnected from joy or inspiration → **Fire** rekindles your inner light and expressive energy



ELEMENTAL ENERGY BALANCING ACTIVITIES

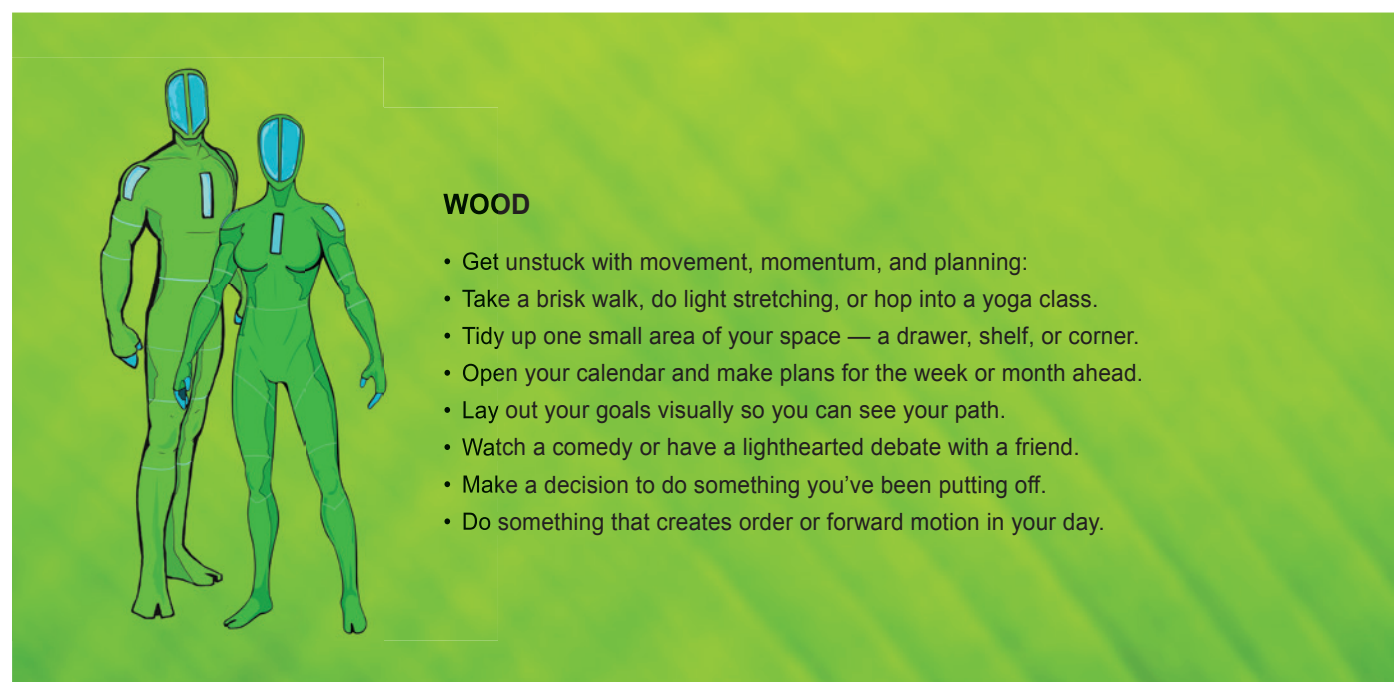
Use these activities when you feel off-center. Choose the element that supports the area where you feel most out of balance — emotionally, mentally, or energetically.

(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.



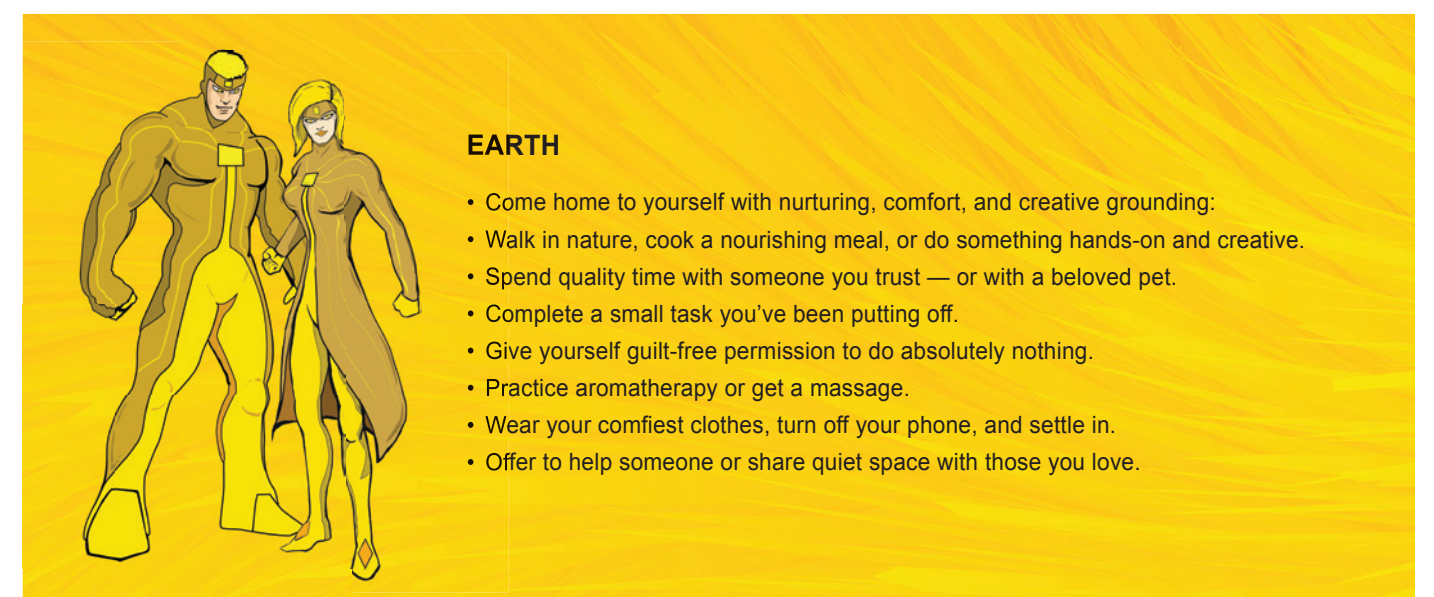
WOOD

- 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.



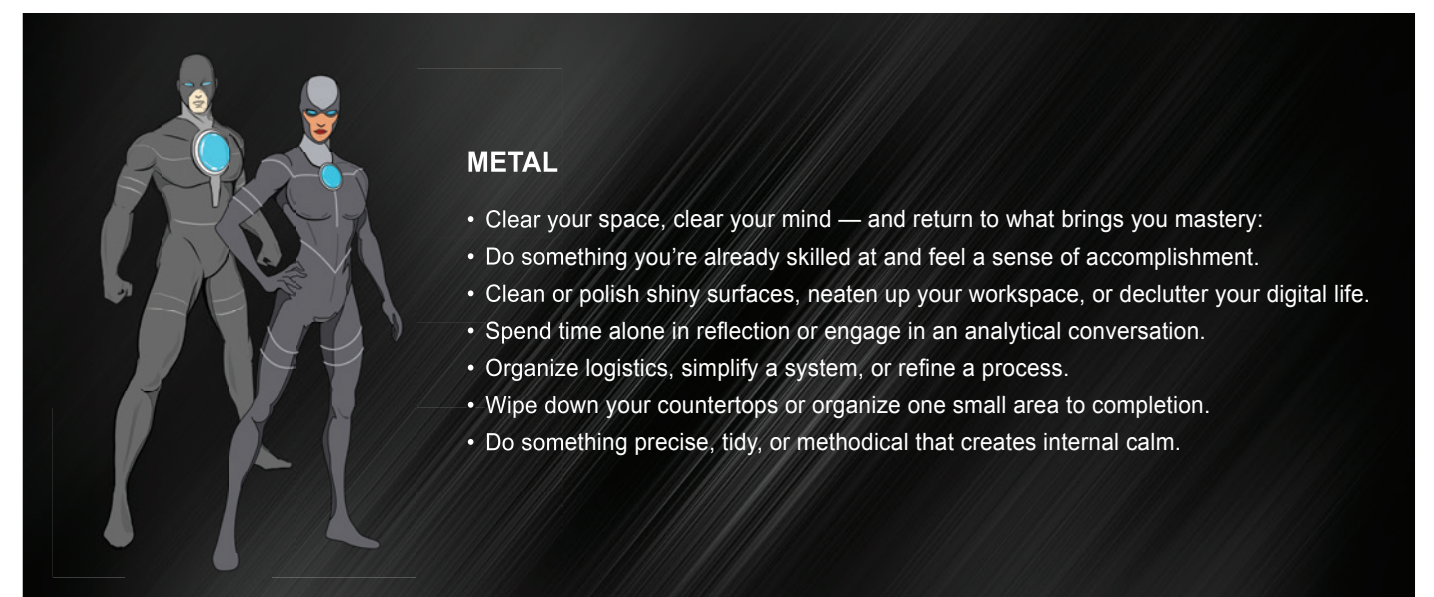
FIRE

- 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

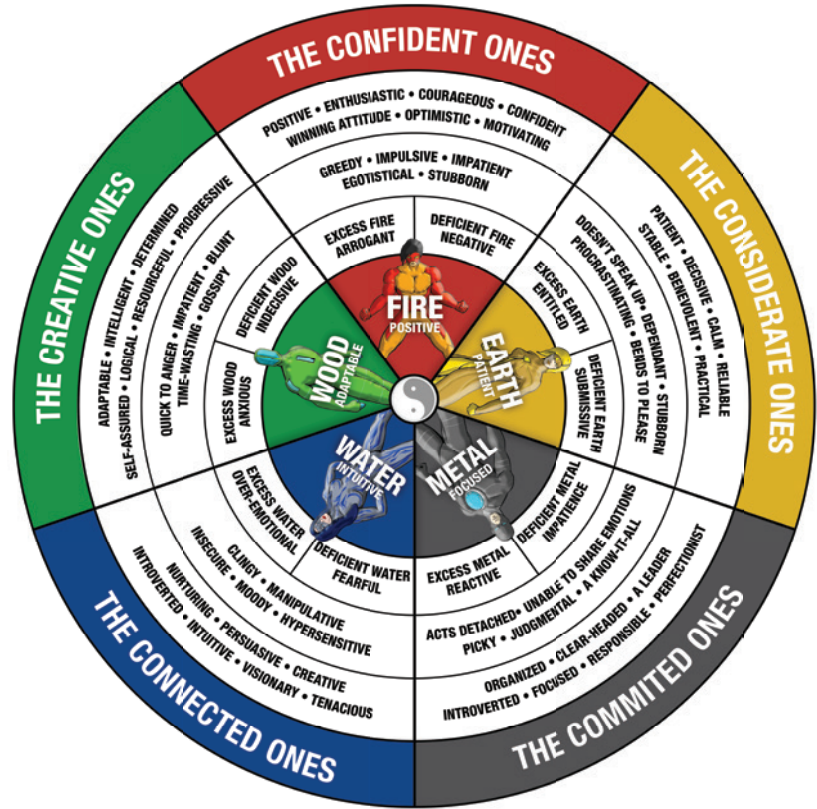
- Come home to yourself with nurturing, comfort, and creative grounding:
- Walk in nature, cook a nourishing meal, or do something hands-on and creative.
- Spend quality time with someone you trust — or with a beloved pet.
- Complete a small task you’ve been putting off.
- Give yourself guilt-free permission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



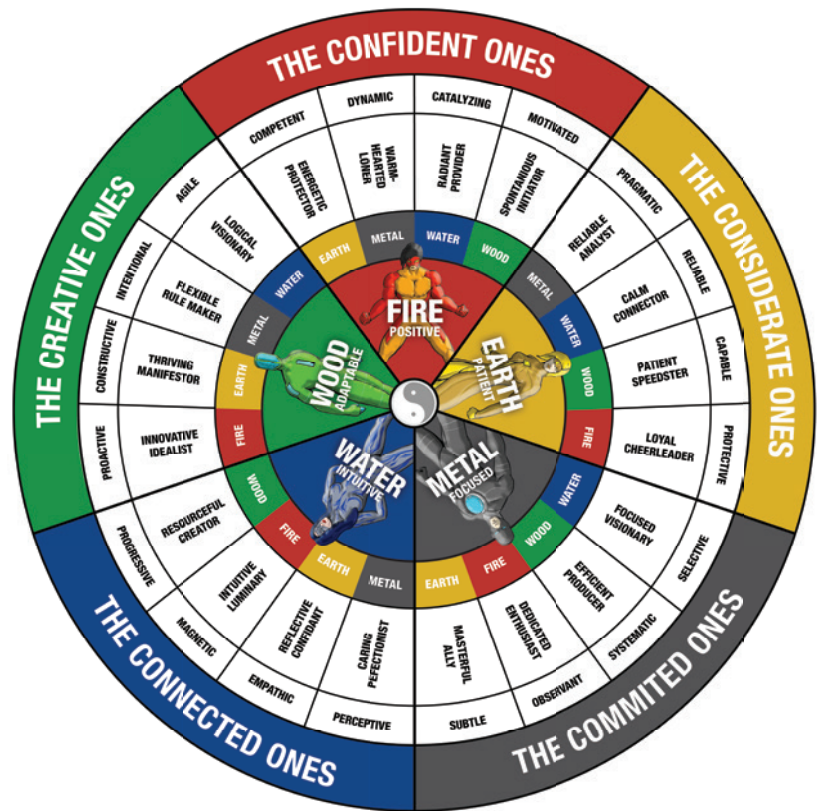
METAL

- 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