How to Self-Author Your Archetypes

Self-authoring invites you to engage with archetypes as dynamic energies that are tailored to your life experiences and responsive to your growth. By shaping archetypal expressions to reflect your individuality, you reclaim agency, live in alignment with your values, and turn limitations into meaningful growth.

Use this process to:

a. Check if an archetype is one of your 8 personal archetypes.
b. Self-author your 8 archetypes and the 4 universal archetypes Child, Victim, Prostitute and Saboteur
c. Identify a fit-for-purpose archetype to assist you with out-of-the-box tasks.
d. Add wings to your personal archetypes.

Instructions

1. Select your intention from options *a - d.*
2. Refer to Table 1: Choose an archetype to deconstruct.
3. Refer to Table 2: Deconstruct the archetype by brainstorming 10 negative and 10 positive associations.
4. Refer to Table 3: Use your associations to create the archetype's profile, clarifying its Goal, Fear, Trap, Gift, and Strategy.

Key:

- Goal – the archetype's aim, outcome, or deeper purpose.
- Fear – its greatest vulnerability or the worst-case scenario.
- Trap – the recurring obstacle that keeps it stuck.
- Gift – its greatest strength, talent, or potential.
- Strategy – the next step to take toward the Goal.

5. To reflect your growth, challenge outdated norms, and ensure the archetype speaks to your current situation, return to steps 1–4 to generate new associations whenever your archetypal story needs revision.

Table 1: Choose the Archetype

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

Table 2: Deconstruct the Archetype

Negative Associations	Positive Associations

Table 3: Self-Author the Archetype

Goal	
Fear	
Trap	
Gift	
Strategy	

Do you need feedback? Want to go deeper? Email your *Self-authored Profile* to gail@gailgoodwin.com.au to book a consultation. *Self-author Profile* process created by Gail Goodwin © 2022 www.gailgoodwin.com.au