



MASTER YOUR SUPERPOWERS

YOUR INTEGRATED ARCHETYPE

SPONTANEOUS INITIATOR



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YOUR INTEGRATED ARCHETYPE

PRIMARY ► SECONDARY ▼	WATER	WOOD	FIRE	EARTH	METAL
WATER	 WATER	WOOD - WATER LOGICAL VISIONARY	FIRE - WATER RADIANT PROVIDER	EARTH - WATER CALM CONNECTOR	METAL - WATER FOCUSED VISIONARY
WOOD	WATER - WOOD RESOURCEFUL CREATOR	 WOOD	FIRE - WOOD SPONTANEOUS INITIATOR	EARTH - WOOD PATIENT SPEEDSTER	METAL - WOOD EFFICIENT PRODUCER
FIRE	WATER - FIRE INTUITIVE LUMINARY	WOOD - FIRE INNOVATIVE IDEALIST	 FIRE	EARTH - FIRE LOYAL CHEERLEADER	METAL - FIRE DEDICATED ENTHUSIAST
EARTH	WATER - EARTH REFLECTIVE CONFIDANT	WOOD - EARTH THRIVING MANIFESTOR	FIRE - EARTH ENERGETIC PROTECTOR	 EARTH	METAL - EARTH MASTERFUL ALLY
METAL	WATER - METAL CARING PERFECTIONIST	WOOD - METAL FLEXIBLE RULE-MAKER	FIRE - METAL WARM-HEARTED LONER	EARTH - METAL RELIABLE ANALYST	 METAL

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.



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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 Spontaneous Initiator: Fire + Wood

Aka: The Inspired Trailblazer and The Optimistic Doer

PRIMARY ELEMENT: Fire (Avior)

SECONDARY ELEMENT: Wood (Nexus)

YOUR OVERVIEW: As a Spontaneous Initiator, you confidently take action on ideas and desires the moment they pop into your head. You excel at getting things started and have a way of mobilizing others to get going, even if they are not in the mood. You are an endless source of energy and ideas, and you thrive when you are on the go, getting things done, helping others, and being productive. You have an infectious personality, and people want to hang around you because being with you rejuvenates them.

Creativity, fun, and happiness inspire you. You delight in movement, growth, and spontaneity. You know that you can turn ideas into action. If you can improve the world at the same time, you are further motivated. As an Inspired Trailblazer, you draw people to you through your pioneering spirit. As an Optimistic Doer, you look to what's possible and surprise people with your attitude of finding the positives in a situation, even if they are challenging.

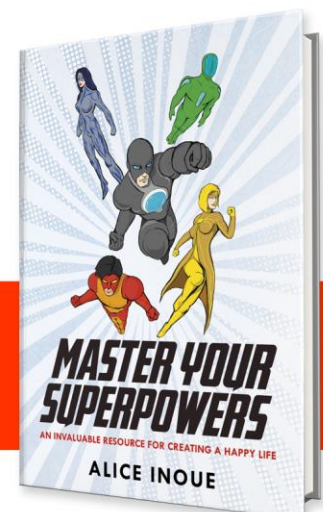
YOUR PURPOSE: You are here to lift the spirits of fellow human beings and show others what's possible to achieve in life.

YOUR CREED: "If I love it, I can find a way to have it or do it."

YOUR CORE DESIRE: To inspire others, and experience each moment of life all while being able to be your authentic self.

YOUR CORE VALUE: To be happy, efficient, and productive.

AT YOUR BEST: You are courageous, self-motivated, and creative, and your life is organized in a way that others don't really understand. You are



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dynamic and knowledgeable about many things, and you pride yourself on being able to do it all yourself, without asking for help.

AT YOUR WORST: You waste time on meaningless tasks, are quick-tempered, impatient, blunt, and quick to anger. Your impulsiveness and impatience lead to activity and movement that doesn't get anything tangible done.

YOUR ARCHETYPE TWIN: Wood + Fire – Innovative Idealist

MOST COMPATIBLE WITH:

Wood + Earth – Thriving Manifestor
Earth + Wood – Patient Speedster

MOST SUPPORTED BY:

Water + Wood – Resourceful Creator
Wood + Water – Logical Visionary

MOST DRAINING FOR YOU:

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

YOUR GREATEST TEACHER:

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

YOUR ELEMENTAL DYNAMIC: Nurturing

Wood supports Fire and together they create light, heat, and energy, so when you are in balance, you light up the world, generating positivity and moving things forward. However, since Wood can also be consumed by Fire, it's important to nurture both elements to remain in balance and not depend on Wood to be the energy generator.

You'll experience frustration, impatience, and anger when you are over-active with too much Wood, which means you are taking too much time to plan, organize, talk, and think. Fire needs spontaneity and a bit of chance. On the other hand, if you just go with whatever catches your attention without strategizing, you will lack the focus and control you need to be optimally productive and enthusiastic, and that will drain you.

SUPPORTING ELEMENT: Water



Water supports the elements of Fire and Wood. In the elemental cycle, Water nurtures Wood, which in turn fuels Fire. The only thing Fire and Wood have in common is Water, so when you feel at odds with yourself, tired, or out of balance, being around Water energy (pools, spas, the ocean, waterfalls) is extremely helpful.

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Having Water in your environment as well is essential for support. Wall art depicting bodies of water as well all shades of grey, charcoal, and black are considered beneficial for Fire/Wood Integrated Archetypes.

Water energy is about going with the flow and moving around obstacles without stress, so it will be helpful to spend time with individuals who have Water as a part of their makeup (e.g., Selene – Superhero Archetype One).

YOUR PERSONAL VIRTUES:

Captivating: You are naturally brilliant in the way you present yourself. You captivate others with the depth of your conviction.

Energetic: You are a storehouse of energy, and your presence inspires others to enjoy life more.

Motivated: You are motivated in ways others want to be, and people look up to you for inspiration.

In-the-know: You are informed on the latest of anything relevant and interesting, and you are sought after for this trait. Your expertise about what you know is inspiring.

Desirable: You are wanted at the center of everything. People naturally gravitate toward you to hear what you have to say. They enjoy your charm.

YOUR SUPERPOWERS:

Positivity, Confidence, Adaptability, Creativity

WEAKNESSES TO STRENGTHEN:

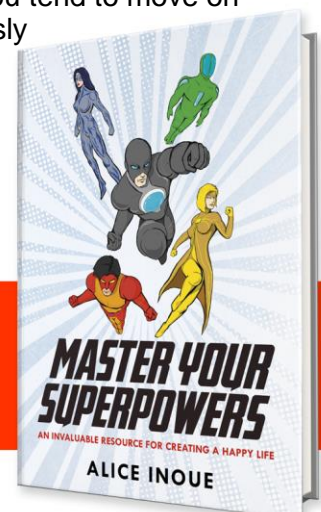
Negativity, Arrogance, Impatience, Indecisiveness

YOUR MISSION FOR POWER:

Create timelines and deadlines for whatever you commit to. Because you love being busy and relish being on the go, it's important to determine when you will finish so you don't overdo.

Celebrate your success when you finish something significant. Since you tend to move on quickly to the next thing, it's important for you to build self-value by consciously pausing and appreciating what you have done.

Set demanding goals for yourself. It's easy for you to act, so just make sure it's serving a purpose and helping you to evolve.



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Openly share your challenges. People may think that your life is all roses because of your optimism. Make sure that you let them know that you have difficulties, as well. You make the most difference when people see that you are human, too.

Insulate yourself from negativity. Just because you are upbeat doesn't mean that people and situations can't drag you down. Consistently choose who you hang out with and make sure they are of the same "vibe" so that you don't get worn out.

LIFE AFFIRMATION: "I allow the enlightened part of me to be my guide rather than the part of me that fears a negative outcome."

Like all of us, you have two parts. The core of who you are is trusting, loving, fearless, visionary, and balanced, and it is the pure essence of love. You have another part that protects you. Some call it the ego, and it likes to look at the downside. It brings up all the things that could go wrong, that might go wrong, and that need to be guarded and defended against. When you live your life listening to this voice in your head, you limit yourself. You play safe and small, and it doesn't feel good. Use this affirmation as a reminder to listen to the voice of possibilities and love.

ENERGY-BALANCING ACTIVITIES: (Refer to the list below for ideas.)

When you feel emotional: Earth activities

When you feel mentally stressed: Metal activities

When you feel burned out: Water activities

When you feel stuck: Wood activities

When you feel uninspired: Fire activities

ELEMENTAL ENERGY BALANCING ACTIVITIES

WATER: Nourish yourself with Water by going swimming or taking a long, relaxing bath. Spend time at a spa or a steam room, or hang out in a Jacuzzi. Get lost in a book, movie, or story. Meditate with music. Walk along the beach near the edge of the water. Schedule some downtime to "do nothing," or do something you've been missing but have been putting off. Take a Tai Chi or Chi Kung class. Have a deep conversation with a trusted friend or a heart-to-heart with someone who really understands you.

WOOD: Get your body moving by going for a light jog or a speed walk around the block. Take a yoga class or do some stretching exercises. Make time to organize your environment: pick a drawer, cabinet, or shelf and neaten it up. Open your calendar and make plans for the upcoming



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day, week, or month. Visually lay out your schedule so you can see something tangible and organized. Make decisions now that might save you time later. Have a stimulating conversation or a fun debate with a friend or watch a comedy show.

FIRE: Get a bunch of friends together and do something fun and spontaneous. Spend time socializing or going to where the people and action are. Attend a live performance or event or watch an action-packed movie at the theater. Do something impulsive and spontaneous and go where your heart leads you. Eat spicy food. Go shopping. Go dancing. Talk to someone you love hanging out with and make plans to travel or do something fun. Take a high-energy exercise class like Zumba, MMA Kickboxing, or Bootcamp. Hang out in bright, open spaces.

EARTH: Walk in nature, visit with a close friend, cook, draw, paint—something creative. Get a massage. Do aromatherapy. Set some achievable goals for the week. Go to the health-food store and buy food that is healthy and nourishing. Complete a project that you've been stalling on. Give yourself permission to do "nothing" but watch TV, read, or be a couch potato at home. Spend time with the family members you like.

Spend quality time with your pet. Offer to help someone with a task or project. Practice a craft. Stay home and light candles. Wear your oldest most comfortable house clothes and turn off your cell phone and social media notifications.

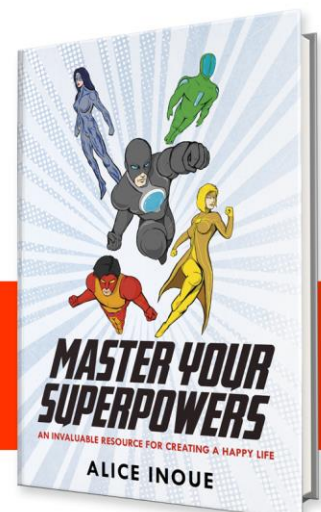
METAL: Do something you're really good at doing, something you've already mastered, so you can feel accomplished. Pick a location in your house—perhaps your room, desk, or car—and clear and clean it as best you can. Polish all the metal or shiny surfaces in your house to take off water marks and make the shiny surfaces shiny again. Talk to someone who is analytical. Spend time alone. Do something that requires you to work out logistics. Neaten up your computer desktop. Clear digital clutter. Clear physical clutter from your desk or a small area you frequent often. Clear off all countertops in your home.

INTEGRATED ARCHETYPE GLOSSARY

The various categories of the twenty Integrated Archetypes are defined here for your reference as needed.

PRIMARY ELEMENT: The element with the highest score on your test.

SECONDARY ELEMENT: The element with the second highest score on your test.



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OVERVIEW: This is a general description of your Integrated Archetype.

YOUR PURPOSE: This is your Integrated Archetype's primary purpose.

YOUR CREED: A creed is a belief that drives your thoughts and behaviors. Your personal creed must be one that you believe in, but it doesn't have to be accepted by others. There's no right and wrong to your creed. The word credo comes from Latin and means "I believe." You cannot do what you say if you don't know what you believe. The creed that is listed is a prompt for you to consider what you actually believe in. *Please change or rewrite the one given to best suit you.*

AT YOUR BEST: This is a description of how you naturally operate when you are in balance physically, mentally, emotionally, and spiritually. If you don't see any of these qualities within yourself now, know that they do exist and are just dormant within you currently. Once you achieve balance, these traits will emerge organically.

AT YOUR WORST: If you see that you don't demonstrate any of these behaviors in your expression of self, that is great! You are likely operating in a very balanced way and may have transcended these traits from the past. Or, you may find that they show up only when you are stressed and overwhelmed. The key is to know that when you do exhibit or feel these emotions arising, it's wise to slow down and pay attention to yourself and your own needs to restore balance and live your purpose.

YOUR ARCHETYPE TWIN: This is your "mirror" archetype. It has exactly the same two top elements as yours, but its primary element is your secondary element and vice-versa. For example, if you are a Water + Fire, your archetype twin is Fire + Water.

What does this mean? The twin is the archetype that most closely resembles you. Fundamentally, it mirrors you, but with subtle differences. Under different circumstances or in different moods, your archetypes could almost change places. And if you have an archetype twin in your life, you feel a natural connection. This is someone who "gets" you, and you them. You might notice that when you are together, you operate with the same dynamic. You match each other in ways that are inspiring and you get along easily. The traits that you love in yourself are the traits that you love in them, and vice-versa.

The challenge comes when one of you is out of balance, stressed, or having a bad day and not operating optimally. It is then that you may



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experience some irritation, as the twin's purpose in your life is to bring to your awareness your disowned parts—the parts of you that you don't want to think you have even though you actually do; you just haven't accepted yet. Since one of the purposes of life is to grow in self-awareness, at times your archetype twin's purpose in your life is to do just that—teach you to accept and love yourself as you are.

MOST COMPATIBLE WITH: These are people you get along with almost effortlessly. At times you're there for them, and at other times, they are there for you. These are people you feel very "at home" with. The relationship flows naturally and with ease. This is because the mutual exchange of elements generates an even exchange of energy.

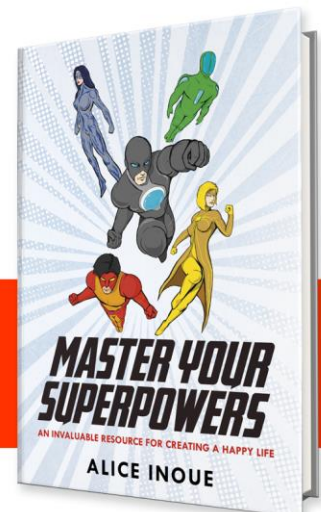
MOST SUPPORTED BY: These are people who are always there for you. It's not that you aren't there for them, but somehow, they just feel like the solid ground beneath your life, however you interact with them. You feel their support and trust their sincerity. In these relationships, both elements that compose the other's Integrated Archetype "give" of themselves to your elements. It's wise to be especially appreciative of these people; let them know how important they are to you and how thankful you are to have them in your life.

MOST DRAINING FOR YOU: These are the people you feel you can spend only a limited amount of time with before you get tired. It's not that you don't like them or don't enjoy being with them; this combination of elements just operates on a different level, and being with them requires more of your energy and other resources. This is especially true when they do not feel empowered or when they are undergoing hardships and emotional challenges.

YOUR GREATEST TEACHER: Someone who is significant in your life for one of two reasons: either you have great respect for them and easily and willingly learn from their influence, or they are the most challenging people you have to deal with. Either way, they offer you the most growth.

These relationships work best when you embrace these people as teachers, knowing that because of them you are more patient and understanding—a more evolved you. The elements of your greatest teachers are the two that directly challenge your elements.

YOUR ELEMENTAL DYNAMIC: All elements have a cyclical relationship to each other. They are designated as either "nurturing" or "controlling," depending on their phase of interaction with each other. Out of the twenty Integrated Archetypes, there are ten "nurturing" interactions and ten



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“controlling” interactions. Your top two elements will fall into one of these two categories.

Controlling: This means that your two elements relate in a way that one wants to take control of the other.

Nurturing: This means that your two elements relate in a way where one is more nurturing and supportive of the other.

MISSING ELEMENT: Your missing element is detailed here if your elemental dynamic is “controlling.”

SUPPORTING ELEMENT: Your supporting element is detailed here if your elemental dynamic is “nurturing.”

YOUR SUPERPOWERS: Your four top superpowers are listed here, based on your Integrated Archetype. Continue to add to your awareness of them as you develop, notice, and affirm them in your daily actions.

YOUR MISSION FOR POWER: Your daily actions make a difference in how you encounter and transcend your challenges. Focus on these missions, which you can incorporate daily. They detail and emphasize what you are good at and how you make a difference in your sphere of influence.

WEAKNESSES TO STRENGTHEN: These are areas that you may have either transcended or are still working on. As human beings, we will always have our weaknesses, our downsides, but the more conscious we are about them and the more we work on balance, the less they show up. Refer to Appendix A at the end of this chapter for some ways to temper and overcome your weaknesses.

LIFE AFFIRMATION: The word *affirmation* means to make something firm in your mind. Affirmations are phrases that we can repeat inwardly to help us maintain balance and stay on course. To maximize your potential, continue to develop your own affirmations.

ENERGY-BALANCING ACTIVITIES: We all experience periods of time when we feel out of balance. When you notice you are not operating at your best or are not feeling quite like yourself, you can look here to



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identify what you need. Embrace one of the suggested passive or active activities to balance out your energy.

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