



# **MASTER YOUR SUPERPOWERS**



***YOUR INTEGRATED ARCHETYPE***  
**LOGICAL VISIONARY**

PRIMARY ►	<b>WATER</b>	<b>WOOD</b>	<b>FIRE</b>	<b>EARTH</b>	<b>METAL</b>
SECONDARY ▼	Blue	Green	Red	Yellow	Grey
<b>WATER</b>	 Water - Water <b>LOGICAL VISIONARY</b>	Wood - Water <b>LOGICAL VISIONARY</b>	Fire - Water <b>RADIANT PROVIDER</b>	Earth - Water <b>CALM CONNECTOR</b>	Metal - Water <b>FOCUSED VISIONARY</b>
<b>WOOD</b>	Water - Wood <b>RESOURCEFUL CREATOR</b>	 Wood - Wood <b>RESOURCEFUL CREATOR</b>	Fire - Wood <b>SPONTANEOUS INITIATOR</b>	Earth - Wood <b>PATIENT SPEEDSTER</b>	Metal - Wood <b>EFFICIENT PRODUCER</b>
<b>FIRE</b>	Water - Fire <b>INTUITIVE LUMINARY</b>	Wood - Fire <b>INNOVATIVE IDEALIST</b>	 Fire - Fire <b>INTUITIVE LUMINARY</b>	Earth - Fire <b>LOYAL CHEERLEADER</b>	Metal - Fire <b>DEDICATED ENTHUSIAST</b>
<b>EARTH</b>	Water - Earth <b>REFLECTIVE CONFIDANT</b>	Wood - Earth <b>THRIVING MANIFESTOR</b>	Fire - Earth <b>ENERGETIC PROTECTOR</b>	 Earth - Earth <b>REFLECTIVE CONFIDANT</b>	Metal - Earth <b>MASTERFUL ALLY</b>
<b>METAL</b>	Water - Metal <b>CARING PERFECTIONIST</b>	Wood - Metal <b>FLEXIBLE RULE-MAKER</b>	Fire - Metal <b>WARM-HEARTED LONER</b>	Earth - Metal <b>RELIABLE ANALYST</b>	 Metal - Metal <b>RELIABLE ANALYST</b>

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 LOGICAL VISIONARY WOOD + WATER

AKA: THE STEADFAST MAGICIAN AND  
THE DETERMINED NURTURER

PRIMARY ELEMENT: **WOOD**

SECONDARY ELEMENT: **WATER**

**YOUR OVERVIEW:** As a Logical Visionary, you are adept at using your heart and mind in everything, and you excel at making things happen. Due to your inherently curious nature, you've amassed a wealth of information that you love to share with others when called forth to do so. You are bold and direct when you need to be, yet are also able to adapt and be in the shadows when the situation calls for it. When you feel accomplished, you are especially creative.

People trust you because you make them feel safe. It's the way you make sense of life. Creativity, new information, and achievement inspire you. You will socialize if you know you have a role to play, but would prefer the company of a few close friends. People are drawn to you as a Steadfast Magician for your ability to consistently pull something out of a hat—your resources for information and people amaze them. As a Determined Nurturer, you place high importance on taking care of the people and things that have meaning to you.

**YOUR PURPOSE:** You are here to nurture your ideas and grow them beyond any limits that others place on you.

**YOUR CREED:** "As I achieve, I remember to experience every moment."

**YOUR CORE DESIRE:** To be yourself in life, and to be wanted and accepted for who you are.

**YOUR CORE VALUE:** To make progress in whatever you do, and to feel connected to the process and to everyone involved.

**AT YOUR BEST:** You are a hard worker, swift and efficient, yet you know how important it is for you to take breaks. You listen to reason, yet also know when your intuition is guiding you on a path that will serve you better. Secure in who you are, you can trust that everything uncertain and undetermined in your life will ultimately fall into place.

**AT YOUR WORST:** You are inflexible, judgmental, and hypersensitive to criticism. You move confidently to make decisions based on fear or you go into worry mode and feel unable to make a wise decision.

**IN RELATIONSHIPS:** You offer a thoughtful presence, often leading with quiet loyalty and deep observation. You connect best when the relationship has meaning, purpose, or room to grow together. Because you're perceptive, you often sense others' needs without them saying a word. However, you may struggle with vulnerability, especially when you feel judged or misunderstood. When you feel safe and respected, you open up with wisdom, warmth, and steadfast dedication.

**IN THE WORKPLACE:** You are a powerhouse of innovation and follow-through — especially when you care about the work. You excel in roles where strategy, autonomy, and heart all matter. You bring both depth and execution to your team, often playing the role of “idea implementer.” You work best when you have space to reflect and plan, but too much structure or micromanagement can feel limiting. You're most effective when your schedule allows for both solitude and spontaneous bursts of insight.

**WATCH FOR:**

- Becoming reactive or defensive when your ideas are challenged
- Overanalyzing situations instead of acting on your intuition
- Moving too fast and skipping over details or emotional impact
- Hesitating to share personal needs or emotional truths
- Losing inspiration when you feel disconnected from purpose

**WHEN OUT OF BALANCE:** You may overwork or overthink in an effort to stay in control. Your drive to get things right can cause you to lose touch with your emotional needs or isolate when feeling misunderstood. At times, your inner voice may become overly critical or fear-based. When this happens, slow down and reconnect with the “why” behind your actions. Ground yourself in what you value and trust that sharing your vision can lead others to support you in return.

**YOUR ARCHETYPE TWIN:** Water + Wood – Resourceful Creator

**MOST COMPATIBLE WITH:**

Fire + Water – Radiant Provider

Water + Fire – Intuitive Luminary

**MOST SUPPORTED BY:**

Metal + Water – Focused Visionary

Water + Metal – Caring Perfectionist

**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 + Wood – Spontaneous Initiator

Wood + Fire – Innovative Idealist

**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 + Earth – Masterful Ally

Earth + Metal – Reliable Analyst

**YOUR ELEMENTAL DYNAMIC:** Nurturing

Water supports Wood, and together they work synergistically to stimulate growth. When you are in balance, you are creative, thriving, energetic, and make great progress on your goals. However, since Wood drains Water, it's important to take time to nurture both elements and not depend on Wood to be the energy generator and make all the progress.

In other words, if you are over-active with too much Wood energy (constantly on the go, striving for success, working on efficiency, focusing on productivity) without sufficient downtime for rest and reflection, which Water needs, you suffer from burnout. If, however, you are too laid back and drop out of active mode, you lack the stimulus you need to be successful in the way that you envision.

**SUPPORTING ELEMENT:** Metal

Metal acts as a support to the elements of Water and Wood. In the elemental cycle, Metal can transform itself into liquid (Water), which in turn fuels Wood. The one element both Water and Wood have as a support is Metal, so when you feel at odds with yourself, tired, or out of balance, it can be extremely helpful to bring Metal energy into your day. Get organized, write a To Do list, create a system, clear out physical and digital clutter, or get affairs in order. The more order you create, the more you'll find yourself coming into balance.

Having Metal elements in your environment is essential for support. Shiny metal objects, wall art depicting

circular patterns, as well as pastels and the colors white and light grey are considered beneficial for Water/Wood Integrated Archetypes. Metal energy is about precision and grace and drawing strong boundaries, so make it a point to spend time with individuals who have Metal as a part of their makeup.

#### YOUR PERSONAL VIRTUES:

- **Vibe-Sensitive:** You are a smart thinker. You have the ability to quickly read the “vibes” of any situation and can even sense hidden agendas.
- **Agile:** You have the ability to generate multiple solutions to a single problem and move quickly in a new direction when you need to.
- **Resourceful:** You are able to come up with new ideas with little effort and intuitively know how to share your ideas in a way that people “get.”
- **Prolific:** You are an endless source of creative thought. Your inspired ideas flow forth freely.
- **Productive:** You know how to get things done when it’s time to get things done.

#### YOUR SUPERPOWERS:

Creativity, Adaptability, Intuition, Connection

#### WEAKNESSES TO STRENGTHEN:

Worry, Impatience, Insecurity, Defensiveness

#### YOUR MISSION FOR POWER:

- **Make people feel important.** Whether talking to the cleaner, the grocery store bagger, or the CEO, show appreciation for what they do and how they do it. You’ll make an engaging impression.
- **Leverage your knowledge.** You are excellent at collecting and retaining information. Be open to using what you know to help others succeed. Sharing information with others will help you feel fulfilled.
- **Balance activity with passivity.** You need to feel good, so schedule downtime along with active time and you will thrive. Being “unproductive” is restorative and necessary.
- **Use your sensitivity as a strength.** Anticipate or prevent problems and see obstacles before they occur. When you sense that you are moving too fast or missing important details, consciously slow down and get back on track.
- **Share your dreams and goals.** When you let others know where you are headed and what’s important to you, they will rally around to help you succeed. Their expectations will also help to keep you going.

**LIFE AFFIRMATION:** “I am grateful for all things that happen in my life and know that I will soon see my challenges as my gifts.”

If you are grateful, more is given. If you are not, more is taken away. Although there may be many things in your life that you don’t feel thankful for and wish did not exist, your best bet for getting more of what you want is to hone your focus and master your thoughts by always looking for the upside. Just like a friend

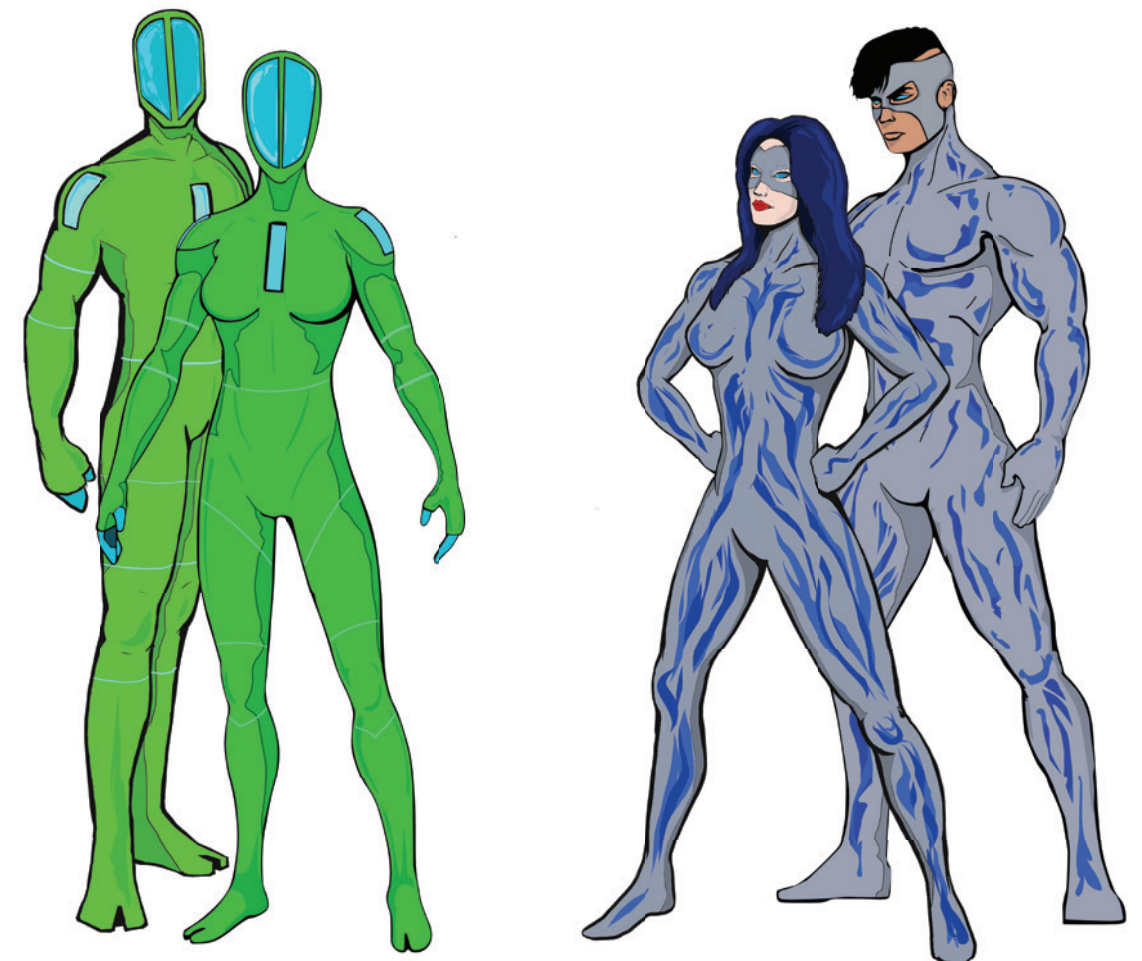
whose gift you did not show appreciation for, why would the Universe give you more gifts when you don’t even appreciate the gifts you have already been given?

#### ICONIC REPRESENTATIONS

- **Leonardo da Vinci** – Renaissance polymath whose inventions, artistry, and imagination shaped the course of history.
- **Stephen Hawking** – Visionary physicist who unraveled the mysteries of the cosmos with intellect and insight.
- **Spock (Star Trek)** – Half-human, half-Vulcan officer whose logic, intuition, and calm presence exemplify the balance of reason and vision.

**ENERGY-BALANCING ACTIVITIES:** Your mind is expansive and intuitive, always connecting the dots and chasing insight. These elements help ground your vision and bring clarity when ideas feel overwhelming.

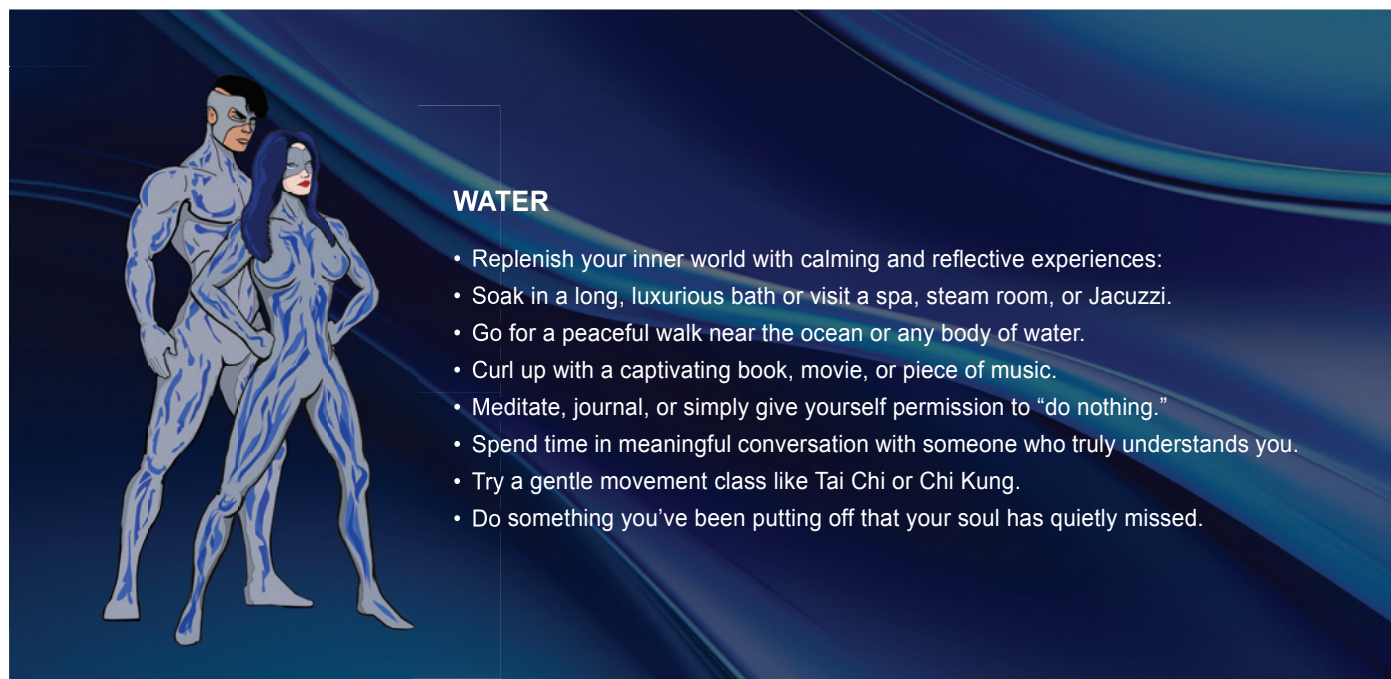
- When you feel emotionally scattered or untethered → **Earth** offers stability and calming presence
- When your mind is racing with too many ideas → **Metal** brings structure, refinement, and focus
- When you’re creatively or intellectually burnt out → **Water** helps replenish your insight and imagination
- When your goals feel blocked or progress slows → **Wood** reconnects you to planning and purpose
- When you lose your excitement or sense of “why” → **Fire** reignites passion and helps you reconnect with meaning



# ELEMENTAL ENERGY BALANCING ACTIVITIES

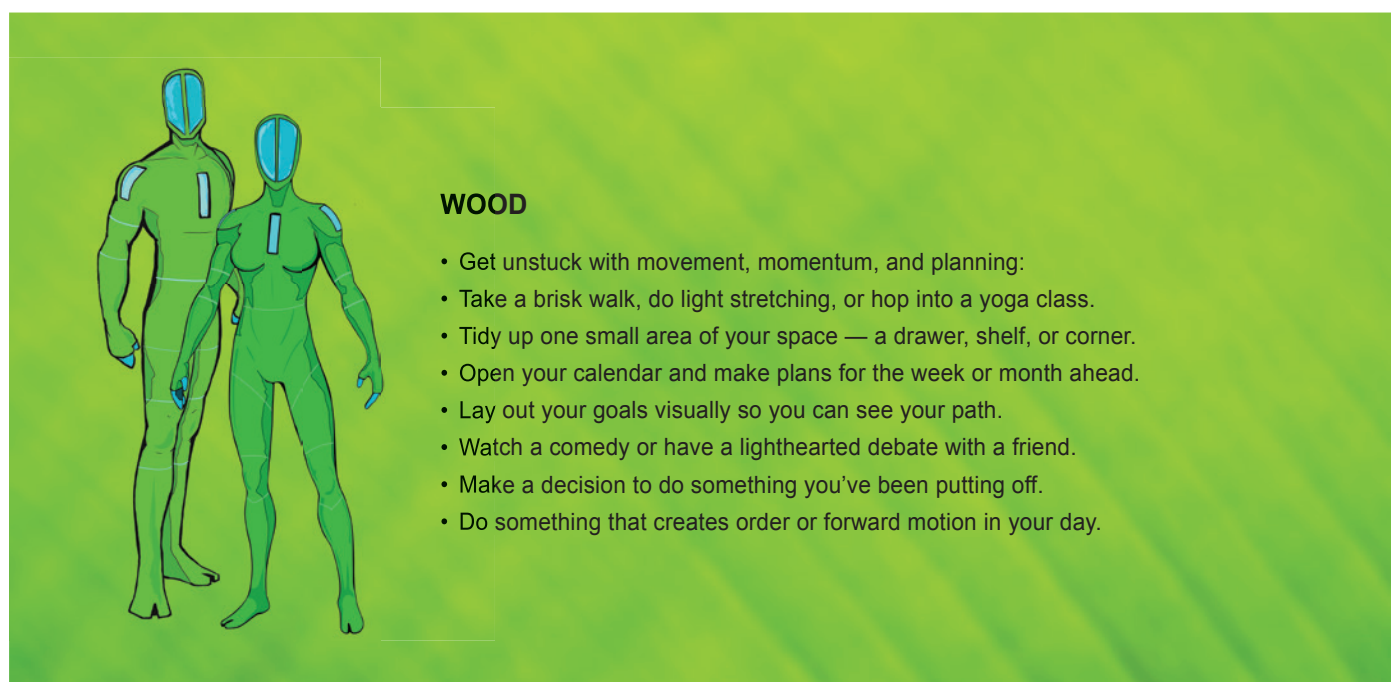
Use these activities when you feel off-center. Choose the element that supports the area where you feel most out of balance — emotionally, mentally, or energetically.

*(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.



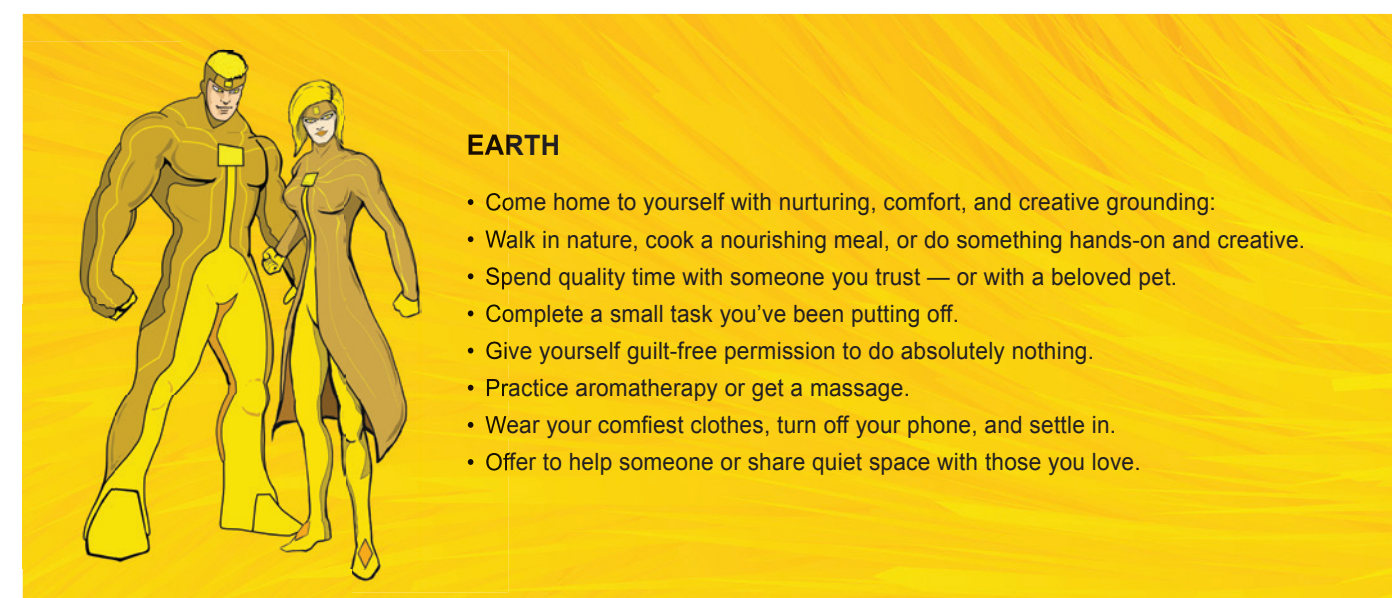
**WOOD**

- 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.



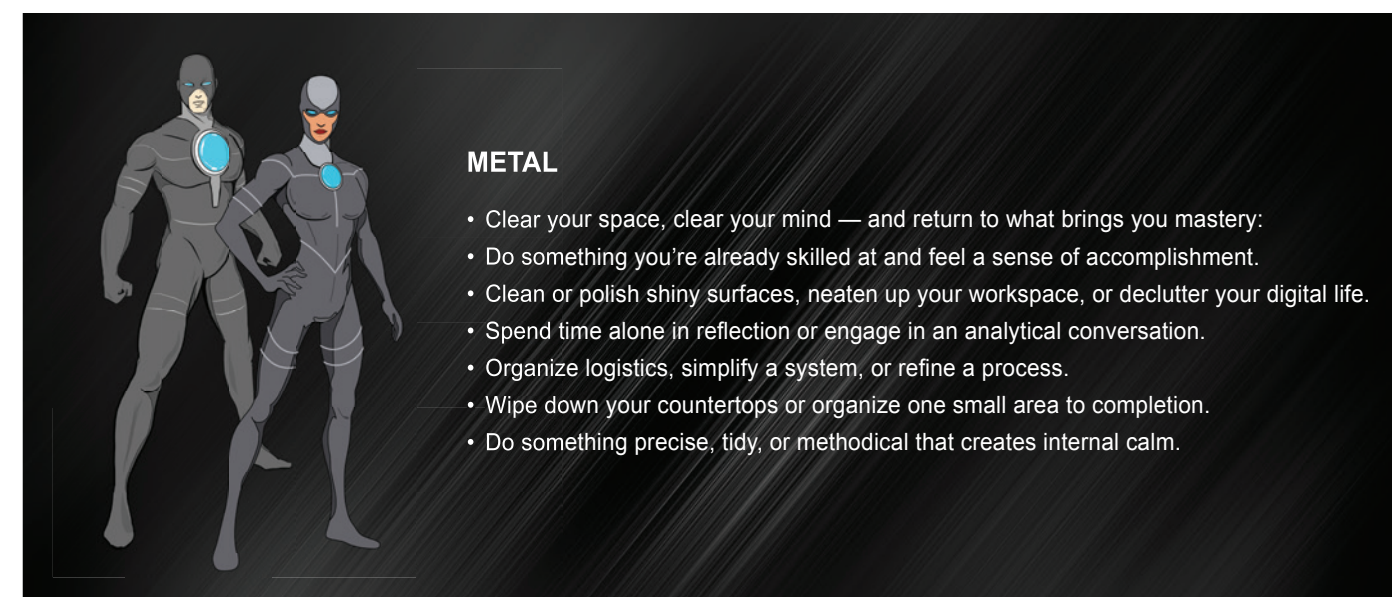
**FIRE**

- 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**

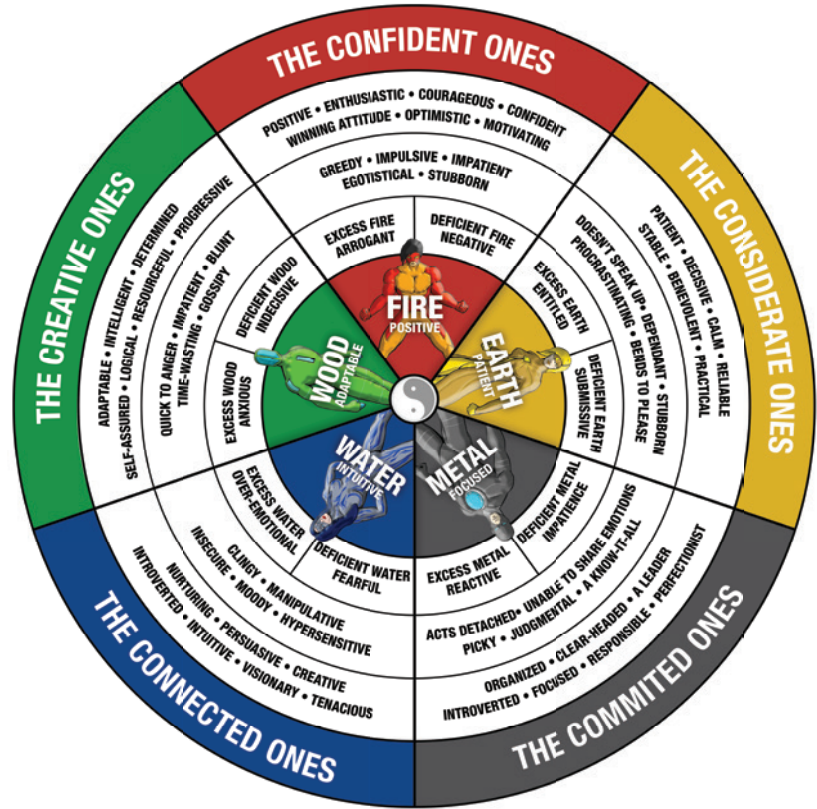
- Come home to yourself with nurturing, comfort, and creative grounding:
- Walk in nature, cook a nourishing meal, or do something hands-on and creative.
- Spend quality time with someone you trust — or with a beloved pet.
- Complete a small task you’ve been putting off.
- Give yourself guilt-free permission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



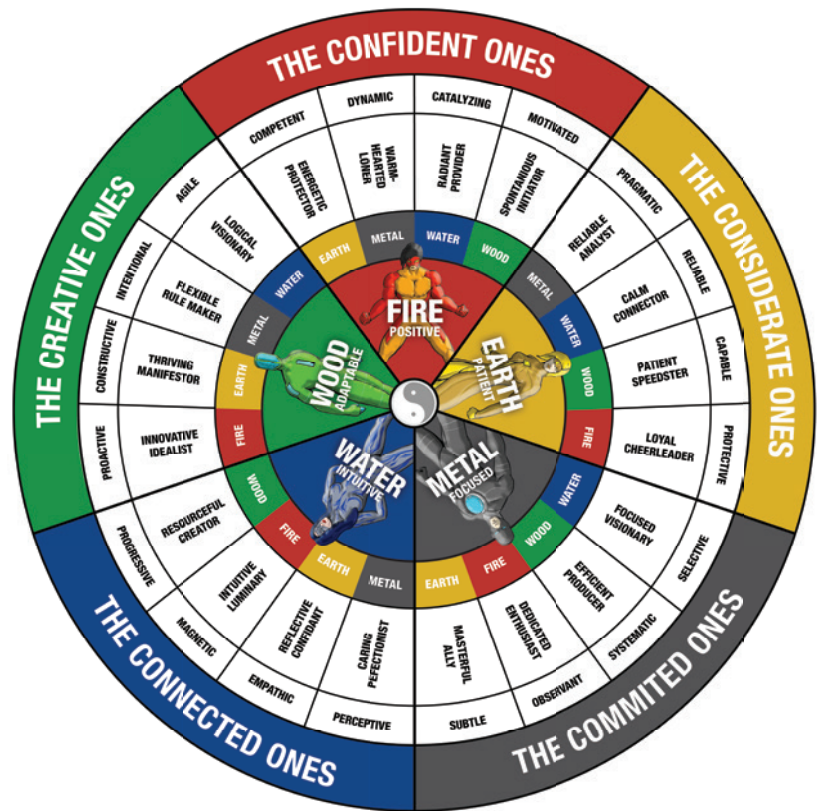
**METAL**

- 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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