





# **MASTER YOUR SUPERPOWERS**



***YOUR INTEGRATED ARCHETYPE***

**RADIANT PROVIDER**

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 RADIANT PROVIDER FIRE + WATER

AKA: THE BRILLIANT RESOURCE AND  
THE EXTROVERTED INTROVERT

PRIMARY ELEMENT: **FIRE**

SECONDARY ELEMENT: **WATER**

**YOUR OVERVIEW:** As a Radiant Provider, you are a seemingly endless source of positive energy when it comes to providing others with what they need. You excel at nurturing an idea or a person, and your presence alone can give people hope even on their darkest days. You thrive when you are needed, wanted, and welcomed, and will go out of your way to make sure someone you care about is taken care of in every way possible.

You are warm and have a contagious, expressive, and fun-loving personality. Although you don't seek outward recognition, appreciation from others inspires you to go above and beyond the call of duty. People are drawn to you as a Brilliant Resource for your intuitive ability to connect them with the right resource at the right time. As an Extroverted Introvert, you are open, friendly, and social, but you really do need time away from people and activities in order to recharge.

**YOUR PURPOSE:** You are here to pioneer new paths by following your intuition and transcending what the world has told you is not possible.

**YOUR CREED:** "I allow my inner voice to illuminate my life's journey."

**YOUR CORE DESIRE:** To live a fun, happy life without compromising yourself, your time, or your energy.

**YOUR CORE VALUE:** To follow your heart and to be able to do what inspires you in life.

**AT YOUR BEST:** You are self-motivated, confident, and energetic. You are able to listen to and connect with people. You can be the center of attention or anonymous and feel great either way. You know how to create your own fun when necessary, so you can be alone or enjoy company.

**AT YOUR WORST:** You are insecure and moody, either seeking attention or withdrawing. You fear the worst, anticipate calamity, and exaggerate negative possibilities.

**IN RELATIONSHIPS:** You bring heart, warmth, and a nurturing glow to your relationships. You intuitively know how to support others — whether through encouragement, presence, or perfectly timed care. You're magnetic and expressive, but you also need space and solitude to recalibrate. When your energy is balanced, you're uplifting, generous, and deeply affectionate. When it's not, you may become emotionally reactive, withdrawn, or oversensitive. Relationships thrive when they offer you both connection and room to breathe.

**IN THE WORKPLACE:** You are a natural motivator — bringing enthusiasm, creativity, and people-centered intuition to your work. Whether it's helping someone shine or launching a fresh idea, you lead with heart and spark. You do best when you're trusted to follow your instincts and allowed to express yourself freely. However, emotional tension or over-responsibility can quickly drain you. You thrive when your workload includes meaning, inspiration, and opportunities to both lead and rest.

**WATCH FOR:**

- Overextending yourself to be there for everyone
- Suppressing your needs while trying to maintain positivity
- Seeking validation or recognition when feeling depleted
- Becoming moody or withdrawn when overwhelmed
- Feeling guilty for needing alone time

**WHEN OUT OF BALANCE:** You might find yourself smiling through burnout, saying yes when you want to say no, or giving from an empty well. If your emotional needs go unmet, you may start to doubt your worth or overanalyze others' responses. You might crave appreciation but not ask for it directly. To rebalance, step back, reconnect with your own joy, and give yourself the space to rest, dream, and receive. You radiate best when your inner fire is protected and your heart feels heard.

**YOUR ARCHETYPE TWIN:** Water + Fire – Intuitive Luminary

**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 – Endearing Peacemaker

**YOUR ELEMENTAL DYNAMIC:** Controlling

Fire and Water together create steam, so you are powerful and dynamic when balanced. However, since Fire can also be put out by Water, it's important to nurture both elements and not overdo one or the other. If you are too active and don't get enough downtime for rest and rejuvenation, which Water needs, you suffer from depletion and burnout. If, on the other hand, 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 along with all shades of green are considered beneficial for Water/Fire Integrated Archetypes.

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

## YOUR PERSONAL VIRTUES:

- **Catalyzing:** You are an out-of-the-box person and dislike structure, so when everyone else gets stuck, you can think of exciting ideas to precipitate a new direction.
- **Calmly Energizing:** You are calm and yet you energize others. If something becomes too routine or habitual, you are able to challenge or to help reinvent it.
- **Alluring:** You have a great personality and others warm to you quite naturally. You communicate in a way that draws them in.
- **Subtly Dramatic:** You speak and mesmerize others in an understated way that keeps them intrigued. You captivate them with what you have to say.
- **Entrepreneurial:** You have ideas and aren't afraid to try them out. You can start new projects and implement new plans with enthusiasm.

## YOUR SUPERPOWERS:

Positivity, Confidence, Intuition, Connection

## WEAKNESSES TO STRENGTHEN:

Negativity, Arrogance, Insecurity, Defensiveness

## YOUR MISSION FOR POWER:

- **Help others succeed.** Seek opportunities where you can assist people to get to the next level. You have the ability to show people their strengths and walk them through their fears.
- **Trust in your ideas.** You may have ideas and goals that are loftier and brighter than most are used to. If something feels right in your heart, no matter what others may or may not say, trust your intuition and move forward.
- **Highlight the positive.** You tend to be more positive and enthusiastic than most people. When others are hesitant to take risks, your attitude can help them move forward. People look to you to lift them up.
- **Make sure you take time to rest.** Even though you have the energy to keep on going, your mood and well-being depend on your ability to recharge. Self-time is essential and non-negotiable.
- **Share your experiences and stories.** People rely on you to help them rise above their daily challenges and feel better. When others are down, be ready to tell them a story of something you've gone through that they can relate to.

**LIFE AFFIRMATION:** "No one can take away the love in my heart and the wisdom I have gained. These make up the magnificence of who I am."

When you feel down, remember this—no one can take from you these two things: the love you have in your heart and the wisdom you have gained over the years. When you feel challenged, you may feel you've lost these two things. If you're feeling this way, it's helpful to remember that even the most terrible events in your past have brought you gifts that are useful in the present. Right now, you have inside you the two things you most need to fulfill your life—love and wisdom. Get back to affirming what you *do* have. Warm your spirit by refocusing your thoughts and feeling on the magnificence of your being.

## ICONIC REPRESENTATIONS:

- **Princess Diana** – A compassionate global figure whose warmth and grace brought comfort and connection to the world.
- **Dolly Parton** – Beloved entertainer and philanthropist whose humor, heart, and generosity uplift millions.
- **Genie (Aladdin)** – Magical and exuberant being who offers joy, wisdom, and deep emotional support in service to others.

**ENERGY-BALANCING ACTIVITIES:** You're emotionally attuned and outwardly radiant, often shining your light for others. These elements help you replenish, refocus, and reignite your energy when you've given too much.

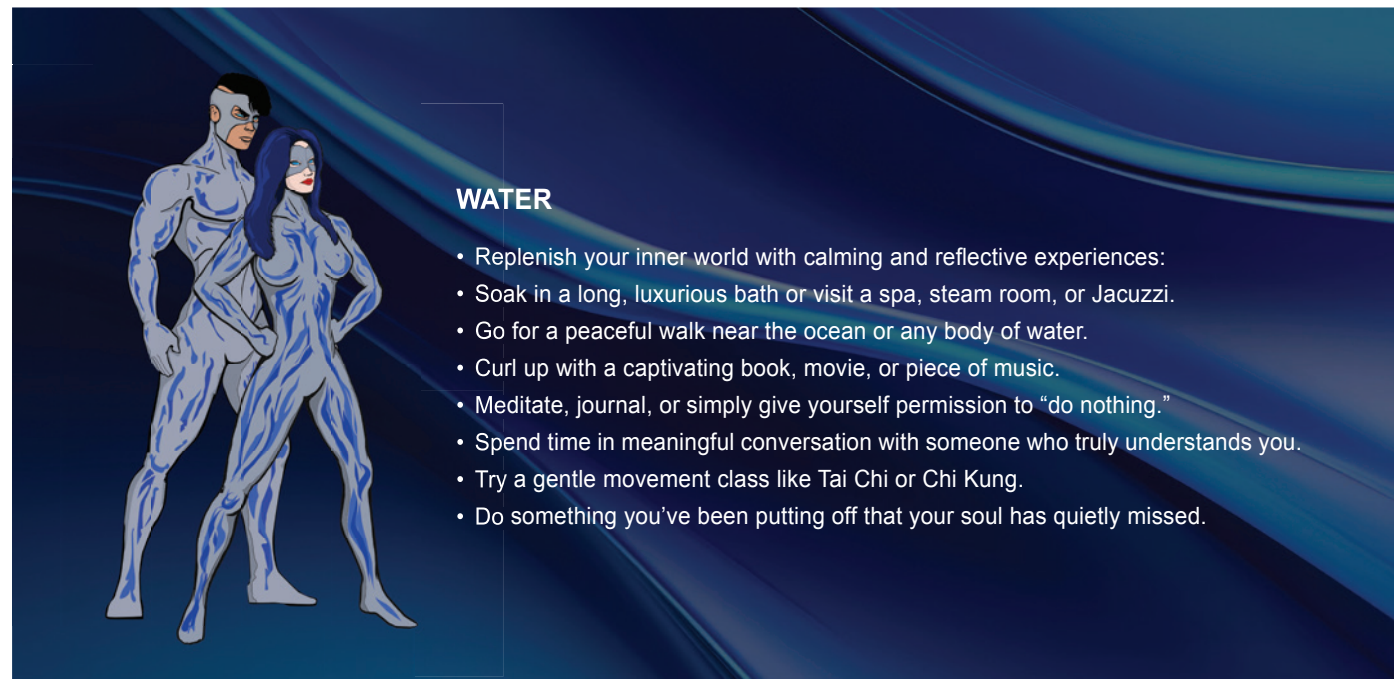
- When you feel emotionally drained or overly empathic → **Earth** grounds and nurtures your sensitive heart
- When your mind is tangled with emotional noise → **Metal** helps clear space and restore focus
- When you're burned out from always being "on" → **Water** soothes your spirit and restores inner calm
- When your generosity turns into exhaustion → **Wood** helps you set boundaries and re-center your direction
- When you've lost your spark or sense of joy → **Fire** brings back laughter, play, and human connection



# ELEMENTAL ENERGY BALANCING ACTIVITIES

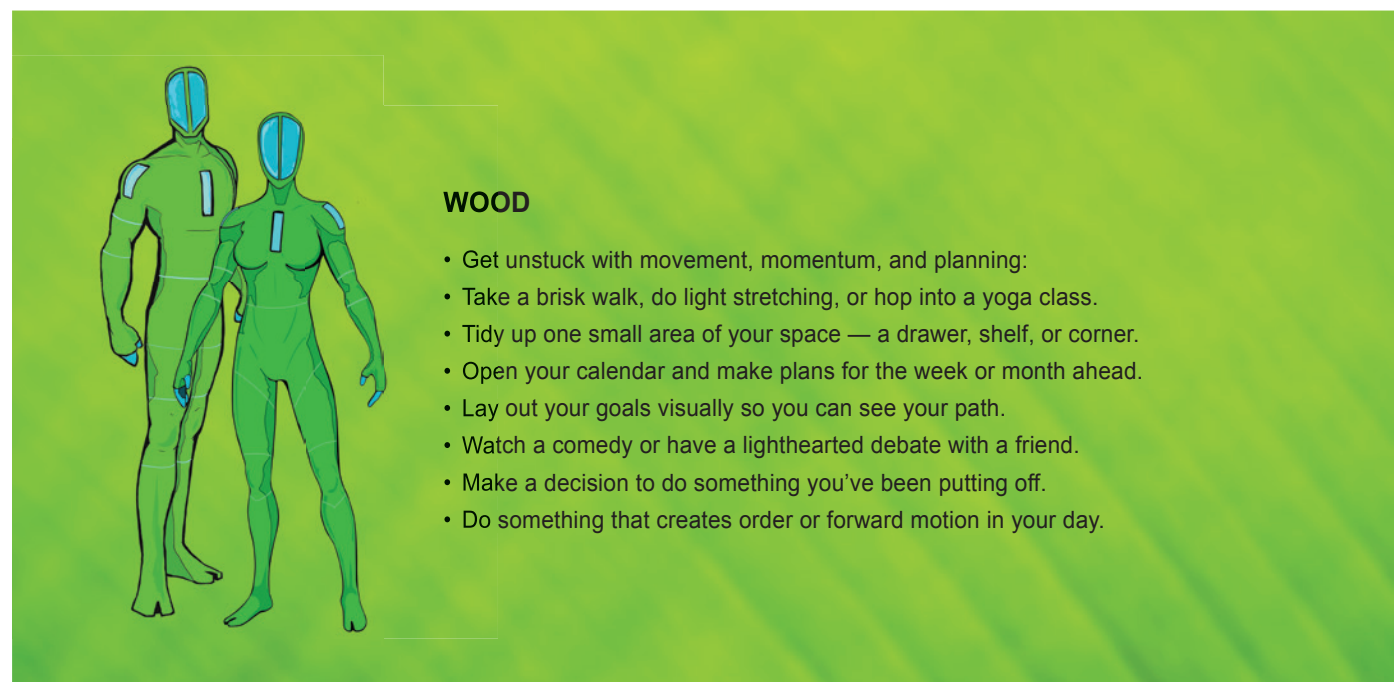
Use these activities when you feel off-center. Choose the element that supports the area where you feel most out of balance — emotionally, mentally, or energetically.

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



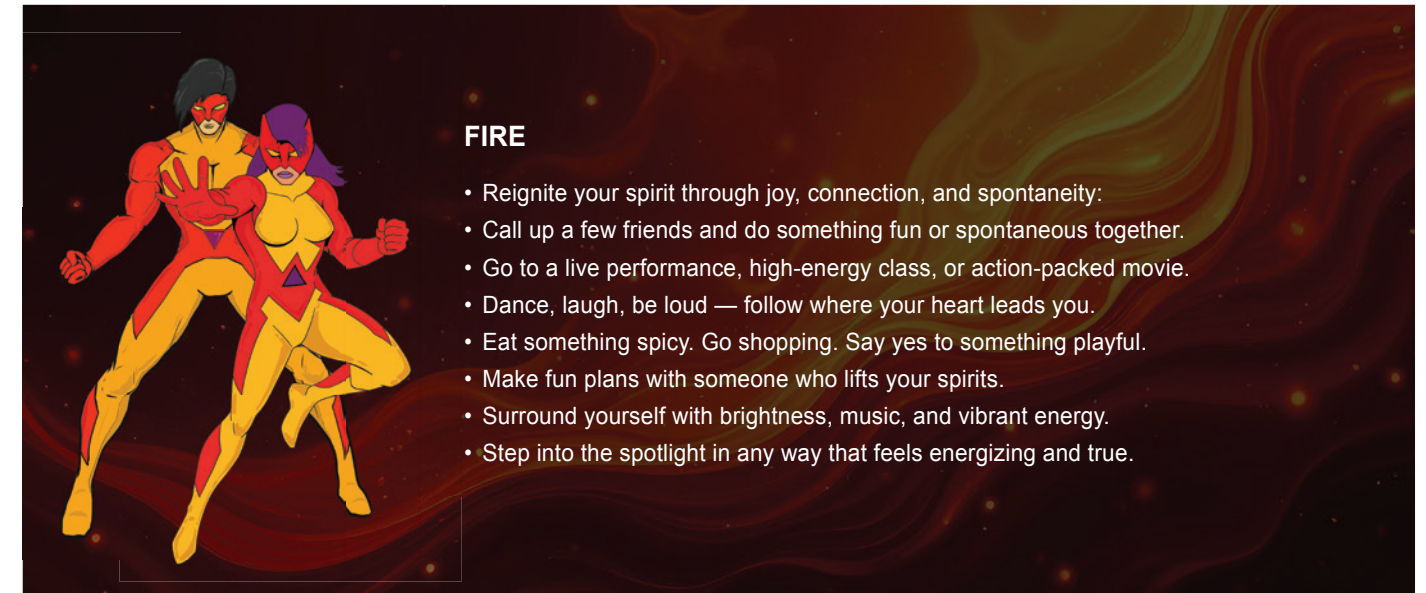
### WATER

- 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.



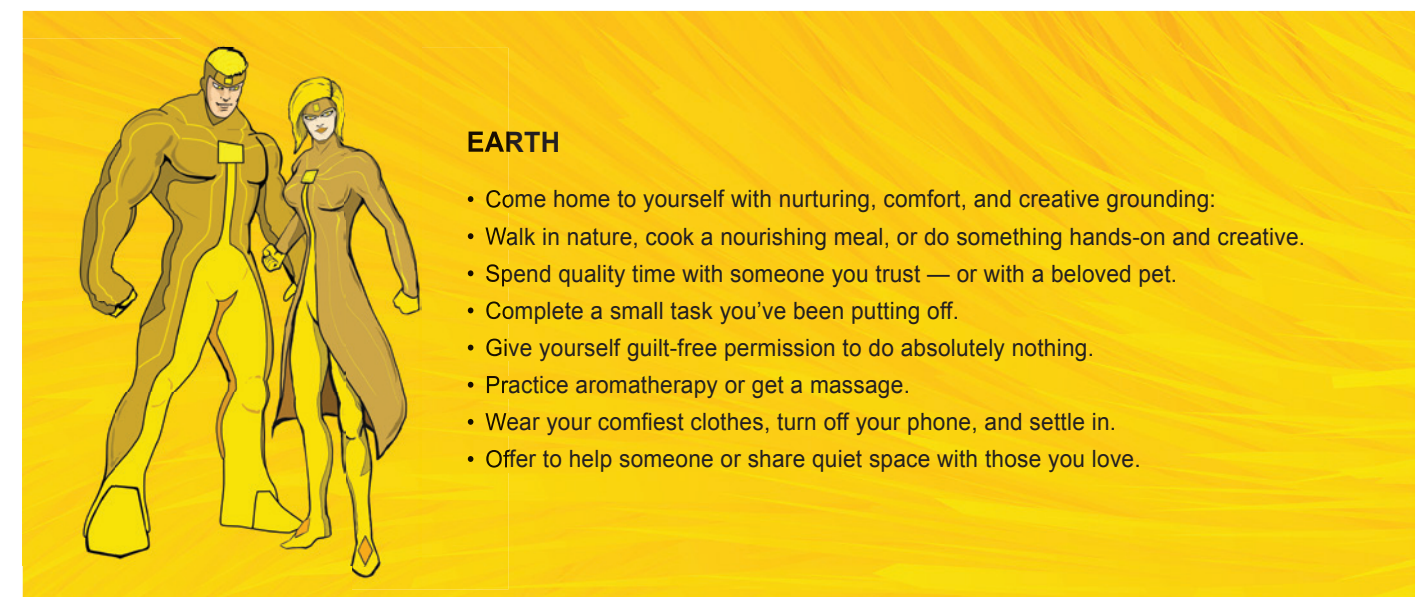
### WOOD

- 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.



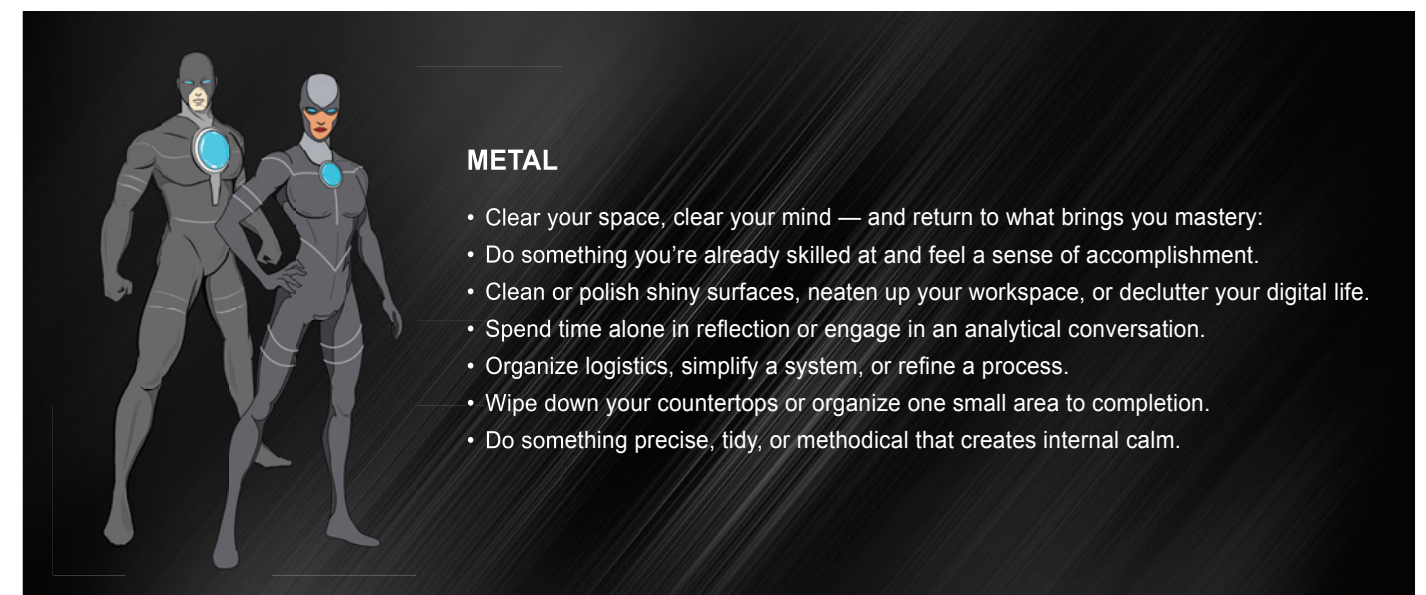
### FIRE

- 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

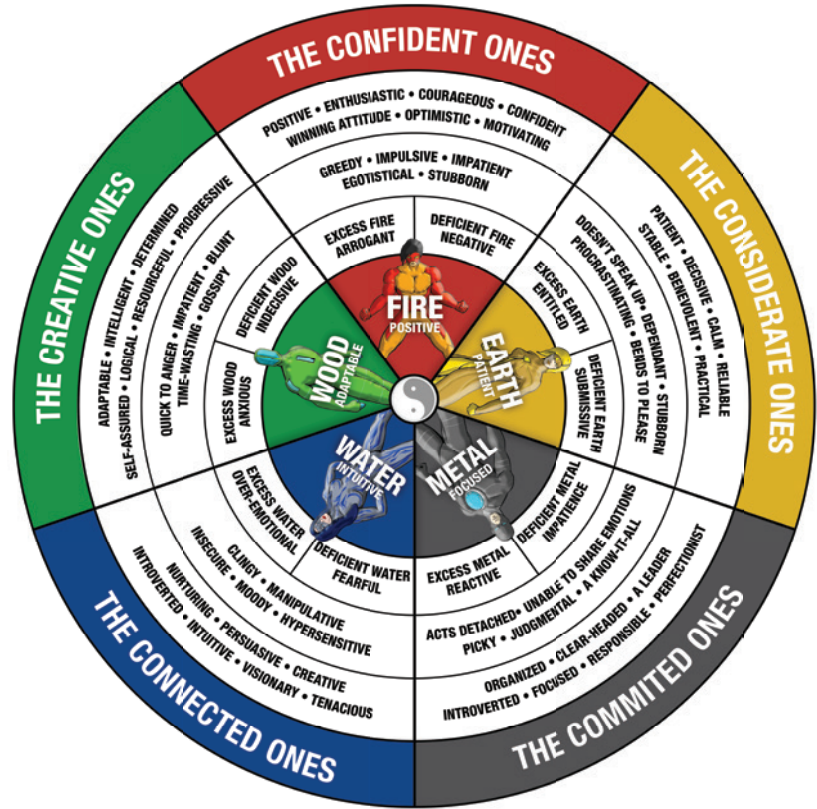
- Come home to yourself with nurturing, comfort, and creative grounding:
- Walk in nature, cook a nourishing meal, or do something hands-on and creative.
- Spend quality time with someone you trust — or with a beloved pet.
- Complete a small task you’ve been putting off.
- Give yourself guilt-free permission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



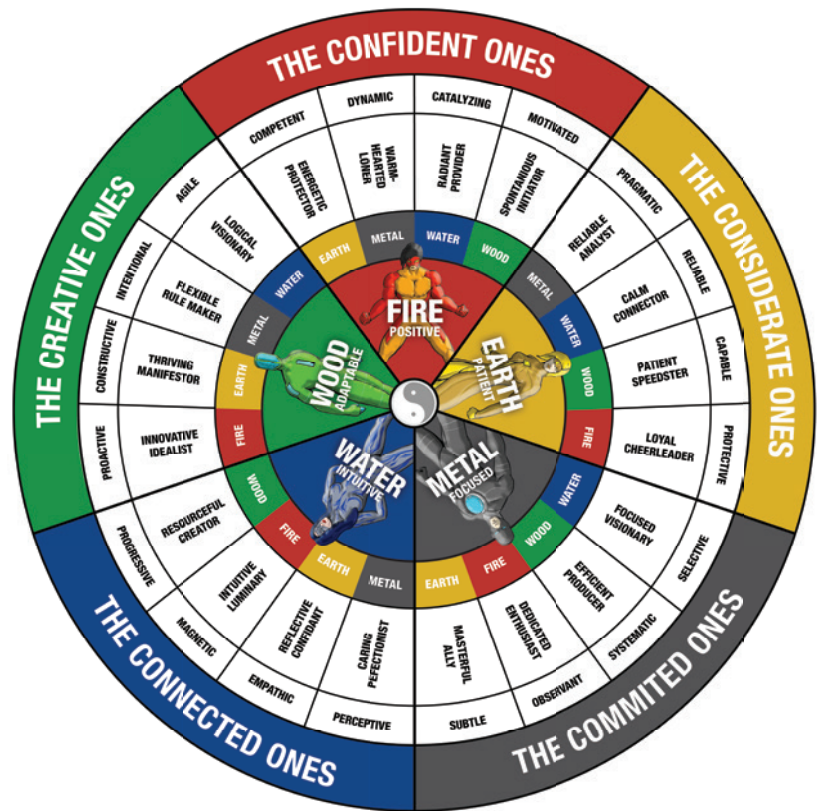
### METAL

- 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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