



# IGNITOR Breathwork Archetype

A driven, intuitive, expressive, fiery problem solver!



Self-Healing Quiz Results

CREATED FOR YOU BY: BREATHE CONNECT THRIVE



# WHAT THE IGNITOR SELF-HEALING ARCHETYPE POWER MEANS FOR YOU.

Bouyant, energetic, persuasive, and enthusiastic, you love to think outside of the box.

You're a master at networking and collaboration, so you have no qualms about building lasting relationships. Optimistic, dynamic, and fast-acting, you can make anything happen.

You enjoy bonding, communication, and connection. You genuinely care about the health and well-being of others, which you demonstrate through your action-oriented and passionate enthusiasm. Every breath in and every breath out is in harmony with your enthusiastic personality.

You have the exceptional ability to partner with others and sharing your secrets of success to uplift and influence those in your circle.

Upbeat, lively, social, and enthusiastic, your self-healing approach is very electrifying, optimistic, and earnest.

When you combine all of these elements with your intuition and driven desire for spiritual connection, you can harness the power to create transformative healing.

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# YOUR IGNITOR SELF-HEALING CHALLENGES

Your optimistic and energetic personality makes you a fantastic innovative leader in your own right. Being a passionate high achiever, you passionately take on many projects. Often this can lead to taking on too many obligations, which might make you feel depleted.

Your friendly and open style demonstrates remarkable networking skills. And sometimes, your value towards connection can blur your boundaries with others. You often prioritize the needs of others above your needs, leaving you feeling unbalanced and exhausted.

You're trusting, fast-acting, and enthusiastic nature is lovely. And it can cause you to overlook the details leading to a seesaw between impulsivity and procrastination from time to time. And once you've made up your mind, your dynamic approach can sometimes lead to pivoting quickly, leaving those around you in the dust. Criticism, underperforming, and rejection can leave you feeling breathless and guarded, causing you to feel ambivalent or apprehensive about future outcomes.

Because of your highly driven and dynamic nature, you sometimes avoid your feelings. But your openness and willingness to be vulnerable can breathe new life into your self-healing journey.



REMEMBER THAT YOU'RE A  
DRIVEN, INTUITIVE, EXPRESSIVE,  
FIERY PROBLEM SOLVER!

AND YOUR IGNITOR SELF-  
HEALING STRENGTHS TRAITS  
INCLUDE BEING:

- FRIENDLY
- ACHIEVER
- OUTGOING
- INTUITIVE
- OPTIMISTIC
- PERSUASIVE
- PASSIONATE
- MOTIVATOR
- CONNECTOR

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# YOUR IGNITOR SELF-CARE PLAN

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## Create a fiery and dynamic self-care routine

- Your ability to cultivate lasting relationships with others can sometimes cut off your emotional connection. When it comes to choosing a self-care strategy, it helps to create a quick and simple self-care routine ahead of time.
- Make it a priority in your and incorporate self-care moments into your daily habits.
- Because of your social nature, it's best to have accessible practices you can regularly implement that leave you feeling refreshed enough to engage.

## Have an emergency plan

- Although you do a great job of motivating and encouraging others, tuning into your emotions might be challenging when you feel exhausted. So it's crucial to have go-to, simple, emergency exercises to use when you're emotionally spent.

## Ask for help, then take time for just you.

- Reaching out to others for help might not be your first go-to. But you already do so much for others. It's your turn to focus on your spiritual and emotional needs.
- Treat yourself to some self-care, and then you can show up authentically and attentively for all those connections you've cultivated.
- And don't forget to ask for help from the Universe, your higher self, or your own inner guidance through meditation, prayer, breathwork, yoga, or whatever option makes you feel enlivened.

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# MAXIMIZING YOUR IGNITOR SELF-HEALING ABILITIES THROUGH BREATHWORK

You recover best through quick and powerful techniques that leave you feeling loved, replenished, and energized.

**Your Personalized Self-Healing Breathwork Strategy includes  
Breathwork exercises like:**

- **Roller Coaster Breath**: a tactile breathing technique that helps you calm yourself and bring you back into a focused state so you can get back to your busy life.
- **Conscious Connected Breathwork**: so you can unplug from your to-do list, connect to your intuition, release emotions on a deeper visceral level and show up feeling invigorated.
- **Breath of Joy**: to energize you when you're feeling tired

Click on the links above and try the breathing exercises. Then use the worksheet in your results email to note which practices shift your energy back to your driven, intuitive, expressive, fiery problem-solving self.





IF YOU'RE NODDING YOUR HEAD, SAYING, "WOW!! THESE RESULTS DESCRIBE ME EERILY WELL! I WAS NODDING ALONG TO EVERY SINGLE PART OF THE DESCRIPTION."

And you're done with:

- Feeling depleted, overwhelmed, and prioritizing everyone's needs ahead of your own needs
- Bottled-up emotions draining your energy
- Not having a breathwork practice you can do at 2 am in the privacy of your own home.

THEN THE CONSCIOUS BREATH CONNECTION COURSE WAS CREATED FOR YOU!

**Imagine what you'd experience or create in your life if you could ...**

- Uncover the courage to follow your desires.
- Actively live your life and not just be a passive bystander!
- Heal trauma and shift old patterns so you can finally move forward.
- Reconnect with your body and get in touch with your inner wisdom.
- Clear stuck energy and release underlying emotions that are draining you.
- Connect to your intuition and your soul at a higher level while tuning into a different frequency.

AS A THANK YOU FOR TAKING THIS QUIZ, USE THE PROMO CODE IGNITOR TO ACCESS THE COURSE, NORMALLY \$147, FOR ONLY \$97!

[Click here to discover how the Conscious Breath Connection Course can help you release bottled-up emotions that are secretly draining your energy!](#)

# WANT MORE INFO ABOUT THE COURSE BEFORE SIGNING UP?



YOU GET FULL LIFETIME ACCESS TO:

YOU GET ACCESS TO THE COURSE AND ANY UPDATES TO THE CONTENT FOR THE LIFETIME OF THE COURSE!

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YOU ALSO GET:

- STEP-BY-STEP VIDEO GUIDANCE THROUGH VARIOUS BREATHING TECHNIQUES
- ACTIONABLE, PRACTICAL, AND EASY BREATHING TOOLS YOU CAN USE IN STRESSFUL SITUATIONS NO MATTER WHAT LIFE THROWS YOUR WAY
- BREATHWORK AUDIOS TO HELP YOU FEEL LIGHTER, GET CLARITY, RELEASE BOTTLED-UP EMOTIONS THAT ARE SECRETLY DRAINING YOUR ENERGY, AND BUILD RESILIENCY.
- CONFIDENCE TO GUIDE YOURSELF THROUGH BREATHWORK AT ANY TIME

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PLUS BONUS HEALING AUDIOS INCLUDING:

- SOOTHING BREATHWORK
- INTEGRATION BREATHWORK
- CORD-CUTTING BREATHWORK

[Get the course info here](#)



# HERE'S WHAT OTHER CLIENTS SAY ABOUT THE BREATHWORK COURSE

*"I reached another level of peace and tranquility, and the concept of breathwork changed for me.*

*Anyone looking to deepen their practice, or new to breathwork, or they've done a couple of classes, and they just want to connect more to some key concepts or techniques, this is for you!"*

-Oana Dragan

*"It has been a life-changer for me! I have always had a hard time meditating and quieting my mind. Thanks to Francisca's online courses and in-person sessions, Breathwork not only has been a great tool to help me meditate and get out of my mind, but it has had a deeper effect in my soul. It has given me the window to connect with my soul at a higher level and tune into a different frequency. Who would have thought that your breath could be this powerful!?"*

-Carmen Martinez

*"Before I met Francisca I thought that breathwork was such a far reach for me, it felt like a subject that was overwhelming and I did not know where to start. It felt like there were so many techniques and I needed to know everything to start.*

*Completing the Conscious Breath Course I learned to take it one step at a time, the modules were comprehensive, easy to digest, and left me feeling equipped with new tools each day.*

*I loved the energy that Francisca radiates through her teachings, making me feel held and equipped to deal with my everyday stressors.*

*I highly recommend this to anyone wanting to up their self-care game!"*

-Lilian Motta



Get the course info here

# HI THERE!

After leading hundreds of Breathwork, Tarot, Reiki, Chakra balancing, meditation, and restorative yoga sessions, I've realized that different personalities have specific ways of healing. **YOU HAVE A UNIQUE WAY OF HEALING!**

I'm Francisca Hernandez, a Conscious Connected Breathwork facilitator, yoga instructor, meditation guide, aromatherapist, Reiki Master, and Tarot reader. And I'm here to support you on your self-healing breathwork journey!!



**The truth is, no matter how much yoga, meditation, therapy, or coaching you do, you're still gonna have shitty days.** And sometimes, you need an ugly cry or visceral yell to release all this shame, guilt, anger, sadness, and frustration to gain clarity, trust yourself, and feel stronger in your discernment.

**That's why I created this course to give clients like you a safe container to fully surrender and release all those pent-up emotions draining your energy in the privacy of your own home, whether it's 2 pm or 2 am.**

I CAN'T WAIT TO WALK ALONGSIDE YOU THROUGH YOUR DEEP EMOTIONS AND WATCH YOU COME OUT THE OTHER SIDE FEELING LIGHTER, LESS ANXIOUS, MORE POSITIVE, AND MOST IMPORTANTLY, FEELING LIKE YOURSELF AGAIN!



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IGNITOR & GET THE  
COURSE FOR  
ONLY \$97!