



Archetypes as the Mirror of the Soul

A Guided Journaling Worksheet built around the idea of archetypes as mirrors of the soul. These will help you use writing as a tool for reflection and awakening

Step 1: Recognition

- Which archetypes (Healer, Seeker, Warrior, Mystic, etc.) do I feel most connected to right now?
- What experiences or qualities make me identify with this archetype?

Step 2: Expression

- How does this archetype show up in my daily life, relationships, or work?
- When do I feel most aligned with its strengths?
- When do I notice its shadow side (ex. over-giving, resisting change, avoiding truth)?

Step 3: Balance

- Which archetypes feel underdeveloped or hidden within me?
- How might embracing these parts bring me into greater wholeness?

Step 4: Integration

- If I were to embody this archetype fully, what would shift in the way I live and love?
- What practices, rituals, or choices can help me honor this archetype's wisdom?

Closing Reflection Prompt

Write a dialogue between yourself and one archetype that wants to guide you right now. Let it speak as if it were a mentor, protector, or inner ally.

Archetype Guide

Explore the universal patterns and inner roles that shape your story.

Shadow aspects are simply an unbalanced expression of the archetype. Recognizing the shadow aspects guides us towards wholeness.

The Healer

Feels called to transform pain into wisdom—both in self and others. Sensitive, empathetic, and often drawn to emotional or spiritual healing.

Shadow - Can become a martyr, over-giving, or defining self-worth through “fixing” others. May neglect own healing.

The Seeker

Always searching for truth, meaning, and expansion. Motivated by curiosity and restless when stagnant.

Shadow - Restless and never satisfied, always chasing the next horizon. May avoid commitment or depth.

The Warrior

Protects what matters most. Strong, resilient, and willing to fight for values, loved ones, and justice.

Shadow - Can turn aggressive, controlling, or overly defensive. Might see life only as a battle.

The Mystic

Feels connected to unseen realms, such as intuition, dreams, synchronicities. Guided by inner knowing and spiritual practices.

Shadow - Can drift into escapism, illusions, or spiritual bypassing. May struggle to stay grounded in daily life.

The Nurturer

Provides safety, comfort, and love. Focused on care, belonging, and creating space for others to flourish.

Shadow - Over-protective, self-sacrificing, or enabling. Can blur boundaries in the name of care.

The Creator/Artist

Expresses through beauty, art, and innovation. Feels alive when making, imagining, and bringing ideas into form.

Shadow - Perfectionism, self-doubt, or becoming blocked. May create for validation instead of authentic expression.

The Lover

Seeks intimacy, passion, and connection. Values devotion, sensuality, and the transformative power of love.

Shadow - Can become needy, dependent, or lose self in others. May confuse passion with attachment.

The Rebel/Destroyer

Challenges norms, breaks cycles, and clears away what no longer serves. Brings liberation through change.

Shadow - Can be reckless, destructive, or rebellious for rebellion's sake. Risks burning bridges without building anew.

The Sage/Teacher

Shares wisdom and insight. Drawn to learning, philosophy, and guiding others with perspective.

Shadow - Detached, overly intellectual, or condescending. May prioritize knowledge over lived experience or compassion.

The Child/Inner Innocent

Represents wonder, trust, and purity. Seeking joy, safety, and the freedom to play and explore.

Shadow - Can be naive, avoid responsibility, or cling to dependency. May fear growing up or facing reality.

Recommended Reading & References:

- Carl Jung – *The Archetypes and the Collective Unconscious* (1959). Foundational text introducing universal archetypes in the collective psyche.
- Carol S. Pearson – *Awakening the Heroes Within* (1991). Accessible framework of 12 archetypes, often used in coaching and personal growth.
- Joseph Campbell – *The Hero with a Thousand Faces* (1949). Explores archetypes through the Hero's Journey and myth.
- Caroline Myss – *Sacred Contracts: Awakening Your Divine Potential* (2001). Archetypes as spiritual contracts that guide our growth.
- Clarissa Pinkola Estés – *Women Who Run With the Wolves* (1992). Feminine archetypes explored through myth, story, and depth psychology.
- James Hillman – *Archetypal Psychology* (1970s–1990s). Expands Jung's work, showing how archetypes animate everyday life.

With Love, Ms. B