



MASTER YOUR SUPERPOWERS

YOUR INTEGRATED ARCHETYPE

WARM-HEARTED LONER



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 Warm-Hearted Loner: Fire + Metal

Aka: The Dynamic Master and The Expressive Connoisseur

PRIMARY ELEMENT: Fire (Avior)

SECONDARY ELEMENT: Metal (Alcor)

YOUR OVERVIEW: As a Warm-Hearted Loner, you enjoy spending time socializing and connecting, yet you also love contemplative alone time. You are a vibrant source of energy and thrive when you are being sought after for your expertise. When people get to know you, they see that underneath the fun and playful exterior is a person who is serious about life, has an analytical side, and maintains self-imposed high standards.

You fascinate people with your ability to remain graceful and composed under pressure. Connection inspires you—whether with groups of people or with bodies of knowledge. As a Dynamic Master, your enthusiasm and ability to learn things quickly draws people to you. As an Expressive Connoisseur, you openly share everything you are passionate about and are respected as an expert in anything that interests you.

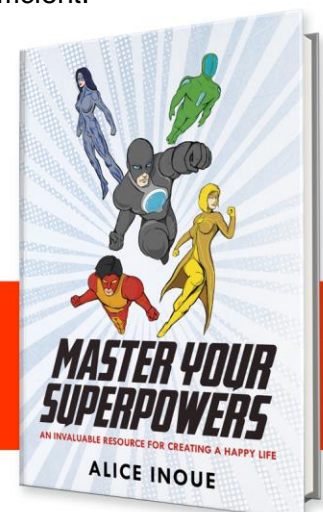
YOUR PURPOSE: You are here to encourage others to discover their heartfelt direction and to inspire them to dedicate themselves to it.

YOUR CREED: “Even when the odds are stacked against me, I can achieve.”

YOUR CORE DESIRE: To have fun in life but still complete what you are committed to.

YOUR CORE VALUE: To experience what life has to offer while still being efficient.

AT YOUR BEST: You are dynamic, engaging, and outgoing, and yet you temper your expression with grace and style. Though generous, you can be analytically pragmatic and careful about how you spend your resources. You take risks that are quite calculated and have a steely determination about anything you put your heart into.



www.MasterYourSuperpowers.com

AT YOUR WORST: You are arrogant, egotistical, and judge others excessively for their shortcomings. Anxious, picky, and needing to maintain control, you tend to boss people around. You swing from being overly cautious to being unable to control your excesses.

YOUR ARCHETYPE TWIN: Metal + Fire – Dedicated Enthusiast

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. Think how Fire can turn a hard element like Metal into liquid. 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 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), you suffer from ineffectiveness and burnout. Metal needs downtime for contemplation, restoration, and peace and contemplation. However, if you spend too much time analyzing and thinking by yourself 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. 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, and getting a massage is supportive, as well.



www.MasterYourSuperpowers.com

Having Earth elements in your environment is essential. Surround yourself with wall art depicting mountains, land, continents, stones, and the planet Earth, as well as earth tones that you see when you look outdoors. These are beneficial for Fire/Metal 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:

Ambitious: Your constant drive to improve keeps your standards high both for yourself and for others.

Focused: You can home in on a goal that is important to you and stay positive on the way to achieving it.

Confident: You are self-assured in ways that the average person is not, and because of this, you can surpass your own goals.

Complex: You can be both warm and cool, approachable when necessary and detached when the situation calls for it.

Dynamic: You get energized by working towards a goal. You love getting ready for what you have been planning.

YOUR SUPERPOWERS:

Positivity, Confidence, Focus, Commitment

WEAKNESSES TO STRENGTHEN:

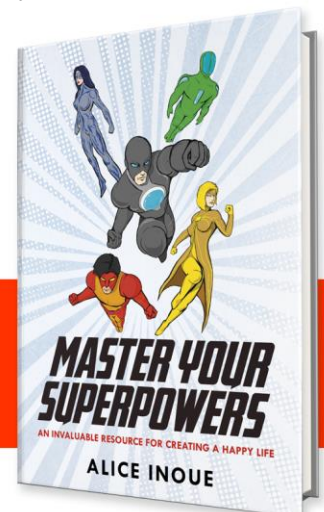
Negativity, Impatience, Worry, Faultfinding

YOUR MISSION FOR POWER:

Be strategic in how you use your energy. You have the ability to create motion and momentum in others. Make sure you are wise about where you “spend” it so you don’t overextend.

Practice how you confront others. You have the ability to stand up for what you believe in. Cultivate your style so that you can subtly persuade others to follow.

Ask people for their opinions. At times you can forget that there are other ways to look at things besides your own. It can help you to be open to other viewpoints.



www.MasterYourSuperpowers.com

Take charge when you can. You have the ability to lead and to calm others in times of crisis. Use your talents to reassure them and to let them know you have things under control.

LIFE AFFIRMATION: “I accept both the positive and the negative aspects of my life. In doing so, I find deep peace, balance, and stability.”

Think back to the most recent crisis in your life. Did it feel like your whole world had stopped? Did you feel emotionally crazy? How long did it take to regain your balance? The faster you are able to see the blessing in any situation, the better you will feel. Everything challenging in our lives ultimately contains hidden blessings that reveal themselves in time. If you can see the good in a crisis right away, your healing journey will be faster and much less emotionally draining. That’s why it’s important to focus on accepting the blessings and benefits in every challenging situation that occurs. Use your life affirmation to help you find peace and balance.

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. 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.



www.MasterYourSuperpowers.com

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

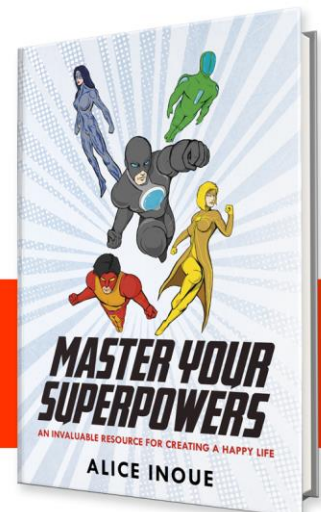
The various categories of the twenty Integrated Archetypes are defined here for your reference as needed.

PRIMARY ELEMENT: The element with the highest score on your test.

SECONDARY ELEMENT: The element with the second highest score on your test.

OVERVIEW: This is a general description of your Integrated Archetype.

YOUR PURPOSE: This is your Integrated Archetype's primary purpose.



www.MasterYourSuperpowers.com

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 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.



www.MasterYourSuperpowers.com

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.

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.



www.MasterYourSuperpowers.com

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