

**REDESIGN
YOUR LIFE**

**USING NUMEROLOGY TO CREATE THE
WILDLY OPTIMAL YOU**

WORKBOOK

FELICIA BENDER, PH.D.

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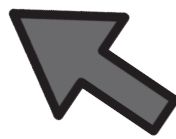
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INTRODUCTION

THIS WORKBOOK IS DESIGNED to complement the material presented to you in *Redesign Your Life: Using Numerology to Create the Wildly Optimal You* by Felicia Bender, Ph.D.

There are worksheets whose purpose is to help you calculate your numbers correctly. There are worksheets that are designed to be a supplement to some of the ideas presented in *Redesign Your Life*.

Please consider printing out the portions you need and keep them with your book so that you can refer back to your numbers as you go through the book. It's also fun and useful to construct a notebook or journal so that you can keep track of what you're doing.



Don't let your redecoration, remodeling, or renovation project become a sloppy mess – like this carpet I saw in a home I once showed to clients!

WHAT'S THE PROBLEM?

DO YOU HAVE A SPECIFIC REASON you are reading this book? Is there one major thing that you really want to change in your life? Or does it feel more blurry and nebulous?

Take this opportunity to write down what you'd like to focus on as you move toward redesigning your life.

You can certainly fill out as many "What's The Problem?" worksheets as you would like. Yet do take the time to start revealing your real concerns and deep-down issues. Doing this effectively will make your path less bumpy as you continue your project.

I'll start with an example. You can use the prompts any way that works best for you.

MY ISSUE:

I don't have enough money.

Reframe the Issue:

Be specific: *I'm sick of worrying about money all the time. No matter what I do and how much I scrimp on things, I can never get caught up. Saving any money is totally out of the question. I'm really worried about what would happen if I ever got sick and couldn't work. I'm stuck in this job that only pays so much. How am I ever going to get on track with my finances?*

How do I feel?: *I feel worthless, worried, and depressed.*

Dig deeper: *I'm so angry that what I do for a living isn't valued in our society. I'm so tired of struggling to pay the basic bills and I am jealous of people who can afford extra things in their lives or a nice car or great vacations. I can't believe that I went to college and can't make a decent living as a teacher. I don't see any way around it because it's a government job and you can't change the pay for government jobs.*

Shift the focus: *I give myself permission to think about why I went into teaching in the first place. Why do I feel passionate about teaching? Is there a way that I can teach during the school year and then develop my own business during the summer so I can make extra money? If so, what would that other business be? Would I do it myself or have partners? How can I learn about how to do that successfully?*

Just Pretend. Create a new scene for yourself: *I think I need to find out more about how other people make a supplemental income. I see myself complaining about my situation and yet I just want it to magically change. I'm realizing if I really want something to change with my finances, I have to be the one to do it. Since I'm an English teacher, I'm going to put together a Blog that gives me an opportunity to talk about this issue that a lot of teachers face and then ask other teachers to contribute to the discussion. Why reinvent the wheel if other teachers have figured out interesting ways to make more money while they continue with their teaching jobs? I'm going to ask my friend Julie how to set up a Blog, because I know that she is really good with computers. I'm going to ask her to get together with me this week to talk about it.*

The next section provides the prompts for the questions with room for you to fill it out.

EXERCISE: WHAT'S THE PROBLEM?

My Issue:

REFRAME THE ISSUE

Be specific:

How do I feel?: *I feel...*

Dig deeper: *Down deep, I'm afraid (angry, insecure, bitter, whatever is underneath)...*

Shift the focus: *I give myself permission to...*

Just pretend. Script a new scene for yourself: *I can envision...*

LIFE PATH WORKSHEET

To calculate your Life Path number, add your birth date (month, day, entire year) together as simple addition problem.

Always keep calculating until you end up with a one-digit number.

EXAMPLE

Birth date: January 15, 1999 or 1/15/1999

$$1 + 1 + 5 + 1 + 9 + 9 + 9 = 35$$

When you get a double digit number, you need to add the two numbers together again in order to get to a one-digit number.

$$3 + 5 = 8$$

This birth date is a 8 Life Path number

FILL IN YOUR PERSONAL INFORMATION

To calculate your Life Path number, add your birth date (month, day, entire year) together as simple addition problem.

Always keep calculating until you end up with a one-digit number.

BIRTH DATE

When you get a double digit number, you need to add the two numbers together again in order to get to a one-digit number.

LIFE PATH NUMBER _____

LIFE PATH WORKSHEET MASTER PATH NUMBERS

To calculate your Life Path number, add your birth date (month, day, entire year) together as simple addition problem.

Always keep calculating until you end up with a one-digit number.

EXAMPLE

Birth date: December 31, 1932 or 12/31/1932

$$1 + 2 + 3 + 1 + 1 + 9 + 3 + 2 = 22$$

22 is a Master Number

$$\text{Add } 2 + 2 = 4$$

Master Path 22/4

LIFE PATH WORKSHEET “HIDDEN” MASTER PATH NUMBERS

To calculate your Life Path number, add your birth date (month, day, entire year) together as simple addition problem.

Always keep calculating until you end up with a one-digit number.

EXAMPLE

Birth date: January 29, 1954 or 1/29/1954

$$1 + 2 + 9 + 1 + 9 + 5 + 4 = 31$$

$$3 + 1 = 4$$

If you get a 2, 4 or 6 as your Life Path Number, add your numbers two other ways to see if you have a “hidden” Master Number.

If you have a hidden Master Number, numerologists generally suggest that your main tendencies will be with the 2, 4 or 6, and yet you will also feel the tension and pull of the Master Number as well.

You can think of it this way: You’re given the option to stretch toward the Master Path (and all of its rewards and challenges) or you can decide to stay within the confines of the single-digit Life Path number.

DO YOU HAVE A “HIDDEN” MASTER PATH NUMBER?

Turn to pages 52-53 in *Redesign Your Life* as a reminder of the two other ways to calculate your Life Path number if you are a 2, 4, or 6. You may have a “hidden” Master Number that can only be identified by calculating your number these two additional ways.

YOUR PERSONAL YEAR CYCLES

IN THE FOLLOWING PAGES you'll find worksheets specifically for each Life Path Number and your Personal Year Cycles.

Turn to the appropriate worksheet for your personal Life Path Number.

The point of this worksheet is to have you outline all of your Personal Year Cycles you've experienced since birth.

Remember to start your worksheet with the year you were born.

Write notes for yourself in the margins, indicating major turning points in your life. You can use this as a reference as you move forward into your future Personal Years while reflecting on your past experiences.

I have accentuated the Personal Years 9-1 because they are often some of the more transformative years in our lives. Certainly they are often turning points that we remember the most as we think about the trajectory of our lives.

PERSONAL YEAR CYCLES: Start with the year you were born.**1 LIFE PATH**

NOTES:

Year _____	PY 1	Age 0 years old
Year _____	PY 2	Age 1 years old
Year _____	PY 3	Age 2 years old
Year _____	PY 4	Age 3 years old
Year _____	PY 5	Age 4 years old
Year _____	PY 6	Age 5 years old
Year _____	PY 7	Age 6 years old
Year _____	PY 8	Age 7 years old
Year _____	PY 9	Age 8 years old
Year _____	PY 1	Age 9 years old
Year _____	PY 2	Age 10 years old
Year _____	PY 3	Age 11 years old
Year _____	PY 4	Age 12 years old
Year _____	PY 5	Age 13 years old
Year _____	PY 6	Age 14 years old
Year _____	PY 7	Age 15 years old
Year _____	PY 8	Age 16 years old
Year _____	PY 9	Age 17 years old
Year _____	PY 1	Age 18 years old
Year _____	PY 2	Age 19 years old
Year _____	PY 3	Age 20 years old
Year _____	PY 4	Age 21 years old
Year _____	PY 5	Age 22 years old
Year _____	PY 6	Age 23 years old
Year _____	PY 7	Age 24 years old
Year _____	PY 8	Age 25 years old
Year _____	PY 9	Age 26 years old
Year _____	PY 1	Age 27 years old
Year _____	PY 2	Age 28 years old Saturn Returning
Year _____	PY 3	Age 29 years old

Year _____ PY 4 Age 30 years old
 Year _____ PY 5 Age 31 years old
 Year _____ PY 6 Age 32 years old
 Year _____ PY 7 Age 33 years old
 Year _____ PY 8 Age 34 years old
Year _____ PY 9 Age 35 years old
Year _____ PY 1 Age 36 years old
 Year _____ PY 2 Age 37 years old
 Year _____ PY 3 Age 38 years old
 Year _____ PY 4 Age 39 years old
 Year _____ PY 5 Age 40 years old
 Year _____ PY 6 Age 41 years old
 Year _____ PY 7 Age 42 years old
 Year _____ PY 8 Age 43 years old
Year _____ PY 9 Age 44 years old
Year _____ PY 1 Age 45 years old
 Year _____ PY 2 Age 46 years old
 Year _____ PY 3 Age 47 years old
 Year _____ PY 4 Age 48 years old
 Year _____ PY 5 Age 49 years old
 Year _____ PY 6 Age 50 years old
 Year _____ PY 7 Age 51 years old
 Year _____ PY 8 Age 52 years old
Year _____ PY 9 Age 53 years old
Year _____ PY 1 Age 54 years old
 Year _____ PY 2 Age 55 years old
 Year _____ PY 3 Age 56 years old
 Year _____ PY 4 Age 57 years old
 Year _____ PY 5 Age 58 years old | **Saturn Returning**
 Year _____ PY 6 Age 59 years old
 Year _____ PY 7 Age 60 years old
 Year _____ PY 8 Age 61 years old
Year _____ PY 9 Age 62 years old
Year _____ PY 1 Age 63 years old

Year _____ PY 2 Age 64 years old
Year _____ PY 3 Age 65 years old
Year _____ PY 4 Age 66 years old
Year _____ PY 5 Age 67 years old
Year _____ PY 6 Age 68 years old
Year _____ PY 7 Age 69 years old
Year _____ PY 8 Age 70 years old
Year _____ PY 9 Age 71 years old
Year _____ PY 1 Age 72 years old
Year _____ PY 2 Age 73 years old
Year _____ PY 3 Age 74 years old
Year _____ PY 4 Age 75 years old
Year _____ PY 5 Age 76 years old
Year _____ PY 6 Age 77 years old
Year _____ PY 7 Age 78 years old
Year _____ PY 8 Age 79 years old
Year _____ PY 9 Age 80 years old
Year _____ PY 1 Age 81 years old
Year _____ PY 2 Age 82 years old
Year _____ PY 3 Age 83 years old
Year _____ PY 4 Age 84 years old
Year _____ PY 5 Age 85 years old
Year _____ PY 6 Age 86 years old
Year _____ PY 7 Age 87 years old
Year _____ PY 8 Age 88 years old
Year _____ PY 9 Age 89 years old
Year _____ PY 1 Age 90 years old
Year _____ PY 2 Age 91 years old
Year _____ PY 3 Age 92 years old
Year _____ PY 4 Age 93 years old
Year _____ PY 5 Age 94 years old
Year _____ PY 6 Age 95 years old
Year _____ PY 7 Age 96 years old

PERSONAL YEAR CYCLES: Start with the year you were born.**2 LIFE PATH**

NOTES:

Year _____ PY 2 Age 0 years old
 Year _____ PY 3 Age 1 years old
 Year _____ PY 4 Age 2 years old
 Year _____ PY 5 Age 3 years old
 Year _____ PY 6 Age 4 years old
 Year _____ PY 7 Age 5 years old
 Year _____ PY 8 Age 6 years old
Year _____ PY 9 Age 7 years old
Year _____ PY 1 Age 8 years old
 Year _____ PY 2 Age 9 years old
 Year _____ PY 3 Age 10 years old
 Year _____ PY 4 Age 11 years old
 Year _____ PY 5 Age 12 years old
 Year _____ PY 6 Age 13 years old
 Year _____ PY 7 Age 14 years old
 Year _____ PY 8 Age 15 years old
Year _____ PY 9 Age 16 years old
Year _____ PY 1 Age 17 years old
 Year _____ PY 2 Age 18 years old
 Year _____ PY 3 Age 19 years old
 Year _____ PY 4 Age 20 years old
 Year _____ PY 5 Age 21 years old
 Year _____ PY 6 Age 22 years old
 Year _____ PY 7 Age 23 years old
 Year _____ PY 8 Age 24 years old
Year _____ PY 9 Age 25 years old
Year _____ PY 1 Age 26 years old
 Year _____ PY 2 Age 27 years old
 Year _____ PY 3 Age 28 years old
 Year _____ PY 4 Age 29 years old | **Saturn Returning**

Year _____ PY 5 Age 30 years old
 Year _____ PY 6 Age 31 years old
 Year _____ PY 7 Age 32 years old
 Year _____ PY 8 Age 33 years old
Year _____ PY 9 Age 34 years old
Year _____ PY 1 Age 35 years old
 Year _____ PY 2 Age 36 years old
 Year _____ PY 3 Age 37 years old
 Year _____ PY 4 Age 38 years old
 Year _____ PY 5 Age 39 years old
 Year _____ PY 6 Age 40 years old
 Year _____ PY 7 Age 41 years old
 Year _____ PY 8 Age 42 years old
Year _____ PY 9 Age 43 years old
Year _____ PY 1 Age 44 years old
 Year _____ PY 2 Age 45 years old
 Year _____ PY 3 Age 46 years old
 Year _____ PY 4 Age 47 years old
 Year _____ PY 5 Age 48 years old
 Year _____ PY 6 Age 49 years old
 Year _____ PY 7 Age 50 years old
 Year _____ PY 8 Age 51 years old
Year _____ PY 9 Age 52 years old
Year _____ PY 1 Age 53 years old
 Year _____ PY 2 Age 54 years old
 Year _____ PY 3 Age 55 years old
 Year _____ PY 4 Age 56 years old
 Year _____ PY 5 Age 57 years old
 Year _____ PY 6 Age 58 years old | **Saturn Returning**
 Year _____ PY 7 Age 59 years old
 Year _____ PY 8 Age 60 years old
Year _____ PY 9 Age 61 years old
Year _____ PY 1 Age 62 years old
 Year _____ PY 2 Age 63 years old

Year _____ PY 3 Age 64 years old
Year _____ PY 4 Age 65 years old
Year _____ PY 5 Age 66 years old
Year _____ PY 6 Age 67 years old
Year _____ PY 7 Age 68 years old
Year _____ PY 8 Age 69 years old
Year _____ PY 9 Age 70 years old
Year _____ PY 1 Age 71 years old
Year _____ PY 2 Age 72 years old
Year _____ PY 3 Age 73 years old
Year _____ PY 4 Age 74 years old
Year _____ PY 5 Age 75 years old
Year _____ PY 6 Age 76 years old
Year _____ PY 7 Age 77 years old
Year _____ PY 8 Age 78 years old
Year _____ PY 9 Age 79 years old
Year _____ PY 1 Age 80 years old
Year _____ PY 2 Age 81 years old
Year _____ PY 3 Age 82 years old
Year _____ PY 4 Age 83 years old
Year _____ PY 5 Age 84 years old
Year _____ PY 6 Age 85 years old
Year _____ PY 7 Age 86 years old
Year _____ PY 8 Age 87 years old
Year _____ PY 9 Age 88 years old
Year _____ PY 1 Age 89 years old
Year _____ PY 2 Age 90 years old
Year _____ PY 3 Age 91 years old
Year _____ PY 4 Age 92 years old
Year _____ PY 5 Age 93 years old
Year _____ PY 6 Age 94 years old
Year _____ PY 7 Age 95 years old
Year _____ PY 8 Age 96 years old

PERSONAL YEAR CYCLES: Start with the year you were born.**3 LIFE PATH**

NOTES:

Year _____	PY 3	Age 0 years old
Year _____	PY 4	Age 1 years old
Year _____	PY 5	Age 2 years old
Year _____	PY 6	Age 3 years old
Year _____	PY 7	Age 4 years old
Year _____	PY 8	Age 5 years old
Year _____	PY 9	Age 6 years old
Year _____	PY 1	Age 7 years old
Year _____	PY 2	Age 8 years old
Year _____	PY 3	Age 9 years old
Year _____	PY 4	Age 10 years old
Year _____	PY 5	Age 11 years old
Year _____	PY 6	Age 12 years old
Year _____	PY 7	Age 13 years old
Year _____	PY 8	Age 14 years old
Year _____	PY 9	Age 15 years old
Year _____	PY 1	Age 16 years old
Year _____	PY 2	Age 17 years old
Year _____	PY 3	Age 18 years old
Year _____	PY 4	Age 19 years old
Year _____	PY 5	Age 20 years old
Year _____	PY 6	Age 21 years old
Year _____	PY 7	Age 22 years old
Year _____	PY 8	Age 23 years old
Year _____	PY 9	Age 24 years old
Year _____	PY 1	Age 25 years old
Year _____	PY 2	Age 26 years old
Year _____	PY 3	Age 27 years old
Year _____	PY 4	Age 28 years old
Year _____	PY 5	Age 29 years old Saturn Returning

Year _____ PY 6 Age 30 years old
 Year _____ PY 7 Age 31 years old
 Year _____ PY 8 Age 32 years old
Year _____ PY 9 Age 33 years old
Year _____ PY 1 Age 34 years old
 Year _____ PY 2 Age 35 years old
 Year _____ PY 3 Age 36 years old
 Year _____ PY 4 Age 37 years old
 Year _____ PY 5 Age 38 years old
 Year _____ PY 6 Age 39 years old
 Year _____ PY 7 Age 40 years old
 Year _____ PY 8 Age 41 years old
Year _____ PY 9 Age 42 years old
Year _____ PY 1 Age 43 years old
 Year _____ PY 2 Age 44 years old
 Year _____ PY 3 Age 45 years old
 Year _____ PY 4 Age 46 years old
 Year _____ PY 5 Age 47 years old
 Year _____ PY 6 Age 48 years old
 Year _____ PY 7 Age 49 years old
 Year _____ PY 8 Age 50 years old
Year _____ PY 9 Age 51 years old
Year _____ PY 1 Age 52 years old
 Year _____ PY 2 Age 53 years old
 Year _____ PY 3 Age 54 years old
 Year _____ PY 4 Age 55 years old
 Year _____ PY 5 Age 56 years old
 Year _____ PY 6 Age 57 years old
 Year _____ PY 7 Age 58 years old | **Saturn Returning**
 Year _____ PY 8 Age 59 years old
Year _____ PY 9 Age 60 years old
Year _____ PY 1 Age 61 years old
 Year _____ PY 2 Age 62 years old
 Year _____ PY 3 Age 63 years old

Year _____ PY 4 Age 64 years old
Year _____ PY 5 Age 65 years old
Year _____ PY 6 Age 66 years old
Year _____ PY 7 Age 67 years old
Year _____ PY 8 Age 68 years old
Year _____ PY 9 Age 69 years old
Year _____ PY 1 Age 70 years old
Year _____ PY 2 Age 71 years old
Year _____ PY 3 Age 72 years old
Year _____ PY 4 Age 73 years old
Year _____ PY 5 Age 74 years old
Year _____ PY 6 Age 75 years old
Year _____ PY 7 Age 76 years old
Year _____ PY 8 Age 77 years old
Year _____ PY 9 Age 78 years old
Year _____ PY 1 Age 79 years old
Year _____ PY 2 Age 80 years old
Year _____ PY 3 Age 81 years old
Year _____ PY 4 Age 82 years old
Year _____ PY 5 Age 83 years old
Year _____ PY 6 Age 84 years old
Year _____ PY 8 Age 85 years old
Year _____ PY 9 Age 86 years old
Year _____ PY 1 Age 87 years old
Year _____ PY 2 Age 88 years old
Year _____ PY 3 Age 89 years old
Year _____ PY 4 Age 90 years old
Year _____ PY 5 Age 91 years old
Year _____ PY 6 Age 92 years old
Year _____ PY 7 Age 93 years old
Year _____ PY 8 Age 94 years old
Year _____ PY 9 Age 95 years old
Year _____ PY 1 Age 96 years old

PERSONAL YEAR CYCLES: Start with the year you were born.**4 LIFE PATH**

NOTES:

Year _____	PY 4	Age 0 years old
Year _____	PY 5	Age 1 years old
Year _____	PY 6	Age 2 years old
Year _____	PY 7	Age 3 years old
Year _____	PY 8	Age 4 years old
Year _____	PY 9	Age 5 years old
Year _____	PY 1	Age 6 years old
Year _____	PY 2	Age 7 years old
Year _____	PY 3	Age 8 years old
Year _____	PY 4	Age 9 years old
Year _____	PY 5	Age 10 years old
Year _____	PY 6	Age 11 years old
Year _____	PY 7	Age 12 years old
Year _____	PY 8	Age 13 years old
Year _____	PY 9	Age 14 years old
Year _____	PY 1	Age 15 years old
Year _____	PY 2	Age 16 years old
Year _____	PY 3	Age 17 years old
Year _____	PY 4	Age 18 years old
Year _____	PY 6	Age 19 years old
Year _____	PY 7	Age 20 years old
Year _____	PY 8	Age 21 years old
Year _____	PY 9	Age 22 years old
Year _____	PY 1	Age 23 years old
Year _____	PY 2	Age 24 years old
Year _____	PY 3	Age 25 years old
Year _____	PY 4	Age 26 years old
Year _____	PY 5	Age 27 years old
Year _____	PY 6	Age 28 years old
Year _____	PY 7	Age 29 years old Saturn Returning

Year _____ PY 8 Age 30 years old
Year _____ PY 9 Age 31 years old
Year _____ PY 1 Age 32 years old
 Year _____ PY 2 Age 33 years old
 Year _____ PY 3 Age 34 years old
 Year _____ PY 4 Age 35 years old
 Year _____ PY 5 Age 36 years old
 Year _____ PY 6 Age 37 years old
 Year _____ PY 7 Age 38 years old
 Year _____ PY 8 Age 39 years old
Year _____ PY 9 Age 40 years old
Year _____ PY 1 Age 41 years old
 Year _____ PY 2 Age 42 years old
 Year _____ PY 3 Age 43 years old
 Year _____ PY 4 Age 44 years old
 Year _____ PY 5 Age 45 years old
 Year _____ PY 6 Age 46 years old
 Year _____ PY 7 Age 47 years old
 Year _____ PY 8 Age 48 years old
Year _____ PY 9 Age 49 years old
Year _____ PY 1 Age 50 years old
 Year _____ PY 2 Age 51 years old
 Year _____ PY 3 Age 52 years old
 Year _____ PY 4 Age 53 years old
 Year _____ PY 5 Age 54 years old
 Year _____ PY 6 Age 55 years old
 Year _____ PY 7 Age 56 years old
 Year _____ PY 8 Age 57 years old
Year _____ PY 9 Age 58 years old | Saturn Returning
Year _____ PY 1 Age 59 years old
 Year _____ PY 2 Age 60 years old
 Year _____ PY 3 Age 61 years old
 Year _____ PY 4 Age 62 years old
 Year _____ PY 5 Age 63 years old

Year _____ PY 6 Age 64 years old
Year _____ PY 7 Age 65 years old
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Year _____ PY 9 Age 67 years old
Year _____ PY 1 Age 68 years old
Year _____ PY 2 Age 69 years old
Year _____ PY 3 Age 70 years old
Year _____ PY 4 Age 71 years old
Year _____ PY 5 Age 72 years old
Year _____ PY 6 Age 73 years old
Year _____ PY 7 Age 74 years old
Year _____ PY 8 Age 75 years old
Year _____ PY 9 Age 76 years old
Year _____ PY 1 Age 77 years old
Year _____ PY 2 Age 78 years old
Year _____ PY 3 Age 79 years old
Year _____ PY 4 Age 80 years old
Year _____ PY 5 Age 81 years old
Year _____ PY 6 Age 82 years old
Year _____ PY 7 Age 83 years old
Year _____ PY 8 Age 84 years old
Year _____ PY 9 Age 85 years old
Year _____ PY 1 Age 86 years old
Year _____ PY 2 Age 87 years old
Year _____ PY 3 Age 88 years old
Year _____ PY 4 Age 89 years old
Year _____ PY 5 Age 90 years old
Year _____ PY 6 Age 91 years old
Year _____ PY 7 Age 92 years old
Year _____ PY 8 Age 93 years old
Year _____ PY 9 Age 94 years old
Year _____ PY 1 Age 95 years old
Year _____ PY 2 Age 96 years old

PERSONAL YEAR CYCLES: Start with the year you were born.**5 LIFE PATH**

NOTES:

Year _____	PY 5	Age 0 years old
Year _____	PY 6	Age 1 years old
Year _____	PY 7	Age 2 years old
Year _____	PY 8	Age 3 years old
Year _____	PY 9	Age 4 years old
Year _____	PY 1	Age 5 years old
Year _____	PY 2	Age 6 years old
Year _____	PY 3	Age 7 years old
Year _____	PY 4	Age 8 years old
Year _____	PY 5	Age 9 years old
Year _____	PY 6	Age 10 years old
Year _____	PY 7	Age 11 years old
Year _____	PY 8	Age 12 years old
Year _____	PY 9	Age 13 years old
Year _____	PY 1	Age 14 years old
Year _____	PY 2	Age 15 years old
Year _____	PY 3	Age 16 years old
Year _____	PY 4	Age 17 years old
Year _____	PY 5	Age 18 years old
Year _____	PY 6	Age 19 years old
Year _____	PY 7	Age 20 years old
Year _____	PY 8	Age 21 years old
Year _____	PY 9	Age 22 years old
Year _____	PY 1	Age 23 years old
Year _____	PY 2	Age 24 years old
Year _____	PY 3	Age 25 years old
Year _____	PY 4	Age 26 years old
Year _____	PY 5	Age 27 years old
Year _____	PY 6	Age 28 years old
Year _____	PY 7	Age 29 years old Saturn Returning

Year _____ PY 8 Age 30 years old
Year _____ PY 9 Age 31 years old
Year _____ PY 1 Age 32 years old
 Year _____ PY 2 Age 33 years old
 Year _____ PY 3 Age 34 years old
 Year _____ PY 4 Age 35 years old
 Year _____ PY 5 Age 36 years old
 Year _____ PY 6 Age 37 years old
 Year _____ PY 7 Age 38 years old
 Year _____ PY 8 Age 39 years old
Year _____ PY 9 Age 40 years old
Year _____ PY 1 Age 41 years old
 Year _____ PY 2 Age 42 years old
 Year _____ PY 3 Age 43 years old
 Year _____ PY 4 Age 44 years old
 Year _____ PY 5 Age 45 years old
 Year _____ PY 6 Age 46 years old
 Year _____ PY 7 Age 47 years old
 Year _____ PY 8 Age 48 years old
Year _____ PY 9 Age 49 years old
Year _____ PY 1 Age 50 years old
 Year _____ PY 2 Age 51 years old
 Year _____ PY 3 Age 52 years old
 Year _____ PY 4 Age 53 years old
 Year _____ PY 5 Age 54 years old
 Year _____ PY 6 Age 55 years old
 Year _____ PY 7 Age 56 years old
 Year _____ PY 8 Age 57 years old
Year _____ PY 9 Age 58 years old | Saturn Returning
Year _____ PY 1 Age 59 years old
 Year _____ PY 2 Age 60 years old
 Year _____ PY 3 Age 61 years old
 Year _____ PY 4 Age 62 years old
 Year _____ PY 5 Age 63 years old

Year _____ PY 6 Age 64 years old
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Year _____ PY 2 Age 69 years old
Year _____ PY 3 Age 70 years old
Year _____ PY 4 Age 71 years old
Year _____ PY 5 Age 72 years old
Year _____ PY 6 Age 73 years old
Year _____ PY 7 Age 74 years old
Year _____ PY 8 Age 75 years old
Year _____ PY 9 Age 76 years old
Year _____ PY 1 Age 77 years old
Year _____ PY 2 Age 78 years old
Year _____ PY 3 Age 79 years old
Year _____ PY 4 Age 80 years old
Year _____ PY 5 Age 81 years old
Year _____ PY 6 Age 82 years old
Year _____ PY 7 Age 83 years old
Year _____ PY 8 Age 84 years old
Year _____ PY 9 Age 85 years old
Year _____ PY 1 Age 86 years old
Year _____ PY 2 Age 87 years old
Year _____ PY 3 Age 88 years old
Year _____ PY 4 Age 89 years old
Year _____ PY 5 Age 90 years old
Year _____ PY 6 Age 91 years old
Year _____ PY 7 Age 92 years old
Year _____ PY 8 Age 93 years old
Year _____ PY 9 Age 94 years old
Year _____ PY 1 Age 95 years old
Year _____ PY 2 Age 96 years old

PERSONAL YEAR CYCLES: Start with the year you were born.**6 LIFE PATH**

NOTES:

Year _____	PY 6	Age 0 years old
Year _____	PY 7	Age 1 years old
Year _____	PY 8	Age 2 years old
Year _____	PY 9	Age 3 years old
Year _____	PY 1	Age 4 years old
Year _____	PY 2	Age 5 years old
Year _____	PY 3	Age 6 years old
Year _____	PY 4	Age 7 years old
Year _____	PY 5	Age 8 years old
Year _____	PY 6	Age 9 years old
Year _____	PY 7	Age 10 years old
Year _____	PY 8	Age 11 years old
Year _____	PY 9	Age 12 years old
Year _____	PY 1	Age 13 years old
Year _____	PY 2	Age 14 years old
Year _____	PY 3	Age 15 years old
Year _____	PY 4	Age 16 years old
Year _____	PY 5	Age 17 years old
Year _____	PY 6	Age 18 years old
Year _____	PY 7	Age 19 years old
Year _____	PY 8	Age 20 years old
Year _____	PY 9	Age 21 years old
Year _____	PY 1	Age 22 years old
Year _____	PY 2	Age 23 years old
Year _____	PY 3	Age 24 years old
Year _____	PY 4	Age 25 years old
Year _____	PY 5	Age 26 years old
Year _____	PY 6	Age 27 years old
Year _____	PY 7	Age 28 years old
Year _____	PY 8	Age 29 years old Saturn Returning

Year _____ **PY 9 Age 30 years old**
Year _____ **PY 1 Age 31 years old**
 Year _____ PY 2 Age 32 years old
 Year _____ PY 3 Age 33 years old
 Year _____ PY 4 Age 34 years old
 Year _____ PY 5 Age 35 years old
 Year _____ PY 6 Age 36 years old
 Year _____ PY 7 Age 37 years old
 Year _____ PY 8 Age 38 years old
Year _____ **PY 9 Age 39 years old**
Year _____ **PY 1 Age 40 years old**
 Year _____ PY 2 Age 41 years old
 Year _____ PY 3 Age 42 years old
 Year _____ PY 4 Age 43 years old
 Year _____ PY 5 Age 44 years old
 Year _____ PY 6 Age 45 years old
 Year _____ PY 7 Age 46 years old
 Year _____ PY 8 Age 47 years old
Year _____ **PY 9 Age 48 years old**
Year _____ **PY 1 Age 49 years old**
 Year _____ PY 2 Age 50 years old
 Year _____ PY 3 Age 51 years old
 Year _____ PY 4 Age 52 years old
 Year _____ PY 5 Age 53 years old
 Year _____ PY 6 Age 54 years old
 Year _____ PY 7 Age 55 years old
 Year _____ PY 8 Age 56 years old
Year _____ **PY 9 Age 57 years old**
Year _____ **PY 1 Age 58 years old | Saturn Returning**
 Year _____ PY 2 Age 59 years old
 Year _____ PY 3 Age 60 years old
 Year _____ PY 4 Age 61 years old
 Year _____ PY 5 Age 62 years old
 Year _____ PY 6 Age 63 years old

Year _____ PY 7 Age 64 years old
Year _____ PY 8 Age 65 years old
Year _____ PY 9 Age 66 years old
Year _____ PY 1 Age 67 years old
Year _____ PY 2 Age 68 years old
Year _____ PY 3 Age 69 years old
Year _____ PY 4 Age 70 years old
Year _____ PY 5 Age 71 years old
Year _____ PY 6 Age 72 years old
Year _____ PY 7 Age 73 years old
Year _____ PY 8 Age 74 years old
Year _____ PY 9 Age 75 years old
Year _____ PY 1 Age 76 years old
Year _____ PY 2 Age 77 years old
Year _____ PY 3 Age 78 years old
Year _____ PY 4 Age 79 years old
Year _____ PY 5 Age 80 years old
Year _____ PY 6 Age 81 years old
Year _____ PY 7 Age 82 years old
Year _____ PY 8 Age 83 years old
Year _____ PY 9 Age 84 years old
Year _____ PY 1 Age 85 years old
Year _____ PY 2 Age 86 years old
Year _____ PY 3 Age 87 years old
Year _____ PY 4 Age 88 years old
Year _____ PY 5 Age 89 years old
Year _____ PY 6 Age 90 years old
Year _____ PY 7 Age 91 years old
Year _____ PY 8 Age 92 years old
Year _____ PY 9 Age 93 years old
Year _____ PY 1 Age 94 years old
Year _____ PY 2 Age 95 years old
Year _____ PY 3 Age 96 years old

PERSONAL YEAR CYCLES: Start with the year you were born.**7 LIFE PATH**

NOTES:

Year _____	PY 7	Age 0 years old
Year _____	PY 8	Age 1 years old
Year _____	PY 9	Age 2 years old
Year _____	PY 1	Age 3 years old
Year _____	PY 2	Age 4 years old
Year _____	PY 3	Age 5 years old
Year _____	PY 4	Age 6 years old
Year _____	PY 5	Age 7 years old
Year _____	PY 6	Age 8 years old
Year _____	PY 7	Age 9 years old
Year _____	PY 8	Age 10 years old
Year _____	PY 9	Age 11 years old
Year _____	PY 1	Age 12 years old
Year _____	PY 2	Age 13 years old
Year _____	PY 3	Age 14 years old
Year _____	PY 4	Age 15 years old
Year _____	PY 5	Age 16 years old
Year _____	PY 6	Age 17 years old
Year _____	PY 7	Age 18 years old
Year _____	PY 8	Age 19 years old
Year _____	PY 9	Age 20 years old
Year _____	PY 1	Age 21 years old
Year _____	PY 2	Age 22 years old
Year _____	PY 3	Age 23 years old
Year _____	PY 4	Age 24 years old
Year _____	PY 5	Age 25 years old
Year _____	PY 6	Age 26 years old
Year _____	PY 7	Age 27 years old
Year _____	PY 8	Age 28 years old
Year _____	PY 9	Age 29 years old Saturn Returning

Year _____ **PY 1 Age 30 years old**
 Year _____ PY 2 Age 31 years old
 Year _____ PY 3 Age 32 years old
 Year _____ PY 4 Age 33 years old
 Year _____ PY 5 Age 34 years old
 Year _____ PY 6 Age 35 years old
 Year _____ PY 7 Age 36 years old
 Year _____ PY 8 Age 37 years old
Year _____ **PY 9 Age 38 years old**
Year _____ **PY 1 Age 39 years old**
 Year _____ PY 2 Age 40 years old
 Year _____ PY 3 Age 41 years old
 Year _____ PY 4 Age 42 years old
 Year _____ PY 5 Age 43 years old
 Year _____ PY 6 Age 44 years old
 Year _____ PY 7 Age 45 years old
 Year _____ PY 8 Age 46 years old
Year _____ **PY 9 Age 47 years old**
Year _____ **PY 1 Age 48 years old**
 Year _____ PY 2 Age 49 years old
 Year _____ PY 3 Age 50 years old
 Year _____ PY 4 Age 51 years old
 Year _____ PY 5 Age 52 years old
 Year _____ PY 6 Age 53 years old
 Year _____ PY 7 Age 54 years old
 Year _____ PY 8 Age 55 years old
Year _____ **PY 9 Age 56 years old**
Year _____ **PY 1 Age 57 years old**
 Year _____ PY 2 Age 58 years old | **Saturn Returning**
 Year _____ PY 3 Age 59 years old
 Year _____ PY 4 Age 60 years old
 Year _____ PY 5 Age 61 years old
 Year _____ PY 6 Age 62 years old
 Year _____ PY 7 Age 63 years old

Year _____ PY 8 Age 64 years old
Year _____ PY 9 Age 65 years old
Year _____ PY 1 Age 66 years old
Year _____ PY 2 Age 67 years old
Year _____ PY 3 Age 68 years old
Year _____ PY 4 Age 69 years old
Year _____ PY 5 Age 70 years old
Year _____ PY 6 Age 71 years old
Year _____ PY 7 Age 72 years old
Year _____ PY 8 Age 73 years old
Year _____ PY 9 Age 74 years old
Year _____ PY 1 Age 75 years old
Year _____ PY 2 Age 76 years old
Year _____ PY 3 Age 77 years old
Year _____ PY 4 Age 78 years old
Year _____ PY 5 Age 79 years old
Year _____ PY 6 Age 80 years old
Year _____ PY 7 Age 81 years old
Year _____ PY 8 Age 82 years old
Year _____ PY 9 Age 83 years old
Year _____ PY 1 Age 84 years old
Year _____ PY 2 Age 85 years old
Year _____ PY 3 Age 86 years old
Year _____ PY 4 Age 87 years old
Year _____ PY 5 Age 88 years old
Year _____ PY 6 Age 89 years old
Year _____ PY 7 Age 90 years old
Year _____ PY 8 Age 91 years old
Year _____ PY 9 Age 92 years old
Year _____ PY 1 Age 93 years old
Year _____ PY 2 Age 94 years old
Year _____ PY 3 Age 95 years old
Year _____ PY 4 Age 96 years old

PERSONAL YEAR CYCLES: Start with the year you were born.**8 LIFE PATH**

NOTES:

Year _____ PY 8 Age 0 years old
Year _____ PY 9 Age 1 years old
Year _____ PY 1 Age 2 years old
 Year _____ PY 2 Age 3 years old
 Year _____ PY 3 Age 4 years old
 Year _____ PY 4 Age 5 years old
 Year _____ PY 5 Age 6 years old
 Year _____ PY 6 Age 7 years old
 Year _____ PY 7 Age 8 years old
 Year _____ PY 8 Age 9 years old
Year _____ PY 9 Age 10 years old
Year _____ PY 1 Age 11 years old
 Year _____ PY 2 Age 12 years old
 Year _____ PY 3 Age 13 years old
 Year _____ PY 4 Age 14 years old
 Year _____ PY 5 Age 15 years old
 Year _____ PY 6 Age 16 years old
 Year _____ PY 7 Age 17 years old
 Year _____ PY 8 Age 18 years old
Year _____ PY 9 Age 19 years old
Year _____ PY 1 Age 20 years old
 Year _____ PY 2 Age 21 years old
 Year _____ PY 3 Age 22 years old
 Year _____ PY 4 Age 23 years old
 Year _____ PY 5 Age 24 years old
 Year _____ PY 6 Age 25 years old
 Year _____ PY 7 Age 26 years old
 Year _____ PY 8 Age 27 years old
Year _____ PY 9 Age 28 years old | Saturn Returning
Year _____ PY 1 Age 29 years old

Year _____ PY 2 Age 30 years old
 Year _____ PY 3 Age 31 years old
 Year _____ PY 4 Age 32 years old
 Year _____ PY 5 Age 33 years old
 Year _____ PY 6 Age 34 years old
 Year _____ PY 7 Age 35 years old
 Year _____ PY 8 Age 36 years old
Year _____ PY 9 Age 37 years old
Year _____ PY 1 Age 38 years old
 Year _____ PY 2 Age 39 years old
 Year _____ PY 3 Age 40 years old
 Year _____ PY 4 Age 41 years old
 Year _____ PY 5 Age 42 years old
 Year _____ PY 6 Age 43 years old
 Year _____ PY 7 Age 44 years old
 Year _____ PY 8 Age 45 years old
Year _____ PY 9 Age 46 years old
Year _____ PY 1 Age 47 years old
 Year _____ PY 2 Age 48 years old
 Year _____ PY 3 Age 49 years old
 Year _____ PY 4 Age 50 years old
 Year _____ PY 5 Age 51 years old
 Year _____ PY 6 Age 52 years old
 Year _____ PY 7 Age 53 years old
 Year _____ PY 8 Age 54 years old
Year _____ PY 9 Age 55 years old
Year _____ PY 1 Age 56 years old
 Year _____ PY 2 Age 57 years old
 Year _____ PY 3 Age 58 years old | **Saturn Returning**
 Year _____ PY 4 Age 59 years old
 Year _____ PY 5 Age 60 years old
 Year _____ PY 6 Age 61 years old
 Year _____ PY 7 Age 62 years old
 Year _____ PY 8 Age 63 years old

Year _____ **PY 9 Age 64 years old**
Year _____ **PY 1 Age 65 years old**
Year _____ PY 2 Age 66 years old
Year _____ PY 3 Age 67 years old
Year _____ PY 4 Age 68 years old
Year _____ PY 5 Age 69 years old
Year _____ PY 6 Age 70 years old
Year _____ PY 7 Age 71 years old
Year _____ PY 8 Age 72 years old
Year _____ **PY 9 Age 73 years old**
Year _____ **PY 1 Age 74 years old**
Year _____ PY 2 Age 75 years old
Year _____ PY 3 Age 76 years old
Year _____ PY 4 Age 77 years old
Year _____ PY 5 Age 78 years old
Year _____ PY 6 Age 79 years old
Year _____ PY 7 Age 80 years old
Year _____ PY 8 Age 81 years old
Year _____ **PY 9 Age 82 years old**
Year _____ **PY 1 Age 83 years old**
Year _____ PY 2 Age 84 years old
Year _____ PY 3 Age 85 years old
Year _____ PY 4 Age 86 years old
Year _____ PY 5 Age 87 years old
Year _____ PY 6 Age 88 years old
Year _____ PY 7 Age 89 years old
Year _____ PY 8 Age 90 years old
Year _____ **PY 9 Age 91 years old**
Year _____ **PY 1 Age 92 years old**
Year _____ PY 2 Age 93 years old
Year _____ PY 3 Age 94 years old
Year _____ PY 4 Age 95 years old
Year _____ PY 5 Age 96 years old

PERSONAL YEAR CYCLES: Start with the year you were born.**9 LIFE PATH**

NOTES:

Year _____	PY 9	Age 0 years old
Year _____	PY 1	Age 1 years old
Year _____	PY 2	Age 2 years old
Year _____	PY 3	Age 3 years old
Year _____	PY 4	Age 4 years old
Year _____	PY 5	Age 5 years old
Year _____	PY 6	Age 6 years old
Year _____	PY 7	Age 7 years old
Year _____	PY 8	Age 8 years old
Year _____	PY 9	Age 9 years old
Year _____	PY 1	Age 10 years old
Year _____	PY 2	Age 11 years old
Year _____	PY 3	Age 12 years old
Year _____	PY 4	Age 13 years old
Year _____	PY 5	Age 14 years old
Year _____	PY 6	Age 15 years old
Year _____	PY 7	Age 16 years old
Year _____	PY 8	Age 17 years old
Year _____	PY 9	Age 18 years old
Year _____	PY 1	Age 19 years old
Year _____	PY 2	Age 20 years old
Year _____	PY 3	Age 21 years old
Year _____	PY 4	Age 22 years old
Year _____	PY 5	Age 23 years old
Year _____	PY 6	Age 24 years old
Year _____	PY 7	Age 25 years old
Year _____	PY 8	Age 26 years old
Year _____	PY 9	Age 27 years old
Year _____	PY 1	Age 28 years old Saturn Returning
Year _____	PY 2	Age 29 years old

Year _____ PY 3 Age 30 years old
 Year _____ PY 4 Age 31 years old
 Year _____ PY 5 Age 32 years old
 Year _____ PY 6 Age 33 years old
 Year _____ PY 7 Age 34 years old
 Year _____ PY 8 Age 35 years old
Year _____ PY 9 Age 36 years old
Year _____ PY 1 Age 37 years old
 Year _____ PY 2 Age 38 years old
 Year _____ PY 3 Age 39 years old
 Year _____ PY 4 Age 40 years old
 Year _____ PY 5 Age 41 years old
 Year _____ PY 6 Age 42 years old
 Year _____ PY 7 Age 43 years old
 Year _____ PY 8 Age 44 years old
Year _____ PY 9 Age 45 years old
Year _____ PY 1 Age 46 years old
 Year _____ PY 2 Age 47 years old
 Year _____ PY 3 Age 48 years old
 Year _____ PY 4 Age 49 years old
 Year _____ PY 5 Age 50 years old
 Year _____ PY 6 Age 51 years old
 Year _____ PY 7 Age 52 years old
 Year _____ PY 8 Age 53 years old
Year _____ PY 9 Age 54 years old
Year _____ PY 1 Age 55 years old
 Year _____ PY 2 Age 56 years old
 Year _____ PY 3 Age 57 years old
 Year _____ PY 4 Age 58 years old | **Saturn Returning**
 Year _____ PY 5 Age 59 years old
 Year _____ PY 6 Age 60 years old
 Year _____ PY 7 Age 61 years old
 Year _____ PY 8 Age 62 years old
Year _____ PY 9 Age 63 years old

Year _____ **PY 1 Age 64 years old**
Year _____ PY 2 Age 65 years old
Year _____ PY 3 Age 66 years old
Year _____ PY 4 Age 67 years old
Year _____ PY 5 Age 68 years old
Year _____ PY 6 Age 69 years old
Year _____ PY 7 Age 70 years old
Year _____ PY 8 Age 71 years old
Year _____ **PY 9 Age 72 years old**
Year _____ **PY 1 Age 73 years old**
Year _____ PY 2 Age 74 years old
Year _____ PY 3 Age 75 years old
Year _____ PY 4 Age 76 years old
Year _____ PY 5 Age 77 years old
Year _____ PY 6 Age 78 years old
Year _____ PY 7 Age 79 years old
Year _____ PY 8 Age 80 years old
Year _____ **PY 9 Age 81 years old**
Year _____ **PY 1 Age 82 years old**
Year _____ PY 2 Age 83 years old
Year _____ PY 3 Age 84 years old
Year _____ PY 4 Age 85 years old
Year _____ PY 5 Age 86 years old
Year _____ PY 6 Age 87 years old
Year _____ PY 7 Age 88 years old
Year _____ PY 8 Age 89 years old
Year _____ **PY 9 Age 90 years old**
Year _____ **PY 1 Age 91 years old**
Year _____ PY 2 Age 92 years old
Year _____ PY 3 Age 93 years old
Year _____ PY 4 Age 94 years old
Year _____ PY 5 Age 95 years old
Year _____ PY 6 Age 96 years old

LIFE STAGES

This worksheet gives you the ages for each Life Stage according to your Life Path number.

This is a short-cut for you as you calculate your Life Stages and Challenges.

Life Stages by Life Path Number**1 Life Path:**1st: Age 0 – 352nd: Age 35 – 443rd: Age 44 – 534th: Age 53 and beyond**2 Life Path:**1st: Age 0 – 342nd: Age 34-433rd: Age 43 – 524th: Age 52 and beyond**3 Life Path:**1st: Age 0 – 332nd: Age 33-423rd: Age 42 – 514th: Age 51 and beyond**4 Life Path:**1st: Age 0 -322nd: Age 32 – 413rd: Age 41 – 504th: Age 50 and beyond**5 Life Path:**1st: Age 0 - 312nd: Age 31 - 403rd: Age 40 - 494th: Age 49 and beyond**6 Life Path:**1st: Age 0 - 302nd: Age 30 - 393rd: Age 39 - 484th: Age 48 and beyond**7 Life Path:**1st: Age 0 - 292nd: Age 29 - 383rd: Age 38 - 474th: Age 47 and beyond**8 Life Path:**1st: Age 0 - 282nd: Age 28- 373rd: Age 37 - 464th: Age 46 and beyond**9 Life Path:**1st: Age 0 – 272nd: Age 27 – 363rd: Age 36 – 454th: Age 45 and beyond

CALCUATING LIFE STAGE NUMBERS

HERE'S AN EXAMPLE of how to calculate your Life Stage numbers. Remember that there are four Life Stages that you're calculating.

The key is to make sure you digit down your birth date like this:

My birth date:

<u>August</u>	<u>14</u>	<u>1977</u>
Month	Day	Full Year

Add your numbers together like this: (Example)

<u>8</u>	<u>14</u>	<u>1977</u>
Month	Day	Full Year

<u>8</u>	<u>1+4=5</u>	<u>1+9+7+7=24 so 2+4=6</u>
Month	Day	Full Year

Your end result will be three one-digit numbers.

These are the numbers you will use as you calculate your Life Stages.

<u>8</u>	<u>5</u>	<u>6</u>
Month	Day	Full Year

LIFE STAGES CALCULATION

NOW THAT YOU KNOW your one-digit numbers that correspond to the month, day, and full year of your birth, you can begin to calculate your Life Stage numbers. ***Always add until you get a one-digit number!***

My birth date:

 Month Day Full Year

My **one-digit** birth date numbers:

Month (can already be a one-digit number): _____ + _____ = _____

Day (can already be a one-digit number): _____ + _____ = _____

Full Year: _____ + _____ + _____ + _____ = _____

My **final one-digit** birth date numbers:

 Month Day Full Year

YOUR PERSONAL LIFE STAGES

Use the one-digit numbers you just calculated to fill in your personal Life Stages.

First Life Stage (Month of Birth + Day of Birth)

$$\frac{\quad}{\text{Month}} + \frac{\quad}{\text{Day}} = \frac{\quad}{\text{First Life Stage number}}$$

Second Life Stage (Day of Birth + Year of Birth)

$$\frac{\quad}{\text{Day}} + \frac{\quad}{\text{Year}} = \frac{\quad}{\text{Second Life Stage number}}$$

Third Life Stage (First Life Stage Number + Second Life Stage Number)

$$\frac{\quad}{\text{1st Stage}} + \frac{\quad}{\text{2nd Stage}} = \frac{\quad}{\text{Third Life Stage number}}$$

Fourth Life Stage (Month of Birth + Year of Birth)

$$\frac{\quad}{\text{Month}} + \frac{\quad}{\text{Year}} = \frac{\quad}{\text{Fourth Life Stage number}}$$

CALCULATING YOUR CHALLENGE NUMBERS

NOW THAT YOU'VE CALCULATED your Life Stages numbers, you can begin to calculate your Challenge numbers.

Write down your Life Stage numbers here so that you can easily refer to them.

My First Life Stage Number _____

My Second Life Stage Number _____

My Third Life Stage Number _____

My Fourth Life Stage Number _____

Here's the formula to calculate your Challenge numbers. Note: Notice here how you're asked to **SUBTRACT** rather than add in order to come up with your Challenge numbers.

First Challenge Number (Month of Birth – Day of Birth)

$$\frac{\text{Month}}{\text{Day}} = \text{First Challenge number}$$

Second Challenge Number (Day of Birth – Year of Birth)

$$\frac{\text{Day}}{\text{Year}} = \text{Second Challenge number}$$

Third Challenge Number (Second Challenge Number – First Challenge Number)

$$1^{\text{st}} \text{ Challenge} - 2^{\text{nd}} \text{ Challenge} = \text{Third Challenge Number}$$

Fourth Challenge Number (Month of Birth – Year of Birth)

$$\frac{\text{Month}}{\text{Year}} = \text{Fourth Challenge number}$$

NOW YOU CAN put it all together. Write down your four Life Stages and their Challenges, starting with the Life Stage and the number of years you experience each stage. Notice that your first Life Stage and your fourth Life Stage contain the longest expanse of time, while the second and third Life Stages are only nine years each.

MY LIFE STAGES AND CHALLENGES

1st Stage: (0 - years): _____ < >

2nd Stage: (- years): _____ < >

3rd Stage: (- years): _____ < >

4th Stage: (- beyond years): _____ < >

THE SEVEN ESSENTIAL REDESIGN QUESTIONS

LET'S REVISIT the seven key questions you'll use as you develop your personal blueprint for redecorating, remodeling, or renovating your life. Come back to this form when you have a new project you'd like to work on.

1. What do I want to redecorate, remodel, or renovate in my life?

2. What are the main components of my Life Path mission?

3. How have my past decisions and actions, as they relate to my project, aligned or conflicted with my overarching Life Path mission?

4. How can I more closely align my decisions and actions, as they relate to my project, with my overarching Life Path mission?

5. What are my next three project-specific action items?

1.

2.

3.

6. What is my timeframe for accomplishing each action item?

7. How do I know when my action item is completed?

B O N U S M A T E R I A L

MANY PEOPLE ASK about using Numerology in their relationships and in their love lives.

Here's a Life Path compatibility chart that's a great tool for you to get a snap shot of the Life Path numbers that are a **match** to yours, **compatible**, or a **challenge**.

This resource comes from Glynis McCants, *Glynis Has Your Number: Discover What Life Has in Store for You Through the Power of Numerology* (New York: Hyperion, 2005).

Keep in mind that you can break down the essence of the numbers like this:

1, 5, 7 are mind numbers – always thinking

3, 6, and 9 are creative numbers – always creating

2, 4, and 8 are business numbers – always taking care of business

1 Life Path:

- Match: 1, 5, 7
- Compatible: 2, 3, 9
- Challenge: 4, 6, 8

2 Life Path:

- Match: 2, 4, 8
- Compatible: 1, 3, 6, 9
- Challenge: 5, 7

3 Life Path:

- Match: 3, 6, 9
- Compatible: 1, 2, 5
- Challenge: 4, 7, 8

4 Life Path:

- Match: 2, 4, 8
- Compatible: 6, 7
- Challenge: 1, 3, 5, 9

5 Life Path:

- Match: 1, 5, 7
- Compatible: 3, 9
- Challenge: 2, 4, 6
- Neutral: 8

6 Life Path:

- Match: 3, 6, 9
- Compatible: 2, 4, 8
- Challenge: 1, 5, 7

7 Life Path:

- Match: 1, 5, 7
- Compatible: 4
- Challenge: 2, 3, 6, 8, 9

8 Life Path:

- Match: 2, 4, 8
- Compatible: 5, 6
- Challenge: 1, 3, 7, 9

9 Life Path:

- Match: 3, 6, 9
- Compatible: 1, 2, 5
- Challenge: 4, 7, 8

COMMONLY ASKED QUESTIONS & ANSWERS

Q: I'm having a difficult time accepting Numerology because I'm religious. I don't know if a belief in Numerology is compatible with my religious beliefs.

A: I interact with many people of many different religious and spiritual belief systems. I like to think of it this way: When you believe in God and that God is in charge of your life and has placed you on earth to act on His behalf, it's still credible to believe that He would offer you some guideposts as to how to perform His plan. If numerology resonates with you, I would say that God has allowed you to see His plan for you with the help of numerology.

Many people believe in reincarnation, and if this is a belief you hold and numerology resonates with you, you can think about the information as the path your soul chose to experience during this lifetime.

If you're an Atheist and numerology resonates with you, you can position yourself as a scientist and look at the numbers as mathematical answers to some of life's questions.

Q: But what if I was born by C-Section or prematurely? Does my numerology still hold true even I wasn't born when I was scheduled to be born?

A: Your number is your number. I believe there are no mistakes. If you were born a week early (or late) through C-Section, why do we think of that as wrong? Yes, the Doctor said you were due on a certain date because of how the basic trajectory of gestation happens. Yet just because you were "early" according to that schedule doesn't mean you were early according to your own schedule! The same with premature deliveries.

Q: I just can't believe that all this information about my life's mission can be determined by when I was born.

A: Yes, it all does demand a leap of faith, or a leap into the unknown. Astrology is another system of determining information about how you see the world and how you function within the world that is also based on the day, year, time, and geographical location you were born. While many people don't believe in astrology, many people do believe in it as a science and an art to helping us delve into who we are and also to offer us guidelines about how to understand ourselves and others. The same with numerology.