



MASTER YOUR SUPERPOWERS

YOUR INTEGRATED ARCHETYPE

CALM CONNECTOR



www.MasterYourSuperpowers.com

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.



www.MasterYourSuperpowers.com

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 Calm Connector: Earth + Water

Aka: The Considerate Reflector and The Trusting Magician

PRIMARY ELEMENT: Earth (Talitha)

SECONDARY ELEMENT: Water (Selene)

YOUR OVERVIEW: As a Calm Connector, you make people feel cared for, safe, and valued. You excel at minimizing conflict and keeping the peace, and you have the ability to easily garner the trust of others. You are a great listener; people feel heard when they are with you. You are a steadfast source of calming energy, and you thrive when you are following your intuition. You have a caring personality, but you are able to stand your ground when it comes to something you really believe in.

Connecting people to products, thoughts, themselves, or other people inspires you. You delight in being the one who gives people the knowledge or opportunity to find a new path. You thrive when you follow your heart. Your ability as a Considerate Reflector to offer people ways to make their lives better draws them to you. As a Trusting Magician, you give people hope that miracles can happen, even to them.

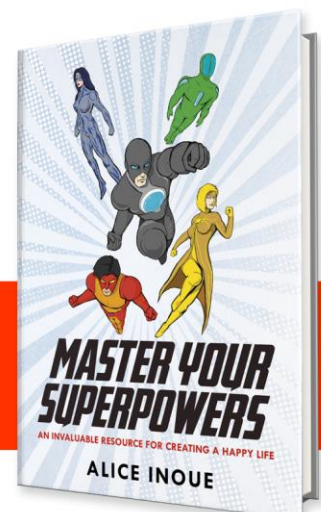
YOUR PURPOSE: You are here to find yourself and to fully honor and value who you are.

YOUR CREED: "I am loyal to that which nurtures my soul."

YOUR CORE DESIRE: To make sure everyone is happy but not overextend yourself.

YOUR CORE VALUE: To live peacefully and with minimal conflict.

AT YOUR BEST: You are gentle, intuitive, wise, and creative. You speak up when you have a strong opinion and accept people for who they are without judging. You are thoughtful, considerate, and able to connect with others on a very human level.



www.MasterYourSuperpowers.com

AT YOUR WORST: You hold on to physical things, people, mindsets, and ideas long after they have stopped serving you. You subordinate to others' opinions and rules and lose your sense of a center. You are either passively stubborn and ignore what needs to be taken care of or you procrastinate and neglect what you know you need to do.

YOUR ARCHETYPE TWIN: Water + Earth – Reflective Confidant

MOST COMPATIBLE WITH:

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

MOST SUPPORTED BY:

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

MOST DRAINING FOR YOU:

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

YOUR GREATEST TEACHER:

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

YOUR ELEMENTAL DYNAMIC: Controlling

Earth and Water together create stability, so when you are in balance, you are poised and calm. However, since Earth can also slow the flow of Water, it's important to take time to nurture both elements and not overdo one or the other.

If Earth energy begins to dominate, you feel stuck in a rut, unable to move forward in new and dynamic ways. If there is too much Water energy and not enough Earth, which Water needs to keep it from draining away, you lose your center and are not able to draw strong boundaries around your time and energy.

MISSING ELEMENT: Metal

Metal bridges the elements of Earth and Water. In the elemental cycle, Earth produces Metal, which when heated turns into liquid (Water). The only thing Earth and Water have in common is Metal, so when you feel at odds with yourself, drained, stuck, or out of balance, it can be extremely helpful to bring Metal energy into your day. This might involve getting organized, writing a To Do list, creating a system, clearing out both physical and digital clutter, or getting your affairs in order. The more order you create, the more balance you'll experience.



www.MasterYourSuperpowers.com

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

Metal energy is about precision and grace and drawing strong boundaries, so it can be helpful to make a point of spending time with individuals who have Metal as a part of their makeup (e.g., Alcor – Superhero Archetype Five).

YOUR PERSONAL VIRTUES:

Safe: You naturally make others feel safe in your presence. No matter how challenging the situation, they feel calm when you are present.

Thorough: Whatever you commit to, you see it through to the end. Because of your caring nature, you slow down when others interfere, but you eventually finish things up.

Reliable: It's not in your nature to let people down. You have standards when it comes to family, friends, and commitments.

Balancing: You bridge people and communities by neutralizing polarity. When two people are at odds, you are able to see both sides and connect to both with understanding.

Devoted: You are dedicated to the people and projects to which you are committed. You tend to stick with people who've been with you throughout your journey.

YOUR SUPERPOWERS:

Patience, Consideration, Intuition, Connection

WEAKNESSES TO STRENGTHEN:

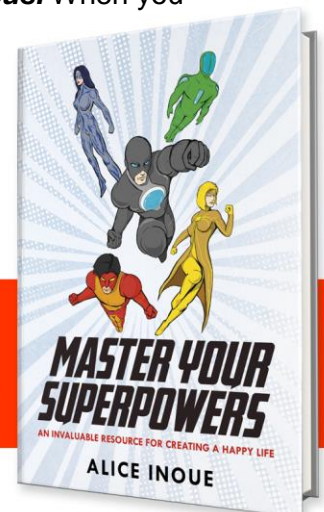
Difficulty saying no, Over-giving, Insecurity, Defensiveness

YOUR MISSION FOR POWER:

Recall your positive impact on people. When you feel overwhelmed, think about how you've influenced others' lives, and it will remind you of your value. This will rejuvenate your drive to complete your commitments.

Build connections with those who are independent and have strong focus. When you need expertise, be open to advice from such people, as they can help you see other valuable perspectives.

Draw people together when there is conflict. When you are mitigating conflict, ask others to share their thoughts. You have the ability to be the harmonizer and move things in a different direction.



www.MasterYourSuperpowers.com

Practice ways to stand strong without confrontation. It's not natural for you to speak up, so prepare by learning techniques, otherwise you'll resort to passive-aggressive behavior.

Let your caring nature show, even in professional environments. Build connections by finding people to help or mentor. Don't hesitate to reach out and ask others to help you; they will, because you so gladly help others.

LIFE AFFIRMATION: "I say no when I need to. By doing so, I value myself and my time and save myself from future pain."

It's always best to do or say what you want. If you don't do what you know inside is right, you will keep attracting unwanted, energy-draining lessons. For example, if you don't say no to someone who keeps asking for your time and energy but doesn't appreciate it, you will attract increasingly greater frustration until you finally get the "lesson" and say no, anyway. Let's not be out-of-truth in our words and actions. Learn to say no in a graceful and loving way. Read the above affirmation often for strength and to prepare for the future.

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 day, week, or month. Visually lay out your schedule so you can see something tangible and organized.



www.MasterYourSuperpowers.com

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.

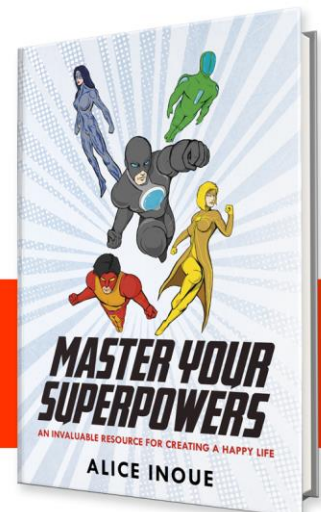
INTEGRATED ARCHETYPE GLOSSARY

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.

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



www.MasterYourSuperpowers.com

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 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

www.MasterYourSuperpowers.com

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.

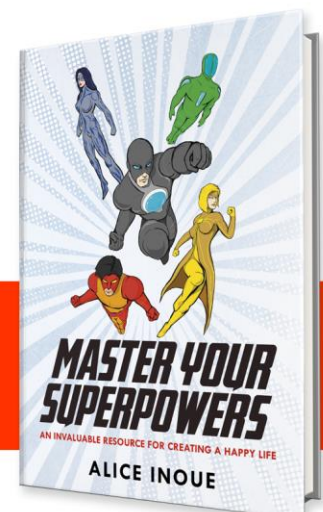
In these relationships, both elements that compose the other's Integrated Archetype "give" of themselves to your elements. It's wise to be especially appreciative of these people; let them know how important they are to you and how thankful you are to have them in your life.

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



www.MasterYourSuperpowers.com

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



www.MasterYourSuperpowers.com