



# ***MASTER YOUR SUPERPOWERS***

**YOUR INTEGRATED ARCHETYPE**

**LOGICAL VISIONARY**



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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 Logical Visionary: Wood + Water

**Aka: The Steadfast Magician and The Determined Nurturer**

**PRIMARY ELEMENT:** Wood (Nexus)

**SECONDARY ELEMENT:** Water (Selene)

**YOUR OVERVIEW:** As a Logical Visionary, you are adept at using your heart and mind in everything, and you excel at making things happen. Due to your inherently curious nature, you've amassed a wealth of information that you love to share with others when called forth to do so. You are bold and direct when you need to be, yet are also able to adapt and be in the shadows when the situation calls for it. When you feel accomplished, you are especially creative.

People trust you because you make them feel safe. It's the way you make sense of life. Creativity, new information, and achievement inspire you. You will socialize if you know you have a role to play, but would prefer the company of a few close friends. People are drawn to you as a Steadfast Magician for your ability to consistently pull something out of a hat—your resources for information and people amaze them. As a Determined Nurturer, you place high importance on taking care of the people and things that have meaning to you.

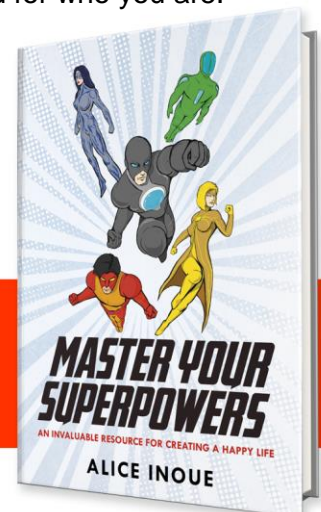
**YOUR PURPOSE:** You are here to nurture your ideas and grow them beyond any limits that others place on you.

**YOUR CREED:** "As I achieve, I remember to experience every moment."

**YOUR CORE DESIRE:** To be yourself in life, and to be wanted and accepted for who you are.

**YOUR CORE VALUE:** To make progress in whatever you do, and to feel connected to the process and to everyone involved.

**AT YOUR BEST:** You are a hard worker, swift and efficient, yet you know how important it is for you to take breaks. You listen to reason, yet also know when your intuition is guiding you on a path that will serve you



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better. Secure in who you are, you can trust that everything uncertain and undetermined in your life will ultimately fall into place.

**AT YOUR WORST:** You are inflexible, judgmental, and hypersensitive to criticism. You move confidently to make decisions based on fear or you go into worry mode and feel unable to make a wise decision.

**YOUR ARCHETYPE TWIN:** Water + Wood – Resourceful Creator

**MOST COMPATIBLE WITH:**

Fire + Water – Radiant Provider

Water + Fire – Intuitive Luminary

**MOST SUPPORTED BY:**

Metal + Water – Focused Visionary

Water + Metal – Caring Perfectionist

**MOST DRAINING FOR YOU:**

Fire + Wood – Spontaneous Initiator

Wood + Fire – Innovative Idealist

**YOUR GREATEST TEACHER:**

Metal + Earth – Masterful Ally

Earth + Metal – Reliable Analyst

**YOUR ELEMENTAL DYNAMIC:** Nurturing

Water supports Wood, and together they work synergistically to stimulate growth. When you are in balance, you are creative, thriving, energetic, and make great progress on your goals. However, since Wood drains Water, it's important to take time to nurture both elements and not depend on Wood to be the energy generator and make all the progress.

In other words, if you are over-active with too much Wood energy (constantly on the go, striving for success, working on efficiency, focusing on productivity) without sufficient downtime for rest and reflection, which Water needs, you suffer from burnout. If, however, you are too laid back and drop out of active mode, you lack the stimulus you need to be successful in the way that you envision.

**SUPPORTING ELEMENT:** Metal

Metal acts as a support to the elements of Water and Wood. In the elemental cycle, Metal can transform itself into liquid (Water), which in turn fuels Wood. The one element both Water and Wood have as a support is Metal, so when you feel at odds with yourself, tired, or out of balance, it can be extremely helpful to bring Metal energy into your



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day. Get organized, write a To Do list, create a system, clear out physical and digital clutter, or get affairs in order. The more order you create, the more you'll find yourself coming into balance.

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 Wood/Water Integrated Archetypes.

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

### YOUR PERSONAL VIRTUES:

**Vibe-Sensitive:** You are a smart thinker. You have the ability to quickly read the “vibes” of any situation and can even sense hidden agendas.

**Agile:** You have the ability to generate multiple solutions to a single problem and move quickly in a new direction when you need to.

**Resourceful:** You are able to come up with new ideas with little effort and intuitively know how to share your ideas in a way that people “get.”

**Prolific:** You are an endless source of creative thought. Your inspired ideas flow forth freely.

**Productive:** You know how to get things done when it's time to get things done.

### YOUR SUPERPOWERS:

**Creativity, Adaptability, Intuition, Connection**

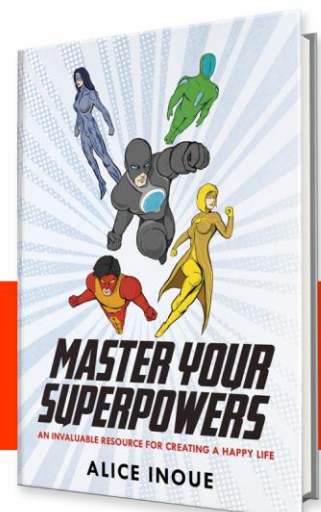
### WEAKNESSES TO STRENGTHEN:

Worry, Impatience, Insecurity, Defensiveness

### YOUR MISSION FOR POWER:

**Make people feel important.** Whether talking to the cleaner, the grocery store bagger, or the CEO, show appreciation for what they do and how they do it. You'll make an engaging impression.

**Leverage your knowledge.** You are excellent at collecting and retaining information. Be open to using what you know to help others succeed. Sharing information with others will help you feel fulfilled.



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**Balance activity with passivity.** You need to feel good, so schedule downtime along with active time and you will thrive. Being “unproductive” is restorative and necessary.

**Use your sensitivity as a strength.** Anticipate or prevent problems and see obstacles before they occur. When you sense that you are moving too fast or missing important details, consciously slow down and get back on track.

**Share your dreams and goals.** When you let others know where you are headed and what’s important to you, they will rally around to help you succeed. Their expectations will also help to keep you going.

**LIFE AFFIRMATION:** “I am grateful for all things that happen in my life and know that I will soon see my challenges as my gifts.”

If you are grateful, more is given. If you are not, more is taken away. Although there may be many things in your life that you don’t feel thankful for and wish did not exist, your best bet for getting more of what you want is to hone your focus and master your thoughts by always looking for the upside. Just like a friend whose gift you did not show appreciation for, why would the Universe give you more gifts when you don’t even appreciate the gifts you have already been given?

**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.



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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.

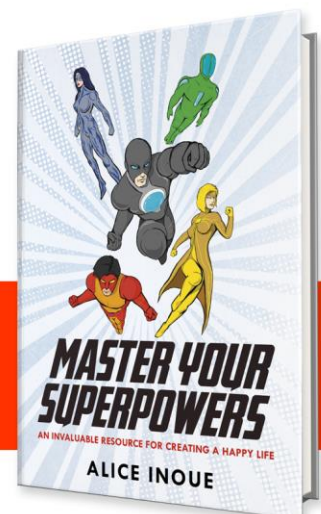
Spend quality time with your pet. Offer to help someone with a task or project. Practice a craft. Stay home and light candles. Wear your oldest most comfortable house clothes and turn off your cell phone and social media notifications.

**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.

## 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.



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**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.

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.



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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.

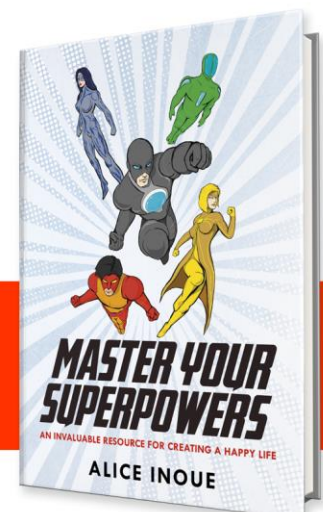
**MOST COMPATIBLE WITH:** These are people you get along with almost effortlessly. At times you're there for them, and at other times, they are there for you. These are people you feel very "at home" with. The relationship flows naturally and with ease. This is because the mutual exchange of elements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

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.



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**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.

**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.



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**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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