

# ARCHETYPES

## Exercises

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### QUESTIONS TO PONDER

What are you like?

What's your Myer Briggs personality type?

Your star sign?

Which Golden Girl are you most like?

There are many ways to explain who we are to ourselves. We can be a different "type" in a different situation or mix and match as we like.

Who do you admire? What characters in books, music or tv feel like they fit with you?

You might find yourself censoring your answer, thinking you will be judged or that someone will laugh at you. Put those thoughts to one side.

What archetypes would YOU like to explore more?