The Sage · The Archetypes Within

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YOUR CARD AND REFLECTION PROMPT

THE SAGE
Understanding that meets life

USEFUL QUALITIES
Asking thoughtful questions, weighing evidence and seeking understanding.

POSSIBLE SHADOW PATTERN
Continuing to analyse when a decision, feeling or lived experience needs attention.

A FAMILIAR MOMENT
You read another explanation of a familiar problem while postponing a manageable conversation about it.

A PERSPECTIVE TO CONSIDER
Knowledge can offer clarity and protection from easy assumptions. Some questions also need experience, emotion or action. Recognising the limits of analysis is part of thoughtful enquiry.

WHAT MAY NEED MORE ROOM
Feelings, ordinary enjoyment and the courage to act without a complete explanation may need attention.

FINDING A BALANCE
Separate the information you genuinely need from the certainty you would prefer.

REFLECTION QUESTIONS
1. What do I know, and how do I know it?
2. What might I be explaining instead of experiencing?
3. Which question would actually change my next step?

ONE SMALL EXPERIMENT
Find one relevant fact, then choose one small action it informs.

A PHRASE TO KEEP
Understanding can lead to a lived next step.

CONNECTING THIS WITH EVERYDAY LIFE
This reflection may connect with overthinking, repeated checking or difficulty making a decision without complete information. You might want to explore how to separate a practical problem from a hypothetical worry, test an assumption and choose a next step while leaving some uncertainty open.

EXPLORE FURTHER
For practical worksheets, free downloads and resources, visit https://selfimprovecoach.com/ and choose a topic that feels useful. No need to work through everything.

This collection uses the twelve-archetype framework developed by Carol S. Pearson, building on Jungian ideas. Names follow Pearson’s current terminology; earlier names include Innocent (Idealist), Orphan (Realist) and Destroyer (Revolutionary). https://carolspearson.com/about/the-pearson-12-archetype-system-human-development-and-evolution
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