

---

# The Seven Inner Archetypes: A Guide to Becoming Whole

---

There is a tendency in personal development to ask, *Who am I?*

I think a more powerful question is:

## **Who within me is asking?**

We are not one fixed personality. We are a living ecosystem of different parts, each with its own strengths, fears, desires, and wisdom. Depending on our season of life, one archetype may naturally step forward while another retreats into the shadows.

None of these archetypes are "good" or "bad."

Each one exists to protect us.

Each one offers a gift.

Each one has a shadow.

Growth isn't about becoming someone else.

It's about consciously choosing which parts of yourself lead your life.

At Bohemia Collective, I see these archetypes as an internal council—a gathering of seven timeless energies that exist within every woman (and, in different expressions, every human). The goal isn't to embody only one.

The goal is integration.

---

---

# The Seven Archetypes

| Archetype | Core Gift                | Shadow                         | Needs to Learn |
|-----------|--------------------------|--------------------------------|----------------|
| Maiden    | Curiosity & Possibility  | Naivety & Avoidance            | Discernment    |
| Mother    | Compassion & Nurturing   | Self-Sacrifice                 | Boundaries     |
| Queen     | Leadership & Sovereignty | Control & Perfection           | Trust          |
| Huntress  | Independence & Courage   | Isolation & Hyper-independence | Receiving      |
| Sage      | Wisdom & Clarity         | Overthinking                   | Embodiment     |
| Mystic    | Intuition & Imagination  | Escapism                       | Grounding      |
| Lover     | Passion & Connection     | Attachment & Validation        | Self-Worth     |

---

---

# The Maiden

*"Life is full of possibility."*

The Maiden reminds us how to wonder.

She approaches life with open eyes, hope, curiosity, and excitement. She believes tomorrow might be beautiful simply because it hasn't happened yet.

She is the beginning of every adventure.

## Her Gifts

- Creativity
- Playfulness
- Optimism
- Learning
- Openness
- Curiosity
- Hope

## Her Shadow

When the Maiden becomes wounded, she may:

- Wait for someone else to rescue her.
- Avoid difficult decisions.
- Romanticize people or situations.
- Confuse potential with reality.
- Fear growing up.
- Chase novelty instead of depth.
- Seek external validation.
- Ignore red flags.
- Remain dependent.
- Stay in fantasy rather than action.

## **When She Leads Too Much**

Life feels exciting...

...but inconsistent.

Dreams remain dreams because commitment feels limiting.

### **Reflection**

- Where in my life am I still waiting to be chosen?
  - What responsibility have I been avoiding?
  - What dream deserves my commitment instead of my fantasy?
-

---

# The Mother

*"Love nourishes everything it touches."*

The Mother creates safety.

She comforts.

She protects.

She gives.

She heals.

She reminds us that kindness is strength.

## Her Gifts

- Compassion
- Patience
- Generosity
- Emotional intelligence
- Presence
- Service
- Protection

## Her Shadow

A wounded Mother may:

- Lose herself while caring for everyone else.
- Feel guilty saying no.
- Become controlling "for their own good."
- Enable unhealthy behavior.
- Tie her worth to being needed.
- Suppress resentment.
- Neglect her own dreams.
- Over-function in relationships.
- Feel responsible for everyone's happiness.

## **When She Leads Too Much**

Everyone else flourishes...

while she quietly disappears.

### **Reflection**

- Who am I taking responsibility for that isn't mine?
  - When was the last time I nurtured myself with the same tenderness I give others?
  - Where do I need a loving boundary?
-

---

# The Queen

*"I choose the life I lead."*

The Queen embodies sovereignty.

She doesn't dominate.

She directs.

She knows who she is and no longer asks permission to become her.

## Her Gifts

- Leadership
- Confidence
- Vision
- Discernment
- Responsibility
- Emotional regulation
- Integrity

## Her Shadow

The wounded Queen may:

- Control everything.
- Fear vulnerability.
- Believe asking for help is weakness.
- Become perfectionistic.
- Judge herself and others harshly.
- Attach identity to achievement.
- Micromanage.
- Fear failure.
- Hide behind competence.

## **When She Leads Too Much**

Life becomes efficient...

but not always joyful.

### **Reflection**

- Where have I confused control with safety?
  - What would leadership look like if love guided it instead of fear?
  - Where could I soften without losing my strength?
-

---

# The Huntress

*"Freedom is sacred."*

The Huntress walks her own path.

She values independence.

She trusts herself.

She isn't afraid to begin again.

## Her Gifts

- Courage
- Self-reliance
- Adventure
- Boundaries
- Confidence
- Initiative
- Determination

## Her Shadow

When wounded, the Huntress may:

- Push everyone away.
- Struggle to receive support.
- Become emotionally unavailable.
- Fear dependence.
- Stay constantly busy.
- Equate vulnerability with weakness.
- Believe she must do everything alone.
- Keep relationships at arm's length.
- Mistake isolation for freedom.

## **When She Leads Too Much**

She survives beautifully...

yet secretly longs to rest.

### **Reflection**

- Where am I refusing support?
  - What part of me believes I must earn love through self-sufficiency?
  - What would it feel like to be held instead of always holding everything together?
-

---

# The Sage

*"Seek truth over certainty."*

The Sage longs to understand.

She studies patterns.

She asks questions.

She values wisdom more than opinion.

## Her Gifts

- Insight
- Critical thinking
- Discernment
- Logic
- Lifelong learning
- Perspective
- Objectivity

## Her Shadow

The wounded Sage may:

- Live entirely in her head.
- Analyze instead of act.
- Fear making mistakes.
- Disconnect from emotions.
- Intellectualize pain.
- Become cynical.
- Judge people as irrational.
- Hide behind knowledge.
- Mistake information for transformation.

## **When She Leads Too Much**

Everything makes sense...

except the heart.

### **Reflection**

- Where have I been thinking instead of living?
  - What truth am I avoiding because I already know the answer?
  - What experience do I need more than another book?
-

---

# The Mystic

*"There is wisdom beyond what can be measured."*

The Mystic listens inward.

She trusts intuition.

She recognizes that some truths are felt before they are understood.

She walks comfortably between science and spirit, honoring both the measurable and the mysterious.

## Her Gifts

- Intuition
- Spiritual connection
- Creativity
- Imagination
- Presence
- Symbolic thinking
- Faith

## Her Shadow

The wounded Mystic may:

- Escape reality through spirituality.
- Ignore practical responsibilities.
- Romanticize signs while avoiding action.
- Become disconnected from the body.
- Chase endless healing without integration.
- Spiritualize emotional wounds.
- Seek certainty through divination.
- Lose discernment.
- Mistake intuition for impulse.

## **When She Leads Too Much**

She becomes deeply connected...

yet ungrounded.

### **Reflection**

- Where am I seeking signs instead of taking action?
  - How can I bring my spiritual insights into everyday life?
  - What would grounding look like today?
-

---

# The Lover

*"To feel deeply is a gift."*

The Lover experiences life through beauty, emotion, intimacy, creativity, and connection.

She reminds us that life isn't only meant to be understood.

It is meant to be experienced.

## Her Gifts

- Passion
- Sensuality
- Creativity
- Empathy
- Romance
- Joy
- Presence
- Appreciation for beauty

## Her Shadow

The wounded Lover may:

- Lose herself in relationships.
- Fear abandonment.
- Seek validation through attention.
- Become emotionally dependent.
- Chase intensity over stability.
- Struggle with boundaries.
- Confuse chemistry with compatibility.
- Over-romanticize love.
- Neglect herself to preserve connection.

## **When She Leads Too Much**

Life feels vibrant...

until love becomes identity.

### **Reflection**

- Where am I seeking outside validation for something only I can give myself?
  - What truly makes me feel alive?
  - What relationship with myself am I ready to deepen?
-

---

# The Architecture of Becoming

Perhaps the most beautiful realization is this:

You don't need to become a Queen by abandoning your Maiden.

You don't need to silence your Mystic to embrace your Sage.

You don't need to lose your Mother's compassion to become a Huntress.

Wholeness isn't choosing one archetype.

It's knowing which voice is speaking, honoring why it developed, and consciously inviting the others to the table.

Some seasons call for courage.

Others ask for softness.

Some require wisdom.

Others require wonder.

The work of becoming isn't replacing parts of yourself.

It's remembering that they all belong.

The question isn't:

*"Which archetype am I?"*

The better question is:

**Which archetype has been leading my life... and which one has been quietly waiting for an invitation?**

---

---

# Discover Your Inner Archetype

---

*Which part of you is leading your life right now?*

## Introduction

Within each of us lives a council of seven timeless archetypes.

The Maiden dreams.

The Mother nurtures.

The Queen leads.

The Huntress acts.

The Sage understands.

The Mystic trusts.

The Lover feels.

None are better than the others.

Each has gifts.

Each has shadows.

Throughout life, one archetype often takes the lead while others quietly wait to be called forward.

This quiz isn't about putting yourself into a box.

It's about discovering where you are now—and who you are becoming.

---

---

# Instructions

---

Rate each statement from **1–5**

## Meaning

- |   |                    |
|---|--------------------|
| 1 | Not like me at all |
| 2 | Occasionally true  |
| 3 | Sometimes true     |
| 4 | Mostly true        |
| 5 | Very much me       |

Try to answer based on **who you are today**, not who you wish to become.

---

# MAIDEN

1. I feel excited by new beginnings.
  2. I often believe the best is yet to come.
  3. I enjoy learning simply because I'm curious.
  4. I like keeping my options open.
  5. I still feel connected to childlike wonder.
  6. I sometimes avoid difficult realities because I hope things will work themselves out.
-

---

## MOTHER

- 7. People naturally come to me for comfort.
  - 8. I enjoy taking care of others.
  - 9. I often put others' needs before my own.
  - 10. Creating a peaceful environment matters to me.
  - 11. I feel fulfilled when I help someone heal or grow.
  - 12. I struggle to say no without feeling guilty.
- 

## QUEEN

- 13. I make decisions confidently.
  - 14. I naturally take leadership roles.
  - 15. I have strong personal standards.
  - 16. I value discipline and responsibility.
  - 17. I know what I deserve.
  - 18. I sometimes struggle to delegate or let go of control.
- 

## HUNTRESS

- 19. I enjoy figuring things out on my own.
  - 20. Freedom is extremely important to me.
  - 21. I trust myself more than most people.
  - 22. I prefer action over waiting.
  - 23. I don't mind walking a different path than everyone else.
  - 24. Asking for help feels uncomfortable.
-

---

## SAGE

- 25. I love understanding why people behave the way they do.
  - 26. I enjoy reading, researching, or learning.
  - 27. I analyze situations before acting.
  - 28. Facts matter to me.
  - 29. I seek wisdom more than quick answers.
  - 30. I sometimes overthink decisions.
- 

## MYSTIC

- 31. I trust my intuition.
  - 32. I notice patterns, symbols, or meaningful coincidences.
  - 33. I enjoy meditation, spirituality, or self-reflection.
  - 34. I feel deeply connected to nature.
  - 35. I often sense things before I can explain them.
  - 36. I sometimes spend more time imagining than doing.
- 

## LOVER

- 37. Beauty deeply affects me.
  - 38. I experience emotions intensely.
  - 39. I crave meaningful connection.
  - 40. I express myself creatively.
  - 41. Passion is important to me.
  - 42. I sometimes lose myself in relationships or experiences.
-

---

# Scoring

Add each group of six questions.

Possible scores:

**6–14**

Dormant Energy

**15–21**

Present but Underdeveloped

**22–26**

Balanced

**27–30**

Dominant Energy

---

# Looking Deeper

Now compare your scores.

## Highest Score

This is your **Dominant Archetype**.

It's the lens through which you're currently navigating life.

Ask yourself:

- How has this archetype helped me?
  - Where might I be relying on it too much?
-

---

## Lowest Score

This is your **Sleeping Archetype**.

Rather than being "missing," it's simply underused.

It likely contains the medicine your soul is asking you to integrate.

Ask yourself:

- What would my life look like if this energy were stronger?
- What small action could awaken it?

---

## Shadow Check

Look at question **6, 12, 18, 24, 30, 36, and 42**.

These represent the shadow expression of each archetype.

If you scored **4 or 5** on several of them, your dominant archetype may also be carrying a wound that wants healing.

Examples:

- High Queen + High Shadow → Control instead of leadership.
  - High Mother + High Shadow → Self-sacrifice instead of compassion.
  - High Huntress + High Shadow → Isolation instead of freedom.
  - High Lover + High Shadow → Attachment instead of intimacy.
-

---

# Your Archetype Blend

Very few people embody just one archetype.

Instead, you'll likely discover a unique blend.

Some examples:

| Blend            | Description                                                                  |
|------------------|------------------------------------------------------------------------------|
| Lover + Huntress | The Bohemian — passionate, unconventional, fiercely free.                    |
| Mystic + Sage    | The Alchemist — intuitive and evidence-seeking, bridging science and spirit. |
| Queen + Mother   | The Guardian — compassionate leadership with strong boundaries.              |
| Maiden + Mystic  | The Dreamer — imaginative, hopeful, deeply inspired.                         |
| Huntress + Queen | The Sovereign — independent, decisive, purpose-driven.                       |
| Lover + Mother   | The Healer — nurturing, empathetic, heart-centered.                          |
| Sage + Queen     | The Strategist — visionary, analytical, and intentional.                     |
| Maiden + Lover   | The Muse — playful, creative, expressive.                                    |
| Mystic + Lover   | The Enchantress — magnetic, intuitive, emotionally rich.                     |

---

---

# The Architecture of Becoming

---

Your results aren't a destination—they're a snapshot.

You may find that one archetype has protected you for years while another has quietly waited for its turn.

The invitation isn't to become someone new.

It's to become more whole.

Growth happens when we consciously choose which part of ourselves leads, while making space for the wisdom of the others.

---

## The Inner Council™

---

### Discover the Archetypes Guiding Your Becoming

*"Every season of life asks a different part of us to lead."*

At any moment, one archetype is holding the compass.

Another may be exhausted.

Another may be quietly waiting to be invited forward.

The purpose of this journey isn't to become one archetype.

It's to build a council where each voice has wisdom to offer.

Self-awareness is recognizing who's speaking.

Transformation is consciously choosing who leads.

---

---

# Your Results

Instead of simply saying:

You are The Mystic.

Your results become much richer.

---

## Your Leading Archetype

This is the energy currently shaping your decisions.

Its gifts are helping you navigate this season.

Questions to explore:

- How has this archetype protected me?
  - What strengths does it offer?
  - When has it served me well?
- 

## Your Shadow

Every strength casts a shadow.

When we're stressed, wounded, or living unconsciously, our greatest gifts become our greatest limitations.

Questions:

- What fear is driving this pattern?
  - What need isn't being met?
  - What would healthy expression look like?
-

---

## **Your Emerging Archetype**

This is the energy your life is inviting you to cultivate.

It isn't about changing who you are.

It's about restoring balance.

---

## **Your Supporting Archetype**

Every leader needs an ally.

For example:

Mystic + Sage

Lover + Huntress

Queen + Mother

Maiden + Queen

These combinations create beautifully unique expressions.

---

---

# The Seven Inner Council Members

---

Instead of just describing personalities, let's imagine each archetype as a trusted advisor around a fire.

## The Maiden

**She asks...**

"What if?"

She sees possibility before certainty.

She reminds us that curiosity keeps the soul alive.

Without her...

Life becomes predictable.

Too much of her...

Life never becomes grounded.

---

## The Mother

She asks,

"What needs care?"

She reminds us that tenderness changes people.

Without her...

Achievement replaces connection.

Too much of her...

Everyone is nourished except herself.

---

## **The Queen**

She asks,

"What is the highest standard?"

She protects integrity.

Without her...

Life lacks direction.

Too much of her...

Everything becomes control.

---

## **The Huntress**

She asks,

"What action moves me forward?"

She trusts movement.

Without her...

Dreams stay ideas.

Too much of her...

Life becomes survival.

---

---

## **The Sage**

She asks,

"What is true?"

She seeks understanding before reaction.

Without her...

Emotion clouds judgment.

Too much of her...

Knowledge replaces experience.

---

## **The Mystic**

She asks,

"What can't yet be explained?"

She trusts intuition.

Without her...

Life becomes mechanical.

Too much of her...

Life becomes fantasy.

---

---

## **The Lover**

She asks,

"What brings life alive?"

She notices beauty.

Without her...

Life feels empty.

Too much of her...

Identity becomes attachment.

---

---

## ◆ The Architecture of Becoming

---

Awareness is only the beginning.

Once you recognize which archetypes are shaping your life, the invitation is to **work with them consciously**.

This three-week practice is a gentle journey from **observation to invitation to integration**—learning to notice who is leading, awaken the energies you may be neglecting, and bring your inner council into balance.

You aren't here to become someone else.

You are here to **meet more of yourself**.

---

### Week One

Observe.

Which archetype is speaking today?

Morning Journal

Who made my decisions today?

The Queen?

The Mother?

The Huntress?

The frightened Maiden?

The wounded Lover?

Simply notice.

---

---

## Week Two

Invite.

Choose one archetype to consciously embody.

Ask each morning:

"How would my Queen respond?"

or

"What would my Mystic notice?"

---

## Week Three

Integrate.

Instead of letting one archetype dominate...

Invite the council.

For example:

The Maiden imagines.

The Sage researches.

The Queen decides.

The Huntress acts.

The Mother offers compassion.

The Lover adds beauty.

The Mystic listens for meaning.

Now every important decision becomes an act of integration rather than reaction.

---

---

## ◆ The Light & Shadow of the Archetypes

Every archetype carries both a gift and a shadow.

When we are grounded and connected to ourselves, an archetype expresses through its **integrated form**. When we are operating from fear, protection, or old patterns, that same energy can move into its **wounded expression**.

The shadow isn't something to fear or fix.

It is simply a part of ourselves asking to be understood.

Rather than labeling ourselves, we can meet these archetypes with curiosity, compassion, and awareness—and begin the journey from **reaction to integration**.

---

### A simple way to understand it:

**Integrated:** *“I am expressing the gift of this archetype.”*

**Wounded:** *“I am expressing this archetype from fear, protection, or old patterns.”*

The goal isn't to eliminate the wounded expression. **It is to recognize it, understand what it is protecting, and gently guide the energy back toward its integrated form.**

---

---

## ◆ The Archetypes: Integrated & Wounded Expressions

---

| Archetype | ◆ Integrated Expression                                     | ● Wounded Expression                                              |
|-----------|-------------------------------------------------------------|-------------------------------------------------------------------|
| Maiden    | <b>The Explorer</b> — curious, open, playful                | <b>The Innocent</b> — naïve, avoidant, dependent                  |
| Mother    | <b>The Nurturer</b> — compassionate, caring, supportive     | <b>The Martyr</b> — self-sacrificing, overgiving, resentful       |
| Queen     | <b>The Sovereign</b> — confident, grounded, self-led        | <b>The Ruler</b> — controlling, rigid, perfectionistic            |
| Huntress  | <b>The Pathfinder</b> — courageous, independent, purposeful | <b>The Lone Wolf</b> — isolated, guarded, hyper-independent       |
| Sage      | <b>The Wise One</b> — discerning, thoughtful, insightful    | <b>The Analyst</b> — overthinking, detached, intellectualizing    |
| Mystic    | <b>The Oracle</b> — intuitive, connected, imaginative       | <b>The Escapist</b> — ungrounded, avoidant, spiritually bypassing |
| Lover     | <b>The Muse</b> — passionate, creative, connected           | <b>The Romantic</b> — idealizing, attached, validation-seeking    |

---

## ◆ A Final Reflection

---

Your shadow is not the opposite of your light.

It is often the part of you that learned to survive before it learned how to thrive.

Each archetype carries wisdom, even in its wounded expression. The invitation is not to judge the parts of yourself that feel messy, protective, or imperfect—but to meet them with curiosity.

**Notice. Understand. Integrate. Embody.**

Because becoming whole isn't about choosing between your light and your shadow.

**It is learning how to hold them both—and consciously choosing who you are becoming.**

---

Bohemia Collective