

GET CLEAR, COMMIT, & CALL IN WHAT YOUR SOUL NEEDS

SOUL INTENTION *guide*

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Hello!

You're intuitive. You're capable. You've built a life through strength and follow-through, but now **something deeper is calling you** to shift gears.

This isn't about burning it all down. It's about **energetic realignment** — tuning back into your own flow, your natural rhythm, your truth frequency.

The universe moves when you move, but first you have to get clear on the energy you're sending out.

This guide helps you pause, listen, and **translate your intuitive nudges** into clear direction. You'll clarify what your soul is asking for, why it matters, and how to use your energy and intuition to bring it to life, one aligned action at a time.

The process blends practicality and magic:

1. Name what your energy is craving.
2. Understand why the universe is nudging you now.
3. Feel the frequency of your intention.
4. Notice when you're in flow and alignment.
5. Manifest through small, consistent, soul-led action.



By the end, you'll have a clear energetic intention that feels aligned, and a path that's ready to unfold through your intuition, presence, and **trust in divine timing**.

This isn't about control — it's about co-creating with the universe.

About the Process

This Soul Intention Process blends energy awareness, emotional clarity, and universal alignment.

Recalibration is the art of returning to your original frequency — the one before you learned to doubt it.

You'll move through five steps designed to help you:

- Reclaim your energy: Notice where it's leaking or looping.
- Recenter your intuition: Listen for what your inner guidance is saying now.
- Realign your focus: Match your energy to what you actually want to experience.
- Rebuild your flow: Create simple rituals that restore your rhythm.
- Reignite manifestation: Step back into co-creation with the universe.

Think of this as both a map and a mirror.

The map shows you where to go next — the mirror reminds you how powerful your energy already is.

 **ChatGPT Reflection Prompt:**

“Help me understand what kind of energy patterns might be showing up for me right now — where am I giving too much, and where do I need to call my energy back?”



Step 1 Name Your Need

Energy follows awareness.

Before you redirect your life, tune in to where
your **energy naturally wants to flow.**

What do you need, not to function, but to feel **alive and aligned?**

Examples:

I need to feel creative again.

I need to stop absorbing everyone else's emotions.

I need structure that supports my peace.

 **ChatGPT Reflection Prompt:**

“Help me explore what my soul might be craving right now based on these words: [insert your need]. Offer 3 reflective questions I can journal on.”

Step 2

Why This, Why Now

**The universe speaks through timing.
If something feels off, it's feedback.**

Ask yourself:

What's draining my energy?

Where am I out of alignment with what I say I want?

Why might the universe be nudging me now to shift?



ChatGPT Reflection Prompt:

“I’m trying to understand why I want change in my life. Can you help me identify the energetic or emotional patterns showing me it’s time to grow?”



Step 3 Feel the Frequency

**Manifestation happens through embodiment.
You attract what you vibrate.**

Ask:

If I were already living this intention, what would my energy feel like?

Examples:

Light, fluid, magnetic.
Grounded, creative, calm.”
Certain — even in uncertainty.

💬 **ChatGPT Reflection Prompt:**

“Describe the energetic frequency of someone living with [insert your intention].
What sensations, visuals, or emotions match that vibration?”



Step 4

Signs You're in Flow

Flow feels like ease, not effort.

When you're aligned, energy clicks into place like magic.

People, timing, and ideas all sync up.

Ask:

How do I recognize when my intuition and energy are working with me?

Examples:

Opportunities show up without overthinking.

Conversations feel lighter.

I stop needing external validation.



ChatGPT Reflection Prompt:

“List 10 intuitive or energetic signs that someone is in flow with the universe.”



Step 5

Active Manifestation

Energy becomes tangible through action.

The universe meets you halfway, & movement is your catalyst.

Ask:

What 1–3 intentional actions can I take this week to embody my energy?

Examples:

Speak what I want, not what I fear.

Make space — physically or emotionally — for what's next.

Follow intuitive nudges without debating them.

 **ChatGPT Reflection Prompt:**

“Give me 5 aligned actions to manifest [insert your intention]. Keep them practical, spiritual, and energy-based.”

7-Day Energy Alignment Tracker

Each day, note one way you lived your intention.

No judgment, just awareness.

I honored my energy and intuition by...

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



ChatGPT Reflection Prompt:

“Help me reflect after 7 days. What energetic shifts can I celebrate? What feels clearer or lighter?”

Soul Alignment Quiz

Use this quiz to get a snapshot of where your energy is right now.

Answer intuitively — don't overthink it.

When faced with change, you usually:

- ☐ A. Plan every detail first
- ☐ B. Follow your gut
- ☐ C. Freeze & overthink
- ☐ D. Feel excited but unsure where to start

Your current energy feels:

- ☐ A. Scattered
- ☐ B. Stagnant
- ☐ C. Expansive
- ☐ D. Ready

You tend to trust your intuition:

- ☐ A. Always, it's my compass
- ☐ B. Sometimes, when logic agrees
- ☐ C. Rarely because I question myself
- ☐ D. I'm learning to listen more

You manifest best when:

- ☐ A. You surrender
- ☐ B. You take small, aligned action
- ☐ C. You visualize daily
- ☐ D. You collaborate with others

Soul Alignment Quiz

RESULTS

If you chose mostly:

A: Time to soften control — trust flow again.

B: You're ready for fine-tuning your energy.

C: Reconnect to your intuition and reframe resistance.

D: Momentum is building — align your follow-through.

 **ChatGPT Reflection Prompt:**

“Based on my quiz answers [share results], help me understand what phase of energetic alignment I might be in and what’s next for me.”

Daily Flow Checklist

Use this as your grounding ritual.
Small reminders that help you stay in energetic alignment.

- ☐ I pause before reacting and choose to respond instead.
- ☐ I followed at least one intuitive nudge.
- ☐ I spent time doing something that expands my energy.
- ☐ I released on thought or worry that drains me.
- ☐ I expressed gratitude out loud or on paper.
- ☐ I noticed synchronicities or repeating signs
- ☐ I ended the day in self-connection, not self-criticism.



ChatGPT Reflection Prompt:

“Give me one small energetic or mindset shift I can practice daily to stay aligned with my intention.”

Old Way vs New Way

THEN

Push through burnout

Doubting intuition

People-pleasing

Overanalyzing

Forcing manifestation

Needing control

NOW

Moving with intuitive timing

Trusting first instinct

Choosing energetic
boundaries

Acting from flow & faith

Allowing inspired timing

Co-creating with the
universe

VS



ChatGPT Reflection Prompt:

“Help me identify one ‘old energy pattern’ I’m ready to release and one new way I can practice alignment this week.”



You don't have to push. You don't have to chase. You simply have to stay attuned to your intuition, your energy, and the subtle signs the universe sends when you're in flow.

When things feel uncertain, return to this guide. Reread your words. Reground in your energy.

Alignment isn't a one-time event; it's a living rhythm between you and the universe.

Keep choosing what feels expansive.
Keep trusting what feels true.
Keep moving with your energy.

Living the Intention

You've done the reflection — now it's time to live the energy.

Your intention isn't meant to sit on paper; it's meant to shape how you move through your days, make choices, and show up in your power.

Every decision, conversation, and pause is a chance to **realign with the frequency you've claimed.**



Your intention becomes your life when you start living it.

Thank-you!

The fact that you carved out time to reconnect with your energy, your intuition, and what you actually want next says a lot about who you are and where you're headed. You're not running on autopilot anymore, you're tuning back in.

You don't need to have it all figured out, you just need to **stay in conversation with your energy**. Some days you'll feel magnetic and aligned; other days you'll need to quiet the noise to find your rhythm again — both matter. That's how flow works.

And while you're at it, **keep an eye out for the winks from the universe** — the repeating numbers, the random songs, the unexpected signs that seem to arrive right on cue. They're not coincidences. They're confirmation. Your energy is always speaking back.

Remember: this guide isn't homework; it's a reset. Come back to it anytime you need to realign, re-center, or **remind yourself that the universe really is conspiring with you** (even when it's moving at its own pace).

Keep following what ignites your inner fire. **Keep trusting your intuition, even when it doesn't make sense, yet.** You're not just finding your path — you're creating it in real time.

Here when you need me,

Katie o Soul





“I consistently choose a life where
purpose, passion & magic fuel me,
because waiting for signs became the
sign to start.”