



INTUITIVE LIFESTYLE GUIDE



Katie o Soul



ABOUT ME



I'M A NATURAL, DOWN-TO-EARTH—THOUGH ADMITTEDLY SKEPTICAL—PSYCHIC MEDIUM. DESPITE MY ABILITIES, OR PERHAPS BECAUSE OF THEM, I'VE NAVIGATED MY SHARE OF DEEPLY CHALLENGING LIFE EXPERIENCES. IT'S TAKEN DEDICATION, RESILIENCE, AND A WHOLE LOT OF TRIAL AND ERROR TO INTEGRATE MY ABILITIES INTO THE RHYTHM OF EVERYDAY LIFE. BUT THROUGH THIS JOURNEY, I'VE DISCOVERED TWO ESSENTIAL TRUTHS: DEDICATION IS A PROFOUND ACT OF SELF-LOVE, AND ROUTINE IS A SACRED FOUNDATION FOR GROWTH. THESE REALIZATIONS HAVEN'T JUST STRENGTHENED MY INTUITION—THEY'VE EMPOWERED ME TO CREATE A LIFE BRIMMING WITH SPIRITUAL CONNECTION, SOULFUL SERENDIPITY, AND UNWAVERING PURPOSE.

MY CLIENTS OFTEN REFER TO ME AS THEIR SPIRITUAL ADVISOR, DRAWN TO THE WAY MY READINGS BLEND REAL-WORLD WISDOM WITH SPIRIT'S MAGIC. BUT I SEE MYSELF AS A MODERN MYSTIC—A WOMAN WHO MERGES HER PSYCHIC AND MEDIUMSHIP GIFTS WITH THE GRIT AND DETERMINATION OF A MODERN, INDEPENDENT MOTHER PURSUING HER PASSIONS AND THRIVING IN HER CAREER.

I BELIEVE WITH EVERY FIBER OF MY BEING THAT MAGIC IS REAL, AND IT'S AVAILABLE TO EVERY SINGLE ONE OF US WILLING TO BELIEVE IN IT. MY MISSION IS TO REMIND YOU OF THIS TRUTH AND SHOW YOU HOW TO WEAVE IT INTO YOUR DAILY LIFE. THROUGH CONSISTENT, SIMPLE ROUTINES, I'VE DEEPEINED MY CONNECTION WITH SPIRIT, AMPLIFIED MY INTUITION, AND UNLOCKED A SENSE OF INNER PEACE THAT FUELS MY EVERY STEP.

WHEN YOU START TUNING INTO YOUR INTUITION, EVEN IN SMALL, INTENTIONAL WAYS, YOU'LL NOTICE THE UNIVERSE RESPONDING IN KIND—REFLECTING MAGIC, GUIDANCE, AND OPPORTUNITIES BACK TO YOU. YOUR LIFE WILL BEGIN TO FEEL ALIGNED, INSPIRED, AND UNMISTAKABLY GUIDED BY SOMETHING GREATER.

I'M HERE FOR YOU—WHETHER YOU NEED INSIGHT, ENCOURAGEMENT, OR JUST A REMINDER THAT YOU'RE CAPABLE OF EXTRAORDINARY THINGS. WHEN THE TIMING IS RIGHT, I TRUST WE'LL FIND EACH OTHER.

GRATEFULLY, KATIE.



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HOW TO USE YOUR GUIDE

THIS INTUITIVE LIFESTYLE GUIDE IS YOUR DAILY COMPANION FOR CULTIVATING A LIFE ROOTED IN INTENTION, SELF-AWARENESS, PERSONAL GROWTH, AND, MOST IMPORTANTLY, LIMITLESS MAGIC. DESIGNED WITH PURPOSE, IT WALKS YOU THROUGH THE ESSENTIAL ELEMENTS OF BUILDING A CONSISTENT, INTUITIVE LIFESTYLE WHILE OFFERING CLARITY AMIDST THE VAST AND OFTEN COMPLEX WORLD OF INTUITION.

YOUR INTUITION IS A MUSCLE—ONE YOU WERE BORN WITH. BUT LIKE ANY MUSCLE, IT NEEDS CONSISTENT TRAINING, ATTENTION, AND INTENTIONAL USE TO GROW STRONGER AND MORE RELIABLE. EQUALLY IMPORTANT IS HAVING A TOOL THAT KEEPS YOU ACCOUNTABLE TO THE WORK IT TAKES TO NURTURE THAT CONNECTION. THAT'S WHERE THIS GUIDE STEPS IN.

THROUGH REGULAR REFLECTION, GOAL-SETTING, HABIT-TRACKING, AND EMOTIONAL CHECK-INS, THIS GUIDE SERVES AS BOTH A COMPASS AND A MIRROR—HELPING YOU STAY ALIGNED WITH YOUR GOALS WHILE OFFERING SPACE TO NOTICE AND CELEBRATE YOUR GROWTH.

MORE THAN JUST A JOURNAL, THIS IS A SACRED SPACE FOR YOU TO TRACK YOUR ACCOMPLISHMENTS, HONOR YOUR JOURNEY, AND FEEL ENCOURAGED EVERY SINGLE DAY TO MOVE CLOSER TO LIVING IN ALIGNMENT WITH YOUR INTUITION AND THE UNIVERSAL MAGIC THAT SURROUNDS AND LIVES WITHIN YOU.

IT'S NOT JUST ABOUT DOING THE WORK—IT'S ABOUT FEELING EMPOWERED, SUPPORTED, AND DEEPLY CONNECTED EVERY STEP OF THE WAY.

Katie o Soul

INTUITIVE LIFESTYLE

01

SET A ROUTINE

DESIGNATE A TIME EACH DAY TO WRITE OR EVEN DRAW IN YOUR JOURNAL. MANY FIND MORNING OR EVENING ROUTINES TO BE EFFECTIVE. GIVE YOURSELF THE GRACE OF KNOWING THAT EVEN ONE MINUTE IS BETTER THAN NONE.

02

REFLECT ON POSITIVES

STAY FOCUSED ON THE POSITIVE ASPECTS OF YOUR DAYS. THIS WILL INFUSE YOUR INTENTIONS WITH THE HIGH VIBRATIONS NEEDED TO MAINTAIN AN INTUITIVE LIFESTYLE.

03

SHIFT PERSPECTIVE

TRY TO SEE YOUR EXPERIENCES FROM SPIRITS' PERSPECTIVE. THINGS ARE HAPPENING FOR YOU, NOT TO YOU. THE UNIVERSE IS SUPPORTING YOU, EVEN IF YOU CAN'T SEE HOW RIGHT NOW. ACKNOWLEDGE YOUR PATIENCE & FIND PEACE IN THE SUPPORT.

MORNING RITUAL

A MORNING RITUAL IS A POWERFUL TOOL THAT CAN POSITIVELY SHAPE YOUR MINDSET THROUGHOUT THE DAY. THIS DOES NOT NEED TO TAKE YOU LONG, AND IN FACT IT SHOULDN'T. KEEP IT SIMPLE SO YOU DON'T GET DISCOURAGED. ALSO, I SUGGEST HAVING ONE PRACTICAL & ONE MAGICAL GOAL EACH DAY. THIS WILL GROUND YOU TO YOUR GOALS AND REMIND YOU OF THE MAGIC YOU CAN ACCESS TO ACHEIVE THEM.

(Day):

(Month):

(Year):

Today's Affirmation

Goals for the Day ~ Practical & Magical

To Do





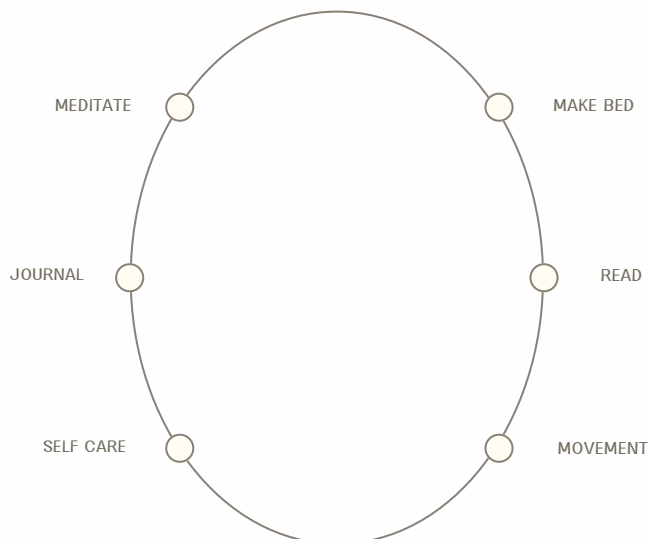


Thoughts

SET INTENTIONS FOR CLARITY, VITALITY & INNER PEACE.
THEN ALLOW YOURSELF TO FEEL THE POSITIVE IMPACT IT'LL MAKE
THROUGHOUT YOUR DAY.

Morning Rituals Checklist

ROADMAP TO AN ENERGIZED AND PURPOSEFUL START TO YOUR DAY.



TO START



OK



DELAY



STUCK



CANCEL

DAILY PLANNING

(Day):

(Month):

(Year):

Time Blocks for Productivity

GIVE YOUR TIME PURPOSE

05:00

06:00

07:00

08:00

09:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

19:00

20:00

21:00

22:00

23:00

Top Priorities

☐☐☐☐☐

Intuition Action

WHICH INTUITIVE ABILITY DO YOU WANT TO FOCUS ON

☐

SEE (CLAIRVOYANCE)

☐

HEAR (CLAIRAUDIENCE)

☐

FEEL (CLAIRSENTIENCE)

☐

KNOW (CLAIRCOGNIZANCE)

Who to Connect With & How ~ Here & in Spirit

☐☐☐☐☐

Excitement

WHAT ARE YOU LOOKING FORWARD TO TODAY

☐ TO START

☐ OK

☐ DELAY

☐ STUCK

☐ CANCEL

WEEKLY REFLECTIONS

(Day):

(Month):

(Year):

Weekly Overview

SUMMARIZE KEY EVENTS AND ACCOMPLISHMENTS FROM THE WEEK

Achievements

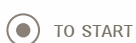
WHAT WERE YOUR MAJOR ACHIEVEMENTS THIS WEEK

Gratitude

LIST THREE THINGS YOU'RE GRATEFUL FOR FROM THIS WEEK

Priorities & Goals for Next Week

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



TO START



OK



DELAY



STUCK



CANCEL

GOAL SETTING

Goal 1

(Start Date):

(End Date):

Action Steps

Notes

- ☐ _____
- ☐ _____
- ☐ _____

Goal 2

(Start Date):

(End Date):

Action Steps

Notes

- ☐ _____
- ☐ _____
- ☐ _____

Goal 3

(Start Date):

(End Date):

Action Steps

Notes

- ☐ _____
- ☐ _____
- ☐ _____

☒ TO START

☒ OK

☐ DELAY

☐ STUCK

☐ CANCEL

GRATITUDE NOTES

(Day):

(Month):

(Year):

Affirmation for the Day

Inspiration for the Day

Mood & Energy Today

Gratitude Process Today

Connections

HOW ARE YOU FEELING ABOUT THE CONNECTION YOU HAVE TO YOUR MIND, BODY & SOUL?

WHAT ARE YOU HAPPY ABOUT & WHAT INTENTIONS DO YOU HAVE FOR FURTHER HAPPINESS IN EACH AREA?

MIND

BODY

SOUL

VISION BOARD

(Day):

(Month):

(Year):

IT'S HELPFUL TO SEE/READ GOALS & DESIRES DAILY. YOU CAN POST THIS PAGE ON YOUR BATHROOM MIRROR OR GET ARTSY AND FIND PICTURES THAT CORRELATE. THE BEST PART ABOUT YOUR VISIONS IS YOU DON'T HAVE TO WORRY ABOUT THE SPECIFIC DETAILS NEEDED TO ACHIEVE THEM. TRUST THAT THE UNIVERSE WILL GUIDE YOU WHERE YOU'RE MEANT TO BE WITH SIGNS & FEELINGS. NOTE THAT THE UNIVERSE DOES NOT TAKE TIME INTO CONSIDERATION. IT MAY TAKE YEARS TO SEE YOUR VISIONS DEVELOP, BUT IT'S ALWAYS VALIDATING TO LOOK BACK AT WHEN YOU FIRST STARTED ENVISIONING THEM.

HEALTH

TRAVEL

CAREER

FINANCES

RELATIONSHIPS

SPIRITUALITY

DREAM INTERPRETATIONS

DREAM JOURNALING IS A GREAT WAY TO EXPLORE YOUR SUBCONSCIOUS AND TRACK THE DEVELOPMENT OF YOUR CLAIRVOYANCE (SEEING), CLAIRAUDIANCE (HEARING) & CLAIRSCIENTIANCE (FEELING). THIS MEANS THE MORE YOU ARE ABLE TO SEE, HEAR & FEEL DURING A DREAM, THE MORE YOU ARE ABLE TO ACCESS THOSE ABILITIES WHILE YOU ARE AWAKE.

(Day):

(Month):

(Year):

Dream Overview

RECORD A DETAILED DESCRIPTION OF THE DREAM. INCLUDE PEOPLE, PLACES, EMOTIONS AND ANY VIVID DETAILS (CLAIRVOYANCE).

Mood During

☐☐☐☐☐

Lucidity Level

☐☐☐☐☐

Sleep Quality

☐☐☐☐☐

Mood After

☐☐☐☐☐

Recurring?

YES ☐ NO ☐

Interrupted?

YES ☐ NO ☐

People and Relationships

Emotions Felt

NOTE THE EMOTIONS EXPERIENCED DURING & AFTER THE DREAM. HOW DID THE DREAM MAKE YOU FEEL (CLAIRSCIENTIANCE)? IS THERE A LINGERING FEELING EVEN NOW?

Interpretation

DIVE DEEP INTO DREAM INTERPRETATION — DECODE MESSAGES, SYMBOLS AND INSIGHTS. YOU CAN DEFINE WHAT THE SYMBOLS MEAN FOR YOU. IT'S NOT ALWAYS NECESSARY TO LOOK UP WHAT OTHERS CONSIDER SYMBOLS TO BE.

ORACLE CARD JOURNAL

(Day):

(Month):

(Year):

WITH A SPECIFIC INTENTION, PULL A CARD FROM YOUR ORACLE DECK. AUTOMATICALLY WRITE ABOUT THE FIRST EMOTION, EMOTION YOU FEEL OR FIRST PERSON/SITUATION YOU THINK ABOUT. FEEL INTO THE THOUGHTS YOU'RE HAVING AND LET THEM FLOW ONTO THE PAGE. ALSO TAKE NOTE OF ANY SPECIFIC OBJECT OR COLOR THAT JUMPS OUT AT YOU. WRITE ABOUT THE MEANING THAT OBJECT OR COLOR HAS FOR YOU AND WHY IT MIGHT BE STANDING OUT FOR YOU.

TAROT CARD DEVELOPMENT

(Day):

(Month):

(Year):

IT'S IMPORTANT TO LEARN THE HISTORIC MEANING OF EACH CARD AS WELL AS YOUR PERSONAL INTERPRETATION OF EACH CARD. IF YOU HAVE A TAROT CARD DECK PULL A CARD BASED ON A SPECIFIC PERSONAL INTENTION. IF NOT, LOOK UP THE TAROT CARDS AND PICK ONE TO LEARN TODAY. NOW RESEARCH THE HISTORIC MEANING OF THE CARD AND HOW THAT CAN BE APPLIED TO YOUR INTENTION FOR PULLING IT. THEN FEEL INTO THE CARD AND DEVELOP YOUR OWN PERSONAL INTERPRETATION OF IT. PUT YOURSELF INTO THE CARD AND FEEL INTO HOW THE STORY MAY BE SHOWING YOU A NEW PERSPECTIVE FOR THE INTENTION YOU HAD WHEN PULLING IT.

INTUITIVE EXPERIENCES

(Day):

(Month):

(Year):

SUMMARIZE ANY INTUITIVE MESSAGES YOU RECEIVED TODAY. BE SURE TO INCLUDE HOW YOU GOT THE MESSAGE. DID YOU FEEL IT, SEE IT, HEAR IT OR DID YOU JUST KNOW IT? THEN REFLECT ON HOW YOU WERE ABLE TO VALIDATE THE MESSAGE. IF YOU WERE NOT ABLE TO VALIDATE IT, ALLOW YOURSELF TO FEEL GRATITUDE FOR RECEIVING IT, & BELIEVE THAT IT REALLY WAS A MESSAGE YOU RECEIVED THROUGH INTUTION/SPIRIT.