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Archetypes (p.1)

Carl Jung, a Swiss psychologist, introduced the concept of archetypes—universal patterns of behavior and personality. Today, we'll explore these archetypes, uncover their strengths and challenges, and you might just recognize yourself in one of them.



1. The Sage

Sages are the thinkers, always asking “Why?” or “How?” They’re the ones who love explaining things and sharing what they’ve learned. Their wisdom is helpful, but sometimes they overthink or talk more than they listen. You ask a Sage friend for advice on what to wear to an interview. Fifteen minutes later, they’ve explained the psychology of colors, the history of formal dress codes, and why navy blue is your safest option—but you’re still in your pajamas.

2. The Explorer

Explorers can’t sit still—they’re the ones planning road trips or signing up for a pottery class just because. They crave freedom and new experiences, which makes them fascinating to be around. But their need for change can sometimes make them unreliable. You know the type: always onto the next thing before they’ve finished the last. Imagine an Explorer excitedly signing up for a six-week yoga class, only to drop out after two sessions because they’ve decided to take up rock climbing instead.

3. The Rebel

Rebels don’t follow the rules—they question them, bend them, or outright break them. They’re the person who challenges traditions and pushes for change, which is exciting... until it’s your rules they’re breaking. Their boldness is refreshing, but sometimes you wish they’d just go along with the plan for once. During a group assignment, the Rebel decides to approach the task in a completely unconventional way, ignoring the instructions entirely. When questioned, they respond, “The instructions are boring—this will stand out more!” It’s bold, but it puts the group at risk of losing points.

4. The Lover

Lovers see beauty in everything, from the color of a sunset to the way someone smiles. They’re deeply connected to their emotions and relationships, which makes them wonderful friends and partners. But their need for connection can make them overly sensitive. A Lover might get upset because they feel unnoticed, even when you didn’t mean to hurt them. At a dinner party, the Lover notices you didn’t eat the dessert they made. “Didn’t you like it?” they ask, genuinely hurt, even though you were just too full to have another bite.

5. The Hero

The Hero always feels like they’re on a mission. They thrive on challenges—whether it’s leading a group project or running a marathon—but they can sometimes take themselves a bit too seriously. You might notice a Hero pushing through exhaustion to finish something, even when no one told them to. Picture this: the group project is falling apart. Everyone’s panicking, but the Hero calmly says, “I’ll handle it,” and suddenly they’re doing everyone’s work. Sure, it’s impressive—but you can’t help but worry they’re burning out.

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6. The Magician

Magicians are the dreamers who make things happen. They're always looking for ways to transform the ordinary into the extraordinary. But their big ideas can sometimes seem unrealistic. It's inspiring to see a Magician talk about changing the world, but you might wonder if they're biting off more than they can chew. At a neighborhood meeting, the Magician proposes turning an empty lot into a community garden complete with solar-powered lights and a butterfly sanctuary. It's an amazing idea—but no one knows where the budget is coming from.

Identify which archetype is being described:

They volunteered to mentor a new team member, putting extra hours into training them without being asked or paid extra.

They skipped the formal dress code at a wedding, opting for a bright, patterned outfit that matched their personality.

They turned a casual coffee break into a discussion about how the smell of freshly brewed coffee can impact mood and why certain cultures treat coffee as a ritual rather than just a drink.

Halfway through learning the guitar, they switched to drums because they "just felt like it."

They suggested writing and directing a movie starring local talent to raise awareness about climate change, believing it could be done in a single month.

They wrote a heartfelt thank-you note for a small favor, emphasizing how much it meant to them.

