



Instructions for Completing the Archetype Assessment

Part One

First, please understand that the Archetypes really don't MEAN anything. They are just a tool to help us understand ourselves and others more deeply.

There is no one better archetype over another, and we all have aspects of each archetype within us. What we will be doing is drawing out which archetypes are more or less prominent for you. PLEASE READ THROUGH ALL OF THESE INSTRUCTIONS FOR PART ONE FIRST BEFORE YOU PROCEED TO THE ASSESSMENT.

As you take the assessment, please keep these things in mind:

1. There are 4 pages to the assessment and it will usually take 15 minutes or so to go through.
2. Answers should come quickly and from your first impression, gut feeling, intuition, etc. IF YOU ARE THINKING about the question, then leave it and come back, after you've had a chance for it to percolate. Remember, these are heart answers, not head answers.
3. Answer each question from the perspective of your WHOLE life, not just a snapshot of today. Many times we have done a lot of self-development work and we can say, "Oh, I've worked through that!" and that may be the case today, but if it has been something you had as a trigger, challenge, or situation for you in the past, please answer from that place.
4. Answer the questions truthfully from where you are, and not from the perspective of what you would LIKE them to be.
5. You will be asked to tally your answers, BUT NOT UNTIL THE END! This is super important. Please make sure you go through ALL OF THE QUESTIONS first. It is important that you stay in a certain frame of mind, energy and flow going through the questions, and if you stop and break that by tallying the numbers too early, it can skew and affect the outcome of your assessment.
6. Drink some water, take some deep breaths and go ahead with the assessment, putting your answer from the scale of 1-5 in the circle next to the question. 1 is strongly disagree and 5 is strongly agree. The scale is printed at the top of each page so you don't get mixed up. Think of it as a mountain you are climbing and the bottom is 1, and the closer you get to the top, the more intense it is (the bigger the number).

Part Two

AFTER YOU HAVE COMPLETED ALL THE QUESTIONS, it is time to tally.

- Add up the COLUMNS (follow the lines). Add up the numbers in each column and put them in the bigger circle at the bottom on the column/line and repeat for each page.
- Move the totals to the last page, matching the column number to the corresponding box number.
- Add horizontally to get totals.
- Put in order (highest to lowest scores) on the bottom section. If you have a tie, then put each one in a box and the one below it and indicate on the form they are a tie.

Take a picture from your phone, or scan on your printer and make into a .pdf to upload on the intake form on my website. I will discuss the results with you during the session set aside for the results.