

# MASTER YOUR SUPERPOWERS



***YOUR INTEGRATED ARCHETYPE***

**INNOVATIVE IDEALIST**

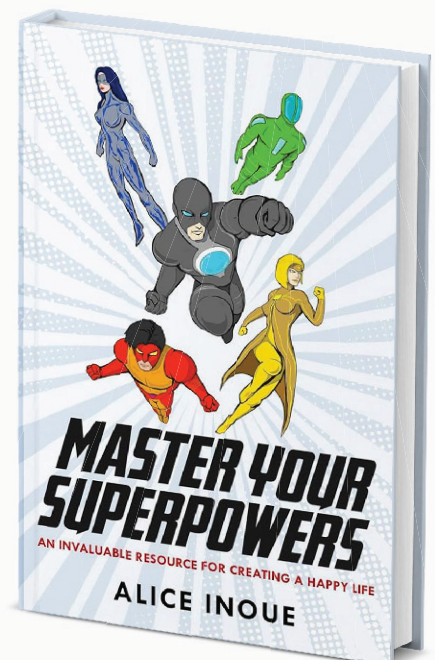
# YOUR INTEGRATED ARCHETYPE

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

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.



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 INNOVATIVE IDEALIST: WOOD + FIRE***

**AKA: THE PIONEERING ADVENTURER AND THE INTELLIGENT CHARMER**

**PRIMARY ELEMENT:** Wood (Nexus)

**SECONDARY ELEMENT:** Fire (Avior)

**YOUR OVERVIEW:** As an Innovative Idealist you find ways to make things happen, no matter how unconventional your ideas may be. You excel at communicating a vision and implementing the system that makes it happen, often to the surprise of others. You have a way of getting people to buy into what you believe without selling it to them. As an optimist and a magnetic source of energy, you thrive when you are efficiently getting things done and drawing others into the possibility that they also can achieve what they want in life.

Although it may take you some time to warm up in new situations or environments, you have a warm, welcoming, kind, and engaging personality. Ideas and heart-centered living inspire you. You delight in making life fun, and you know that, with dedication and desire, it can be better. People are drawn to you as a Pioneering Adventurer for your fearlessness in being the first to try something a bit risky. As an Intelligent Charmer, you know how to help people move through their fears and embrace life in new ways.

**YOUR PURPOSE:** You are here to show people what can be achieved when you follow your heart.

**YOUR CREED:** "Everything I want in life happens when I decide it's time to take action."

**YOUR CORE DESIRE:** To be comfortable being your authentic self, to inspire others, and to live a truly happy, heart-centered life.

**YOUR CORE VALUE:** To be efficient, productive, and organized—and happy along the way.

**AT YOUR BEST:** You are the embodiment of action and movement. You serve others by lifting them up when they most need it. You are accomplished, fair, and productive, and are able to be a great source of encouragement and celebration.

**AT YOUR WORST:** You are egotistic, detached, indecisive, and scattered. You get anxious and fearful that you won't accomplish what you set out to do.

**YOUR ARCHETYPE TWIN:** Fire + Wood – Spontaneous Initiator

**MOST COMPATIBLE WITH:**

Wood + Earth – Thriving Manifestor | Earth + Wood – Patient Speedster

**MOST SUPPORTED BY:**

Water + Wood – Resourceful Creator | Wood + Water – Logical Visionary

**MOST DRAINING FOR YOU:**

Fire + Water – Radiant Provider | Water + Fire – Intuitive Luminary

**YOUR GREATEST TEACHER:**

Water + Metal – Caring Perfectionist | Metal + Water – Focused Visionary

**YOUR ELEMENTAL DYNAMIC:** Nurturing

Wood supports Fire and together they create light, heat, and energy, so when you are in a state of balance, you are lighting up the world, generating positivity, and moving things forward. However, since Fire also consumes Wood, it's important to stay in balance by taking time to nurture both elements and not depend entirely on Wood to be the energy generator.

You'll experience frustration, impatience, and anger if you are over-active with too much Wood, which means you are taking too much time to plan, organize, talk, and think without incorporating enough spontaneity and leaving a bit to chance (which Fire needs). On the other hand, if you just go with whatever catches your attention without strategizing, you will lack the focus and control to be optimally productive and enthusiastic, and that will drain you.

**SUPPORTING ELEMENT:** Water

Water supports the elements of Fire and Wood. In the elemental cycle, Water nurtures Wood, which in turn fuels Fire. The only thing Fire and Wood have in common is Water, so when you feel at odds with yourself, tired, or out of balance, it is extremely helpful to be around Water energy, such as a pool, a spa, the ocean, a lake, or a waterfall.

Having Water in your environment is essential for support. Wall art depicting bodies of water and all shades of grey, charcoal, and black are considered beneficial for Wood/Fire 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:

**Spontaneous:** You are quick-witted and can think on your feet, whether in a personal, professional, or social situation.

**Proactive:** You are consistently able to step forward and take charge, especially when early action can make a big difference.

**Vigorous:** Working towards a goal energizes you. You are unfazed by deadlines and challenges and find ways to make your energy work for you.

**Enterprising:** You have the ability to see opportunity and turn it into success. You instigate new action and continually look to create new opportunities.

**Forward-Thinking:** You inspire others to look towards the future. You detest complacency and push yourself and others to innovate.

## YOUR SUPERPOWERS:

***ADAPTABILITY, CREATIVITY, POSITIVITY, CONFIDENCE***

## WEAKNESSES TO STRENGTHEN:

Worry, Impatience, Arrogance, Blame

## YOUR MISSION FOR POWER:

**Make sure you let people know that your optimism and positivity are not naivety;** you know that bad things that are going on and are simply choosing to focus on the good.

**Appreciate others and tell them how much they mean to you.** You will not only make them feel better, but you will also expand the energy tank of your own well-being.

**Protect your buoyant energy.** Minimize your time with people who are not on the same page as you. When you feel tired and lethargic, ask yourself if you've outgrown some of the people you hang around with.

**Be your own boss.** You do best when you move at your own pace. Take time to be with others on your own schedule.

**Recognize yourself and others.** When you take the time for recognition, you will be more motivated in the next phase.

**LIFE AFFIRMATION:** “I powerfully manifest that which I desire by focusing specifically on what I want.”

If you complain a lot, the Universe will respond lovingly and give you more to complain about. On the other hand, if you choose to look for what is going well, you will increase the chances that things will go smoothly. What you talk about or think about, you bring about. If you don't appreciate what you have, why would you get more to appreciate? Find more of what's good today so that you can experience more good in your life tomorrow.

**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.

**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.

**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.

**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.

**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.

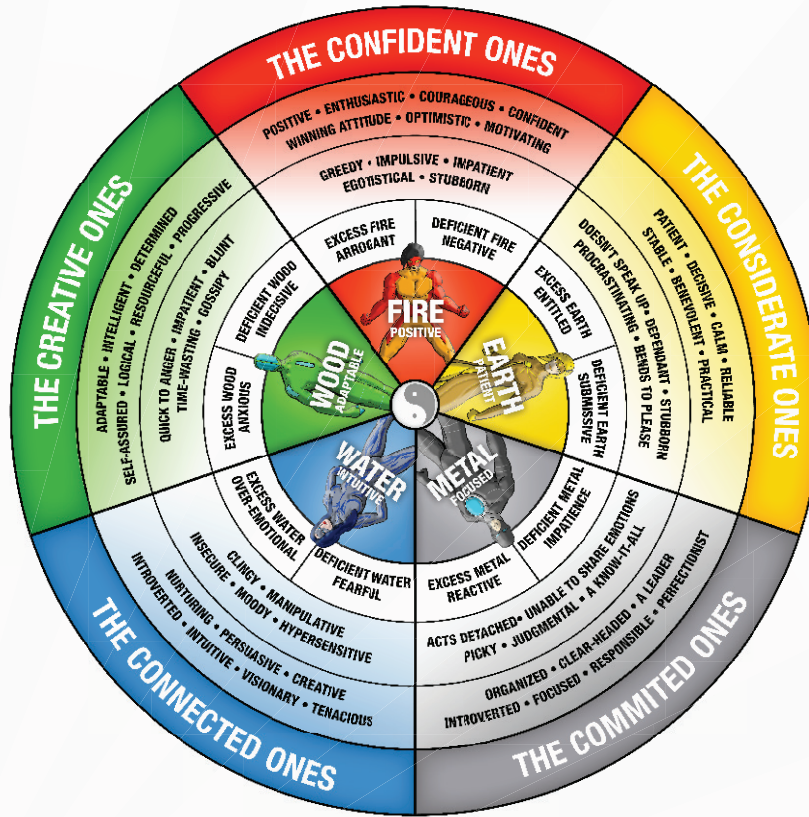
**WEAKNESSES TO STRENGTHEN:** These are areas that you may have either transcended or are still working on. As human beings, we will always have our weaknesses, our downsides, but the more conscious we are about them and the more we work on balance, the less they show up. Refer to Appendix A at the end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



# Elemental Qualities



# Archetypal Qualities

