

Sovereign Warrior Magician Lover Inventory

Choose the statements which mostly describe you by circling a, b, c, and/or d for each question

1. If asked, I would have to admit I am:

- a. A deeply sensitive and caring person
- b. Someone spontaneous, highly social, and more physical than in my head
- c. A person who makes a powerful finish to everything I start
- d. Someone who can always be counted upon for advice

2. My friends and family would describe me as being:

- a. A person who makes decisions
- b. Actively determined
- c. The life of the party
- d. A person with creative flair

3. Though it might ultimately leave me feeling good, a very difficult task for me would be to:

- a. Reveal my private feelings and desires, or one of my most humbling life events
- b. Entertain or speak to an audience
- c. Give one-on-one advice to a stranger
- d. Stand up for my beliefs in a crowded room where nobody agrees with me

4. One of my biggest strengths is my ability to:

- a. Make others laugh and feel comfortable
- b. Communicate what I'm thinking and feeling
- c. Help others work through their problems
- d. Defend and win an argument

5. What you might overhear me saying to a good friend is:

- a. "We should start a group together and put on a show next month!"
- b. "If I were in your shoes, I'd feel that way too. But the universe has a way of working things out..."
- c. "Look, it's not right for them to treat you that way. Do you want me to say something?"
- d. "I read a book on that once and here's how things worked out..."

6. My best day would likely include:

- a. Spending time alone in my favourite place to reflect, read, or create something
- b. Leading a team to victory
- c. Throwing a surprise party for my friends
- d. Sharing in an important moment or conversation with another person

7. I measure my authenticity by:

- a. Keeping to times agreed upon
- b. Expressing my freedom
- c. Being informed by what my body tells me
- d. My adaptability

8. When I'm feeling stressed, I usually:

- a. Cry if I need to, then call a close friend to talk about what's happening
- b. Confront the causes of my stress quickly
- c. Analyse my problems, patiently make a strategy, and list ways to deal with them
- d. Take my mind off of the problem for awhile by going out on the town with friends

9. The things that annoy me most about other people are:

- a. When they are too arrogant about what they know
- b. When they talk too much about unimportant things
- c. When they always have to win the argument
- d. When they always have to be the centre of attention

10. In another life, I would have wanted to be:

- a. A writer who comes from the heart
- b. An artist or actor who wins awards
- c. An intellectual expert that everyone seeks out
- d. A powerful business person or athlete

11. When in a group situation I usually:

- a. Tell jokes and suggest interesting ways of doing work to reduce tension and increase fun
- b. Promote the discussion of conflicts in order to resolve disagreements
- c. Warmly encourage all members of the group to participate
- d. Express support, acceptance and liking for other members of the group

12. When problem solving within a group I usually:

- a. Try to build trust and evaluate the emotional climate
- b. Actively listen to all angles before concluding
- c. Support a good idea by adding views that are unique and energising
- d. Give information and my opinion regardless of what others might think

13. When in conflict, which statement/s resembles your style?:

- a. Fields are won by those who believe in winning
- b. Kind words are worth much and cost little
- c. Frankness, honesty and trust will move mountains
- d. A fair exchange brings no quarrel

14. Again...when in conflict, which statement/s resembles your style?:

- a. Gentleness will triumph over anger
- b. When both people give in half way, a fair settlement is achieved
- c. Put your foot down when you mean to stand
- d. By digging and digging, the truth is discovered

15. Again...when in conflict, which statement/s resembles your style?:

- a. One gift for another makes good friends
- b. Kill your enemies with kindness
- c. Come now and let us reason together
- d. There are two types of people in the world, the winners and the losers

16. Which word/s do you gravitate towards?:

- a. Theory
- b. Practice
- c. Flexibility
- d. Strength

Totals:

- Transfer your answers to the table below.
- Add them up and get a total for each Archetype.
- Work out your % via the table to the right.

	King	Warrior	Magician	Lover
1	d	c	b	a
2	a	b	c	d
3	b	a	c	d
4	c	d	a	b
5	d	c	a	b
6	a	b	c	d
7	a	c	d	b
8	c	b	d	a
9	d	b	a	c
10	b	a	c	d
11	c	b	a	d
12	b	d	c	a
13	c	a	d	b
14	d	c	b	a
15	c	d	a	b
16	a	d	c	b
T				
%				

1 =	6%
2 =	12%
3 =	18%
4 =	25%
5 =	31%
6 =	37%
7 =	43%
8 =	50%
9 =	56%
10 =	62%
11 =	68%
12 =	75%
13 =	81%
14 =	87%
15 =	93%
16 =	100%

Interpreting your Totals:

- Totals between 20% – 30% are a *balanced* distribution.
 - If you are *not* within the 20% – 30% range, life can get out of balance and things can start to break down physically, emotionally and/or mentally.
- If you have over or under functioning Archetypes, consider how you might use your energy to get more balance, harmony and happiness. For Example:
 - If you have scores over 30% (over functioning archetype/s) consider distributing this energy to scores under 20% (under functioning archetype/s).
 - In other words: do less of what you are doing & challenge yourself to awaken dormant aspects of yourself (review the “Access Practices” I sent out each week for each Archetype to support you).

