

ARCHETYPES FOR JOURNALLING

Archetypes exercise

Thinking about the WHO.....

NAME OF ARCHETYPE	DESCRIPTION
THE WANDERER	Seeks new opportunities and freedom. Gets bored easily, leading to a continual search for “what’s next?”. Can lose sense of self if constantly on the move.
THE PIONEER	Driven by one specific mission. May become a Settler when finding a company or community to realise dreams.
THE KING/QUEEN	Likes gathering people to complete a mission. Comfortable with making decisions and using power to implement them.
THE WARRIOR	Uses strength and intelligence to fight for making things better. Ready to defend ideas and vision. Can damage relationships if passion turns to anger.
THE REBEL	Rejects conformity and authority. Needed when traditional systems need transformation. Rises up even when rejecting authority is dangerous.

THE REVOLUTIONARY	Builds new structures based on a clear vision. Needs to earn respect or will be seen as a Rebel .
THE THINKER	Watches keenly before speaking. Prepares presentations carefully. Sensitive to criticism and may respond sarcastically or disdainfully.
THE SCHOLAR	Draws on a strong academic background, using research and strong examples for theoretical arguments.
THE ADVENTURER	An ideas person who loves creative solutions. Easily distracted, which can frustrate others.
THE STORYTELLER	Loves being the centre of attention. Captivates audiences with stories. Sometimes appears out-of-touch if stories are irrelevant
THE DRIVER	Driven to achieve results. Accomplishes a lot but can appear as a Taskmaster. Should use driver energy only in emergencies.
THE STEWARD	Helps others understand their talents and dreams, supporting them in using their gifts for the mission. Focuses on the needs and successes of others.
THE VISIONARY	Uses stories and pictures to show possibilities beyond the present. May get bored with follow-up tasks and forget details.
THE INSPIRER	Prompts people into action with encouragement and profound language. Uses active listening to rouse dedicated action.
THE HERO/HERIONE	Lays out plans and fights battles for change. Sometimes fixes too many things alone instead of engaging others.

THE COLLABORATOR	Ensures full participation by all parties involved. Listens to understand all points of view, seeing big picture solutions.
THE MARTYR	Works tirelessly for change, expecting recognition for dedication and sacrifices. Needs admiration to maintain a positive attitude.
THE ADVOCATE	Serves a cause that may not be achieved. Knows change might not happen during tenure but fights for the cause anyway.
THE SUPERSTAR	Loves being at the forefront, known for outstanding work. Makes as many enemies as allies. Hard to drop this pattern in leadership or collaborator roles.
THE COACH	Trusts people to find their way. Acts as a “thinking partner” rather than providing solutions like a Mentor .
THE HEALER	Helps people recover from hurt. Can get caught up in saving people instead of aiding them to mend and improve.
THE ENTERTAINER	Holds group attention with something amusing or diverting. Inspires and lifts energy with lightness and hope. May be a Comedian if using humour primarily.
THE MENTOR/TEACHER	A wise and trusted sponsor or supporter. People seek advice and insight. Shares wisdom more than drawing it out of others.
THE MOTHER/FATHER	Supports, encourages, and protects those in care. Shows compassion from a position of power.

THE NURTURER	Offers encouragement and support from a Helper or Caretaker position. May become a Martyr if self-sacrificing.
THE MAGICIAN	Sees through illusions and achieves grand things others can't conceive. Likes making amazing things happen, believes new opportunities will arise if one door closes.
THE DETECTIVE	Has great observation skills and sees details others miss. Thirsts for seeking the truth.
THE CONNECTOR	Weaves together tasks of people from different perspectives to achieve common goals. Uses many communication platforms for connections.
THE FIXER	Loves finding answers and is persistent in solving problems. Needs to know when it's time to move on.
THE COMPANION	Believes part of life's mission is partnership with someone else, be it a friend, spouse, domestic partner, or an employed assistant.
THE IDEALIST	Perennial optimist who sees the glass half full. Believes in constructing positive realities but may be seen as out of touch without a clear vision.
THE ARTIST	Visual and uses creative skills to solve problems. Can be temperamental if work is not acknowledged.
THE GAMBLER	Risk-taker who trusts intuition. May have difficulty hearing and accepting other ideas. Leaps at good opportunities without considering risks.

Journalling Exercise

What **challenge or possibility** would you like to explore right now? Frame this as a question to yourself. “How can I....?”

What is frustrating, confusing or scary to you right now?

Who are you from the archetypes in this situation?

Would you like to feel and be seen differently than who you are being?

1. If yes- who would you like to feel like, who would you like to be seen like
2. If not, what do you need to dial up and dial down about the archetype you're being?

What is important about becoming this person (or becoming more of this person)??

What needs to be addressed or resolved? What's getting in your way? beliefs, shoulds, fears....

Take action. How are you going to resolve these? Now do the first thing right now.

Now write down who you are committed to being. How will you keep on track now that you've taken the first action? when will you come back to this moment?

Adapted from Marcia Reynolds, 2010