



MASTER YOUR SUPERPOWERS

YOUR INTEGRATED ARCHETYPE

LOYAL CHEERLEADER



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YOUR INTEGRATED ARCHETYPE

PRIMARY ► SECONDARY ▼	WATER	WOOD	FIRE	EARTH	METAL
WATER	 WATER - WATER LOGICAL VISIONARY	WOOD - WATER LOGICAL VISIONARY	FIRE - WATER RADIANT PROVIDER	EARTH - WATER CALM CONNECTOR	METAL - WATER FOCUSED VISIONARY
WOOD	WATER - WOOD RESOURCEFUL CREATOR	 WOOD - WOOD RESOURCEFUL CREATOR	FIRE - WOOD SPONTANEOUS INITIATOR	EARTH - WOOD PATIENT SPEEDSTER	METAL - WOOD EFFICIENT PRODUCER
FIRE	WATER - FIRE INTUITIVE LUMINARY	WOOD - FIRE INNOVATIVE IDEALIST	 FIRE - FIRE INTUITIVE LUMINARY	EARTH - FIRE LOYAL CHEERLEADER	METAL - FIRE DEDICATED ENTHUSIAST
EARTH	WATER - EARTH REFLECTIVE CONFIDANT	WOOD - EARTH THRIVING MANIFESTOR	FIRE - EARTH ENERGETIC PROTECTOR	 EARTH - EARTH ENERGETIC PROTECTOR	METAL - EARTH MASTERFUL ALLY
METAL	WATER - METAL CARING PERFECTIONIST	WOOD - METAL FLEXIBLE RULE-MAKER	FIRE - METAL WARM-HEARTED LONER	EARTH - METAL RELIABLE ANALYST	 METAL - METAL RELIABLE ANALYST

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 Loyal Cheerleader: Earth + Fire

Aka: The Responsible Fun-Lover and The Devoted Hero

PRIMARY ELEMENT: Earth (Talitha)

SECONDARY ELEMENT: Fire (Avior)

YOUR OVERVIEW: As a Loyal Cheerleader, once you decide to commit to a person, project, event, or cause, you put your energy into it and stay devoted to the end. You excel at understanding the needs of others and have the ability to rally resources and offer positive encouragement to help others feel secure. You intuitively know how to make people feel better and are a steadfast and vibrant source of energy. You thrive when you are enthusiastically working towards a goal. Others turn to you when they need someone who is encouraging and understanding.

Being in harmony with others energizes you, and when there is no conflict and you are in a state of balance, you are tireless in pursuit of your goals. As a Responsible Fun-Lover, you're the perfect mix of adult and child—you love having fun but make sure that no one is left out or uncomfortable with the activity. As a Devoted Hero, you consistently show others that you are looking out for them, constantly saving the day by showing support when it is most needed.

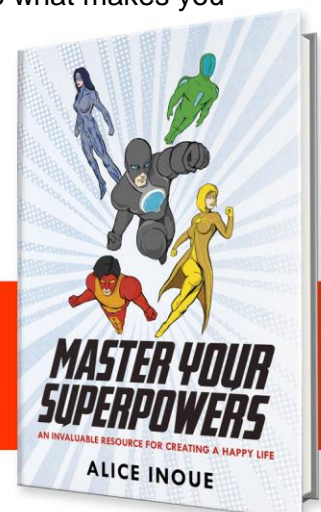
YOUR PURPOSE: You are here to encourage others to follow their heartfelt dreams and to be the foundation upon which they can feel safe to do so.

YOUR CREED: "Keeping the peace is better at times than being right."

YOUR CORE DESIRE: To be there for the people you care about, yet still do what makes you happy in life.

YOUR CORE VALUE: To enjoy all the moments of life without having to sacrifice your own desires in order to keep the peace.

AT YOUR BEST: You are tactful and self-sufficient, mindful, organized, and logical, yet still willing to go out on a limb, take a chance on life, and



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take advantage of unexpected opportunities. You can be in the spotlight if you have to be and yet are perfectly willing to be a silent support.

AT YOUR WORST: You are scattered and indecisive. You play the martyr and overextend yourself. You become over-anxious about minor things, get stuck, feeling unable to move forward.

YOUR ARCHETYPE TWIN: Fire + Earth – Energetic Producer

MOST COMPATIBLE WITH:

Metal + Fire – Dedicated Enthusiast

Fire + Metal – Warm-Hearted Loner

MOST SUPPORTED BY:

Wood + Fire – Innovative Idealist

Fire + Wood – Spontaneous Initiator

MOST DRAINING FOR YOU:

Earth + Metal – Reliable Analyst

Metal + Earth – Masterful Ally

YOUR GREATEST TEACHER:

Water + Wood – Resourceful Creator

Wood + Water – Logical Visionary

YOUR ELEMENTAL DYNAMIC: Nurturing

Fire supports Earth and together they create a fertile foundation, so when you are in balance, you have energy to sustain yourself and create from a strong foundation. However, since Earth can also suffocate Fire, it's important to take time to nurture both elements and not depend on Fire to be the energy generator.

If you are overactive with too much Fire activity (on the go all the time) and not enough reflection and rejuvenation, which Earth needs, you suffer from burnout and energy drain. If however, you lack the stimulus you need to be creative, you will get stuck in an uncomfortable state of inertia that leaves you unproductive.

SUPPORTING ELEMENT: Wood

Wood supports the element of Earth through Fire. In the elemental cycle, Wood fuels Fire, which in turn produces Earth. Since Fire and Earth are supported by Wood, when you feel at odds with yourself, tired, or out of balance, it is extremely helpful for you to be in Wood energy, as in nature.



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Having plants (real or silk) in your environment is essential for support. Wall art depicting nature as well as all shades of the color green are considered beneficial for Earth/Fire Integrated Archetypes.

Wood energy is about moving forward and being adaptable, so make it a point to spend time with individuals who have Wood as a part of their makeup (Nexus – Superhero Archetype Two).

YOUR PERSONAL VIRTUES:

Helpful: You are genuine and sincere; others feel your warmth and authenticity. You are someone people can always ask for help.

Tireless: You are determined in your pursuit of what you believe in and what you want to accomplish. You have boundless energy when you want to get something done.

Protective: You are watchful over people and projects to make sure that nothing goes wrong. People are loyal to you because you go out of your way to take care of them.

Prepared: You anticipate problems and prepare for them, yet you also are prepared to tackle the unexpected and conquer. You are literally prepared for anything.

Conscientious: You are diligent for two reasons: one, because you like to be thorough, thoughtful, and considerate; and two, because you don't want to lose face by letting others down.

YOUR SUPERPOWERS:

Patience, Consideration, Positivity, Confidence

WEAKNESSES TO STRENGTHEN:

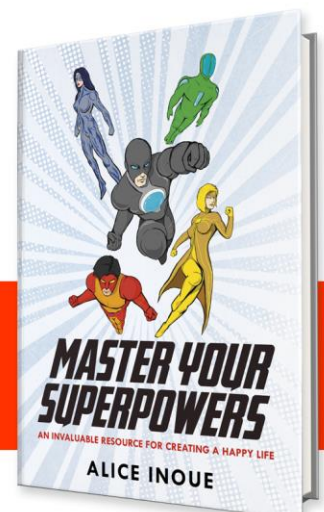
Bending to please others, Giving too much, Arrogance, Negativity

YOUR MISSION FOR POWER:

Remember that what you do inspires others. Share your support and resources so others can find their way when things are down for them. Let people know how you find your joy.

Encourage others whenever you can. Your ability to be sincere in your praise helps others accept what you say as truth. Intentionally learn as much as you can about the people you meet, as this will catalyze trusting relationships.

Recognize your ability to relate to people. Speak often about your purpose of motivating others to find their own sense of direction. When you relate to people, they feel understood.



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Take action to balance yourself. Make sure you set aside time for activity and fun with others as well as time for nurturing yourself. In order for you to operate from power and at your best, you need to feel balanced,

Take note when others are successful. When you notice that someone has accomplished something, praise them and be specific in your praise about what you noticed. The more specific you are about what you observe led to their success, the more you enhance their growth.

LIFE AFFIRMATION: “I spend my time, money, resources, and energy wisely. I am productive and bring the best of who I am to the table of life.”

The more you affirm what you want, and the clearer you are about how you want to spend your time, money, and energy, the more you will use those resources to your advantage. It always feels good to operate in a balanced way—not overly extravagant and yet not miserly, either. You do your best and feel your best when you are in a state of balance. You are more patient, loving, and understanding. And, when you act from your center, you also make better choices in life.

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



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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.

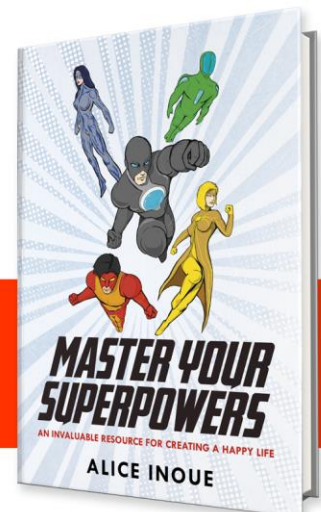
METAL: Do something you're really good at doing, something you've already mastered, so you can feel accomplished. Pick a location in your house—perhaps your room, desk, or car—and clear and clean it as best you can. Polish all the metal or shiny surfaces in your house to take off water marks and make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

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



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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.

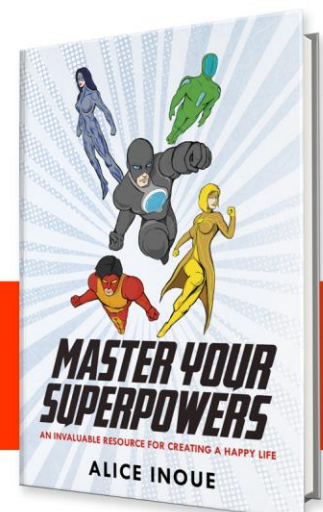
MOST SUPPORTED BY: These are people who are always there for you. It's not that you aren't there for them, but somehow, they just feel like the solid ground beneath your life, however you interact with them. You feel their support and trust their sincerity. In these relationships, both elements that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

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



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“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.

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



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identify what you need. Embrace one of the suggested passive or active activities to balance out your energy.

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