



MASTER YOUR SUPERPOWERS

YOUR INTEGRATED ARCHETYPE

CARING PERFECTIONIST



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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 Caring Perfectionist: Water + Metal

Aka: The Sentimental Minimalist and The Adaptable Expert

PRIMARY ELEMENT: Water (Selene)

SECONDARY ELEMENT: Metal (Alcor)

YOUR OVERVIEW: As a Caring Perfectionist, you not only take responsibility for whatever you commit to, but you also put your heart and soul into it. You excel at learning from challenging situations and naturally create a new protocol for how to proceed more effectively in the future. You are a powerful source of both emotional and logical energy, and you thrive when you are put in situations that require you to be both creative and realistic. You have an engaging and charming personality, although maybe only a handful of people really know you. Connecting with others inspires you.

As a Sentimental Minimalist, you have the unique ability to show that you care without being overly emotional or verbal about it. As an Adaptable Expert, you are able to learn new ways to operate on the fly and can quickly master the ability to do something unfamiliar.

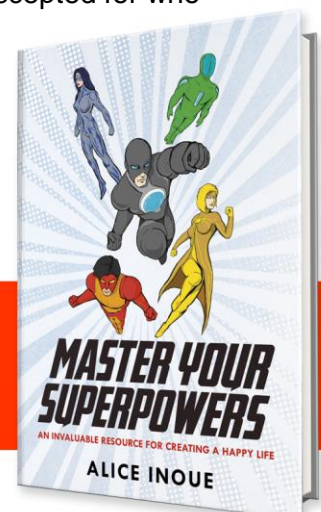
YOUR PURPOSE: You are here to manifest something bigger than yourself, and as a part of this manifestation, to facilitate connection between people.

YOUR CREED: "I follow the rules until I find another way that works better."

YOUR CORE DESIRE: To not overextend yourself and to be complete in all you do.

YOUR CORE VALUE: To make progress in whatever you're doing and be accepted for who you are.

AT YOUR BEST: You are articulate, introspective, self-contained, and enigmatic. Although you are realistic, you are willing to think outside the box. You are also reliable. You like to know people and help the people you know.



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AT YOUR WORST: You overthink and look for the worst, have unwarranted insecurities, and are too critical and cautious as a result. You can be possessive, and you expect the worst rather than seeing the possibility of good.

YOUR ARCHETYPE TWIN: Metal + Water – Focused Visionary

MOST COMPATIBLE WITH:

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

MOST SUPPORTED BY:

Metal + Earth – Masterful Ally
Earth + Metal – Reliable Analyst

MOST DRAINING FOR YOU:

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

YOUR GREATEST TEACHER:

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

YOUR ELEMENTAL DYNAMIC: Nurturing

Metal supports Water, so when you are balanced, you are able to effortlessly begin new projects and take them to completion. The Metal element within you helps you detach. The Water element within helps you stay connected.

However, since Water can drain Metal, when you are out of balance, you will experience nervousness and insecurity and lose your ability to stay connected, and then need to withdraw.

SUPPORTING ELEMENT: Earth

Earth supports the elements of Water and Metal. In the elemental cycle, Earth nurtures Metal, which in turn supports Water. The one element that supports both of your elements is Earth, so when you feel out of balance, being in Earth energy is extremely helpful. Hike, walk, ground yourself, or sit or lie on the floor. Physical touch like hugging is extremely grounding, so exchange hugs with those close to you. Getting a massage is very supportive, as well.

Having Earth elements in your environment is essential. Surround yourself with wall art depicting mountains, land, continents, stones, the planet Earth, as well as the earth tones you see outside. These are beneficial for Water/Metal Integrated Archetypes.



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Earth energy is about strong foundations. It's about being certain and confident, so make it a point to spend time with people who have Earth as a part of their makeup (e.g., Talitha – Superhero Four).

YOUR PERSONAL VIRTUES:

Polished: You keep your motives and opinions to yourself until it's time to share, and when you do, people know your words were well-thought out.

Cautionary: You pause and think before you act. You point out things thoughtfully, helping to avoid errors and better navigate obstacles.

Subtly Powerful: You make people feel safe, and because of this, you subtly draw in others to join your point of view.

Perceptive: You know things because you feel the “vibes.” You quickly understand the politics of a situation and the issues that concern others.

Discerning: You are both sensitive and intuitive, and you have great observational powers.

YOUR SUPERPOWERS:

Intuition, Connection, Focus, Commitment

WEAKNESSES TO STRENGTHEN:

Defensiveness, Insecurity, Faultfinding, Worry

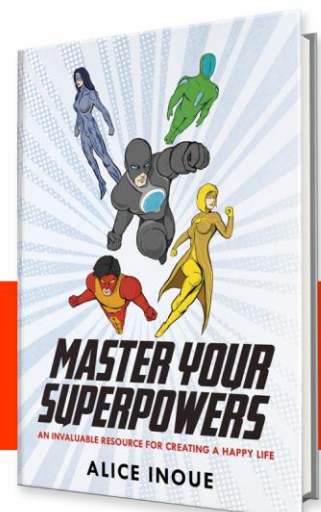
YOUR MISSION FOR POWER:

Help others when the pressure is on. You excel when others are going through challenges because you are able show them how to calm down and take control of situations.

Forge bridges of understanding. You are sensitive to the feelings of others and able to quickly gauge the emotional tone of a room. Use your talents to make everyone feel comfortable. Showing your concern for others builds loyalty.

Offer support when others are going through challenges. You are a naturally strong and wise confidant. People will come to you with their needs and will also think of you when they see opportunities to help you.

Focus on a few things at a time. You function best when you can focus on your top priorities rather than operate in a broad and shallow way. Give yourself permission to reject projects or tasks that don't align with your overall vision and goals.



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Take time for yourself. Even though you are able to accommodate others' needs, you need downtime, alone time, and reflection time. It's up to you to set boundaries on your time, otherwise you'll develop resentment.

LIFE AFFIRMATION: "My whole life has prepared me for what lies ahead. Everything I experience propels me towards my highest purpose."

Your Inner Archetype says: Life does not always go the way we wish. We all face disappointments, let-downs, and extremely challenging situations that don't always seem to make sense in the moment. And we often wonder, "Why did this happen to me?" Your life affirmation reminds you that, no matter what you experience, whether it's something good or an intense challenge, it's leading somewhere and is "not for naught." Life has given you what you need to move towards your highest purpose, which is to hone your skills and be the best person you can, your fears released and your greatest potential shining before you as you move your life toward more love, inspiration, and joy.

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. 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.



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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

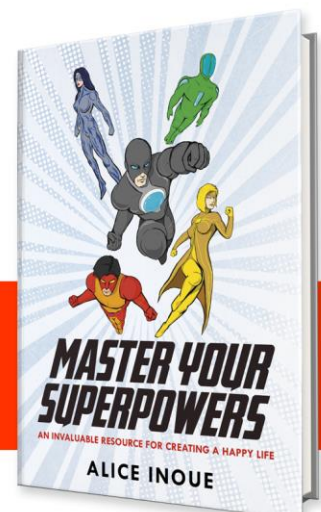
The various categories of the twenty Integrated Archetypes are defined here for your reference as needed.

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.

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



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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 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



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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.

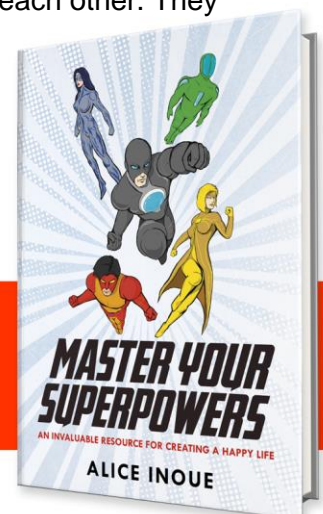
In these relationships, both elements that compose the other's Integrated Archetype "give" of themselves to your elements. It's wise to be especially appreciative of these people; let them know how important they are to you and how thankful you are to have them in your life.

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.



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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.



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