



MASTER YOUR SUPERPOWERS

YOUR INTEGRATED ARCHETYPE

FOCUSED VISIONARY



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 Focused Visionary: Metal + Water

Aka: The Structured Intuitive and The Conscientious Philosopher

PRIMARY ELEMENT: Metal (Alcor)

SECONDARY ELEMENT: Water (Selene)

YOUR OVERVIEW: As a Focused Visionary, you can efficiently and effectively bring anything into manifestation when you see it clearly in your mind's eye. You offer a graceful yet powerful source of energy to any endeavor, and you thrive when you are contributing with your extraordinarily creative mind. You like being connected to others but are selective as to who you allow close to you.

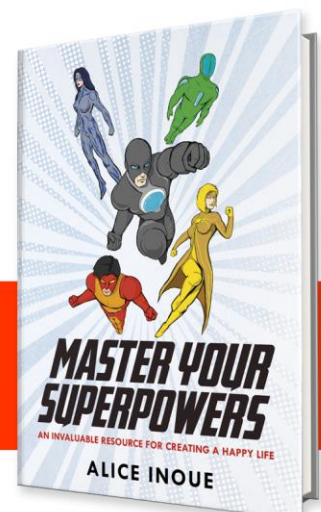
When something doesn't feel right, you know you can make it better. You are loyal and willing to support anything or anyone who has gained your respect. You are considerate and thoughtful and shy away from conflict. When you are not appreciated or valued, you tend to disconnect. People are drawn to you as a Structured Intuitive for your ability to read situations for what they are. As a Conscientious Philosopher, you have the capacity to talk about concepts while still relating to reality.

YOUR PURPOSE: You are here to use your innate creativity and depth of experience to create a life and lifestyle that are authentic to who you are.

YOUR CREED: "Let's maintain separateness in our togetherness."

YOUR CORE DESIRE: To be needed by others, but not so much that it takes away from your plans and focus on what you want in life.

YOUR CORE VALUE: To be efficient, and to be valued for what you contribute.



www.MasterYourSuperpowers.com

AT YOUR BEST: You are firm and precise, yet flexible and understanding. You are resilient and able to come up with solutions even when under pressure.

AT YOUR WORST: You are detached, critical, controlling, and intolerant. You get emotional and then withdraw without communicating your true feelings.

YOUR ARCHETYPE TWIN: Water + Metal – Caring Perfectionist

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, and 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 Metal can be eroded by Water, when you are out of balance, you will experience nervousness and insecurity, lose your ability to stay connected, and feel the 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. This means hiking, walking, grounding yourself, and sitting or lying on the floor. Hugging and physical touch with those close to you is extremely grounding. 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,



www.MasterYourSuperpowers.com

stones, and the planet Earth as well as earth tones that you find outside in nature. These are beneficial for Metal/Water Integrated Archetypes.

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

YOUR PERSONAL VIRTUES:

Selective: You carefully consider your decisions and are not automatically sold on a new idea or way of doing things.

Efficient: You care about people but also know how to stay on track. You pair empathy with practicality.

Elegant: You bring a subtle yet understated dedication to anything you do. You choose your words carefully, your emails are refined, and you impress people with your style.

Discreet: You gain others' trust by your ability to operate silently, yet effectively. You're not driven by ego as much as by your ability to listen.

Distinguished: You know what you are looking for. You carefully choose your words and approach, and you excel at picking just the right ideas to present to anyone.

YOUR SUPERPOWERS:

Focus, Commitment, Intuition, Connection

WEAKNESSES TO STRENGTHEN:

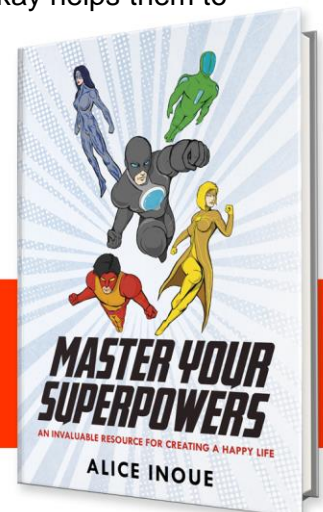
Worry, Inflexibility, Insecurity, Defensiveness

YOUR MISSION FOR POWER:

Solve problems where you can. Let people know that they can come to you when they are having a problem. Your desire to help others, combined with your intuitive nature, fuels your ability to formulate solutions for others, which you find fulfilling.

Share your calmness and certainty. When things are chaotic, it's easy for those involved to worry and get distracted. Letting others know that everything is going to be okay helps them to feel comforted and secure.

Be candid. You can become known as a source of truth by seizing opportunities to speak about sensitive subjects and bringing up delicate issues. You have the ability to see things clearly and speak in a way that is not offensive to others.



www.MasterYourSuperpowers.com

Accept that you will make mistakes. Mistakes trouble you because being “perfect” is a core part of who you are. Keeping your expectations of yourself and others realistic is the best attitude to adopt.

Trust your intuition. You are observant and may pick up on things that others don’t. Make sure to speak up; your hunches may be valuable when you bring them to the attention of those you know are receptive to them.

LIFE AFFIRMATION: “My life is coming together in perfect alignment. Any fears I have are an imperfect view of an incomplete reality.”

Whenever we really want something, we naturally put up our defenses, think negatively, and fear the worst—because, after all, what if we don’t get it? This way we won’t be disappointed. It’s natural to think like this. It’s easy to imagine a one-sided reality in which what you want doesn’t exist, when in fact there are more sides to consider than just the negative! Because people are negative by nature, we tend not to consider the positive side of what could be coming together, so this affirmation is a great reminder that everything is going to be all right.

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



www.MasterYourSuperpowers.com

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.

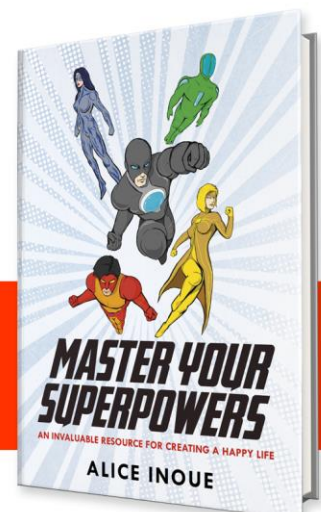
METAL: Do something you're really good at doing, something you've already mastered, so you can feel accomplished. Pick a location in your house—perhaps your room, desk, or car—and clear and clean it as best you can. Polish all the metal or shiny surfaces in your house to take off water marks and make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



www.MasterYourSuperpowers.com

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



www.MasterYourSuperpowers.com

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.

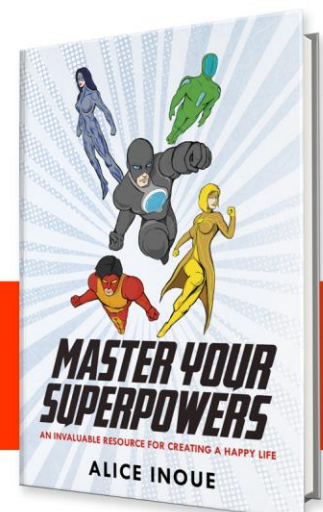
MOST SUPPORTED BY: These are people who are always there for you. It's not that you aren't there for them, but somehow, they just feel like the solid ground beneath your life, however you interact with them. You feel their support and trust their sincerity. In these relationships, both elements that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