



MASTER YOUR SUPERPOWERS



YOUR INTEGRATED ARCHETYPE

RELIABLE ANALYST

| 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 RELIABLE ANALYST EARTH + METAL

AKA: THE COMFORTING ALCHEMIST
AND THE DEPENDABLE THINKER

PRIMARY ELEMENT: **EARTH**

SECONDARY ELEMENT: **METAL**

YOUR OVERVIEW: As a Reliable Analyst, you prefer to take the time to consider all options before rushing into anything. You excel at reassurance and thoughtfulness, and you inspire others to do their best work. Soft-spoken, yet confident, you thrive when you are in control and are able to move at your own pace. You are level-headed and unfazed by setbacks, but you just don't like surprises that throw you completely off track. You have a warm yet introverted personality and care deeply about the people close to you.

People are drawn to you as a Comforting Alchemist because of your ability to help them feel better "magically" when they are with you, especially when they are worried about something. As a Dependable Thinker, you are someone people feel they can trust because they know that you care enough to take their problems seriously.

YOUR PURPOSE: You are here to encourage others to trust in the power of planning and patience.

YOUR CREED: "When things need to happen, they will."

YOUR CORE DESIRE: To help others with their needs but still stay focused on your own goals.

YOUR CORE VALUE: To be caring and inclusive of others while holding strong boundaries around your time and energy.

AT YOUR BEST: You are caring and giving, yet also know how to set firm boundaries. You are incredibly resourceful, rational, and precise, and you love to share your ideas. You are methodical and steadfast and produce quality results.

AT YOUR WORST: You can be stubborn, lethargic, and overly critical. You become overly needy and uncertain and stop expressing yourself. First you blame yourself and then you blame others and allow resentment to build. You sway from over-subordinating yourself to others to being cool and distancing yourself.

IN RELATIONSHIPS: You offer a grounded presence that helps others feel safe and seen. You show love through thoughtful acts and unwavering support, and you're most content in relationships where you feel trusted and respected. You may not always be the most expressive, but your reliability speaks volumes. What nourishes your heart most are connections where your quiet wisdom is valued and where you're given space to reflect and speak on your own terms.

IN THE WORKPLACE: You're the one who brings structure to chaos, clarity to confusion, and stability to stress. Your analytical mind and follow-through make you indispensable on any team. You're dependable and detail-oriented, with a knack for foreseeing problems before they arise. While you prefer to work independently, you also know how to harmonize with others — as long as expectations are clear. You do best in work environments where order, professionalism, and integrity are valued.

WATCH FOR:

- Feeling stuck because of overanalyzing or second-guessing
- Holding back your opinions out of politeness or fear of conflict
- Procrastinating tasks that feel emotionally uncomfortable
- Saying yes when you want to say no, leading to quiet resentment
- Judging yourself or others too harshly when things don't go as planned

WHEN OUT OF BALANCE: You may find yourself stuck in routines or mental loops, hesitant to make changes even when you know they're necessary. You may prioritize being "nice" over being honest, which ultimately depletes your energy. When out of balance, you can become overly cautious, reluctant to try new things, or resistant to others' input. To restore equilibrium, introduce gentle movement into your day — whether through physical activity, a creative outlet, or a new perspective that sparks fresh insight.

YOUR ARCHETYPE TWIN: Metal + Earth – Masterful Ally

MOST COMPATIBLE WITH:

Water + Earth – Reflective Confidant
Earth + Water – Calm Connector

MOST SUPPORTED BY:

Fire + Earth – Energetic Protector
Earth + Fire – Loyal Cheerleader

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.*

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

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.*

Wood + Fire – Innovative Idealist
Fire + Wood – Spontaneous Initiator

YOUR ELEMENTAL DYNAMIC: Nurturing

Earth supports Metal and together they create sustainability. Likewise, when you are in balance, you are resilient, unshakeable. However, since Metal also drains Earth, it's important to nurture both elements and not depend on Earth to be the energy generator.

If too much emphasis is placed on Earth qualities (staying safe, being compassionate and conservative) and not enough on Metal qualities (being creative and open to change), which Metal thrives on, you suffer from stagnation and lack of progress. If, however, you are over-controlling, you shut off the flow you need to attain your personal goals.

SUPPORTING ELEMENT: Fire

Fire supports the elements of Metal and Earth. In the elemental cycle, Fire produces Earth, which in turn cultivates Metal. Fire is the element that supports and connects Metal through Earth, so when you feel at odds with yourself, tired, or out of balance, being in Fire energy is extremely helpful. That can be as simple as spending some active time outdoors.

Having Fire elements in your environment is essential for support. Wall art depicting sunrises and all shades of the colors red, purple, or orange are considered beneficial for Earth/Metal Integrated Archetypes.

Fire energy is about freedom and movement, about being social and uninhibited, so it can be helpful to spend time with individuals who have Fire as a part of their makeup.

YOUR PERSONAL VIRTUES:

- **Constant:** Your ability to be stable is significant because you can keep your cool even when there is a setback. People know what to expect from you, and they rely on you.
- **Balanced:** When faced with an important decision, you use intuition and rationale to your advantage
- **Magnetic:** You pull people in because of your ability to hold back information and details, yet at the same time make them feel close and connected.
- **Unobtrusive:** You get things done without needing to draw attention to yourself and your achievements. You are competitive but do it without flaunting.
- **Pragmatic:** You are logical and practical and able to consider all resources and possibilities as you plan for maximum ease.

YOUR SUPERPOWERS:

Patience, Consideration, Focus, Commitment

WEAKNESSES TO STRENGTHEN:

Difficulty saying no, Procrastination, Worry, Inflexibility

YOUR MISSION FOR POWER:

- **Share your values and what's important to you with others.** This will help them understand and relate to you better.
- **Be honest with people when they ask for your feedback.** Although you have strong opinions, you have the ability to say things with grace. This is to your advantage and will build trust.
- **Put yourself out there.** You usually wait to sense if it's "safe" before you open up fully. Remember, your engaging nature and genuineness draw people in, so bring out your shine first!
- **Connect with people to thrive.** Make time for close friends with whom you feel grounded and happy.
- **Get clarity to ground yourself.** No matter what situation you are in, don't hold back from asking questions, even though you find it easier to say nothing to avoid bringing attention to yourself. You thrive when matters are clear.

LIFE AFFIRMATION: "I surround myself with people who affect my life positively and gently release those who drain my energy."

It is easy to get into habits, hanging out with the same people and doing the same things because you feel you "should" without understanding that you are not in a positive environment. Instead of thinking that you can handle it, it's good to realize that you can choose who you hang out with. If you can't extricate yourself because it's your work or family, then limit the amount of time you spend with those people. You need to have people around you who influence your day and your path in a positive way.

ICONIC REPRESENTATIONS:

- **Angela Merkel** – Calm and principled leader known for her analytical depth and steady governance.
- **Warren Buffett** – Legendary investor whose patience and long-view strategy exemplify clarity, discipline, and grounded wisdom.
- **Dr. Cristina Yang (Grey's Anatomy)** – Fiercely focused and loyal surgeon whose brilliance and structure define analytical excellence.

ENERGY-BALANCING ACTIVITIES: You're grounded, dependable, and methodical. These elements help restore your clarity and inner peace when life gets overly busy, pressured, or emotionally muted.

When emotions are suppressed or ignored → **Earth** offers gentle reconnection and emotional safety

When your mind feels overworked or rigid → **Metal** simplifies and brings order to your thoughts

When you're drained by responsibilities → **Water** replenishes you through solitude and introspection

When you're stuck in overplanning or perfectionism → **Wood** restores progress and flexibility

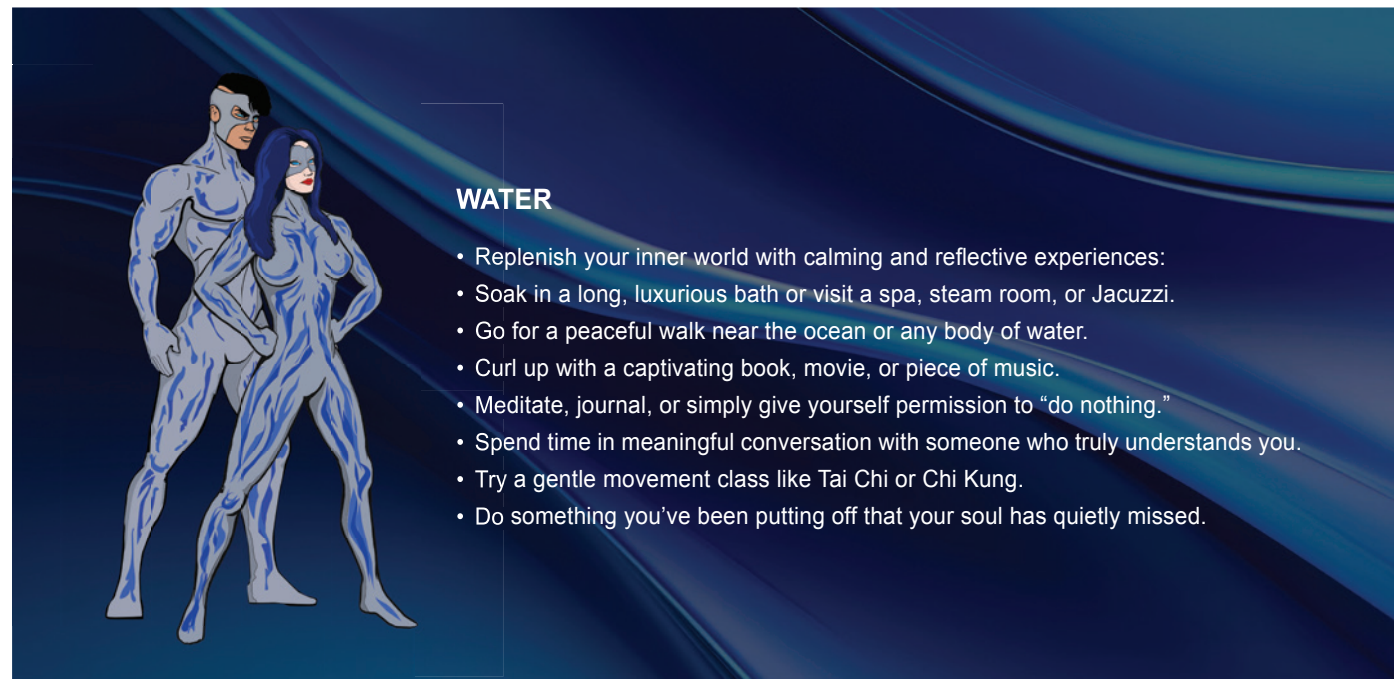
When your inner spark fades under routine → **Fire** reignites creativity, movement, and aliveness



ELEMENTAL ENERGY BALANCING ACTIVITIES

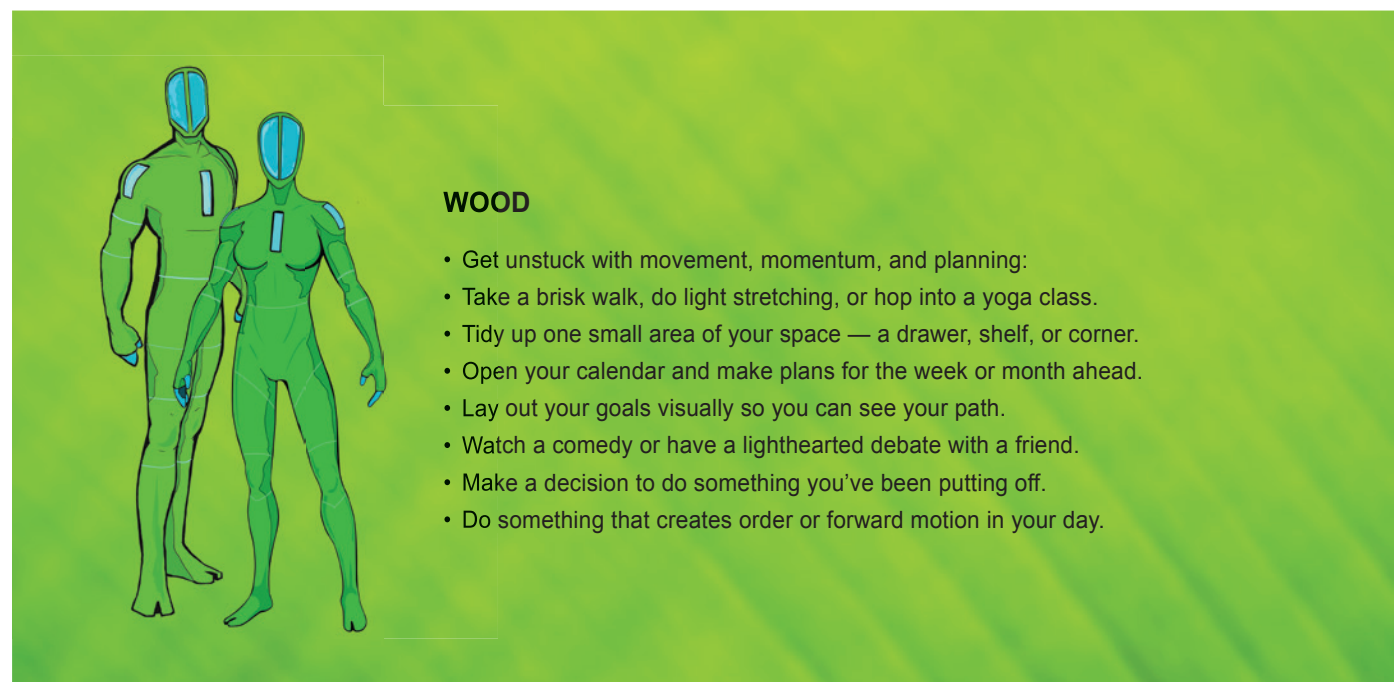
Use these activities when you feel off-center. Choose the element that supports the area where you feel most out of balance — emotionally, mentally, or energetically.

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



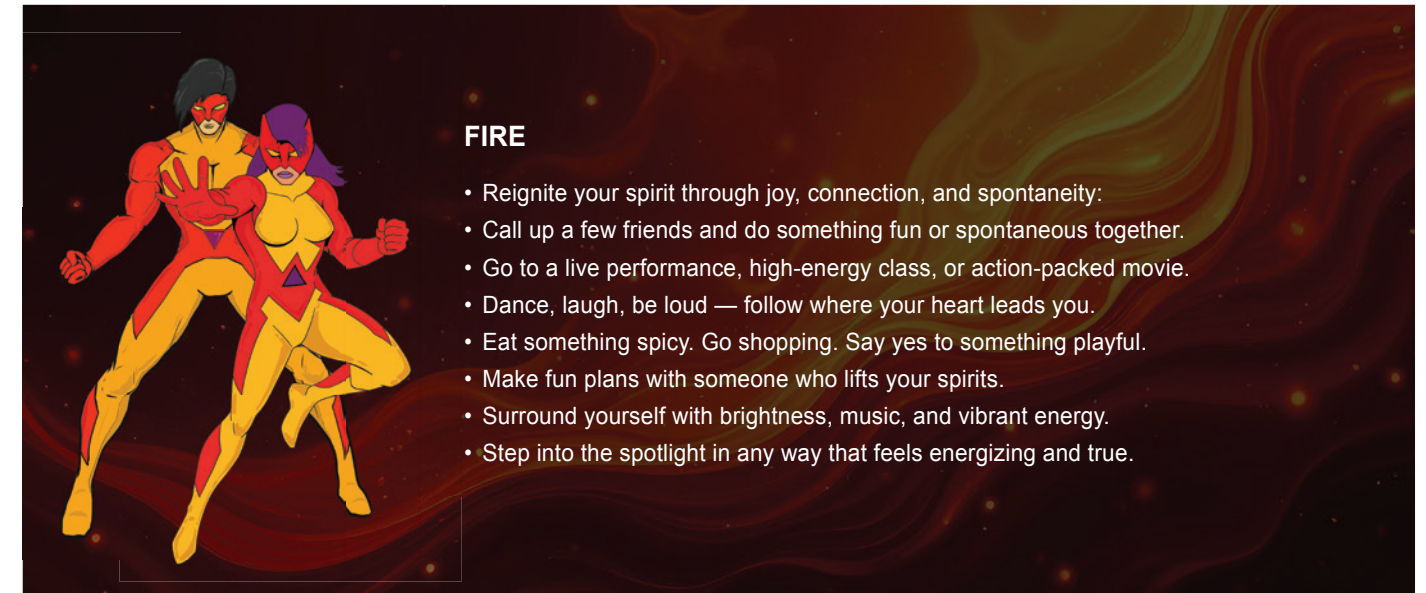
WATER

- 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.



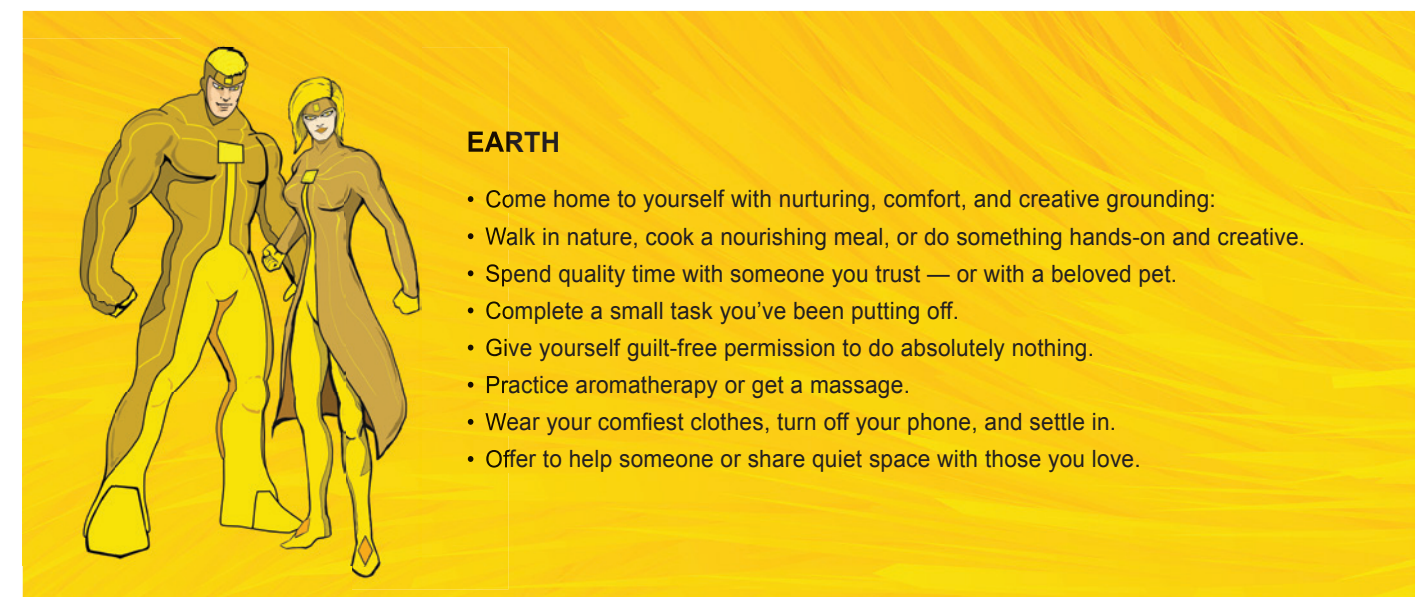
WOOD

- 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.



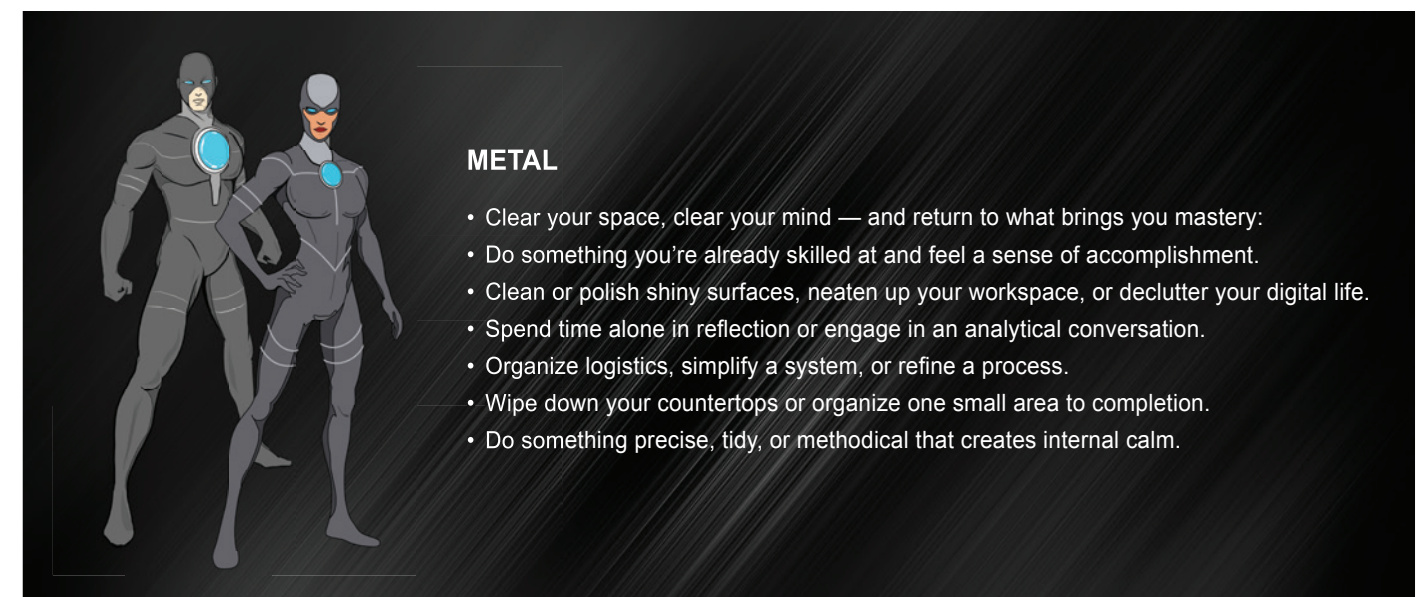
FIRE

- 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

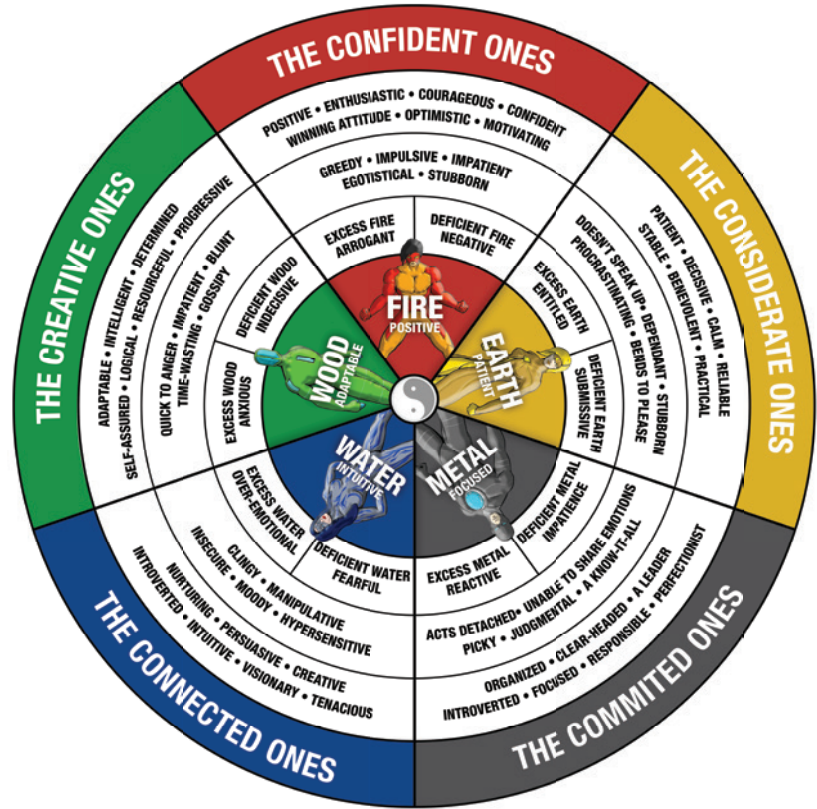
- Come home to yourself with nurturing, comfort, and creative grounding:
- Walk in nature, cook a nourishing meal, or do something hands-on and creative.
- Spend quality time with someone you trust — or with a beloved pet.
- Complete a small task you’ve been putting off.
- Give yourself guilt-free permission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



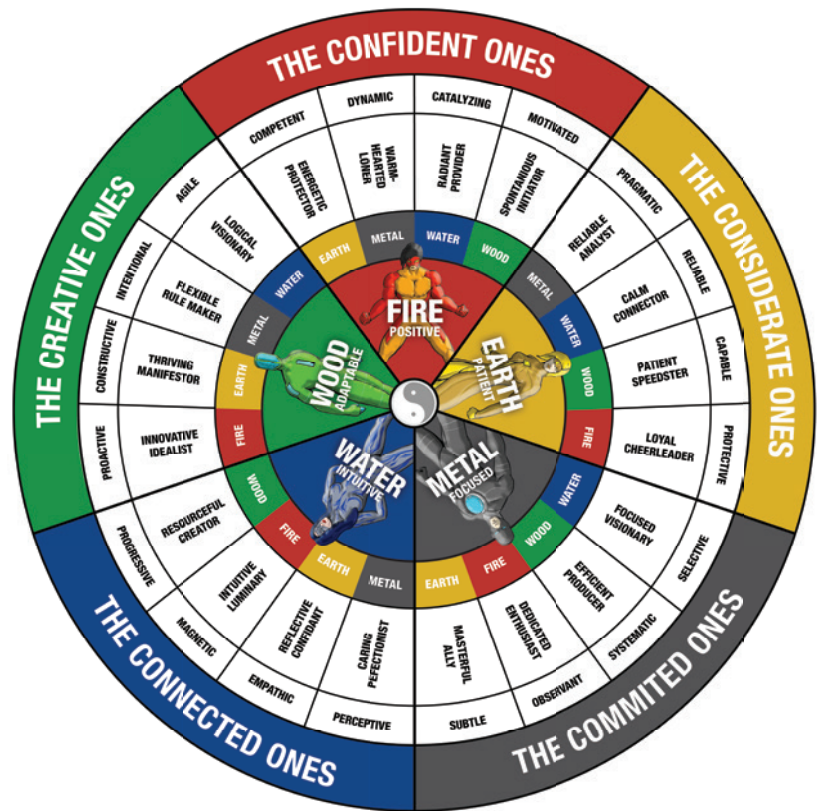
METAL

- 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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