

# *Analysis of A Life Path #1*

## **THE LEADER AND ACHIEVER**

1s are intense, creative, conservative, high achievers. They are self-starters, productive, and resourceful. They are someone who is naturally in charge and are known to be intensely stubborn. They are self-motivated, very independent, and are focused, dedicated hard workers. They take pride in being their personal best. 1s have such a fierce competitive desire to be the best, to be #1! They like things to be neat and orderly in the important areas of their life. They want to call forth the best in themselves and others. They are well prepared and often make sound decisions. However, even after a decision is made they tend to have nagging doubts about it. They resent being given a sales pitch on anything. 1s want fairness and justice.

1s are extremely mental and need lots of mental stimulation. They share this quality with the 5 and 7 vibrations. They are attracted to anything that stimulates the mind. 1s like deep conversation and talking about things that really make them think. Because their thoughts are very powerful they have to remember to always keep them positive. Their thoughts always shape their experiences. They have that strong ability to shape their life. What they focus on is always what they get. It is wise for the 1 to stay intensely focused on the things they want, rather than what they do not want because that is what they are going to get. This sometimes can be difficult for them because they have a bully that lives in their head. Dancing is a great outlet for the 1. It helps them get out of their heads and just relax. Hearing music makes a real difference for them and how they feel. It is important that they keep a playlist of music that makes them feel good and listen to it often.

1s need to run a company or manage things in some way this is just their natural leadership quality. They fit in just perfectly as the boss. They easily take the lead. They are often entrepreneurs and inventors. Whatever they do they are the best at it. They won't settle for second best. They have very high expectations and hold others to the same standards they hold themselves and will expect the best out of their employees. 1s are honest and fair. They treat people with respect as they expect the same in return. If someone double-crosses the 1 they will definitely feel the wrath of the 1. They have a fierce temper. If you're the boss of a 1 vibration, it's important for you to give them space and trust them to do their best. When they know you believe in them they will not let you down. They do not like to be micromanaged. If you leave them alone, they'll give you magic because that's what they do. If you are constantly telling them what to do and how to do it, it is going to be uncomfortable for them. There is a rebellious quality to the 1. They will always express how they feel. 1s find that others rarely share the same standards or do their portion of the work leaving it for the one. This leads to frustration and feeling overwhelmed.

In sports, they always strive to be the best and are very competitive, especially with themselves. Unfortunately, they never quite know how good they really are because they are so self-critical. This internal self-critic can make them insecure. Even when they are in first place

they can still find some sort of fault with themselves. They have a bully in their head that always wants to know: "What's wrong with you? Why are you not better? What are you doing? Where are you going?" This is one thing that 1s must control. When they learn to manage their self-talk and keep it positive, they will reach the heights that were once only a dream. They enjoy watching even the smallest victories. They have to apply this to their own life and learn to celebrate every victory big or small. It will make a big difference for them.

Because the 1 is so self-critical they will be critical of others too. They expect only the best. They have to go easy on themselves and others. They tend to make quick judgments of others' motives. Many times they just misinterpret a situation or misunderstand a person. They have to realize that perfection is an unrealistic expectation and go easier on themselves. 1s have to learn not to take anything personally.

Occupations for the 1: anything that calls for independent action and decision making. They make great business owners, managers, investors, and military commanders. A 1 can literally ask themselves: "What do I really want to be?" Once they answer that question, nothing can stop them! They have tremendous focus and determination. They always become the best at what they do and will push themselves to the limit. They have to allow themselves to dream Big. They are also known for having healing hands. Massage therapy, reflexology, acupuncture, are fields in which they can excel. Because they have good insight, they can make good writers. Because of their need to do things right, you will often find they have many "self-help" or "how-to" books.

1s use the energy from anger and direct it to achieve, however, they rarely attain the inner satisfaction that comes from hitting the mark. They will always focus on what they could have done better. They sometimes resent themselves for not measuring up to their own high standards. This can lead them to a lack of self-esteem, depression, and addiction. 1s can be people who are filled with contradictions, which creates unbalanced emotions. Perfection can become an obsession for them, however, it is not usually others' ideas of perfection, but their own. They are oversensitive to any type of criticism relating to competence. This can lead to a total withdrawal or explosive temper.

Affirmations for the 1:

"I am the Best I can be, no one can be Me better than Me

"I am better than perfect, I am real and complete in my incompleteness"

"Everything in my life is right on time, I have patience and I have peace"

"I forgive the past and am grateful for its valuable lessons"

"I welcome abundant peace and love now"

CHALLENGE NUMBERS: 4, 6, 8

COMPATIBLE NUMBERS: 3, 5, 7, 9