

NUMEROLOGY CHART WORKBOOK & JOURNAL



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Welcome to your personal workbook and journal for your Numerology Chart!

This workbook is designed to deepen your experience with your personal numerology chart. It will help you to focus in on key areas of the chart, receive intuitive guidance on your numbers, and reflect on who you are, where you've been, and where you're going.

As you go through this workbook, you may want to have your chart beside you, either printed out or on a tablet. This way you can easily reference the pages and topics being highlighted.

You may also want to create a sacred space where you can truly get in touch with your Spirit and Higher Self as you reflect and write. Settle into a quiet space free of distractions. Light a candle. Surround yourself with your favorite stones and crystals. Put your hands on your heart, take a few deep breaths, and ask your guides and angels to be with you.

For an even deeper ritual, use my free 5 minute meditation through the link below. It will help you to clear your mind, connect with your inner light, and call in your Higher Self: <http://bit.ly/light-meditation>

You can get your personal chart from my favorite Numerologist, Andrew Gabelic, [here](#) (I am not an affiliate and share this only because I personally love his work)



My Expression number is

Your Expression number is referred to as your “Destiny” number in your reading. Based on your reading, and the life you’ve lived so far, what destiny do you believe you’re aiming for? What is the big goal or overall theme of your life? If you’re not sure, write down some life changing experiences, or perhaps an experience you seem to repeat, that might lead to clues to what you’re trying to heal, share, or do.

Your Expression number reflects on your innate talents. What talents does this number highlight? What talents do you believe you possess? If you’re not sure, what is something people often tell you that you’re good at? What are talents or qualities you admire in other people? The things we are drawn to in others often reflect our own abilities and qualities.

How does your Expression number relate to or work with your Life Path number?

My Heart's Desire number is

Your Heart's Desire number speaks to the needs of your heart and your soul. It's what nourishes you on a spiritual and soulful level. Based on your number, what are some things you need to feel fulfilled, happy and at peace?

When you look at your Heart's Desire, do you feel you listen to your heart and give it what it needs? What are some things you could do to nourish your heart and your soul? What are things that feel good to your heart? What are things that don't feel good?

When you look at all three of your numbers, Life Path, Expression, and Heart's Desire, what do you feel the overall purpose or mission of your life is? What did your Soul have in mind as it was designing your life?

My Personality number is

Your Personality number is the outer you – the you that you show to the world. What are some of the qualities of your Personality, both the number and what you know of yourself?

How does the Self you show to the world compare to the private you? What are some differences between the person you show to people and the person you are deep down?

If you were to show up authentically, honoring both your private and public selves, what would that look like? Who are you when you're being true to yourself?

How does your Personality number connect to your Life Path? In what ways does it support it? In what ways is it different, and how can you bridge those differences?

My Maturity number is

Your Maturity number becomes more clear around ages 30-35. If you are at that age, in what ways is this number manifesting or showing up? If you are not at that age, do you feel your life is leading you towards this goal? If not, is there anything you would like to change or do different?

My Karmic Lesson numbers are

When reading your Karmic lessons, what resonated or stood out to you? How are these numbers showing up in your life? Does it help to explain a repeating challenge you experience? If you have no Karmic Lesson numbers, what is an area of life you struggle the most? What has this taught you or shown you about yourself?

My Hidden Passion numbers are

Your Hidden Passion numbers can often help you to understand or overcome your Karmic Lessons. Do you see any similarities or connections between the two? How can your Hidden Passions and Karmic Lessons work together to bring out the best in you? What are some ways

your Hidden Passion shows up? Is there anything you'd like to change or do different to experience more of your Hidden Passion?

My Balance number is

Your Balance number helps you to understand how you respond to challenges in life. What are some things in your reading that resonated with you in regard to this?

My Rational Thought number is

Your Rational Thought number helps you to understand how you mentally face your challenges and goals. How does this number work with your Life Path? Does it support or enhance it in any way?

My Challenge number is

What aspects of your current Challenge number stood out to you? What resonated with you the most? What are some ways you can work with this challenge and grow from it? What is it trying to teach you? Does overcoming this challenge connect to your Life Path and your Soul's path in any way?

My Pinnacle number is

What lessons from your current Pinnacle do you see in your life? What wisdom or knowledge are you trying to obtain during this pinnacle? How does this relate to your Maturity number and the overall growth and trajectory of your life?

If you are past your first pinnacle, did reading about your past pinnacle(s) offer any insights into what you were going through?

My number for the year _____ is

As your reading talked about, you are continuously moving through nine year cycles in your life. Where you are at in this cycle has a lot of influence on how things are currently unfolding for you. How does the energy of the year you're in relate to where you are in life? Is this a time for action or stillness and self-reflection? What is the overall theme of the energy you're in?

My number for the month of _____ is

Based on the energy of the month you're in, what are some ways you can make the most of this month? What is this a good time for? What are some challenges or things you should keep in mind this month?

Having finished reading your Numerology Report, what are some things that stood out to you or resonated with you the most? Did the report help you to understand yourself more? Did it confirm anything you'd felt but weren't sure of?

When you look back through your journal, what are some positive words that stand out to you that you wrote? E.G. Creative, strong, motivated, independent, resilient, etc.
