



MASTER YOUR SUPERPOWERS

YOUR INTEGRATED ARCHETYPE

EFFICIENT PRODUCER



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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 Efficient Producer: Metal + Wood

Aka: The Refined Warrior and The Disciplined Planner

PRIMARY ELEMENT: Metal (Alcor)

SECONDARY ELEMENT: Wood (Nexus)

YOUR OVERVIEW: As an Efficient Producer, you thrive when you find systems that accelerate your productivity. You excel at making things happen and holding yourself or others accountable. You can find the energy to do anything when it comes to what you believe in.

You are a steadfast source of energy to others and thrive when you are making progress and feeling organized. Your personality is such that you like to follow your own rules, although you are willing to be open and entertain what others have to say. Knowledge inspires you. You delight in learning new ways to do old things and excel at finding information to improve things for you and others.

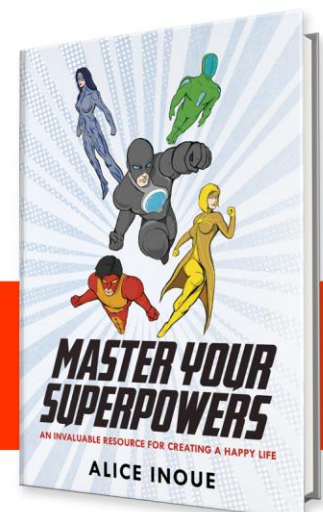
People are drawn to you as a Refined Warrior for your graceful yet firm desire to come out ahead. As a Disciplined Planner, you begin preparing the moment you are certain there needs to be a plan, but you also can make changes at the last minute when you are confident of success.

YOUR PURPOSE: You are here to contribute to others by creating platforms that support any person, project, or cause you believe in.

YOUR CREED: "If I make a plan, I can do anything."

YOUR CORE DESIRE: To be uncompromisingly who you are and efficient and productive at the same time.

YOUR CORE VALUE: To make progress in life by getting things done and moving on.



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AT YOUR BEST: You are kind, steady, understanding, and gentle. You take responsibility and operate well independently. You are good at taking the time to understand how things work and are able to push things to the limit to seek out the best or to be the best.

AT YOUR WORST: You are unforgiving, impatient, and intolerant. You lose your sense of humor when you are frustrated by too many obstacles. You end up thinking too much and are unable to decide, and then you get aggravated with either yourself or others.

YOUR ARCHETYPE TWIN: Wood + Metal – Flexible Rule Maker

MOST COMPATIBLE WITH:

Earth + Fire – Loyal Cheerleader

Fire + Earth – Energetic Protector

MOST SUPPORTED BY:

Earth + Water – Calm Connector

Water + Earth – Reflective Confidant

MOST DRAINING FOR YOU:

Fire + Water – Radiant Provider

Water + Fire – Intuitive Luminary

YOUR GREATEST TEACHER:

Metal + Fire – Dedicated Enthusiast

Fire + Metal – Warm-Hearted Loner

YOUR ELEMENTAL DYNAMIC: Controlling

Together, Metal and Wood break things down (think of the metal blade of an axe chopping Wood), so when you are in balance, you are able to make a lot of progress, breaking challenges or tasks into bite-size pieces for ease of forward movement.

However, since Wood also can be destroyed by Metal, it's important to take time to nurture both elements and not overdo one or the other. If you move too quickly and don't take the time to think things through, which is important to your Metal side, you'll suffer from negative self-judgment when things turn out less than acceptably, and that will make it hard for you to take confident future action. If, however, you spend too much time trying to get every detail perfect, you'll not get anywhere and end up frustrated.

MISSING ELEMENT: Water

Water bridges the elements of Metal and Wood. In the elemental cycle, Metal transforms to Water (liquid), which in turn fuels Wood. The only thing Metal and Wood have in common is Water, so when you feel at



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odds with yourself, tired, or out of balance, you need Water energy, like swimming or going to a spa.

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

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

YOUR PERSONAL VIRTUES:

Standard-Setter: You like to set high standards for yourself and others. You raise the bar of every endeavor, every project, and every interaction.

Reasoned: You act with intention, not irrationality. You work hard, do things with purpose, and bring common sense to any situation.

On-Target: You love clarity and getting to the point. You are detailed and bring focused clarity to groups and situations.

Systematic: In your pursuit of perfection, you don't leave things to chance. Your work and your life are organized and measured.

Dignified: You respond to problems with reasoning, and once something makes sense to you, you communicate with grace and confidence.

YOUR SUPERPOWERS:

Focus, Commitment, Adaptability, Creativity

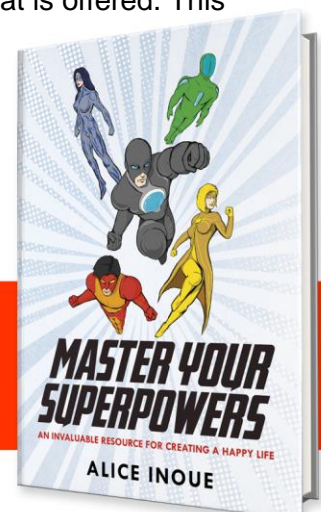
WEAKNESSES TO STRENGTHEN:

Faultfinding, Impatience, Indecisiveness, Worry

YOUR MISSION FOR POWER:

Concentrate on your priorities. You do best when you restrict your focus to only a few initiatives and demands. Give yourself permission to reject everything else that is offered. This will build your credibility with others, who will trust your sense of value.

Seek roles where you can operate independently. Although you can work with others, you function best when you stay on your own track and don't allow others to distract you.



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Give quantity and quality equal voice. No matter what you are doing, you feel best when you take both quantity and quality into consideration. This leads to solid results and productivity that is fulfilling.

Look for new information to stimulate you. You grow by learning, whether the knowledge is immediately useful or not. As your mind is open and absorbent, you can nurture yourself by reading, scanning the internet, and allowing your curiosity free rein. You'll gain respect as someone with wise resources.

Identify your greatest talents and value. Once you know what you both love and are naturally good at, refine your skills. For your greatest happiness in life, practice and work toward establishing a few strategic areas of strength.

LIFE AFFIRMATION: "My perspective is completely in my control. My power lies in seeing my challenges as positive benefits."

When we are challenged by something, all we can think about is how bad it is, which prompts us to look for all the disadvantages and find more to support the negativity we feel. This results in a warped view and a horrible feeling inside. You suffer. You may think you can't help it, but actually, you can. You can do it by being conscious. During challenging times, it helps to remember that you can look at what is happening from other perspectives. Choose the ones that make you feel better, not worse.

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.



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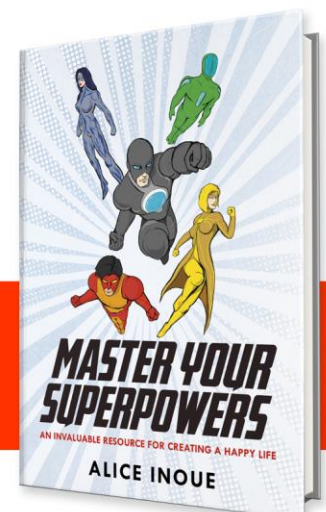
WOOD: Get your body moving by going for a light jog or a speed walk around the block. Take a yoga class or do some stretching exercises. Make time to organize your environment: pick a drawer, cabinet, or shelf and neaten it up. Open your calendar and make plans for the upcoming day, week, or month. Visually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

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.



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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.

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.



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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 in your life is to do just that—teach you to accept and love yourself as you are.

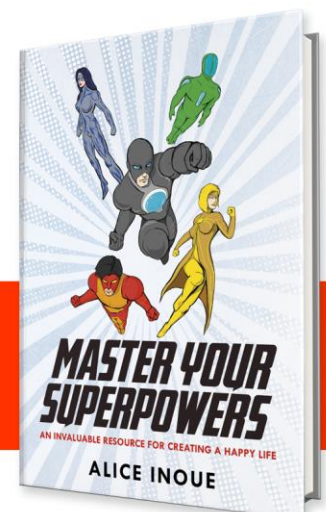
MOST COMPATIBLE WITH: These are people you get along with almost effortlessly. At times you’re there for them, and at other times, they are there for you. These are people you feel very “at home” with. The relationship flows naturally and with ease. This is because the mutual exchange of elements generates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



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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.

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.

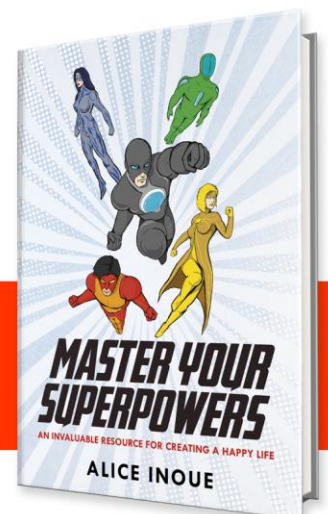
WEAKNESSES TO STRENGTHEN: These are areas that you may have either transcended or are still working on. As human beings, we will always have our weaknesses, our downsides, but the more conscious we are about them and the more we work on balance, the less they show up. Refer to Appendix A at the end of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



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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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