



MASTER YOUR SUPERPOWERS



YOUR INTEGRATED ARCHETYPE
THRIVING MANIFESTOR

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 THRIVING MANIFESTOR

WOOD + EARTH

AKA: THE FLEXIBLE TRADITIONALIST AND THE SYSTEMATIC PROVIDER

PRIMARY ELEMENT: **WOOD**

SECONDARY ELEMENT: **EARTH**

YOUR OVERVIEW: Metamorphosis is your guiding principle as a Thriving Manifestor. You are driven by your desire to act and create change, especially when you know it ultimately helps others. Your enthusiasm and productivity are inspiring, and you excel when you are given free reign. Yet, you are also considerate and open to suggestions, allowing others to have input. When conflict arises, people look to you as the peacemaker, knowing that you can be the bridge and find solutions.

Togetherness, action, and harmony inspire you. You delight in working with others to move towards a unified goal. People are drawn to you as a Flexible Traditionalist for your conservative and realistic outlook, while they are also inspired by your ability to expand boundaries. As a Systematic Provider, you put everything in place to make sure that those you care about are supported in times of need.

YOUR PURPOSE: To encourage those you interact with daily to keep on going, no matter what obstacles they encounter.

YOUR CREED: "When I help others succeed, I succeed. When others are fulfilled, I am fulfilled."

YOUR CORE DESIRE: To comfortably be your authentic self and to live in peace and balance with minimal conflict.

YOUR CORE VALUE: To make progress in whatever you're doing and to ensure that everyone else is doing okay.

AT YOUR BEST: You are strong, yet flexible, and you perform well under stress. You are caring, but not overly gushy. You cover a lot of ground when you feel organized, making progress like no other.

AT YOUR WORST: You think too much and end up not progressing. You become restless and impatient when things take too long, and you get obsessed with your To Do list.

IN RELATIONSHIPS: You are supportive, consistent, and thoughtful — someone who shows up and follows through. You offer stability with a touch of inspiration, and others feel safe in your presence. You tend to give generously, sometimes at your own expense, and may struggle with setting clear boundaries. You're most fulfilled when you feel trusted and useful, and when your relationships are built on mutual respect, loyalty, and shared goals.

IN THE WORKPLACE: You're the person who makes things happen — and not just efficiently, but meaningfully. You shine when you have both structure and freedom, allowing you to build systems that support real progress. You're deeply collaborative and love being part of a team moving toward a common vision. However, you can become frustrated by inefficiency or disorganization and may take on more than your share to compensate. A clear plan and a sense of purpose bring out your best.

WATCH FOR:

- Overcommitting out of a desire to be helpful
- Getting stuck in “productive mode” without rest or reflection
- Struggling to say no or enforce boundaries
- Doubting your decisions or second-guessing your instincts
- Avoiding necessary risks in favor of comfort or control

WHEN OUT OF BALANCE: You may find yourself exhausted from doing too much for others, or frustrated by stagnation when things aren't progressing as fast as you'd like. You might become overly focused on tasks and lose touch with joy, or swing the other way and retreat into comfort to avoid pressure. Rebalancing for you means slowing down enough to reflect, saying no when needed, and rekindling your spark through movement, creativity, and connection to your bigger “why.”

YOUR ARCHETYPE TWIN: Earth + Wood – Patient Speedster

MOST COMPATIBLE WITH:

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

MOST SUPPORTED BY:

Water + Fire – Intuitive Luminary
Fire + Water – Radiant Provider

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 + Metal – Warm-Hearted Loner
Metal + Fire – Dedicated Enthusiast

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 + Wood – Efficient Producer
Wood + Metal – Flexible Rule Maker

YOUR ELEMENTAL DYNAMIC: Controlling

Wood (think “tree”) and Earth together create a foundation for productivity, growth, and manifestation, so when you are in a state of balance, you are stable and energetic and able to get things done. However, since Wood can also drain all the energy from Earth, it's important to take time to nurture both elements and not overdo one or the other.

If you are on the go too much (Wood energy) and don't give yourself enough routine, which Earth needs, you suffer from distraction and ineffectiveness. If, however, you get too comfortable (Earth), you get stuck, unable to break out of a rut, and you lack the stimulus you need to get things moving.

MISSING ELEMENT: Fire

Fire bridges the elements of Wood and Earth. In the elemental cycle, Wood nurtures Fire, which in turn becomes Earth. The only thing Wood and Earth have in common is Fire, so when you feel at odds with yourself, tired, or out of balance, it is extremely helpful to bring in Fire energy, which can be as simple as spending active time outdoors.

Having Fire elements in your environment is essential for support. Wall art depicting sunrises and all shades of the color red, purple, or orange are considered beneficial for Wood/Earth Integrated Archetypes. Fire energy is about freedom and movement and 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:

- **Constructive:** You have the ability to quickly scan a situation and know how to make it better. Once it is better, you look for ways to improve on it.
- **Creatively Practical:** You always consider the risks of anything you do. Although you initially like to take the safe route, once comfortable, you'll think outside the box and get creative.
- **Curious:** You delight in new information and new activity. You gather information and then assess how to move forward in a practical way.
- **Prolific:** You have creative ideas that you act on as soon as you feel it's safe to do so. You are resourceful when it comes to dealing with obstacles, so you get a lot done.
- **Pioneering:** You are always ready to challenge the current way and come up with new ways to reset the foundation for greater sustainability.

YOUR SUPERPOWERS:

Adaptability, Creativity, Patience, Consideration

WEAKNESSES TO STRENGTHEN:

Worry, Indecisiveness, Over-giving, Inability to say no

YOUR MISSION FOR POWER:

- **Live in the moment.** Though you have a need for stability, remind yourself that the present is where your future is created. Your power lies in the inspired creativity you feel in each moment.
- **Reassure others often.** Even though you are a mover and shaker, you have the ability to calm others in the midst of chaotic daily events, and they look to you as a protector.
- **Don't let others take advantage of your intrinsic ability to be flexible and giving.** You do not need to compromise and bend to every whim of others.
- **Plan before taking action.** You do best when you know where you are headed and how you are going to get there. Once you feel secure in the foundation, you will make much more progress than if you try to figure it out along the way.
- **Allow yourself necessary rejuvenation time.** You have a need to be a couch potato from time to time and literally do nothing. Don't beat yourself up for being seemingly unproductive.

LIFE AFFIRMATION: "I make choices that are ultimately right for me, and by doing so I bring more balance to my life."

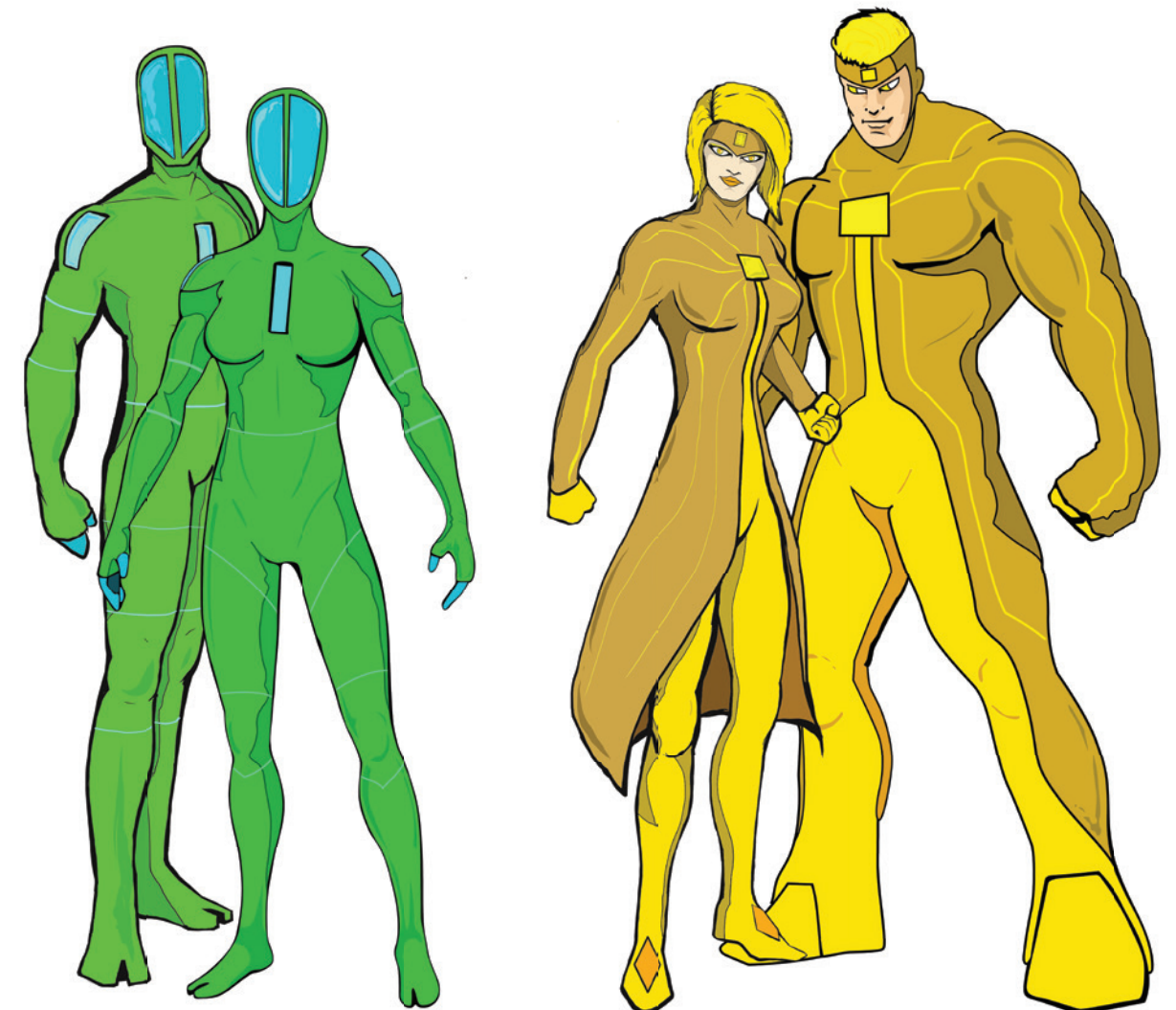
Never confuse selfishness with making choices that are right for you. The more you live your life according to what is best for you, the more joyful you become. Your happiness is the greatest possible gift to the Universe. When your heart is at peace and in a state of balance, it blesses everyone and everything it touches.

ICONIC REPRESENTATIONS:

- **Mahatma Gandhi** – The gold standard for moral perseverance and grounded leadership. He represents Wood's long-term vision and Earth's patient, principled execution.
- **Satya Nadella** – A modern, balanced example of compassionate, results-oriented leadership. His ability to blend innovation (Wood) with structure, collaboration, and humility (Earth) makes him a great archetype ambassador.
- **Aragorn (The Lord of the Rings)** – A fictional hero with noble purpose, grounded wisdom, and relentless service. He's not flashy — he *earns* his leadership. A perfect blend of visionary and stabilizer.

ENERGY-BALANCING ACTIVITIES: You build with vision and intention — striving for impact with stability. When you're too focused on responsibility or feel weighed down, these elements help you reset and realign.

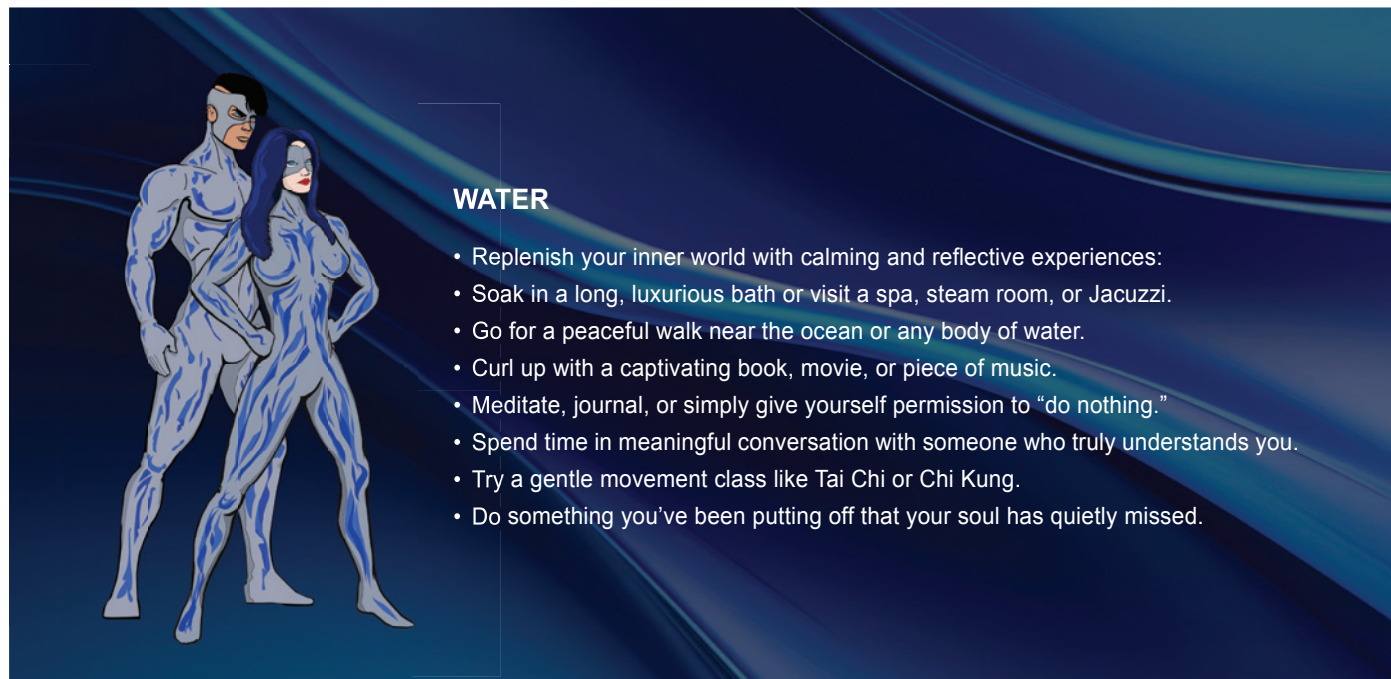
- When you're emotionally tired or over-caring → **Earth** brings nourishment and inner steadiness
- When your mind is over-managing or too detail-focused → **Metal** offers clarity and mental simplicity
- When your energy is low from overcommitment → **Water** restores creativity and flow
- When your progress stalls or you feel frustrated → **Wood** realigns you with purpose and forward motion
- When your efforts feel thankless or dull → **Fire** reignites joy and helps you celebrate the fun things in life



ELEMENTAL ENERGY BALANCING ACTIVITIES

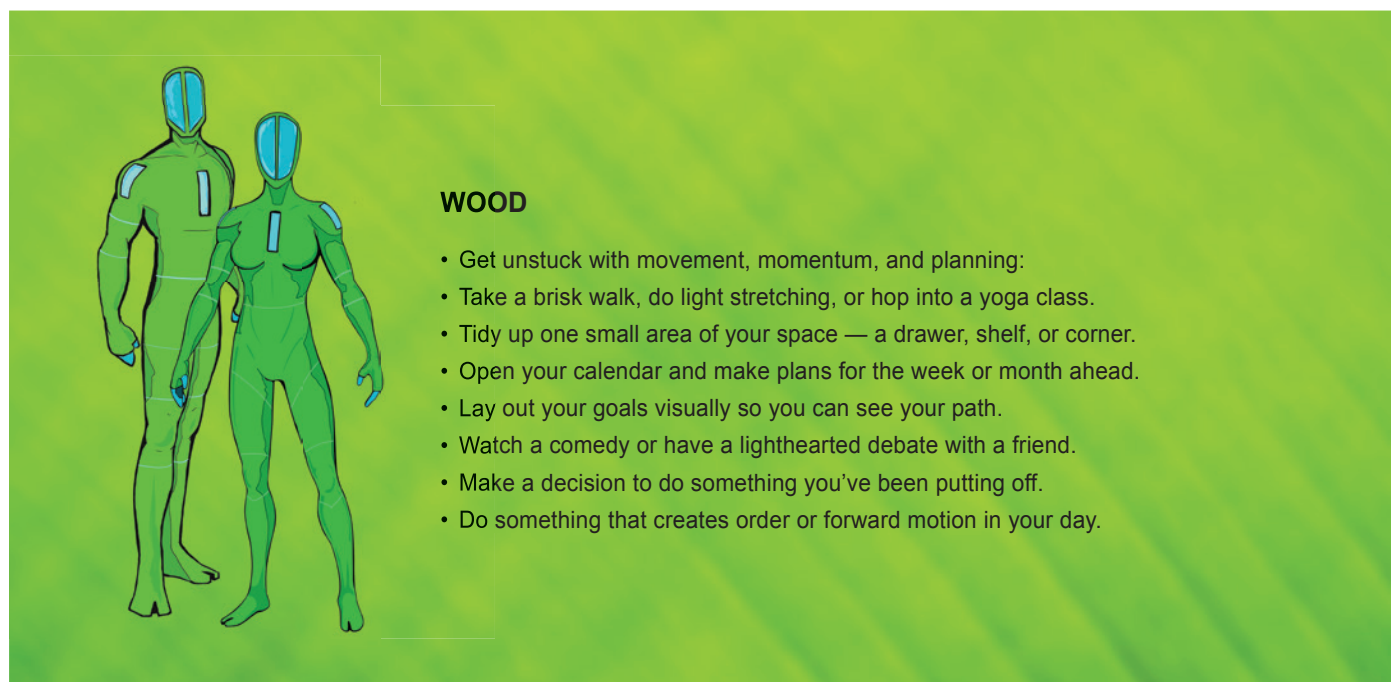
Use these activities when you feel off-center. Choose the element that supports the area where you feel most out of balance — emotionally, mentally, or energetically.

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



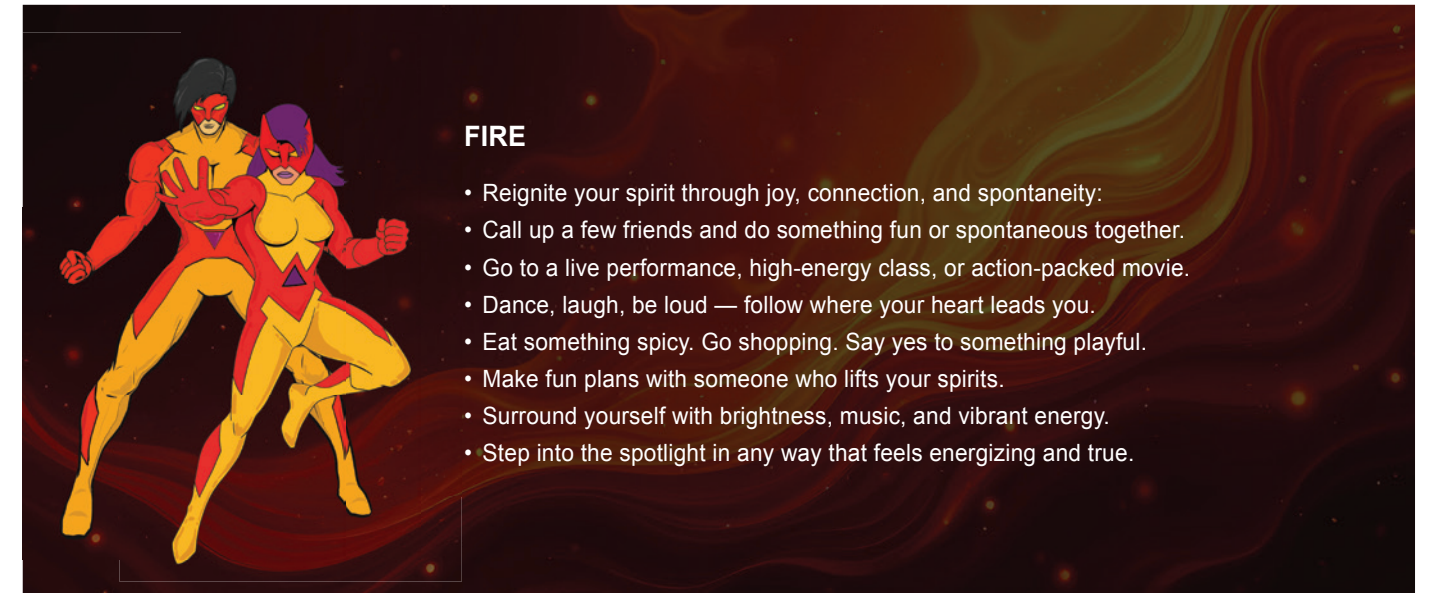
WATER

- 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.



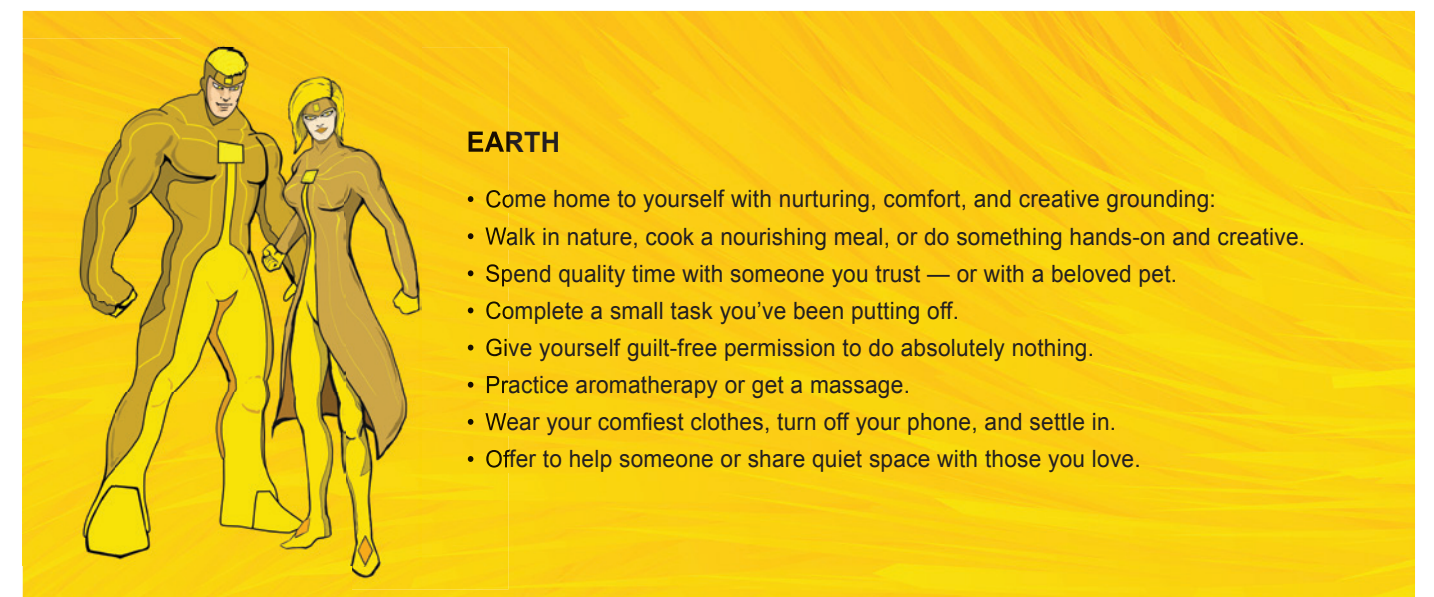
WOOD

- 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.



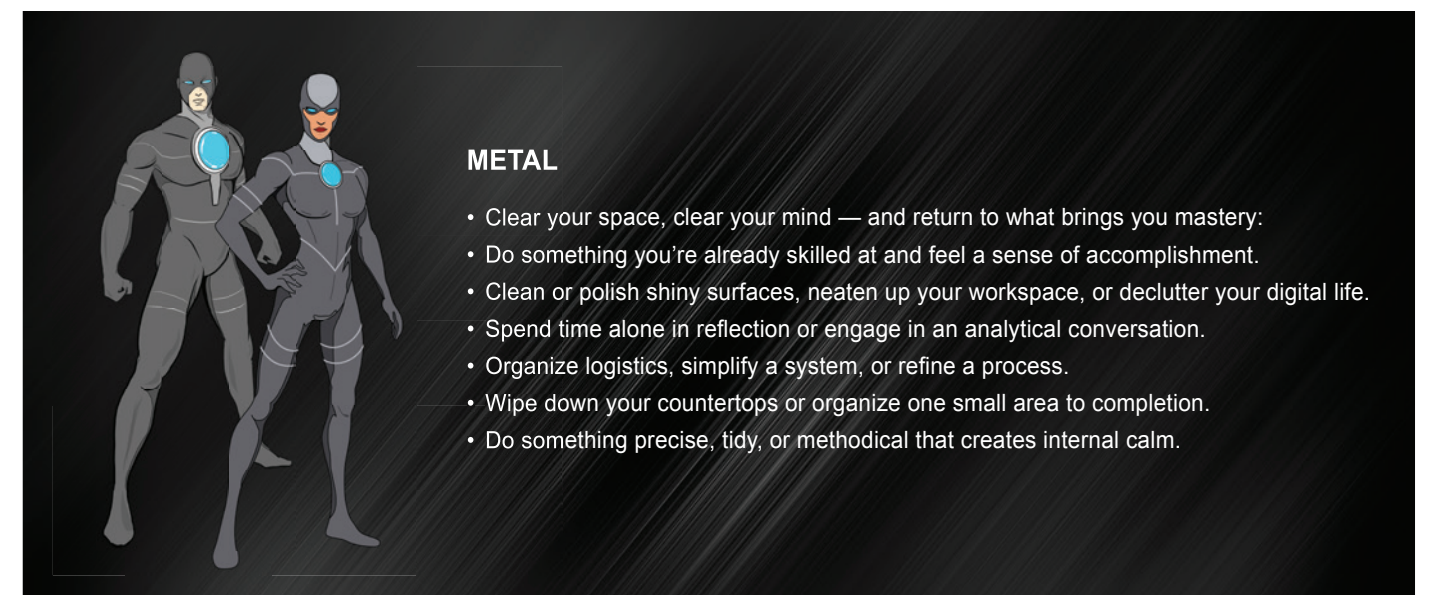
FIRE

- 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

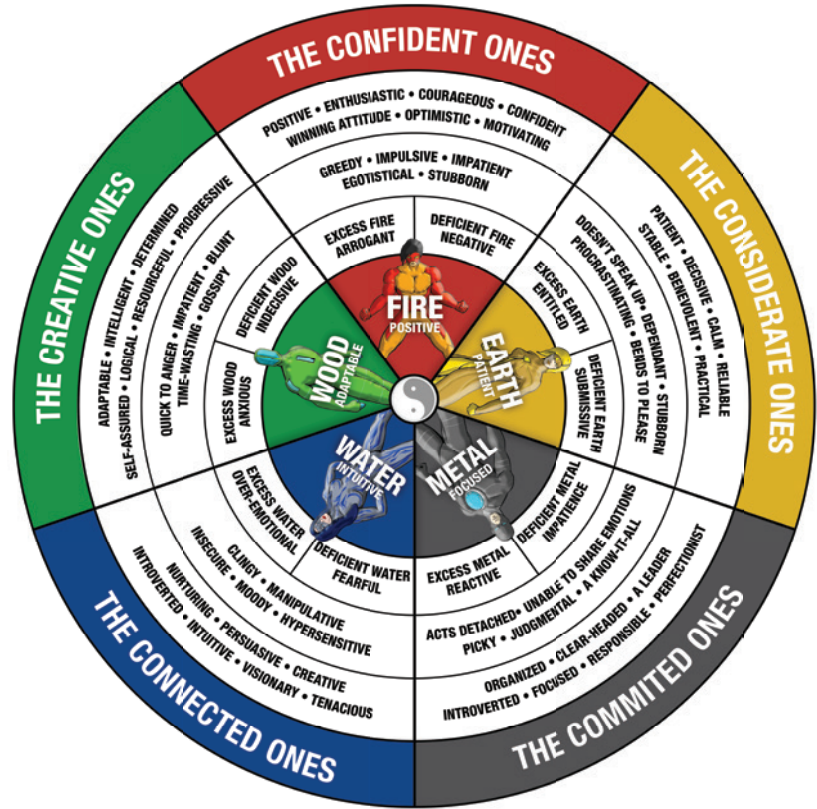
- Come home to yourself with nurturing, comfort, and creative grounding:
- Walk in nature, cook a nourishing meal, or do something hands-on and creative.
- Spend quality time with someone you trust — or with a beloved pet.
- Complete a small task you’ve been putting off.
- Give yourself guilt-free permission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



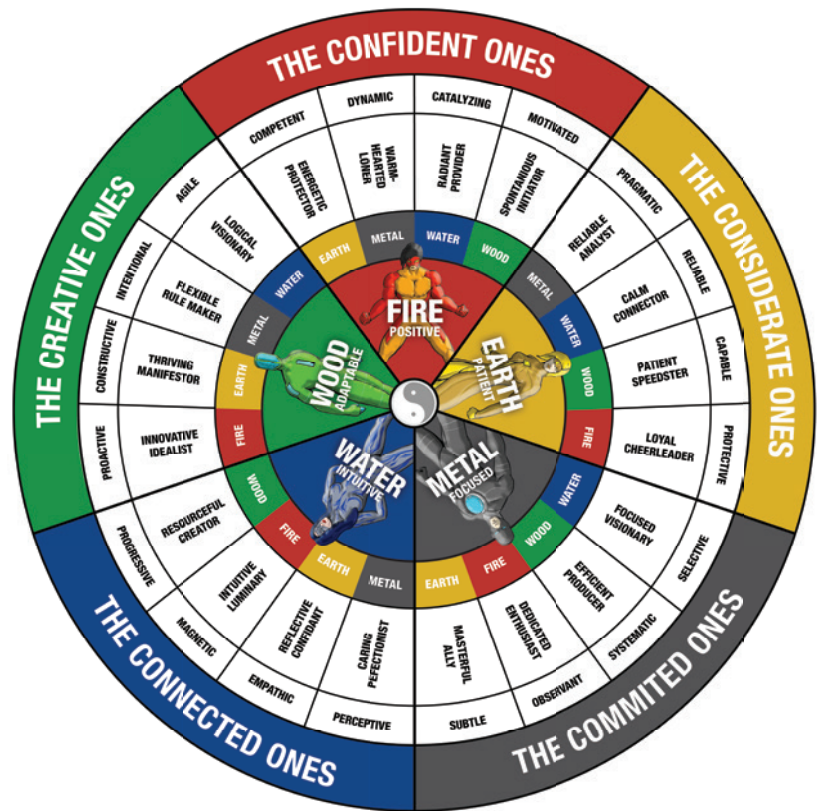
METAL

- 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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