



MASTER YOUR SUPERPOWERS

YOUR INTEGRATED ARCHETYPE

DEDICATED ENTHUSIAST



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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 Dedicated Enthusiast: Metal + Fire

Aka: The Refined Superstar and The Gifted Wizard

PRIMARY ELEMENT: Metal (Alcor)

SECONDARY ELEMENT: Fire (Avior)

YOUR OVERVIEW: As a Dedicated Enthusiast, you know it's important to take time to contemplate any situation before you fully commit, but once you decide to move forward on something, you are unstoppable. You keep your standards high in all that you do and operate with heart and enthusiasm. You are a unique combination of someone who is a good listener as well as someone people look to for inspiration.

You have an enigmatic personality, and you love being respected and acknowledged for what you know. You are self-competitive, constantly striving to reach higher. As a Refined Superstar, you have a humble yet confident personality. As a Gifted Wizard, you delight others with your creativity at the most unexpected times, whether it's a brilliant idea or a resourceful connection.

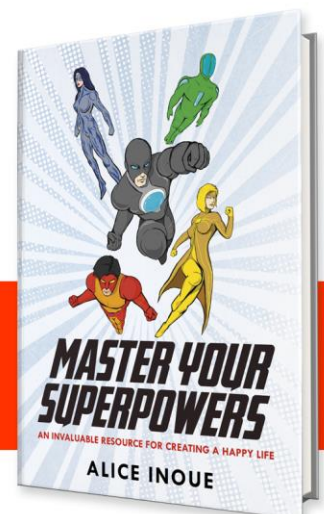
YOUR PURPOSE: You are here to move through barriers and obstacles and by doing so, to show others that it's all about heart.

YOUR CREED: "When I decide it's worth my time to do something, I will succeed."

YOUR CORE DESIRE: To stay focused on your goals while also having fun.

YOUR CORE VALUE: To be responsible, yet still able to let go and experience what life offers.

AT YOUR BEST: You are enigmatic and the perfect mix of reserved yet dramatic and conservative yet bold, drawing others in with your ability to gracefully entertain them. You are approachable and able to make others feel secure with you. You make quick connections that serve you later.



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AT YOUR WORST: You are arrogant and overconfident, which leads to impulsive actions you later regret. You want to be in control, overdoing and overanalyzing everything, which drives others crazy and gets nothing accomplished. When you are worried, you become inflexible, and that detracts from your natural gift of creativity.

YOUR ARCHETYPE TWIN: Fire + Metal – Warm-Hearted Loner

MOST COMPATIBLE WITH:

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

MOST SUPPORTED BY:

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

MOST DRAINING FOR YOU:

Earth + Water – Calm Connector
Water + Earth – Reflective Confidant

YOUR GREATEST TEACHER:

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

YOUR ELEMENTAL DYNAMIC: Controlling

Fire and Metal together can move obstacles. (Consider how Fire can turn a hard element like Metal into liquid). Therefore, when you are in balance, you have the unique ability to transform old structures into new forms. However, since Metal also can be destroyed by Fire, it's important to take time to nurture both elements and not overdo one or the other.

If you are overactive with too much emphasis on Fire (socializing, being out and about and doing too much) and not enough downtime for restoration, peace, and contemplation, which Metal needs, you suffer from ineffectiveness and burnout. On the other hand, if you spend too much time analyzing and thinking in solitude without enough social contact, you lack the stimulus you need to make progress.

MISSING ELEMENT: Earth

Earth bridges the elements of Water and Metal. In the elemental cycle, Fire turns into Earth, which brings forth Metal. 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: hiking, walking, grounding yourself, and sitting or lying on the floor. Hugging and having physical touch with those close to you is extremely grounding. Getting a massage is also very supportive.



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Having Earth elements in your environment is essential. It is beneficial for you as a Metal/Fire Integrated Archetype to surround yourself with wall art depicting mountains, land, continents, stones, or the planet Earth, as well as earth tones that you see outside in nature.

Earth energy is about strong foundations, about being certain and confident, so it can be helpful to spend time with individuals who have Earth as a part of their makeup (e.g., Talitha – Superhero Four).

YOUR PERSONAL VIRTUES:

Dedicated: You invigorate others to work tirelessly at whatever they say they want to do. People realize you are in their corner. Your positive attitude is inspiring.

Intriguing: You hold your cards close so others don't know what you are thinking, but then, when it is least expected, you show how thoroughly you've thought through everything.

Observant: You are aware of surroundings and people. You are attentive and alert and recognize the red flags that warn something is at risk.

Leading: You are a natural leader, able to gather people around you and come forth with a plan for success.

Results-Oriented: You not only get things done, you want to excel and improve upon what has been done previously. You have the strength and energy to get where you want to go.

YOUR SUPERPOWERS:

Focus, Commitment, Positivity, Confidence

WEAKNESSES TO STRENGTHEN:

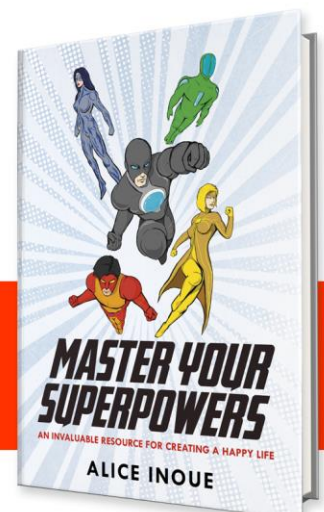
Faultfinding, Inflexibility, Arrogance, Negativity

YOUR MISSION FOR POWER:

Take time for consideration. You will be much more effective and dedicated in everything you do if you consider all options before jumping in. This will ensure your ultimate success.

Give yourself permission. You might feel that you need to spring into action and embrace change head on, but instead, you need to deliberate and acclimate to any changes. Give yourself time to contemplate.

Double-check as you go along. You work best when you feel safe and secure. If you move too quickly, you could develop a painful fear of failure.



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Make a system to get yourself going. When working with others, start with a timeline and system so you can pour your heart into moving forward on track. You'll motivate others with your enthusiasm when you know how you'll get there.

Look forward to a positive outcome. When you are unsure, you tend to feel immobilized. Catalyze yourself to action by talking about and envisioning what you want to produce.

LIFE AFFIRMATION: "I trust that everything I need to get to where I want to go is on its way to me. I remain patient and focused on the next step."

When you first start out on any journey, what you need is not always available. However, have you noticed that once you begin, the right situation, person, circumstances, and opportunities seem to magically line up? It's no different with the challenges you may be facing right now. Don't overwhelm yourself and create stress by thinking too far ahead. Take it step by step. Make the best decision you can right now, based on what you know and *not* on what you fear will or will not happen, otherwise you'll drive yourself crazy. Use this affirmation to let the present be your master, not a fear-fabricated future in an incomplete and incorrect reality.

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.



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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.

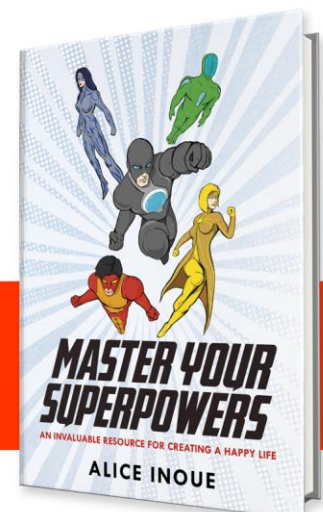
METAL: Do something you're really good at doing, something you've already mastered, so you can feel accomplished. Pick a location in your house—perhaps your room, desk, or car—and clear and clean it as best you can. Polish all the metal or shiny surfaces in your house to take off water marks and make 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 experience some irritation, as the twin's purpose in your life is to bring to



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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.

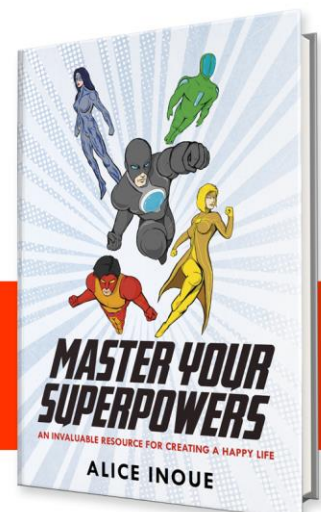
MOST SUPPORTED BY: These are people who are always there for you. It's not that you aren't there for them, but somehow, they just feel like the solid ground beneath your life, however you interact with them. You feel their support and trust their sincerity. In these relationships, both elements that 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 "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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