

## The Archetype Integration Worksheet

A practical tool to help you embody, balance, and integrate your dominant masculine energy.

*“Awareness is the spark — integration is the transformation.”*

## Start Here: The Process of Integration

You've already discovered which archetype leads your life. This worksheet will help you understand how it shapes your behaviour — and guide you to integrate the strengths of the others.

Take your time with this. Write slowly, think deeply — honesty is where real change starts.

### Mini Exercise: 2-Minute Brain Dump

Before reflecting, clear your head. Write down anything currently on your mind — worries, distractions, or thoughts that might get in the way of focus.

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## Step 1: Understand Your Dominant Archetype

1. My dominant archetype is: \_\_\_\_\_

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2. How does this archetype show up in my daily life — thoughts, work, relationships, discipline?

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3. What strengths does this bring out in me?

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4. When does this energy start working against me?

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5. What emotion or belief drives this archetype most? (e.g. fear, duty, pride, love)

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6. Why do you think this archetype became dominant for you at this point in life?

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## Step 2: Reveal the Imbalance

Rate how present each archetype feels in your life right now (1–10). Shade each segment accordingly. The shape of your wheel shows your current balance.

Warrior	King	Lover
Magician	Sage	Maverick

Which archetype feels underdeveloped — and how could expressing it create more balance?

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What's one small daily action that would bring that energy forward?

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## Step 3: Integration & Daily Alignment

Each day, express your dominant archetype and one balancing archetype through mind, body, and spirit.

Area	Dominant Archetype	Balancing Archetype	Daily Expression
Mind			
Body			
Spirit			

What lesson do I want to carry from this process?

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What would balance feel like to me in daily life?

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One commitment I'll make this week:

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## Step 4: 30-Day Review

Revisit this worksheet 30 days from now. Reflect on what's changed and what's stayed the same. Notice where your balance has shifted.

Write one sentence that captures your new integrated mindset.

*"I am a man who \_\_\_\_\_."*

*Growth doesn't come from perfection — it comes from awareness repeated daily.*