





# **MASTER YOUR SUPERPOWERS**



***YOUR INTEGRATED ARCHETYPE***

**LOYAL CHEERLEADER**

PRIMARY ►	<b>WATER</b>	<b>WOOD</b>	<b>FIRE</b>	<b>EARTH</b>	<b>METAL</b>
SECONDARY ▼					
<b>WATER</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>	 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>	 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>	 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>	

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 LOYAL CHEERLEADER

### EARTH + FIRE

AKA: THE RESPONSIBLE FUN-LOVER  
AND THE DEVOTED HERO

PRIMARY ELEMENT: **EARTH**

SECONDARY ELEMENT: **FIRE**

**YOUR OVERVIEW:** As a Loyal Cheerleader, once you decide to commit to a person, project, event, or cause, you put your energy into it and stay devoted to the end. You excel at understanding the needs of others and have the ability to rally resources and offer positive encouragement to help others feel secure. You intuitively know how to make people feel better and are a steadfast and vibrant source of energy. You thrive when you are enthusiastically working towards a goal. Others turn to you when they need someone who is encouraging and understanding.

Being in harmony with others energizes you, and when there is no conflict and you are in a state of balance, you are tireless in pursuit of your goals. As a Responsible Fun-Lover, you're the perfect mix of adult and child—you love having fun but make sure that no one is left out or uncomfortable with the activity. As a Devoted Hero, you consistently show others that you are looking out for them, constantly saving the day by showing support when it is most needed.

**YOUR PURPOSE:** You are here to encourage others to follow their heartfelt dreams and to be the foundation upon which they can feel safe to do so.

**YOUR CREED:** "Keeping the peace matters more than being right."

**YOUR CORE DESIRE:** To be there for the people you care about, yet still do what makes you happy in life.

**YOUR CORE VALUE:** To enjoy all the moments of life without having to sacrifice your own desires in order to keep the peace.

**AT YOUR BEST:** You are tactful and self-sufficient, mindful, organized, and logical, yet still willing to go out on a limb, take a chance on life, and take advantage of unexpected opportunities. You can be in the spotlight if you have to be and yet are perfectly willing to be a silent support.

**AT YOUR WORST:** You are scattered and indecisive. You play the martyr and overextend yourself. You become over-anxious about minor things, get stuck and feel unable to move forward.

**IN RELATIONSHIPS:** You're a steady and radiant presence — someone others know they can count on. You show love through acts of service and encouragement, always rooting for those you care about. You intuitively pick up on emotional needs and jump in to support, often before anyone asks. However, your tendency to accommodate can lead you to suppress your own desires. The healthiest relationships for you are those where you feel mutually appreciated and empowered to be your full, joyful self — not just the dependable one.

**IN THE WORKPLACE:** You're the team player everyone wishes they had. You show up on time, stay late when needed, and are often the glue that keeps projects — and people — connected. You're both practical and passionate, blending thoughtful planning with a can-do spirit. You uplift morale and set a tone of positivity. You do best in work environments where loyalty is rewarded, team spirit is strong, and there's room to both contribute meaningfully and have fun doing it.

**WATCH FOR:**

- Overcommitting to avoid disappointing others
- Suppressing your own wants to “keep the peace”
- Feeling overlooked because you don't always ask for recognition
- Becoming the silent martyr, giving more than you receive
- Letting small setbacks spiral into self-doubt or frustration

**WHEN OUT OF BALANCE:** You may find yourself constantly doing for others but feeling depleted and underappreciated. You might avoid speaking up about what *you* want to avoid rocking the boat. This can lead to resentment or emotional exhaustion. To rebalance, take time to check in with your own needs. Prioritize joy, rest, and honest expression. Say yes only when your whole heart is behind it — and let your “no” be an act of self-respect.

**YOUR ARCHETYPE TWIN:** Fire + Earth – Energetic Protector

**MOST COMPATIBLE WITH:**

Metal + Fire – Dedicated Enthusiast

Fire + Metal – Warm-Hearted Loner

**MOST SUPPORTED BY:**

Wood + Fire – Innovative Idealist

Fire + Wood – Spontaneous Initiator

**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.*

Earth + Metal – Reliable Analyst

Metal + Earth – Masterful Ally

**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 + Wood – Resourceful Creator

Wood + Water – Logical Visionary

**YOUR ELEMENTAL DYNAMIC:** Nurturing

Fire supports Earth and together they create a fertile foundation, so when you are in balance, you have energy to sustain yourself and create from a strong foundation. However, since Earth can also suffocate Fire, it's important to take time to nurture both elements and not depend on Fire to be the energy generator. If you are overactive with too much Fire activity (on the go all the time) and not enough reflection and rejuvenation, which Earth needs, you suffer from burnout and energy drain. If however, you lack the stimulus you need to be creative, you will get stuck in an uncomfortable state of inertia that leaves you unproductive.

**SUPPORTING ELEMENT:** Wood

Wood supports the element of Earth through Fire. In the elemental cycle, Wood fuels Fire, which in turn produces Earth. Since Fire and Earth are supported by Wood, when you feel at odds with yourself, tired, or out of balance, it is extremely helpful for you to be in Wood energy, as in nature.

Having plants (real or silk) in your environment is essential for support. Wall art depicting nature as well as all shades of the color green are considered beneficial for Earth/Fire Integrated Archetypes.

Wood energy is about moving forward and being adaptable, so make it a point to spend time with individuals who have Wood as a part of their makeup.

### YOUR PERSONAL VIRTUES:

- **Helpful:** You are genuine and sincere; others feel your warmth and authenticity. You are someone people can always ask for help.
- **Tireless:** You are determined in your pursuit of what you believe in and what you want to accomplish. You have boundless energy when you want to get something done.
- **Protective:** You are watchful over people and projects to make sure that nothing goes wrong. People are loyal to you because you go out of your way to take care of them.
- **Prepared:** You anticipate problems and prepare for them, yet you also are prepared to tackle the unexpected and conquer. You are literally prepared for anything.
- **Conscientious:** You are diligent for two reasons: one, because you like to be thorough, thoughtful, and considerate; and two, because you don't want to lose face by letting others down.

### YOUR SUPERPOWERS:

Patience, Consideration, Positivity, Confidence

### WEAKNESSES TO STRENGTHEN:

Bending to please others, Giving too much, Arrogance, Negativity

### YOUR MISSION FOR POWER:

- **Remember that what you do inspires others.** Share your support and resources so others can find their way when things are down for them. Let people know how you find your joy.
- **Encourage others whenever you can.** Your ability to be sincere in your praise helps others accept what you say as truth. Intentionally learn as much as you can about the people you meet, as this will catalyze trusting relationships.
- **Recognize your ability to relate to people.** Speak often about your purpose of motivating others to find their own sense of direction. When you relate to people, they feel understood.
- **Take action to balance yourself.** Make sure you set aside time for activity and fun with others as well as time for nurturing yourself. In order for you to operate from power and at your best, you need to feel balanced.
- **Take note when others are successful.** When you notice that someone has accomplished something, praise them and be specific in your praise about what you noticed. The more specific you are about what you observe led to their success, the more you enhance their growth.

**LIFE AFFIRMATION:** "I spend my time, money, resources, and energy wisely. I am productive and bring the best of who I am to the table of life."

The more you affirm what you want, and the clearer you are about how you want to spend your time, money, and energy, the more you will use those resources to your advantage. It always feels good to operate in a balanced way—not overly extravagant and yet not miserly, either. You do your best and feel

your best when you are in a state of balance. You are more patient, loving, and understanding. And, when you act from your center, you also make better choices in life.

### ICONIC REPRESENTATIONS:

- **Dumbledore (Harry Potter)** – Wise and warm mentor whose gentle encouragement helps others rise into their power.
- **Ellen DeGeneres** – Charismatic and generous host who spread positivity and inspired connection through humor and heart.
- **Alfred Pennyworth (Batman series)** – Loyal caretaker and advisor whose quiet presence, steady counsel, and unwavering support hold a hero together.

**ENERGY-BALANCING ACTIVITIES:** You show up with heart, reliability, and uplifting energy. These elements help you stay energized while continuing to care deeply — without draining your reserves.

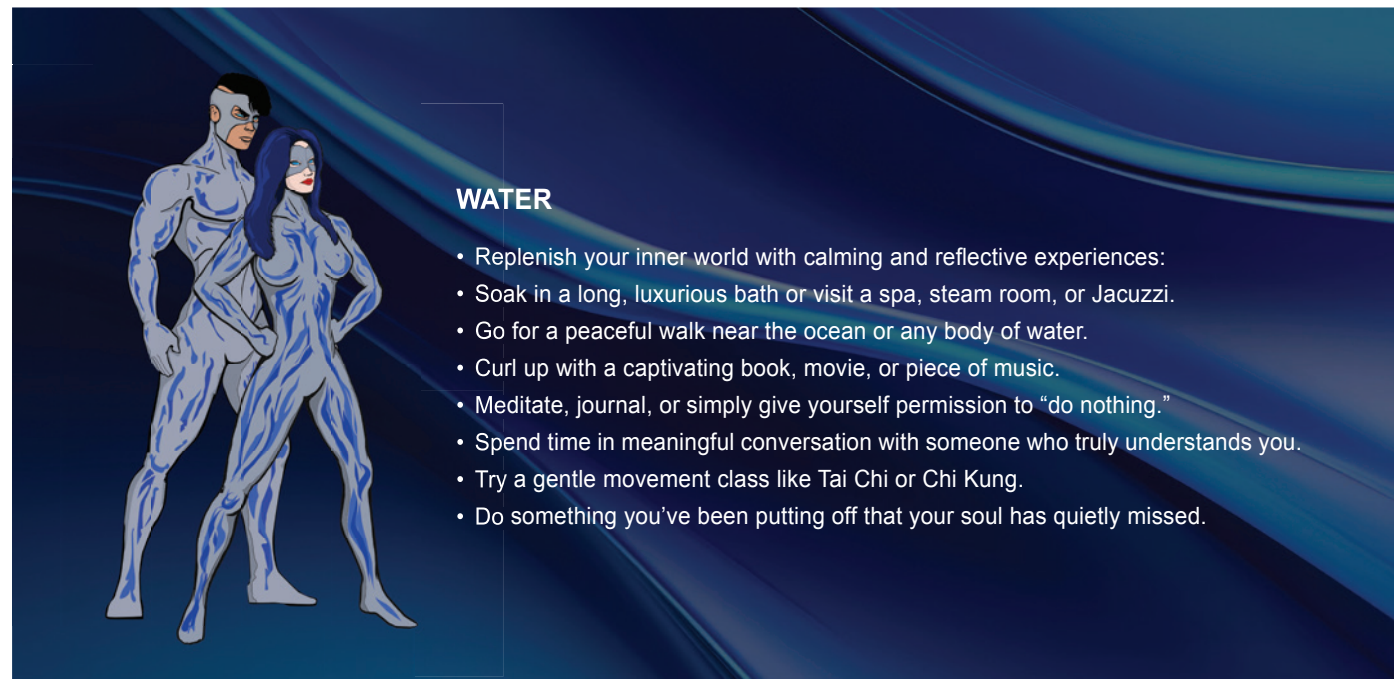
- When emotions feel overwhelming or unprocessed → **Earth** gives you a safe space to land and regroup
- When your thoughts turn critical or anxious → **Metal** brings calm structure and perspective
- When you're tired from holding space for others → **Water** gently replenishes your emotional well
- When your kindness turns into over-functioning → **Wood** helps you prioritize and redirect your energy
- When your enthusiasm starts to fade → **Fire** reconnects you to joy, connection, and celebration



# ELEMENTAL ENERGY BALANCING ACTIVITIES

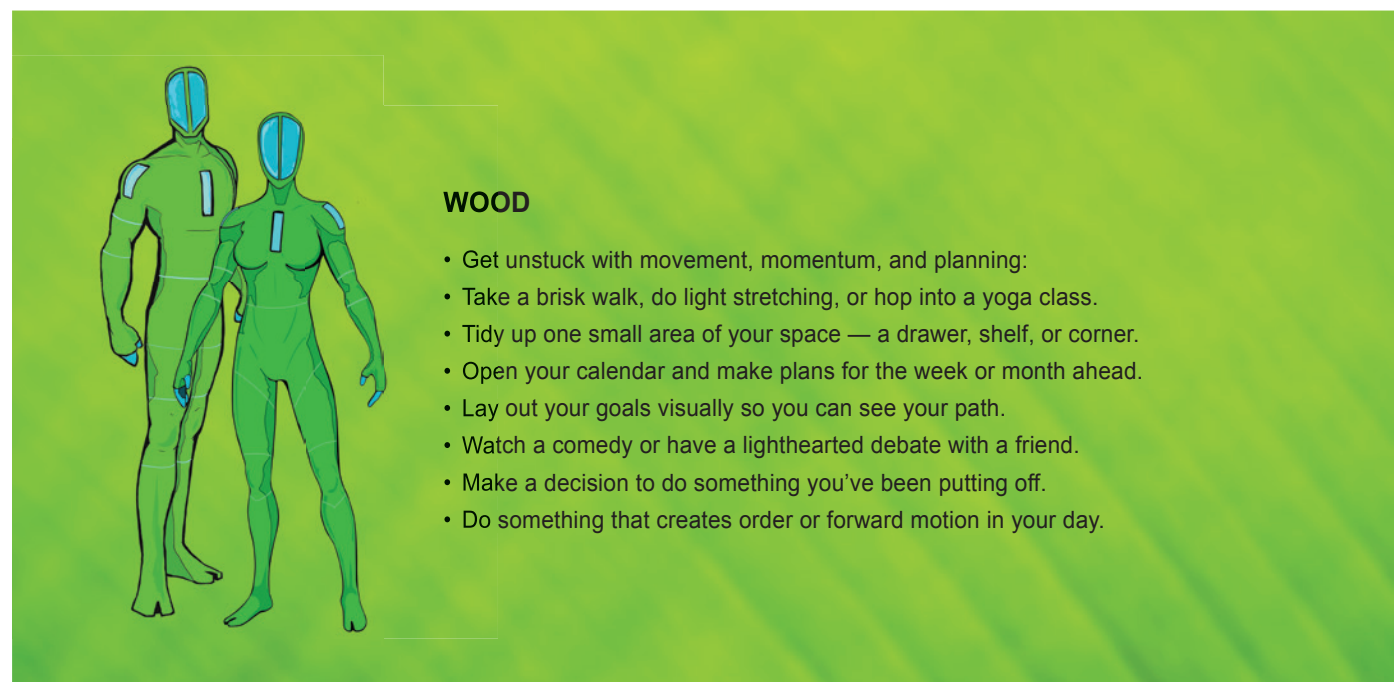
Use these activities when you feel off-center. Choose the element that supports the area where you feel most out of balance — emotionally, mentally, or energetically.

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



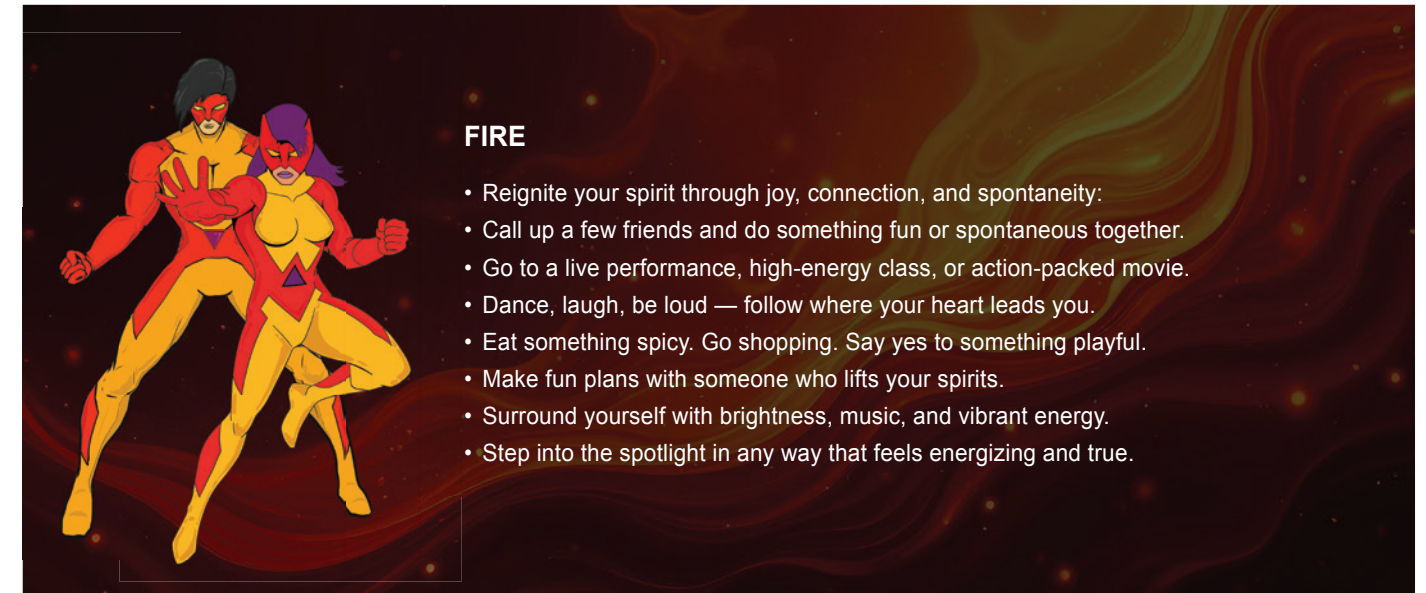
### WATER

- 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.



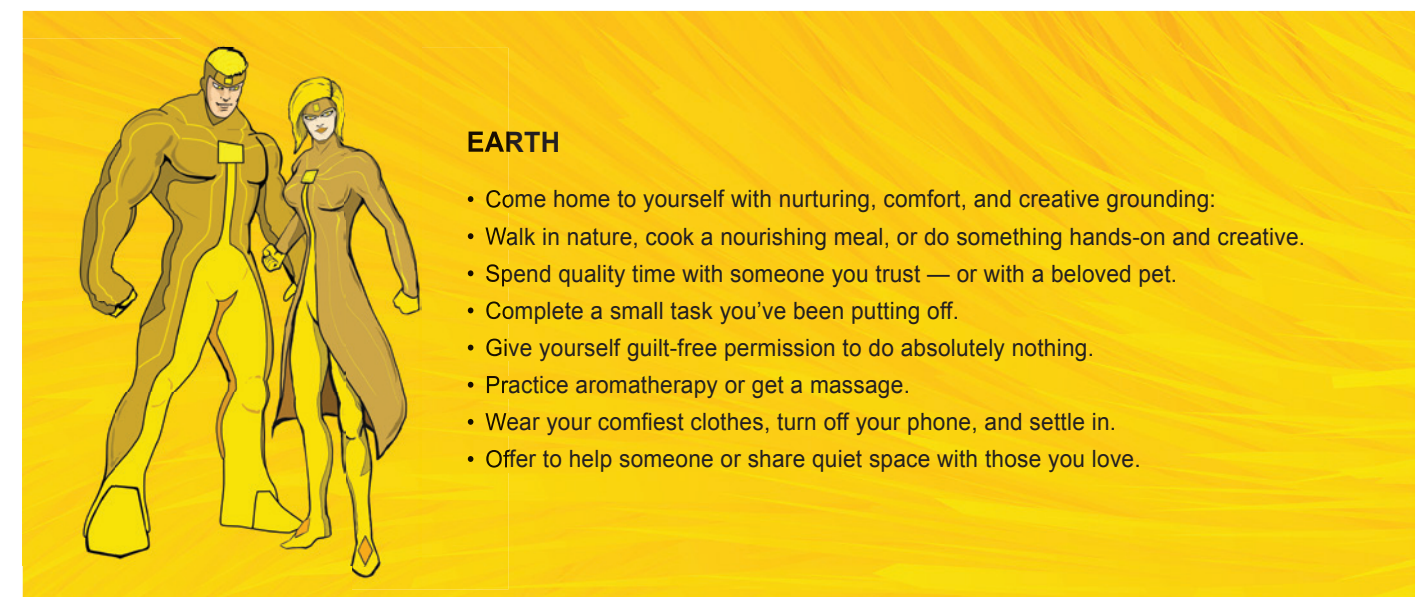
### WOOD

- 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.



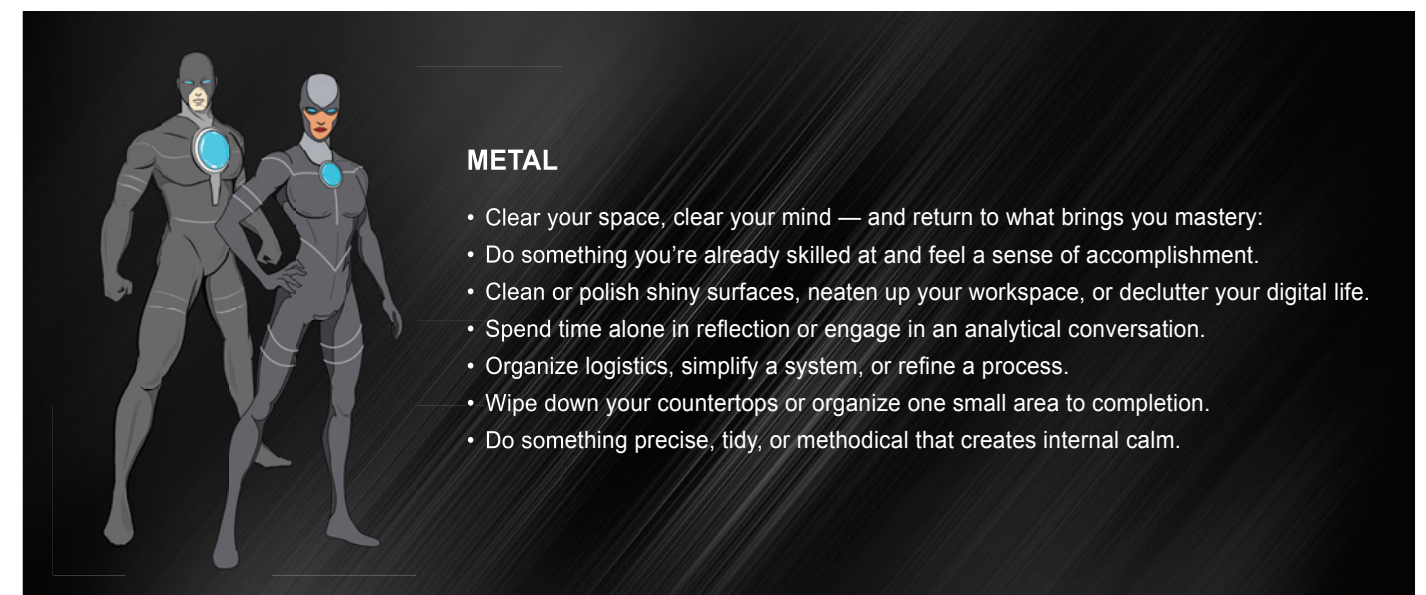
### FIRE

- 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

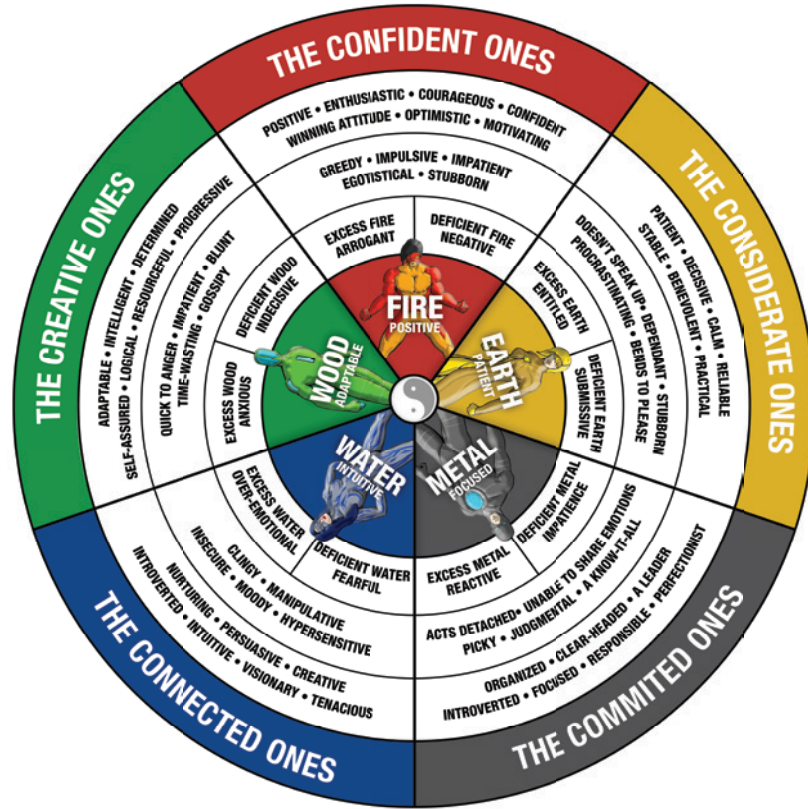
- Come home to yourself with nurturing, comfort, and creative grounding:
- Walk in nature, cook a nourishing meal, or do something hands-on and creative.
- Spend quality time with someone you trust — or with a beloved pet.
- Complete a small task you’ve been putting off.
- Give yourself guilt-free permission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