

Mistborn: Table of Feruchemical Metals

PHYSICAL				COGNITIVE
Iron (Skimmer) Stores Physical Weight	Steel (Steelrunner) Stores Physical Speed	Zinc (Sparker) Stores Mental Speed	Brass (Firesoul) Stores Warmth	
Tin (Windwhisperer) Stores Senses	Pewter (Brute) Stores Physical Strength	Copper (Archivist) Stores Memories	Bronze (Sentry) Stores Wakefulness	
Chromium (Spinner) Stores Fortune	Nicrosil (Soulbearer) Stores Investiture	Cadmium (Gasper) Stores Breath	Bendalloy (Subsumer) Stores Energy	
Aluminum (Trueself) Stores Identity	Duralumin (Connector) Stores Connection	Gold (Bloodmaker) Stores Health	Electrum (Pinnacle) Stores Determination	
SPIRITUAL				HYBRID

from The Coppermind