



# INVESTIGATOR

## Breathwork Archetype

A precise, logical, steady, dependable, and resourceful person



Self-Healing Quiz Results

CREATED FOR YOU BY: BREATHE CONNECT THRIVE



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

Analytical and dependable, steady and classic. People know what to expect out of you because you make your reliability and abilities clear from the start. Systematic and detail-oriented, you can knock tasks out.

Because you like to be prepared and investigate, you do your research, making your mind a valued wealth of information.

You appreciate balance, stability, and structure and value your alone time. Every breath in and every breath out is automatic and viable. You genuinely care about the safety and security of your small circle of family and friends.

You have the unique ability to apply your analytical and structured approach to almost any situation. You can simulate various outcomes when it comes to planning so you can notice small details that others might overlook. So you're always prepared and well-equipped with supplies and necessities.

Rational, wise, and well-informed, your self-healing approach is very perceptive, methodical, and astute.





# YOUR INVESTIGATOR SELF-HEALING CHALLENGES

Your detailed, structured, and no-nonsense approach makes you valuable and trustworthy. And sometimes, that knowledgeable approach can cause you to overthink and lean too much on your logical thinking when it comes to emotional and spiritual self-healing,

You're task-oriented and also cautious when it comes to taking action. You're willing to try new things once you've gathered the facts, details and read the fine print, which can lead to inaction at times.

Your straightforward style allows those around you to know how you feel, but sometimes others might view your direct approach sharper than you'd like.

Your attention to detail and appreciation for stability can at times leave you feeling resistant to change. Instability and erratic upheavals are your kryptonite and leave you feeling out of breath, cynical, and guarded. This might, at times, make you feel uncertain or worried about future outcomes and timelines.

Because of your logical approach and attention to detail, you sometimes feel misunderstood. You might feel like your problem is solvable if you could find an informative step-by-step process.

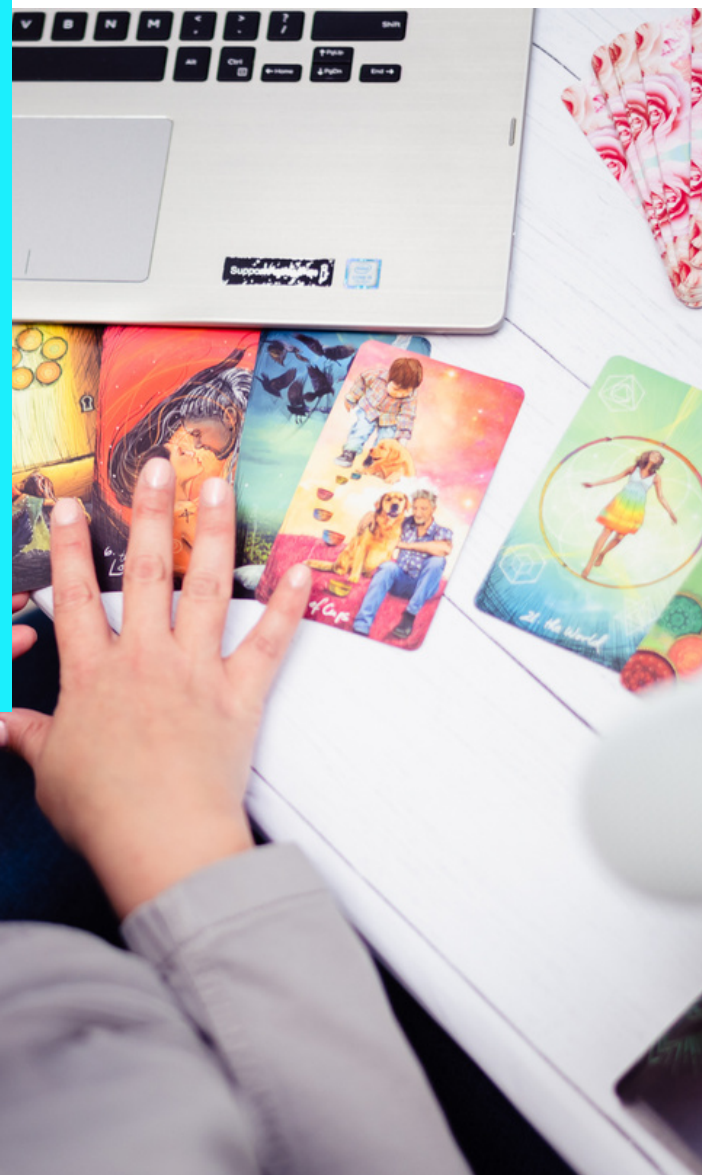


REMEMBER THAT YOU'RE A  
VALUABLE, PRECISE, LOGICAL,  
AND STEADY PERSON!

AND YOUR INVESTIGATOR SELF-  
HEALING STRENGTHS INCLUDE:

- DETAILED
- RELIABLE
- RATIONAL
- ACCURATE
- ANALYTICAL
- DEPENDABLE
- PREDICTABLE
- RESOURCEFUL
- KNOWLEDGEABLE

CREATED FOR YOU BY: BREATHE CONNECT THRIVE





# YOUR INVESTIGATOR SELF-CARE PLAN

---

## Create a systematic and proven self-care routine

- Your ability to access your logical thinking can sometimes cut off your emotional side when it comes to choosing a self-care strategy. So it helps to create a self-care routine ahead of time and make it a priority in your daily habits.
- Because you're dependable, logical, and resourceful, it's best to have quick and easy practices can regularly implement without feeling pressured.

## Have an emergency plan

- Although you do a great job of keeping a routine, uncontrollable outside conditions can throw you into an unpredictable wave of emotion. So be prepared by keeping some go-to emergency exercises when you're in an unexpected emotional tailspin is crucial.

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

- You might feel like you can handle things on your own so reaching out might not be your first go-to. But staying connected is one of the things that might help you gain more insight and information about your emotional journey.
- 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 supported.

CREATED FOR YOU BY: BREATHE CONNECT THRIVE





# MAXIMIZING YOUR INVESTIGATOR SELF-HEALING ABILITIES THROUGH BREATHWORK

You recover best through proven, tried, and true techniques that help you balance your logical and emotional side.

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

- **Box Breathing**: a predictable and steady breathing practice to help you feel calm, focused, and clear.
- **Roller Coaster Breath**: a tactile breathing technique that helps you calm you and bring you back into a focused state when things go awry.
- **Conscious Connected Breathwork**: so you can get out of your logical mind and release emotions on a deeper visceral level, so you don't carry them around with you.

Click on the links above and try the breathing exercises. Then use the worksheet in your results email to note which exercises shift your energy back to your logical, steady, dependable 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:

- Bottled-up emotions secretly draining your energy
- Overthinking and feeling overwhelmed by the things you can't control
- 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 INVESTIGATOR 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!

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

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

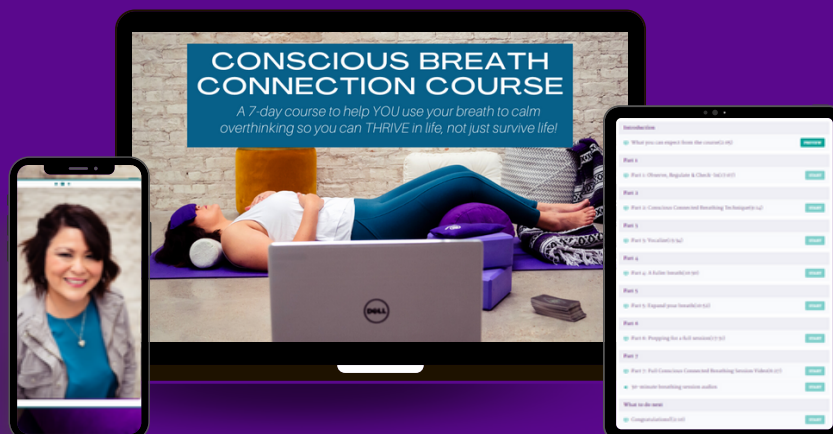
*"Before I met Francisca I thought that breathwork was such a far reach for me, it felt like a subject that was overwhelming and I did not know where to start. It felt like there were so many techniques and I needed to know everything to start.*

*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!



USE PROMO CODE  
INVESTIGATOR &  
GET THE COURSE  
FOR ONLY \$97!