

# THE FIRE WITHIN

AWAKEN YOUR INNER GIFTS TO TURN  
BURNOUT AND UNCERTAINTY INTO  
BREAKTHROUGH



THE WEEKEND GUIDE TO YOUR NEXT CHAPTER

HENRY C. SHELTON, JR.

The Fire Within | Henry Shelton

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Burnout and Uncertainty into  
Breakthrough**

**A Weekend Guide to Your Next Chapter**

**Henry C. Shelton, Jr.**

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ISBN: 979-8-9939318-0-7

## DEDICATION

For every awakened soul who knows deep down that there is more to life than merely making a living.



## ACKNOWLEDGEMENTS

I would like to thank my family for being a constant source of inspiration, encouragement, and support. First to my parents, Berneice and Henry Sr., for setting an example of the importance of reading for my siblings, Pamela, late brother Vincent Sr., and me.

To my wife, Vanessa, for establishing and maintaining an atmosphere of love, support, peace, patience, and harmony during the writing of the book, as well as transcribing my initial thoughts and words into the first draft sixteen years ago! To my son and grandson, Malachi and Sean, for being constant reminders of the book's message: discovering our inner gifts. To my daughter Imisha for reminding me of the importance to others of the assessment instrument accompanying the book. I want each of you to know that the many birthday dinners, the many trips, national and international, have all contributed to me gaining a holistic perspective on the importance of individuals coming into, discovering, and living from their own birth gifts. Not to mention that you guys are just a fun bunch to hang out with.

A special word of gratitude to my book coach, Dr. Carey Yazeed, for putting the crazy idea in my head in mid-July, that 'I could write a book in 7 days'...and 'be holding a published book in my hand by Christmas'; and then helping to make it happen! And last but not least, to the teachings of the Rosicrucian Order, AMORC, my early church days, and to the God of my heart for the spiritual guidance underlying my work.

## PROLOGUE

I wrote *The Fire Within* for mid-life professionals who have reached the height of career success yet still feel an emptiness inside; some of which are rather afraid amidst these uncertain times, the ones asking quietly, *“Is there more to life than simply making a living? What’s next?”* These individuals perhaps have reached a point of burnout and are now looking for a way out of their current situation. I know this dilemma all too well, as I myself experienced it at the peak of my career in Corporate America. My own journey took me from the corporate grind to the quiet chambers of Egypt’s pyramids, where I encountered the wisdom of the Neteru and the language of archetypes. I was also inspired by Stephen Covey; after modeling my corporate life around his Seven Habits of Highly Effective People when in his sequel to that book, *The 8<sup>th</sup> Habit*, he suggested that the next step to becoming effective was to find greatness. In this he suggested that the path to greatness was to find our “voice” and then help others find theirs. This became a mantra for me, and indeed the guiding motive for the next phase of my life! These experiences convinced me of one thing: real security doesn’t come from careers, titles or paychecks, but from awakening and activating the **hidden gifts you were born with**. This book is an invitation to rediscover your authentic self, awaken your innate potential, and step beyond burnout and uncertainty into a life and enterprise aligned with your deepest purpose and destiny. It’s about finding your own “voice” awaiting to be discovered from the depths of the fire within.



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## INTRODUCTION

### *THE WAKE-UP CALL*

You can feel it.

The creeping exhaustion, the quiet disillusionment, the sense that despite all you've achieved, something essential is missing. On paper, you've built the life that others admire, the career, perhaps the income, the seemingly, perceived stability. Yet inside, there's a restlessness you can't ignore.

This book is about that restlessness. It's about the moment when corporate success no longer feels like true success, and when burnout and uncertainty begin to whisper a deeper truth: *you were made for more.*

That whisper often builds quietly until, one day, it becomes unmistakable, an *Aha Moment*.

An **Aha Moment** is more than a flash of insight; it's a sacred turning point where something deep within you clicks

into alignment. It's the moment when scattered ideas, forgotten dreams, and soul whispers converge, giving you sudden clarity about who you are and why you're here. It may arrive like an epiphany or a eureka moment, but its essence is always the same: truth revealing itself.

Later in this book, as we explore finding your life purpose and awakening the courage to live it, we'll see how your Aha Moment becomes the golden thread connecting your pain, your passion, your gifts, and the people you're meant to serve. Declaring it is an act of power; it shifts you from passive reflection to intentional creation. When you name it, you claim it. You're no longer waiting for life to show you what's next; you're stepping forward with purpose.

I know this because I've lived it. For decades I worked in Corporate America, excelling in fields from biomedical engineering, installing some of the very first MRI, CT, and PET scanners in the U.S., to building a thriving IT and training business. On the outside, it looked like success. Inside, I was unfulfilled, even sick from the stress of working for visions that sometimes weren't my own.

Throughout this time, I faced personal losses (divorce, deaths, etc.) that forced me to question everything; my career, my beliefs, even the meaning of life itself. This led me on a

search beyond corporate ladders and boardrooms into the study of metaphysics and mysticism. Eventually, it carried me across the ocean to Egypt, where an initiation in the King's Chamber of the Great Pyramid changed my perspective forever. Immersed in the wisdom of the Neteru, I discovered a symbolic language, a language hidden for thousands of years that gave clarity to the ancient Egyptians. This discovery of what was called Gods and Goddesses, was later revealed to be inner aspects of nature, or what the ancients referred to as Neters. Over time I would, using the wisdom of Carl G. Jung, correlate and transpose these Neters to what is known as archetypes, timeless principles that revealed the **inner gifts** hidden within each of us.

After my return to the United States after my trip to Egypt in 2011, the overarching question on my mind that I was seeking the answer to became clear to me after a few years of research and study. Finding the answer to this question has since become the basis for the foundation of my life's work. It is indeed the source material for the "Accessing Your Archetypes" assessment instrument that I created to assist others with embarking on an allegorical journey of inner introspection without having to travel to Egypt or spend years

like myself discovering the connection and correlation between those ancient symbols and their significance to finding one's own calling, destiny, or life purpose.

During my visit to the many ancient temples of Egypt, most of which date back some three to five thousand years; I became overwhelmed after about a week of gazing at the thousands of hieroglyphic inscriptions engraved on the walls of the many temples, steles and pyramid walls. All of these were inscribed with artisan-like precision and detail. After seeing these over and over repeatedly throughout that country, knowing full well that this level of work took countless hours, days and years to complete, the overarching question in my mind was this: *"To what end did the beings who did this live to?"* For clearly, they lived to a different end than what we witness today in our global society.

But even as I embraced this spiritual awakening, I wrestled with a practical question: *What was my true purpose in life to be?* Could I remain a technical engineer and IT manager and entrepreneur by day, while living as a heart-centered instructor and mentor by night?

That tension pushed me into a new path. Over time, I

trained more than five hundred managers and entrepreneurs through multi-year contract with the State of Texas. I then launched my own coaching practice to help others navigate the same crossroads I had faced.

What I discovered; and what you will discover in these pages, is that **your real security has never come from your employer, your title, or your paycheck.** It comes from your divine birth gifts, discovering your calling, your unique “soul’s code.” These inner gifts are the fire within. When you wake them up and activate them, burnout becomes breakthrough. Uncertainty becomes clarity. And the corporate grind becomes a launching pad for a purpose-driven life and enterprise that ignites your heart-centered passion within!

This book is a weekend guide for that awakening. By the time you finish, you’ll see clearly that everything you need to step into your next chapter (clarity, confidence, and courage) is already within you.

It’s time to stop asking “*What’s next?*” and begin declaring: “*This is who I am. This is what I was born to do.*”

Welcome to *The Fire Within.*

# 1

## THE FIRE WITHIN

*“I am sick and tired of being sick and tired.” — Fannie Lou Hamer*

The late American writer and poet, Maya Angelou, was seven years old when she stopped speaking. After a traumatic event, she chose silence for nearly five years. People mistook her quiet for brokenness. Yet in the silence, she devoured books, memorized poetry, and listened to the music of words. When her voice finally returned, it carried the fire of wisdom, rhythm, and truth that would inspire millions. Her silence had not extinguished her fire; it had strengthened it.

Fannie Lou Hamer knew something about silence, too. Born the youngest of twenty children to sharecroppers in

Mississippi, she endured poverty, violence, and systemic oppression. At forty-four years old, she joined the Civil Rights Movement and discovered her gift for rallying voices. Her speeches electrified crowds not because she was polished or academic, but because she spoke from the core of her fire within. When she declared, *“I am sick and tired of being sick and tired,”* it wasn’t just complaint, it was clarity. That inner fire carried her through beatings, jailings, and rejection, yet she refused to bow. Her courage reminds us that the fire within is not about avoiding struggle but about enduring it with purpose.

You may not have endured years without words like Angelou or systemic violence like Hamer, but perhaps you’ve endured years without your true voice. Corporate titles, steady paychecks, long commutes, and endless deadlines can muffle the deeper sound of your soul. Burnout is not proof your fire is gone; it’s proof that your fire is waiting to be heard again.

This is the essence of the fire within: the spark of your innate gifts. They manifest as the courage of the Warrior, the oration of the Scholar, the wisdom of the Sage, the aesthetics and cheer of the Artisan, the vision of the Seer, and many more. You were born with them, and they have never left you. Burnout happens not when the fire dies, but when we drift too

far from it.

## **The Soul's Spark**

Within each of us is an element of cosmic fire; that part of us connected to the divine source. Some call it God, others the Holy Spirit, Allah, Jehovah, the Cosmic Mind, or universal consciousness. Regardless of the name, most agree there is such a source. It is the primordial essence of our eternal being, the soul-self that animates us.

This essence is constructive and creative in nature. It is always moving, always creating, always evolving. Because you are connected to it, you too are by nature a creator. As children, we know this instinctively. We imagine freely, create without fear, and live in blissful alignment with our gifts.

I remember the sparks of this in my own childhood.

- **At pre-school**, I'd race to the chalkboard, eager to be the first to demonstrate my ability to write the alphabet. Something in me lit up when I had the chance to demonstrate, to show, to express.
- **In church**, I was always eager to do the verbal review of our Sunday School lesson. My chest swelled as the congregation applauded. I didn't yet know it, but I was discovering that my words could move people. I recall

one of the church ministers telling my mom, “This child is going to be either a teacher or preacher”.

- **On my grandfather’s farm**, I marveled at seeds becoming watermelons and strawberries. Later, I started my own garden. Every sprout whispered a lesson: nurture brings harvest. I loved it when my mom used the vegetables from my garden to make parts of our dinner!
- **Through art**, I spent hours sketching cartoons. I would watch James McGill; an older friend in my neighborhood and subsequently learned from him. I remember winning art contest in elementary school with my gift. I also remember friends and family commenting to my mom on my amazing skill at drawing. I loved to hear those compliments.

These weren’t hobbies, they were signals. Glimpses of the fire within that would later become my calling as a coach, teacher, and builder of enterprises.

### **Personal Significance**

Beneath every pursuit of success lies a deeper yearning, the desire to know that our lives matter. This is the search for *Personal Significance*, the quiet realization that your worth has

never depended on performance or praise. It is the awareness that you are valuable because something sacred lives within you, a divine essence that no title, paycheck, or position can define.

*Personal Significance* is not about ego or comparison; it is about essence. It is the remembrance that you were created with purpose and that your gifts are divine instruments waiting to be expressed. When you reconnect with this truth, burnout loses its grip, and the fire within steadies into strength and clarity.

As you begin to see yourself as significant, not for what you do but for who you are, you start to move through the world differently. You stop striving to prove your worth and begin living from it. Purpose flows naturally from this awareness. When you honor your own significance, you awaken the confidence to serve others from authenticity, not obligation.

This inner recognition becomes the foundation for your *true calling*. When you know that your life already matters, your service becomes not an attempt to gain meaning but an expression of the meaning that has always been there.

When you live from this awareness of inner worth, your thoughts begin to change. You start to see them not as random

ideas but as living seeds of creation.

## **Thoughts Are Things**

As children, we create without judgment. My son Malachi once handed me an imaginary cup of cocoa when he was three years old. He was so convinced of its reality that he insisted that I lift it to my lips and take a sip. He paused to see my response to his freshly whipped cup of hot cocoa! I had no choice but to give him a response. To him, the cocoa in his mind was real! Because it was real! This is how we must treat our inner fire as adults.

Every creation begins twice: once in the mind, then in the physical world. A thought is not just a fleeting idea; it is the seed of manifestation. When our thoughts align with the constructive nature of divine creation, they gain the power to become real.

That's why when we search for purpose, the answer cannot come only from outside voices. It must be born in the quiet conviction of our own mind and soul. Consequently, it is within the fire of the soul that we discover the inner gifts that inspire us in finding our life purpose.

Recognizing your own significance naturally awakens a desire to serve. Once you know that your life already carries

meaning, you begin to look for ways to extend that meaning into the world.

### **Awakening to Service**

When you reconnect with your fire, it naturally points toward service. The needs of the world are endless, but not all are yours to meet. The spark within you will guide you to the particular need your soul is drawn to address.

This is where Fannie Lou Hamer's story echoes so powerfully. She didn't set out to be a civil rights leader. She was born with the inner gift of *justice!* She simply answered "the fire within" her to speak against injustice. That fire became her compass, and her voice became a catalyst for the civil rights movement.

The same is true for you. Your role is not to fix the entire world, but to align your birth gifts with the piece of the world that most needs them. That alignment is your calling.

### **Reflection: Finding Your Fire**

To begin reconnecting with your fire within, take time away from distraction and ask yourself:

- What brings me the most joy when I'm doing it?
- What do I do with little effort, that doesn't feel like

work?

- What needs of the world move me deeply, stirring something in my conscience?

Write your answers. Sit in silence and let them expand. The fire within will not shout — it whispers. But once you hear it, you will not forget it.

## **Closing**

When we listen to the fire within, we move from insignificance to significance, from burnout to breakthrough. We inspire others simply by becoming who we truly are. When we do, we contribute to the tipping point of human consciousness, the moment when individual sparks ignite into collective light.

Your fire is not waiting to be given by a job, a paycheck, or a title. It is already yours. Angelou found hers in silence. Hamer found hers in struggle. I found mine in childhood sparks that never left. You will find yours too.

In the next chapter, we'll see how the very problems that weigh you down may actually be invitations, thresholds, or opportunities, calling you into your next chapter.

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# The Fire Within

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# 70 GIFTS LIST

(This is a partial list of the “Hidden Gifts” we each embody at birth...some stronger than other. These are what gives one the inherited ability to master certain areas of life. Taking the “Hidden Talents” assessment reveals which gifts you embody and shows how to use these for pivoting out of corporate and discovering your TRUE authentic self.)

## Details of the Inner Innate Birth Gifts of the **SEER**

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### CIRCUMSPECTION

The gift of Circumspection characterizes a person who is watchful and discreet; cautious; prudent and having well considered a thing.

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### DISCERNMENT

The gift of Discernment characterizes a person that demonstrates outstanding judgment and understanding; and can distinguish by sight, intellect, or some other sense.

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### ENTERPRISE

The gift of Enterprise characterizes a person with great imagination or initiative; someone who is ready to undertake projects of importance or difficulty or untried schemes, and energetic in carrying out any undertaking.

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### INTUITION

The gift of Intuition characterizes a person exhibiting the ability to have a direct perception of truth, fact, etc., independent of any reasoning process or objective, obvious, observable, or demonstrable proof or evidence.

---

## JUSTICE

The gift of Justice characterizes a person guided by truth, reason, justice, and fairness.

---

## MYSTICISM

The gift of Mysticism characterizes a person having the ability to discern the nature of reality, God, truth, etc. by direct revelation, intuition, or spiritual insight, without the medium of the senses or reason.

---

## OPTIMISM

The gift of Optimism characterizes a person disposed to take a favorable view of events or conditions and to expect the most favorable outcome despite obvious or perceived problems or challenges.

---

## ORGANIZATION

The gift of Organization characterizes a person who forms into a whole from interdependent or coordinated parts, persons, units, groups, or components, especially for united action or creation.

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## REASSURANCE

The gift of Reassurance characterizes a person who can inspire with confidence and spirit; one who can stimulate by assistance and approval; and can promote, advance, or foster confidence in a person.

## VISION

The gift of Vision characterizes a person who has the ability to anticipate that which will or may come to be and being able to see a thing, event, or otherwise future developments long before they are obvious to most.

## Details of the Inner Innate Birth Gifts of the **SAGE**

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## COUNSEL

The gift of Counsel characterizes a person skilled at giving advice; opinion or instruction in directing the judgment or conduct of another.

## GENEROSITY

The gift of Generosity characterizes a person who is liberal in giving or sharing; unselfish; and free from meanness or smallness of mind or character.

## GENTILITY

The gift of Gentility characterizes a person who is kind, has or shows pleasant, good-natured personal qualities; is friendly, and sociable.

---

## INTEGRITY

The gift of Integrity characterizes a person adhering to rectitude; righteous, honest, or just; being in accord with what is right: always behaving honestly and having high moral standards.

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## NURTURE

The gift of Nurture characterizes a person inclined towards the process of caring for and encouraging the growth or development of someone or something.

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## PATIENCE

The gift of Patience characterizes a person who can endure or bear provocation, annoyance, misfortune, delay, hardship, pain, etc. with fortitude and calm and without complaint, anger, or the like.

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## PRUDENCE

The gift of Prudence characterizes a person who is wise or judicious in practical affairs; careful in providing for the future; discreet or circumspect; provident; sagacious; and sober.

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## SERENITY

The gift of Serenity characterizes a person who embodies the state of being calm, peaceful, tranquil; and unruffled.

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## TEMPERANCE

The gift of Temperance describes a person who is characterized by moderation as regards behavior, opinion, statement, indulgence of appetite, or passion.

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## WISDOM

The gift of Wisdom characterizes a person who has the quality of making sound decisions and taking intelligent action employing the application of experience, knowledge, and good judgment.

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Details of the Inner Innate Birth Gifts of the **WARRIOR**

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## ATHLETICISM

The gift of Athleticism characterizes a person who is physically active and strong; capable of using physical skills, strength, agility, and stamina.

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## CONSTANCY

The gift of Constancy characterizes a person who is faithful to one's oath, commitments, vows, allegiance, or obligations.

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## COURAGE

The gift of Courage is characterized by the quality of mind or spirit that enables a person to face difficulty, danger, pain, etc., without fear; or bravery.

---

## DEVOTION

The gift of Devotion characterizes a person who is zealous or ardent in attachment, loyalty, or affection.

---

## DISCIPLINE

The gift of Discipline characterizes a person having or exhibiting the ability to act following steady, focused rigor, rules, etc. under a myriad of circumstances and showing a controlled form of behavior or way of working.

---

## FOCUS

The gift of Focus characterizes a person showing great care and perseverance; constant in application or effort; working diligently at a task; persevering; industrious; and attentive.

---

## FORTITUDE

The gift of Fortitude characterizes the strength of mind that enables a person to encounter danger, bear pain, and adversity, and courageously remain steadfast and unwavering.

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## PROTECTORSHIP

The gift of Protectorship characterizes a person who defends or acts as a guardian for another or one's property.

---

## RESOLVE

The gift of Resolve describes a person who is characterized by firmness and determination in purpose or intent.

## VIGILANCE

The gift of Vigilance characterizes a person who has the quality of being keenly watchful and alert, especially in avoiding danger.

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## Details of the Inner Innate Birth Gifts of the **SCHOLAR**

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## CREDIBILITY

The gift of Credibility characterizes a person who has the quality of being trusted and believed in.

---

## GNOSIS

The gift of Gnosis characterizes a person who has much knowledge; scholarly, well-informed, connected or involved with the pursuit of knowledge.

---

## INQUIRY

The gift of Inquiry is characterized by the quality of having the ability and love to search for information, facts, and principles through research.

---

## INTROSPECTION

The gift of Introspection is characterized by the ability to engage in extended, contemplative reflection on one's thoughts and feelings.

## NATURE

The gift of Nature characterizes a person with a love for and keen knowledge of the natural world with little or no formal schooling on the matter.

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## OBSERVATION

The gift of Observation characterizes a person prone to noticing or perceiving persons, situations, or otherwise carefully to gain information.

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## ORATION

The gift of Oration depicts a person skilled at giving formal public speeches, characterized by a studied or elevated style, diction, or delivery.

---

## REFORM

The gift of Reform characterizes a person devoted to bringing about the improvement or amendment of what is wrong, corrupt, unsatisfactory, etc.

---

## RHETORIC

The gift of Rhetoric describes a person endowed with the art or skill of speaking or writing formally and effectively, especially as a way to persuade or influence people.

## SENSIBILITY

The gift of Sensibility characterizes a person having an acute perception of or responsiveness toward something, such as the emotions of another.

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## Details of the Inner Innate Birth Gifts of the **KING**

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## EFFICIENCY

The gift of Efficiency characterizes a person performing or functioning in the best possible manner with the least waste of time and effort while using requisite knowledge, skill, and industry.

## EXCELLENCE

The gift of Excellence characterizes a person committed to the highest degree of proficiency, skill, or excellence (moral, religious, political) or otherwise.

## HUMANITY

The gift of Humanity is characterized by a person having a strong interest in or concern for human welfare, values, and dignity.

## INFLUENCE

The gift of Influence is characterized by a person having the capacity to affect the character, development, or behavior of someone or something.

---

## NOBILITY

The gift of Nobility characterizes a person having or showing fine personal qualities or high moral principles and ideals.

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## PACIFICATION

The gift of Pacification characterizes a person proficient at establishing or reestablishing peace, tranquility, quiet, or calm within a governed population divided or impacted by military, political, economic, or social disorder.

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## RESPONSIBILITY

The gift of Responsibility characterizes a person who understands the duty of taking measures with due foresight to plan for providing means of support, money, or otherwise to someone or something.

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## SHREWDNESS

The gift of Shrewdness characterizes a person who is astute and demonstrates keen, sharp, and clever powers of judgment in practical matters.

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## SOLACE

The gift of Solace describes a person who helps to soothe, console, reassure, and bring cheer to others.

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## STABILITY

The gift of Stability characterizes a person in a good state or condition that is not easily changed or likely to change, nor subject to material or emotional instabilities.

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## Details of the Inner Innate Birth Gifts of the **SERVER**

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## ALTRUISM

The gift of Altruism characterizes a person with the belief in or practice of disinterested and selfless concern for the well-being of others.

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## BENEVOLENCE

The gift of Benevolence characterizes a person committed to expressing goodwill, kindness, and charity as a means of helping others.

---

## COMPASSION

The gift of Compassion is characterized by a person having or showing a feeling of deep sympathy and sorrow for another who is stricken by misfortune, accompanied by a strong desire to alleviate the suffering.

## CORDIALITY

The gift of Cordiality is characterized by a person having or showing a pleasant, warm, kind, and friendly disposition.

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## DEDICATION

The gift of Dedication characterizes a person having or showing strong, earnest support for or loyalty to someone or something.

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## DIPLOMACY

The gift of Diplomacy characterizes a person skilled at dealing with sensitive matters or people tactfully without offending, upsetting, or arousing hostility.

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## EMPATHY

The gift of Empathy characterizes a person with the ability to create an emotional connection by recognizing, understanding, and sharing the thoughts and feelings of others.

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## ENTHUSIASM

The gift of Enthusiasm characterizes a person cheerfully consenting and displaying an energetic interest in a particular subject or activity and a desire to be involved in it.

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## HEALING

The gift of Healing describes a person who has a passion for the process of making others whole, healthy, sound, and free from injury or disease.

---

## SUPPORTIVENESS

The gift of Supportiveness characterizes a person fond of giving or rendering aid, assistance, or service and making it easier for others to do their job or deal with a challenge or problem.

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## Details of the Inner Innate Birth Gifts of the **ARTISAN**

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### AESTHETICS

The gift of Aesthetics is characterized by a person having a love of beauty, and taste, and is responsive to or appreciative of what is pleasurable to the senses.

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### ARITHMETIC

The gift of Arithmetic characterizes a person who is an expert in the properties, method, or process of computation and manipulation of numbers in counting and calculation.

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## ART

The gift of Art is characterized by a person having a proclivity for the various branches of creative expression of the visual arts, literary arts, and performing arts.

---

## CHEER

The gift of Cheer is characterized by a person having good spirits; pleasant, bright, hearty, ungrudging; having or showing a good mood or disposition; a person who is always fun to work with and a pleasure to be around.

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## COMPOSITION

The gift of Composition characterizes a person who has the skill of combining distinct parts or elements to form a whole.

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## CREATION

The gift of Creation characterizes a person who evolves results from one's thought or imagination and causes to come into being, meaningful new ideas, forms, methods, and interpretations.

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## GEOMETRY

The gift of Geometry characterizes a person skilled at the branch of mathematics that deals with the measurement, properties, and relationships of points, lines, angles, surfaces, solids, and higher dimensional analogs.

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## INDUSTRY

The gift of Industry characterizes a person who works earnestly, energetically, devotedly, and diligently and produces productive outcomes.

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## MUSIC

The gift of Music describes a person who demonstrates a mastery in the science or art of ordering vocal or instrumental sounds or both to produce a composition having beauty of form, and expression of emotion through the elements of rhythm, melody, and harmony.

---

## PRECISION

The gift of Precision characterizes a person who has the quality of taking or showing extreme care about minute details in their ways and means of doing things.



To begin this journey of finding your voice and discovering your life's purpose, visit our website (<https://henryshelton.com/product/accessing-your-archetypes-assessment/>) and take the "Accessing Your Archetypes" assessment. This assessment is designed to help you identify your dominant archetypes and provide personalized insights into your strengths, motivations, and how they can guide you toward a more fulfilling and purpose-driven life. After completing the assessment, you'll gain clarity, confidence, and courage to pursue your endeavors. For further insight, (**ONLY AFTER TAKING THE ASSESSMENT**) consider scheduling a one-on-one consultation at [henryshelton.com/consultation](https://henryshelton.com/consultation), where you will receive personal guidance in applying this knowledge to your unique circumstances and aspirations.

Take the first step today and unlock the path to living your true purpose with clarity, confidence, and courage.

## ABOUT THE AUTHOR

### **Henry Shelton - Transformational Speaker & Executive Coach**

*CEO - Assure Coaching | Founder – Soul's Code Ventures*

Henry Shelton is an accomplished executive coach, speaker, author, and transformational leader, dedicated to helping individuals unlock their highest potential and align their careers with their authentic purpose. As the founder of Assure Coaching, Henry specializes in empowering corporate professionals to transition from burnout to purpose-driven entrepreneurship. His expertise lies in guiding leaders to discover and unlock their innate and natural gifts and talents, enabling them to build businesses that reflect their true calling.

With a strong background in both corporate leadership and spiritual development, Henry brings a unique approach to coaching, blending practical strategies with a deep understanding of human potential. His work through Assure Coaching focuses on helping mid to upper-level professionals exit the corporate world, leveraging their innate talents to create “heart-centered”, impact driven enterprises that are not only profitable but deeply meaningful.

Henry's coaching framework includes baseline assessments that go beyond the surface, uncovering hidden abilities that often lie dormant in professionals who have been conditioned to follow traditional career paths. His clients, through his support, coaching, and mentorship, rediscover their authentic selves and chart new paths that align with their passions and purpose.

In addition to his coaching work with Assure Coaching, Henry serves as a senior leader at Soul's Code Ventures, where he applies his strategic vision and leadership experience to grow this emerging ecosystem. His combined work across both platforms has positioned him as a trusted authority in personal development, leadership transformation, and purpose-driven entrepreneurship.

Henry is passionate about speaking to audiences on topics of Life Purpose, Getting Clarity, Developing Confidence, Developing Courage, and reaching their highest potential. His message resonates deeply with those seeking to find greater fulfillment, balance, and success in both their professional and personal lives. He has inspired countless professionals to embrace their unique potential and take bold steps toward building the lives they were meant to live.



# THE FIRE WITHIN

**AWAKEN YOUR INNER GIFTS TO TURN BURNOUT  
AND UNCERTAINTY INTO BREAKTHROUGH**

MILLIONS OF HIGH-ACHIEVING PROFESSIONALS LOOK SUCCESSFUL ON THE OUTSIDE WHILE SECRETLY RUNNING ON EMPTY. THE PROMOTIONS, PAYCHECKS, AND TITLES NO LONGER IGNITE THEIR SOUL, AND BURNOUT WHISPERS THE HAUNTING QUESTION: IS THIS ALL THERE IS? THE FIRE WITHIN IS YOUR ANSWER. DRAWING ON ANCIENT ARCHETYPES AND SEVENTY INNATE "BIRTH GIFTS" HIDDEN WITHIN EVERY SOUL, SUCH AS **COURAGE, WISDOM, VISION, CHEER, AND MORE**, HENRY SHOWS HOW BURNOUT AND UNCERTAINTY AREN'T AN ENDING BUT AN INVITATION. IN THIS WEEKEND GUIDE, YOU'LL DISCOVER HOW TO REFRAME DISCOURAGEMENT AND EXHAUSTION AS A CALLING; UNLOCK YOUR HIDDEN INNER GIFTS, AND BEGIN YOUR NEXT CHAPTER BUILT NOT ON SURVIVAL BUT ON DESTINY.

THROUGH VIVID STORIES, PRACTICAL EXERCISES, AND A STEP-BY-STEP FRAMEWORK, YOU'LL LEARN TO HARNESS THE FIRE ALREADY BURNING INSIDE YOU. WHETHER YOU LONG TO START A HEART-CENTERED BUSINESS, BRING FRESH PURPOSE TO YOUR LEADERSHIP, OR WAKE UP WITH CLARITY AND JOY AGAIN, THE FIRE WITHIN WILL EQUIP YOU WITH THE TOOLS AND COURAGE TO RISE. YOUR NEXT CHAPTER ISN'T WAITING FOR THE PERFECT MOMENT—IT'S WAITING FOR YOU TO REMEMBER WHO YOU ALREADY ARE.



HENRY IS A TRANSFORMATIONAL LIFE AND BUSINESS COACH, AUTHOR, SPEAKER, AND FOUNDER OF ASSURE COACHING. DRAWING ON A BACKGROUND IN ENGINEERING AND ENTREPRENEURSHIP—AND YEARS OF STUDYING ARCHETYPES AND ANCIENT WISDOM TRADITIONS—HE WORKS WITH HIGH-ACHIEVING PROFESSIONALS TO MOVE BEYOND BURNOUT AND UNCERTAINTY AND RECLAIM THEIR AUTHENTIC VOICE, AWAKEN THEIR PERSONAL SIGNIFICANCE, AND RISE INTO THE CALLING THEY WERE BORN TO FULFILL.

THROUGH HIS ACCESSING YOUR ARCHETYPES™ ASSESSMENT, HIS ONLINE DIGITAL COURSE, 1-ON-1, AND GROUP COACHING PROGRAMS, HENRY GUIDES INDIVIDUALS IN AWAKENING THEIR INNATE GIFTS AND BUILDING PURPOSE-DRIVEN LIVES AND VENTURES. THE FIRE WITHIN IS HIS INVITATION FOR YOU TO DO THE SAME.