

Your Metal Element Cheatsheet

A Guide to Personality Strengths + Challenges

METAL ELEMENT OVERVIEW

The metal element is traditionally represented as rock or mineral: structured, beautiful, and having great boundaries.

Its color is white, representing the clarifying process of the fall in which the old falls away in preparation for the new year to come.

The emotion associated with the metal element is grief.

POSITIVE TRAITS

- Idealistic
- Refined
- Discerning



UNIQUE TALENT:

ability to extract gems of knowledge from a mess of information

Metal elements are all about the details and analyzing them. They act as a refinery for knowledge, usually guided by a strict moral compass and a sensitive nature, the result of their labors are often shining jewels of insight that can help to guide themselves and others in whatever task they're pursuing.

THE BIGGEST THING THAT HOLDS METAL ELEMENTS BACK:

seeking perfection

With their love of details and structure, metal elements can become rigid in their pursuits and idealize attaining perfection. They're often connoisseurs of beauty and aesthetics and this can lead to body image issues or impulses to present an impeccable facade to the world.

WHAT YOU CAN DO ABOUT IT:

Accept imperfection + let go

Good therapy for metal elements is this quote from the artist, Salvador Dali: "Have no fear of perfection. You'll never reach it." Accept that things are good enough and move on before you begin obsessing over details that you can't control.

QUICK IDEAS

Get in some quality alone time. Metal elements need solitude in order to re-center themselves and drop the layers of protection they put on to safeguard their sensitivity. Find somewhere calming and beautiful, look at nature photos on your phone or go outside and breathe deeply. You can sit quietly or pursue something that's the complete opposite of what you were obsessing over to help break the cycle of analysis and self doubt.

Focus on perspective instead of perfection and you'll feel re-inspired.