

Numerology Soul Code Reflection Sheet

Companion to "The Core Numbers in Numerology"

Step 1: My Core Numbers

Write in the key numbers you've uncovered using the calculators. You can grab these at <https://bit.ly/42V0Jbg>

Life Path Number: _____

Personal Year Number: _____

Destiny Number (Expression): _____

Heart's Desire Number: _____

Birthday Number: _____

Step 2: Soul Resonance Check-In

As you reflect on each core number, tune in and complete the following:

1. Which number felt most "alive" for me while reading? Why?

2. Which number challenged me or stirred discomfort?

3. What energy or lesson feels most present in my life right now?



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🌀 Step 3: My Current Energetic Invitation

Based on what you read and felt, complete this sentence intuitively:

"I am being invited to..."

❤️ Step 4: Integration Practice

Choose one of the following and complete today:

- ☐ Read your number aloud and journal a love letter to that part of you
- ☐ Draw or color a symbol that represents your number's energy
- ☐ Meditate on your number's frequency and listen inward
- ☐ Set an intention based on your number's soul message

🖋️ Going Deeper

If my life were a spiral, which number am I currently standing within, and where is it pointing me next?

