

# Your Archetype Personality Profile: How to Generate it

1. Refer to **Table 1**. Choose 8 archetypes to represent 8 roles you've always played.
2. Add your 8 archetypes to **Table 2, Column 1**. The 4 universal archetypes: Child, Victim, Prostitute and Saboteur are prepopulated in **Table 2, Column**. [Read about them here.](#)
3. Refer to **Table 2, Column 2**. Add archetypes and rank in order of preference, where 1 is your most preferred and 12 is your least preferred archetype.
4. Transfer archetypes from **Table 2** to **Table 3, Column 2**, maintaining their ranking.
5. Brainstorm a trap for each archetype and add it to **Table 3, Column 3**. Then brainstorm a gift for each archetype and add it to **Table 3, Column 4**.
6. Write your story. Copy your list of archetypes along with their corresponding traps. Paste this into a large language model (e.g., Copilot or ChatGPT). Ask it to Generate a combined narrative of all the traps,:

explaining how these traps impede access to your potential. Repeat using your list of archetypes and their gifts. Ask the LLM to: Craft a combined narrative of all the gifts, explaining how you can use these gifts to express your highest potential.

7. Journal Prompt for consolidation: How can you leverage gifts, curb traps, face any emerging fears, develop existing opportunities and embrace your potential? Ask trusted friends, family members, and colleagues for feedback.
8. Once your Profile is built, use **Table 8** to explore any question through either a **Fixed Profile**: Archetypes stay in place; brainstorm new traps and new gifts. Or a **Dynamic Profile**: Rearrange archetypes for each question; identify fresh traps and gifts. Rather than seeking yes/no answers, ask succinct questions for insights, action, direction, guidance or inspiration.

Actor	Addict	Advocate	Alchemist	Artist
Athlete	Avenger	Beggar	Bully	Clown
Companion	Coward	Crone	Damsel	Detective
Disciple	Engineer	Entrepreneur	Exorcist	Father
Fool	Gambler	Genius	Gossip	God
Goddess	Guide	Healer	Hedonist	Hermit
Hero	Judge	King	Knight	Leader
Liberator	Lover	Magician	Martyr	Mediator
Mentor	Midas	Monk	Mother	Mystic
Networker	Nun	Olympian	Philosopher	Pioneer
Prince	Princess	Prophet	Puppet	Queen
Rebel	Rescuer	Sage	Seeker	Servant
Shaman	Shapeshifter	Slave	Storyteller	Student
Teacher	Thief	Trickster	Vampire	Villain
Visionary	Wanderer	Warrior	Witch	Wizard

Column 1	Column 2
Add your 8 archetypes below:	Rank your archetypes from 1-12
Child	
Victim	
Prostitute	
Saboteur	

Question: (insert for fixed or dynamic profiles)			
Column 1	Column 2	Column 3	Column 4
	List archetypes	Identify traps:	Identify gifts:
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Do you need feedback? Want to go deeper? Email your profile to [gail@gailgoodwin.com.au](mailto:gail@gailgoodwin.com.au) to book a phone reading.  
 The Archetype Personality Profile was created by Gail Goodwin © 2001 [www.gailgoodwin.com.au](http://www.gailgoodwin.com.au)