
THE PERSONAL YEAR

Finding Your Theme for the Year Ahead

What if each year of your life carried a different lesson?

In numerology, your **Personal Year Number** is used as a way of exploring the themes, opportunities, challenges, and areas of growth that may become more prominent during a particular year.

Rather than telling you exactly what will happen, think of it as a **lens for reflection**.

A question to carry with you:

What is this year inviting me to learn, create, change, or release?

YOUR 9-YEAR CYCLE

Numerology works with a repeating **9-year cycle**.

Each number represents a different energetic theme:

- 1 → Beginnings**
- 2 → Patience & Partnership**
- 3 → Expression & Creativity**
- 4 → Foundation & Discipline**
- 5 → Freedom & Change**
- 6 → Love, Home & Responsibility**
- 7 → Reflection & Inner Growth**
- 8 → Power, Achievement & Abundance**
- 9 → Completion & Release**

Once you move through Year 9, the cycle begins again with Year 1.

The interesting part?

You may begin to notice patterns.

What was beginning nine years ago?

What was ending?

What are you building now that began as an idea several years ago?

HOW TO CALCULATE YOUR PERSONAL YEAR

To discover your Personal Year Number, add:

Your birth month + your birth day + the digits of the year you're exploring.

Then reduce the total to a single number from **1–9**.

Let's use 2026.

$$2 + 0 + 2 + 6 = 10$$

$$1 + 0 = 1$$

So the Universal Year influence for 2026 reduces to **1**.

Now add your birth month and birth day.

Example: September 14

Month: 9

Day: $1 + 4 = 5$

2026: $2 + 0 + 2 + 6 = 1$

Now:

$$9 + 5 + 1 = 15$$

Reduce:

$$1 + 5 = 6$$

Your Personal Year = 6

YOUR TURN

Write down:

Birth Month: _____

Birth Day: _____

Target Year: _____

Reduce the year:

____ + ____ + ____ + ____ = _____

Reduce your birth day:

____ + ____ = _____

Add everything together:

Month + Day + Year = _____

Reduce your final number:

____ + ____ = _____

MY PERSONAL YEAR NUMBER:

THE NINE PERSONAL YEARS

1 — THE BEGINNING

Theme: New beginnings • Independence • Initiative • Identity

Year 1 opens a new nine-year cycle.

It can be a time for starting over, choosing a new direction, becoming more independent, and planting the seeds for what comes next.

Ask yourself:

- What am I ready to begin?
- What version of myself am I becoming?
- Where am I waiting for permission?
- What seed do I want to plant?

Your invitation: Begin.

2 — THE PAUSE

Theme: Patience • Partnership • Cooperation • Trust

Year 2 slows the pace.

This is a year of allowing things to develop rather than forcing them into existence. Relationships, collaboration, intuition, diplomacy, and emotional awareness may become more important.

Ask yourself:

- What needs more time?
- Where can I practice patience?
- Who am I learning to collaborate with?
- What is my intuition telling me?

Your invitation: Allow.

3 — THE EXPRESSION

Theme: Creativity • Joy • Communication • Self-expression

Year 3 invites you to make yourself visible.

Write. Create. Speak. Play. Experiment.

This is a year for expression and remembering that creativity isn't something you have to earn.

Ask yourself:

- What wants to be expressed?
- Where could I invite more play?
- What have I been keeping inside?
- What would I create if I stopped worrying about perfection?

Your invitation: Express.

4 — THE FOUNDATION

Theme: Structure • Discipline • Stability • Work

Year 4 is about building.

It may not always feel glamorous, but it can be incredibly productive. Systems, routines, finances, health habits, education, home, career, and long-term plans may all deserve attention.

Ask yourself:

- What needs strengthening?
- What structure would support the life I want?
- Where am I avoiding consistency?
- What am I building for the future?

Your invitation: Build.

5 — THE ADVENTURE

Theme: Change • Freedom • Movement • Experience

Year 5 shakes things up.

Unexpected opportunities, new experiences, travel, experimentation, changing relationships, career shifts, or a desire for greater freedom may arise.

The lesson isn't necessarily to abandon everything.

It may simply be to make room for something new.

Ask yourself:

- Where do I feel confined?
- What kind of freedom am I craving?
- What am I ready to experience?
- What change have I been resisting?

Your invitation: Explore.

6 — THE HEART

Theme: Love • Home • Family • Responsibility • Beauty

Year 6 brings attention toward relationships, home, care, responsibility, and emotional connection.

It can be a beautiful year for nurturing what matters — while remembering that caring for others should not require abandoning yourself.

Ask yourself:

- What does home mean to me?
- Which relationships deserve my attention?
- Where am I overgiving?
- How can I create more beauty and harmony in my life?

Your invitation: Nurture.

7 — THE INNER WORLD

Theme: Reflection • Spirituality • Study • Solitude • Wisdom

Year 7 turns inward.

You may feel drawn toward learning, contemplation, spirituality, research, nature, journaling, or simply having more quiet around you.

This isn't necessarily a year of doing less.

It can be a year of **understanding more deeply**.

Ask yourself:

- What am I being invited to understand?
- What truths am I discovering?
- Where do I need more solitude?
- What am I curious about?

Your invitation: Listen.

8 — THE POWER YEAR

Theme: Achievement • Money • Leadership • Influence • Abundance

Year 8 brings attention to the material world.

Career, finances, leadership, business, recognition, personal power, and the relationship between effort and reward may become important themes.

This is an opportunity to examine your relationship with success.

Ask yourself:

- What does success mean to me?
- Where am I ready to take myself seriously?
- How do I relate to money and power?
- Where can I become a better leader?

Your invitation: Rise.

9 — THE RELEASE

Theme: Completion • Closure • Forgiveness • Transformation • Letting Go

Year 9 closes the cycle.

It is a time for completing, clearing, releasing, forgiving, and making peace with what has reached the end of its chapter.

Not every ending is a failure.

Some endings create the space required for the next beginning.

Ask yourself:

- What chapter is complete?
- What am I carrying that I no longer need?
- What am I ready to forgive?
- What needs to be released before I begin again?

Your invitation: Release.

FALLING DOWN THE RABBIT HOLE

Once you discover your Personal Year Number, don't stop at the number.

Get curious.

Look back **9 years**.

Then look back another 9.

What was happening during previous cycles?

Did similar themes appear?

Were you beginning something?

Building?

Changing?

Falling in love?

Letting go?

Going inward?

Perhaps the most interesting part of numerology isn't whether the numbers can predict your life.

It's what happens when you use them to **look more closely at your life**.

REFLECTION

My Personal Year Number is:

The theme of this year is:

This year, I feel called to:

Something I want to begin:

Something I want to strengthen:

Something I want to experience:

Something I need to release:

The question I want to carry with me this year:

ONE LAST QUESTION

If this year had a message for you...

What would it be asking you to become?

Don't look for the perfect answer.

Stay curious.

Follow the thread.

See where the rabbit hole leads.

Bohemia Collective