The Core Archetype Self Discovery

Workbook

A journey into your core soul

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The Awakener

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Date:



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How to Use This Workbook

We all suffer from feelings of ‘stuckness’ at various times in our lives, but sensations of meaninglessness and lack of purpose are particularly prevalent today. Even if we have enough money, a ‘good’ job and a family, we may find that something is still missing. It feels like a hole at the centre of our being.

This hole is the home of the higher Self - the self we have not yet discovered.

The Self longs to express itself in our lives but, for various reasons, we suppress it. We are often scared of what it will say, what it will demand of us. But the more we suppress it, the more our unfulfilled longings consume our being.

Many people try therapy, meditation or mindfulness. Some try religion, spirituality, psychedelics…but nothing seems to quite hit the spot. We desperately need to connect with our Self but something inside prevents it.

This is where core identity work can help. We learn, through various means, to connect to our Self through archetypes. When we do this, we discover we are not who we think we are. We are not our social role. We are not even our personality! We are a being finding expression in a myriad of ways, often completely disconnected from the social role we perform.

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We gradually learn to claim our identity in a way that is radically different from what we are used to - as a 'manifester of abundance', as a 'keeper of keys', a 'guardian of thresholds' or a 'weaver of stories'...our archetypal or core identity takes many forms.

Once we connect with our core identity, we are free to discover our meaning and purpose unconstrained by past events, current roles, or our ego's need for approval.

It is then that our growth really begins as we step into the hero's journey to find the true purpose and meaning of our lives.

This workbook is the first step to help you uncover the core archetypes that have been shaping your life behind the scenes.

There are no right or wrong answers.

Let yourself respond from instinct, memory, and inner knowing rather than logic...

Karen

Gateway 1 - Core Longing

What do you long to manifest in your life? What does your heart ache for? If you had no constraints whatsoever, what are you here to bring into the world?

Maybe...

- [ ] Justice
- [ ] Healing
- [ ] Freedom
- [ ] Truth
- [ ] Protection
- [ ] Connection
- [ ] Power
- [ ] Mystery
- [ ] Other....

Reflection Space

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Gateway 2 - Core Wound / Exile

What essential pain or pattern in your life has shaped you most?

Maybe...

- [ ] Abandonment
- [ ] Invisibility
- [ ] Rejection
- [ ] Loss of voice
- [ ] Betrayal
- [ ] Shame
- [ ] Constraint
- [ ] Over-responsibility
- [ ] Not belonging
- [ ] Other....

Reflection Space

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Gateway 3 - Innate Gifts

What comes naturally to you?

Maybe...

- [ ] Clarity
- [ ] Manifesting abundance
- [ ] Empathy
- [ ] Words / expression
- [ ] Strategy
- [ ] Creation
- [ ] Vision
- [ ] Courage
- [ ] Other....

Reflection Space

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Gateway 4 - Mythic Imagery

Which images feel like you?

Seer • Awakener • Guardian • Weaver • Creator • Firekeeper • Magician • Sage • Healer • Alchemist • Rebel • Outsider • Priest • Trickster • Oracle • Storyteller • Priest/ess • Wanderer • King/Queen • Truth sayer • Creator • Visionary • Messenger • Luminary

For more examples see page 10

Reflection Space

If I were a figure in a myth, who would I be and why?

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Gateway 5 - Pattern of Impact

What do people consistently come to you for?

Maybe...

- [ ] Truth
- [ ] Comfort
- [ ] Insight
- [ ] Stability
- [ ] Direction
- [ ] Strength
- [ ] Perspective
- [ ] Healing
- [ ] Leadership
- [ ] Ideas
- [ ] Other....

Reflection Space

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THE 5 GATEWAYS ASSESSMENT

Archetype Identification Page

Based on my answers, I believe my primary archetypes are:

Primary Archetype: _____

Secondary Archetype: _____

Other Archetypes that feel important: _____

_____

Why these feel true:

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Examples of Some Archetypes

The Awakener
The one who awakens potential in others.

The Sovereign
Bearer of inner crown, final arbiter and decision-maker.

The Healer
Restorer of broken harmonies.

The Warrior
Destructor of fear, defender of inner truth.

The Creator
Manifester of the creative seed.

The Visionary
Dream-carrier of worlds yet born.

The Judge
Holder of the Sacred Balance.

The Innovator
Binder of old and new worlds into form.

The Diplomat
Bridge between warring energies.

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Examples of Some Archetypes

The Sage
Ancient voice walking inside a human form.

The Alchemist
Transmuter of the ordinary into gold.

The Trickster
Holy disruptor of stagnant worlds.

The Explorer
Finder of edges and forgotten lands.

The Servant-Leader
One who guides from the ground of humility.

The Rebel
Breaker of cages carved by illusion.

The Priestess / Priest
Channel between worlds.

The Builder
Architect of foundations for the unseen future.

The Mentor
Guide across unknown doorways.

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Examples of Some Archetypes

The Magician
Bender of intention into reality.

The Advocate
Voice for the silenced and unseen.

The Nurturer
Keeper of warmth in a cooling world.

The Weaver
Spinner and connector of unseen threads.

The Strategist
Seer of invisible paths through chaos.

The Storyteller
Keeper of memory through woven tales.

The Oracle
Mouthpiece for the unspoken universe.

The Teacher
Translator of hidden wisdom into light.

The Harbinger
Announcer of what is about to be.

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Examples of Some Archetypes

The Seer
Bearer of the second sight, who gazes beyond the obvious.

The Lover
Rememberer of divine intimacy.

The Dreamer
Walker between worlds while awake.

The Outsider
One who sees because they do not belong.

The Wanderer
Nomad of spirit across infinite terrain.

The Survivor
One who returns from the underworld.

The Radiant One
Incarnation of an unseen sun.

The Keeper of Keys
Opener of doors between worlds.

The Poet
Speaker of soul-language through silence.

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A Message from Karen



If you're reading this, you've already done something important.

You've paused long enough to listen to the gifts and patterns that have been shaping your life, often without your conscious awareness.

What is lovely about this work is that it's not about fixing yourself. It's about remembering who you are beneath roles, expectations, and survival strategies.

Many people reach this point and feel a mixture of relief and uncertainty.

Relief, because something has finally been named.
Uncertainty, because once we see ourselves more clearly, we sense that change is possible - and in many cases it's what we have longed for.

I want to reassure you of two things.

First, there is no right or wrong archetype.
Each archetype represents a way your higher Self seeks expression, meaning, and wholeness.

Second, insight does not demand disruption.
This work is not about blowing your life up or making dramatic decisions.

It is about alignment - allowing your outer life to slowly come into conversation with your inner truth.

If you feel ready, I would love to support you in taking the next step.

Your Free 1:1 Archetype Clarity Session

Once you've completed your Core Self Discovery assessment, you can book a free 1:1 Archetype Clarity Session with me.

This is a focused conversation - a space where we explore what your responses reveal and translate them into your lived experience.

During this session, we will:

- Explore your assessment together
- Confirm your primary, secondary, and other archetypes
- Connect these patterns to your current life season, challenges, and sense of purpose
- Identify one meaningful shift you can make immediately to feel more aligned and less conflicted

It's a practical way to bring your insights into real life — to give language to what you're experiencing, and to help you move forward with greater clarity, confidence, and direction.

On the next page, there is a link to book your session.



Karen Blakeley

For now, let what you've discovered settle.

Your journey doesn't begin with answers -
it begins with listening.

I look forward to supporting you when the time feels right.

Warmly,

Karen

Click here to book your free session



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MY NOTES

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MY NOTES

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