



Your 2026 Personal Year Reflection Guide

Discover the theme of your current season - and one aligned next step.

Your Personal Year is a mirror - not a prediction. It can help you notice patterns, reconnect with yourself, and move forward with greater clarity.

CALCULATE YOUR PERSONAL YEAR

Add your birth month, birth day, and the digits of 2026. Then reduce the total to one digit.

Example: August 18 $8 + 1 + 8 + 2 + 0 + 2 + 6 = 27 \rightarrow 2 + 7 = 9$

My Personal Year: _____

YOUR PERSONAL-YEAR THEME

Find your number below. Let the reflection question guide your attention.

1 BEGIN

Where is a new beginning emerging?

2 CONNECT

Where are patience or partnership needed?

3 EXPRESS

What is ready to be shared or created?

4 BUILD

What needs greater structure or consistency?

5 CHANGE

Where is flexibility being asked of you?

6 NURTURE

What needs care - and are you included?

7 REFLECT

What might become clear if you pause?

8 LEAD

Where are you being called to lead intentionally?

9 RELEASE

What is ready to be honored and released?

A MOMENT OF HEALTHY CLARITY

Take a breath and reflect.

The theme I notice most right now:

This season may be teaching me:

One aligned step I can take:

You do not need the entire path figured out. You only need enough clarity to take the next right step.