



MASTER YOUR SUPERPOWERS



YOUR INTEGRATED ARCHETYPE
RESOURCEFUL CREATOR

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 RESOURCEFUL CREATOR

WATER + WOOD

AKA: THE PERCEPTIVE PIONEER AND THE INTROSPECTIVE INNOVATOR

PRIMARY ELEMENT: **WATER**

SECONDARY ELEMENT: **WOOD**

YOUR OVERVIEW: As a Resourceful Creator, you have the innate ability to envision possibilities where others see none and to create value seemingly out of nothing. You excel at moving through limitations. Because of who you are, you effortlessly draw people into alignment with what you believe in. You bring an invaluable source of *it's possible* energy to any project and thrive when you are challenged to come up with ideas and produce with a plan. In any initial encounter, you are naturally reserved, yet once you feel secure, you take control and make things happen.

You love asking questions, learning, and teaching. Sharing wisdom inspires you. People are drawn to your strength as a Perceptive Pioneer as you intuitively follow ideas that challenge the status quo. As an Introspective Innovator, you take the time to contemplate possibilities and come up with new ways to do old things, inspiring much needed progress in any industry in which you participate.

YOUR PURPOSE: You are here to show people that there's no limit to what is possible to achieve.

YOUR CREED: "If I can envision it, I can produce it."

YOUR CORE DESIRE: To not overextend yourself, to be authentically who you are.

YOUR CORE VALUE: To make progress and be accepted.

AT YOUR BEST: You are creative, spontaneous, organized, open, and adaptable. You can dig deep into the unseen world of thought, intuition, and creativity and come up with ideas and manifestations that amaze all who stand witness.

AT YOUR WORST: You are stubborn, inflexible, detached, and non-responsive. You are defensive and insecure and will isolate yourself and hide.

IN RELATIONSHIPS: You connect deeply and intuitively, often sensing what others need before they ask. You offer genuine support, thoughtful insight, and are especially drawn to people with vision and heart. However, you may sometimes hold back emotionally, especially when you feel misunderstood or vulnerable. When secure, you express yourself with quiet strength and unwavering care. Remember that not everyone processes emotions or growth as deeply as you do — give others space to catch up.

IN THE WORKPLACE: You thrive in environments where creativity meets purpose. You bring visionary thinking, emotional intelligence, and strategic insight to everything you do. You excel when given autonomy and time to think things through — especially when you can take an idea from concept to implementation. Be mindful not to overcommit or take on more than you can realistically manage. When balanced, you're the one people rely on for both innovative ideas and thoughtful follow-through.

WATCH FOR:

- Taking on too much in pursuit of progress
- Becoming defensive or withdrawn when not validated
- Struggling to say no when inspired
- Getting stuck in ideation without action
- Comparing your pace of success to others'

WHEN OUT OF BALANCE: You may find yourself juggling too many ideas with no clear finish line. You might feel emotionally sensitive yet disconnected, or overextend yourself trying to prove your worth. This can lead to burnout, indecision, or retreating inward. When this happens, slow down, simplify, and reconnect with what truly matters to you. Your gifts shine brightest when you feel spacious, safe, and inspired.

YOUR ARCHETYPE TWIN: Wood + Water – Logical Visionary

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

In other words, if you are overly active with too much Wood energy (constantly on the go, striving for success, working on being efficient, and focusing on productivity) and do not get enough downtime, rest, and time for reflection, which Water needs, you suffer from burnout. If, however, you are too laid back and get out of active mode, you lack the stimulus you need to be successful in the way 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. This might be in the form of getting organized, writing out a To Do list, creating a system, clearing out clutter (both physical and digital), or getting various other affairs in order. The more order you create, the more balanced you'll be.

Having Metal elements in your environment is essential for support. Shiny metal objects, and wall art depicting circular patterns are beneficial for Water/Wood Integrated Archetypes, as well as pastels and the colors white and light grey.

Metal energy is about precision and grace and drawing strong boundaries, so it is helpful to spend time with individuals who have Metal as a component of their makeup.

YOUR PERSONAL VIRTUES:

- **Emotionally Intelligent:** You are excellent at reading situations and understanding the dynamics of any relationship.
- **Sensory:** You have an ability to sense when issues arise that need a swift reaction and can change course before others even realize the need.
- **Immersive:** You channel your energy so fully into what you create that you are able to concentrate deeply when you are intrigued.
- **Productive:** You are more resourceful than most and can manage more on your plate than most. You may have multiple things going on, but you accomplish many tasks and pursue interests in depth.
- **Progressive:** You look ahead and inspire others to move forward. You like to come out ahead and can tweak things as you move towards success.

YOUR SUPERPOWERS:

Intuition, Connection, Adaptability, Creativity

WEAKNESSES TO STRENGTHEN:

Defensiveness, Insecurity, Worry, Indecisiveness

YOUR MISSION FOR POWER:

- **Give yourself the gift of time.** Carve out enough time in your schedule to get things done. You thrive when you are able to measure your productivity by seeing progress.
- **Make sure you know your completion dates.** You love being busy, but you also need to know when you will be finished so that your commitments don't drag on and on. With each completion, you gain energy.
- **Nurture the people and projects around you.** It is in your nature to share your knowledge and help others grow. Remember that others may not develop as quickly as you expect them to. Be patient.
- **Take time to reflect and renew.** Something inside you wants to keep going, but just as important as movement is rest. Make sure you cease all activity and let yourself "do nothing" from time to time, as this is when the ideas and inspiration flow.
- **Follow your feelings.** Though you are logical and practical, your sense of intuition is extremely strong. For the most success in all you do, be open to letting your heart lead the way.

LIFE AFFIRMATION: "I am exactly where I need to be in my life."

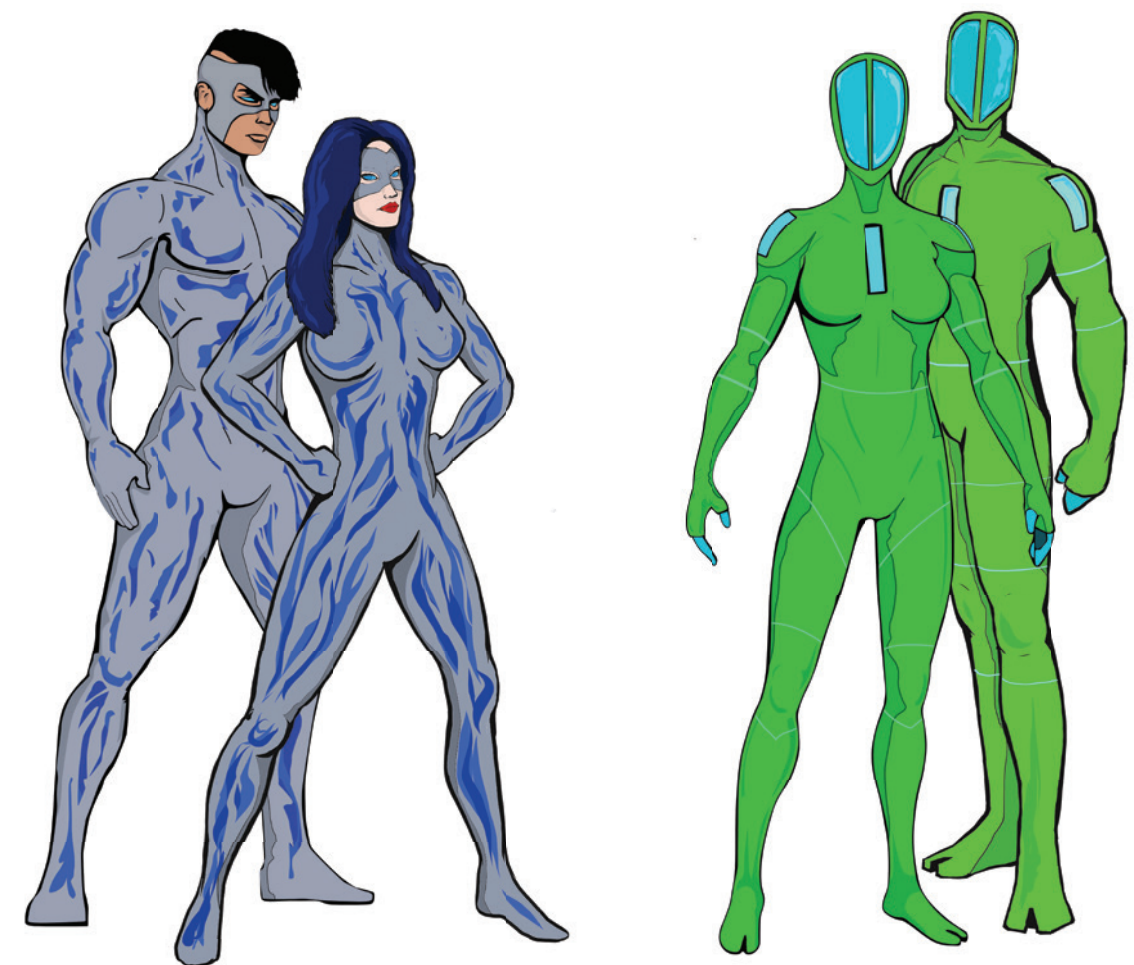
Whenever you think you need to be further along, stop and ask who you are comparing yourself to. Comparisons do nothing but make you feel bad, and making yourself feel bad is not the path to success and happiness. If you are going to compare, be fair and loving—compare you to you. Look back at where you were and acknowledge the gains you've made. Look at what you have done and applaud your progress. Your success has nothing to do with anyone else. Everything is about you. You have the power to ruin your day or to make your day.

ICONIC REPRESENTATIONS:

- **J.K. Rowling** – Visionary author who channeled imagination into one of the most beloved book series in history.
- **Greta Thunberg** – Youth climate activist whose emotional clarity and unwavering purpose inspire global change.
- **Alan Wong** – Renowned Hawaiian chef and culinary innovator whose creativity and resilience helped shape Hawaii Regional Cuisine.

ENERGY-BALANCING ACTIVITIES: You carry deep sensitivity alongside a vision for what could be. When emotions cloud your drive or you're stuck in possibility overload, turn to these elements for balance.

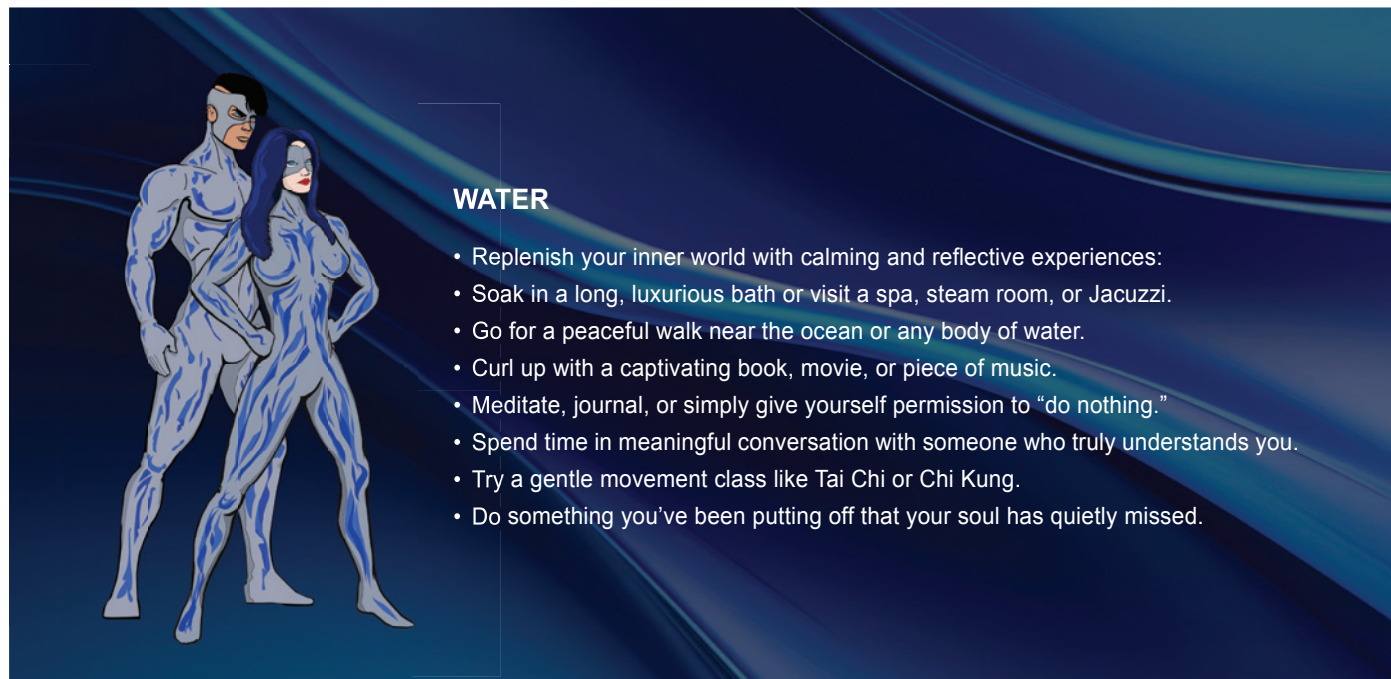
- When you feel emotionally flooded or overly sensitive → **Earth** grounds your emotions and offers comfort
- When you're mentally overwhelmed with too many ideas → **Metal** brings clarity and precision to your thoughts
- When you're burnt out from giving too much → **Water** helps you restore your inner well
- When you're stuck in indecision or inertia → **Wood** reactivates direction and movement
- When you feel uninspired or unsure of your creative worth → **Fire** reconnects you to joy, visibility, and self-expression



ELEMENTAL ENERGY BALANCING ACTIVITIES

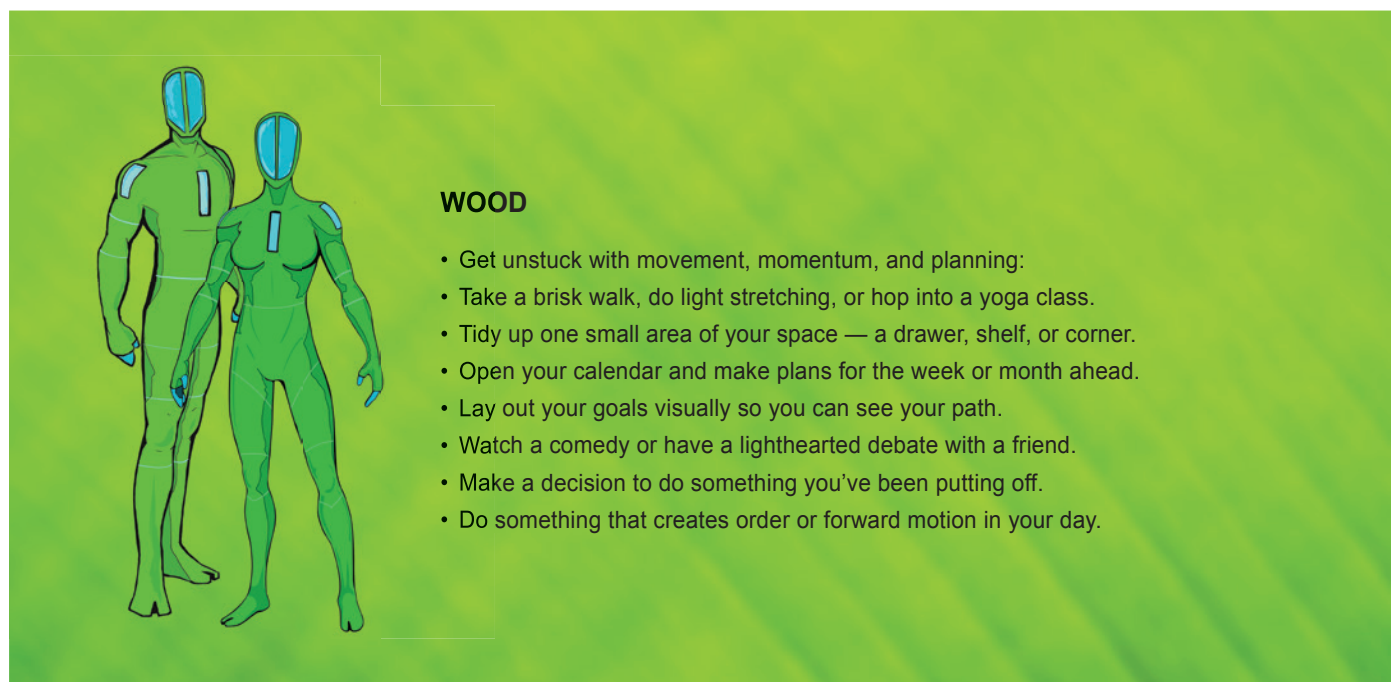
Use these activities when you feel off-center. Choose the element that supports the area where you feel most out of balance — emotionally, mentally, or energetically.

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



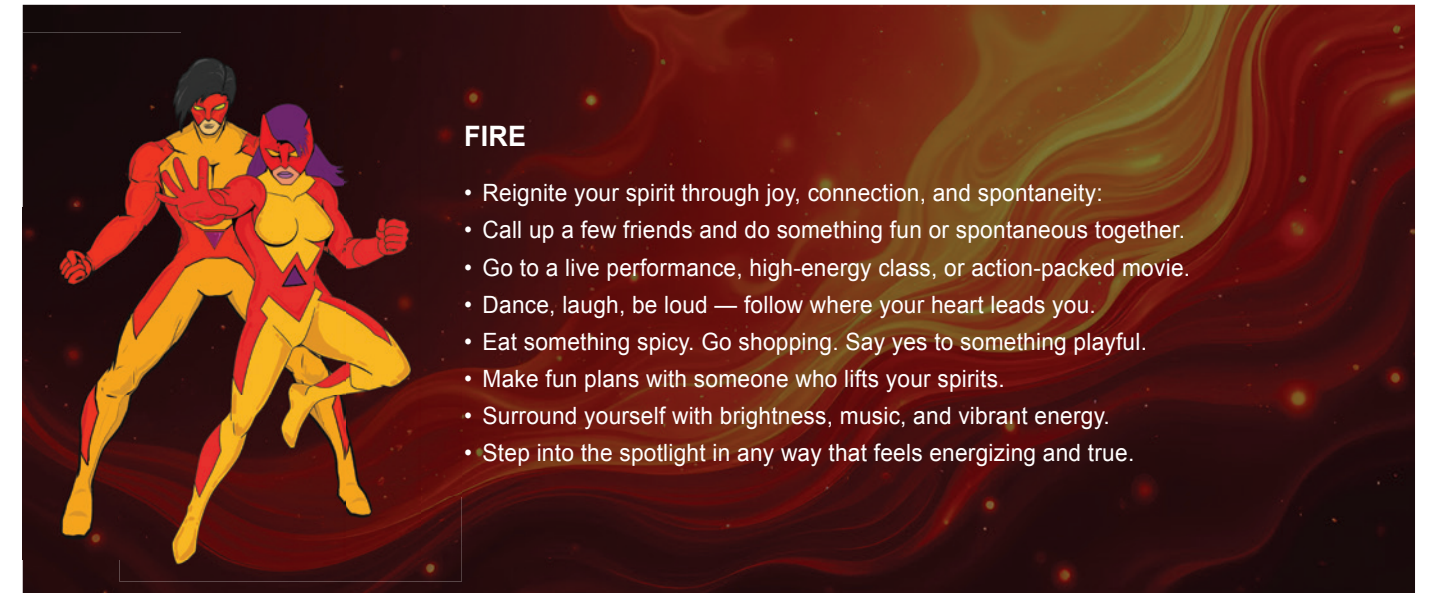
WATER

- 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.



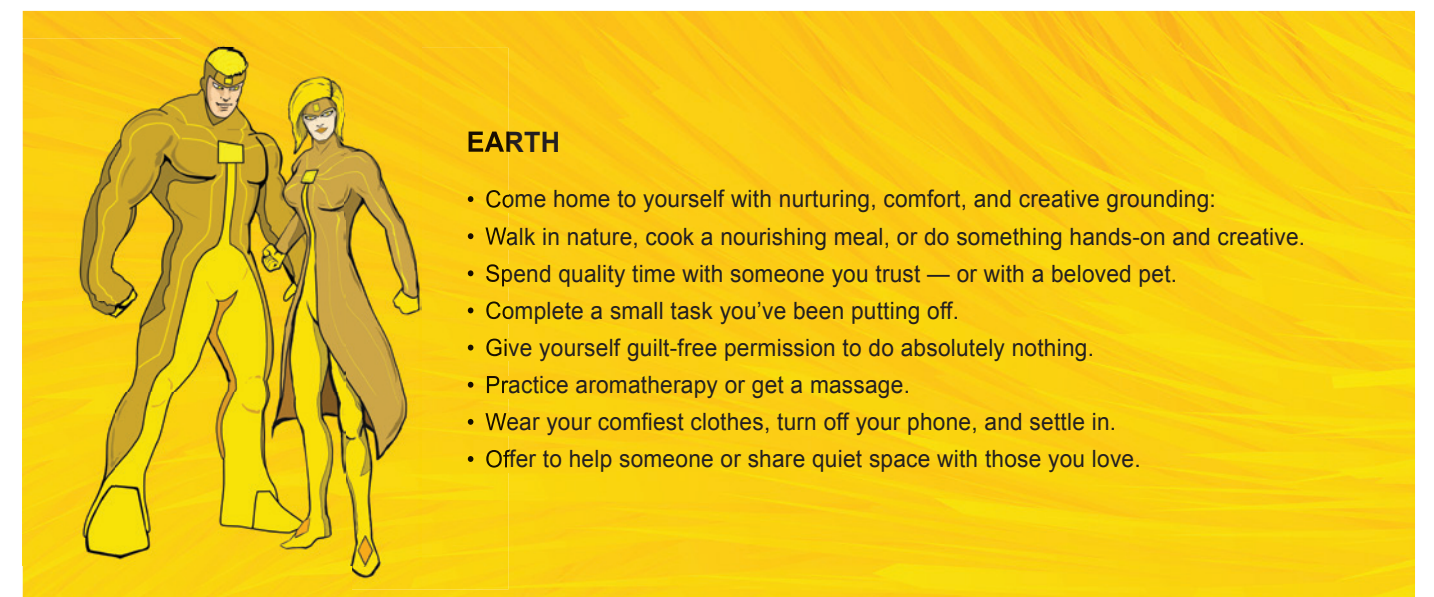
WOOD

- 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.



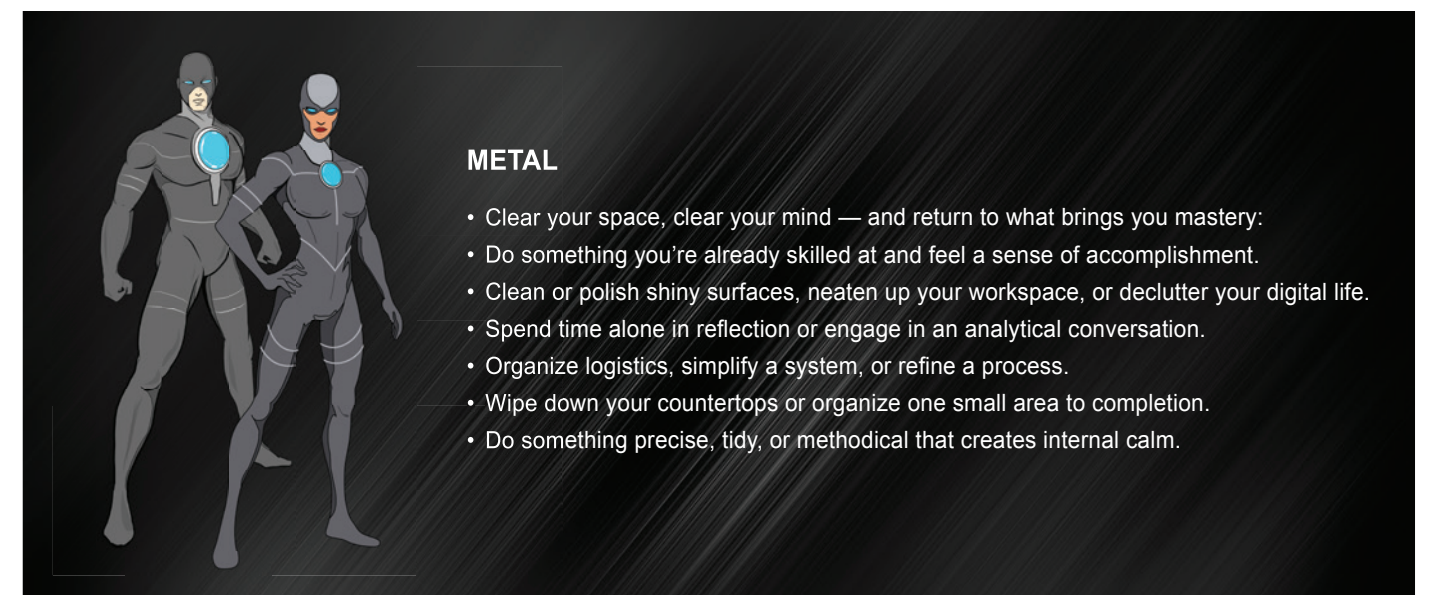
FIRE

- 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

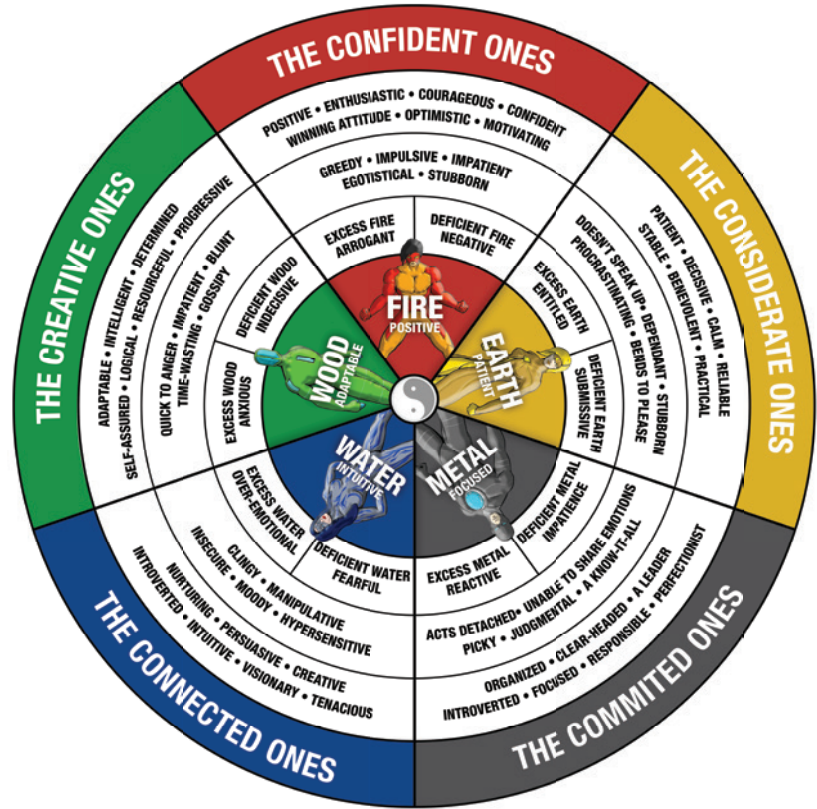
- Come home to yourself with nurturing, comfort, and creative grounding:
- Walk in nature, cook a nourishing meal, or do something hands-on and creative.
- Spend quality time with someone you trust — or with a beloved pet.
- Complete a small task you’ve been putting off.
- Give yourself guilt-free permission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



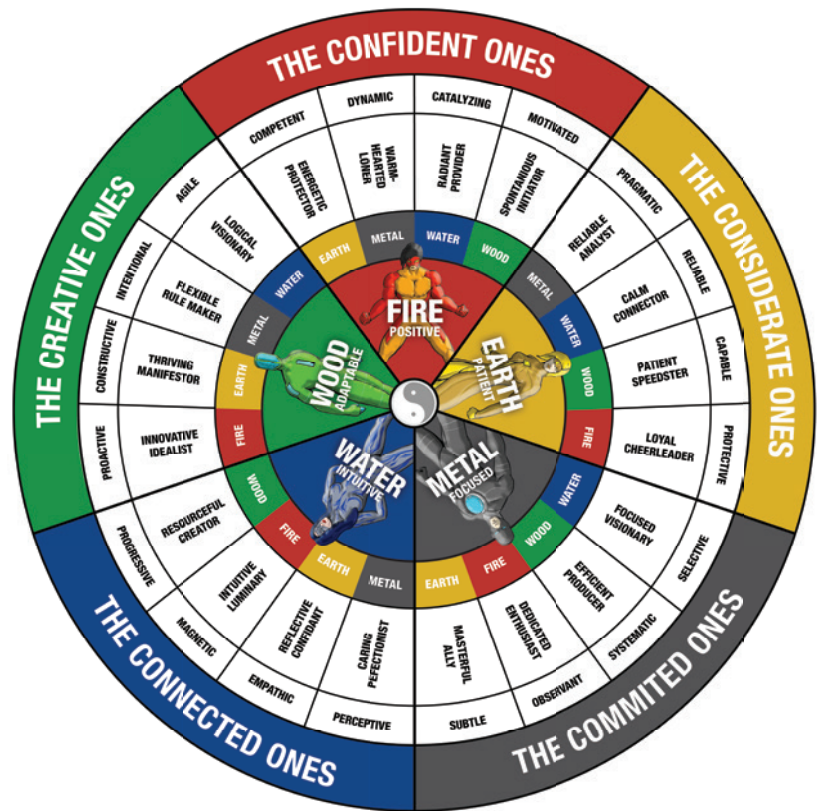
METAL

- 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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