



## What is an Archetype?

By Gail Goodwin 2005



Archetypes are universal patterns of behaviour. They're roles that you play – healer, mother, teacher, artist, hero, and student are just a few. Identifying your personal archetypes – your individual roles – can give you insights into the big picture or the grand themes that impact and determine your destiny. Archetypes can indicate your life tasks, the Sacred Contracts or spiritual agreements that you are here in this life to fulfil. Their stories will script the direction your life takes so it pays to know exactly what these stories are. They are the scripts for your journey through life. Once you know the stories, you can change the script for the better.

Archetypes give you insights into your life lessons because they influence the type of challenges that confront you day in and day out. Mastering the challenge to be a good mother as opposed to neglectful; a talented artist rather than an unproductive one, or an astute, rather than idle student, will define and strengthen your character.

Archetypes are meant to bring out the best in you. They're the symbols and signs you can read along the road to your potential. You'll find meaning and regain the purpose for which you were born by learning to understand your world in terms of archetypes.

