

new year intention guidebook

living my truth in 2018



by *KATIE WONG*

This year is a universal 11 year, a year that is intensely powerful.
A year for wondrous creation.

You will be more able to move towards your greatest potential.
You will grow to be more in tune with your intuition, with spiritual truths, and with your heart and soul's deep desires.

The master energy of this year supports you to let go of expectations and structures that restrict and limit who you have allowed yourself to be. There is no place for playing small, or having less. You are encouraged to step fully into your power, and be who you truly are.

It is the year to live your truth.

How you respond to this call will define your experiences of this year. What you resist, persists. And the more you surrender to the flow of life, the smoother the road will be.

This guidebook is designed to help you prepare for the 365 days ahead. I invite you to take some time to consider all that you want to shed, to make way for all that you wish to manifest.

Challenge yourself.

A new beginning awaits you. And I wish you will find the courage to stand in your truth and find much ease and joy in embracing something new.

Love and blessings

Katie x

preparation

Set aside some time to reflect and set intentions using the prompts in this guidebook.

Come to a quiet place, light a candle, play some soft music and make sure you're comfortable. Begin by taking a few deep breaths to centre yourself. Allow your focus to move to your heart space. Placing your hand on your heart will help. Then start to imagine you are breathing in and out through the centre of your chest.

Allow your responses to come to you naturally, rather than engaging with your thinking mind to answer the questions intellectually. Beyond the most logical answers lie the deeper truths. Dive in.

Be honest with yourself. Do not censor. Pay attention what pops into your head instinctively, without the need to explain it away with reason.

The gems lie in what comes forth from your heart.

Surrender to the process and remain open to learning something new!

When you are done, keep your guidebook in your diary or journal, and come back to it for inspiration throughout the year.

“we have to dare to be ourselves however frightening or strange that self may prove to be

/ MAY SARTON



contemplation

What did I learn in 2017 that will serve me well as I move into a new year, and a new beginning?

Consider what went well, what didn't, when you felt most alive, what you might have done differently, how you are different today.

How do I want 2018 to look and feel like?

Consider every area of your life (work, love, relationships, home, body, mind, soul). Take some time to craft a clear vision.

contemplation

What is my theme for 2018?

What's the one word, quote, picture or symbol that represents the essence that this year holds for me? Allow this to come to you organically. Use an oracle to help guide you if you wish.

What is my shadow theme? What challenges am I likely to encounter in learning to embrace my theme in my everyday?

Your shadow theme may play out as obstacles, blocks and resistance. And in truth, these are your growth opportunities. They are the experiences that can move you closer to living your theme more completely. Use the oracle on the next page to help guide you on this one if you're unsure.

“
*if you always avoid what feels
uncomfortable, how will you bloom?*”

/ KATIE WONG

guidance on *growth opportunities* in 2018

Roll a die, or intuitively pick a number between 1 and 6.

1

Challenges to overcome: feeling depleted, burning out, prioritising needs of self over those of others, maintaining wellbeing, asserting boundaries, saying no, finding balance

Mantra: I nourish and nurture

2

Challenges to overcome: reconnecting with purpose, letting go of what isn't working, changing directions, willing to walk away from what no longer serves

Mantra: I align

3

Challenges to overcome: self judgement, self doubt, critical of self and others, holding prejudice over people or situations, forgiveness

Mantra: I accept

4

Challenges to overcome: battle between heart and mind, intuitive wisdom, following instinct, inner guidance, surrendering

Mantra: I trust

5

Challenges to overcome: distractions, too many ideas/responsibilities, scattered, lack of focus, need to please, seeking external approval

Mantra: I am calm and centred

6

Challenges to overcome: fear of the unknown, uncertainty, lack of control over what's happening, courage to face what's ahead, growth from facing pain and past hurt

Mantra: I am empowered

your 18 for 18 to embrace

Holding your theme in focus, list 18 goals you wish to achieve in 2018.

List 3 things that you want to do regularly, daily or weekly, to maintain your wellbeing

1.
2.
3.

Something to practice or improve on

4.
5.

Something to learn

6.

3 things you have always wanted to do but have never found the time to do

7.
8.
9.

Something creative

10.

2 things new to try

11.
12.

something you feel passionate about

13.

2 things that take you outside of your comfort zone

14.
15.

an aspect you commit to healing in 2018

16.

Ask someone who knows you well to challenge you to complete one thing

17.

What's my one big hairy audacious goal in 2018

18.

your 18 for 18 to release

Holding your theme in focus, list 18 things you wish to let go of in 2018.

3 things to stop doing because they deplete me

1.
2.
3.

2 habits to let go of

4.
5.

3 beliefs about myself to release

6.
7.
8.

3 things I habitually tell myself that are untrue

9.
10.
11.

a story from the past I still hold onto and ready to transmute

12.

3 things I obsessively worry about to release

13.
14.
15.

2 fears to dissolve

16.
17.

What's my long held wound/hurt/shame I wish to clear from my whole being in 2018

18.

Hi, I'm Katie. I'm a believer. A believer of fairytales and happily-ever-afters. And I believe we can all live extraordinary everyday.

From Type A corporate suit to hippie flower child, I created my private practice Radiant Aura after leaving a highly successful 15-year career in healthcare.

I'm a Melbourne-based wellness facilitator and support others in their journey of self discovery and empower them to reach within and shine their inner light more radiantly.

Combining modern science with ancient philosophies, I teach others to find their way to living with more joy, love and fulfilment.

I consult one-on-one and run an online healing community *The Healing Circle*. I also host solstice and equinox gatherings, group workshops and spiritual retreats.

I am a qualified kinesiologist, flower essence practitioner, soul regression therapist and a reiki master-teacher.

I also hold a Bachelor in Arts and Science with Honours, post-graduate degrees in pharmaceutical science and in holistic wellness. I am also a photographer, an avid meditator and love writing poetry and creating art.



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“Believe you can soar beyond the limits of your mind.”

/ KATIE WONG



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