

signs of the island being brought back to life anyway, I had

THE JENUINE JOURNAL

ADMIN ROTATIONS: FULLY GUIDED JOURNAL
PROMPTS- AERIANNA



JAN. 8. 2023 SESSION #28: "SETTING INTENTIONS"

01



WELCOMING 2023 &
HOW SETTING
INTENTIONS IS
HELPFUL.

02



HOW TO SET INTENTIONS FOR A SET
PERIOD OF TIME

03



THE PERMISSION OF INTENTION



The Jenuine Journal's Fully Guided Journal Prompts: "Setting Intentions"

Join the Jenuine Journal as we welcome 2023 with our first journal prompt of the year, brought to you by our Founder, Aerianna, presenting to us the Fully Guided Journal Prompt: "Setting Intentions"!

The Jenuine Journal

Admin Rotations: Fully Guided Journal Prompts by Aerianna

Jan. 8. 2023. Session #28: "Setting Intentions"

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Join the Jenuine Journal as we welcome 2023 with our first journal prompt of the year, brought to you by our Founder, Aerianna, presenting the Fully Guided Journal Prompt: "Setting Intentions"!

Sections of the prompt:

1. Welcoming 2023 & How Setting Intentions is Helpful:
 - a. Step 1: Create a list of 5 things you want to accomplish within the year 2023.
 - b. Step 2: Journal a plan for success for each of the 5 things you listed.
2. How to Set Intentions for a Set Period of Time:
 - a. Step 3: For each of your future accomplishments that you listed and the plan that goes with them, journal further about the timing for these intentions and why you chose this timing.
3. The Permission of Intention:
 - a. Step 4: With your list of intentions for the year, their plans, and their specific 'due dates', journal about how freeing you are hoping to feel once completed. Journal about what this accomplishment means to you.

in·ten·tion
/in'ten(t)SHən/
See definitions in:
All Marriage Medicine
noun
plural noun: **intentions**
1. a thing intended; an aim or plan.
"she was full of good intentions"
Similar: aim purpose intent objective object goal target end
2. **MEDICINE**
the healing process of a wound.

Welcoming 2023 & How Setting Intentions is Helpful:

Welcome, 2023! Some may celebrate the new year on January 1st, while others wait until the Spring season. Whenever you celebrate, the Jenuine Journal would love to celebrate it with you!

This week's prompt is coming from Aerianna, the Jenuine Journal's Founder and Creator! Aerianna creates Fully Guided Journal Prompts that are designed to guide a writer through the prompts' meaning and intention behind them.

Let's Get Started!

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Welcoming 2023 & How Setting Intentions is Helpful:

Setting intentions means to plan or do something purposefully. When we set intentions for something, we are aware that our desires may not go as planned, but having an intention is that security that reassures you that despite the outcome, your desire came from a good, genuine place of thought.

We can apply intention-creating to our everyday life and our everyday duties.

Step 1:

Create a list of 5 things you want to accomplish within the year 2023.

By simply creating a list of 5 things you want to accomplish, you are already setting the intention to accomplish those things, even without a well-written or thought-out plan, yet.

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Welcoming 2023 & How Setting Intentions is Helpful:

Now that you have created a list of 5 things you want to accomplish this year, we are going to look at each of those things and think about what we need to do to accomplish them.

Intentions are to put more emphasis on the purpose of something. If you *intend* on doing something, that means that while this activity is already something people do and is marked as an accomplishment, the fact that you are planning your way through it means that you must be serious or moderately invested in this act for you to intend on a certain outcome.

Step 2:

Journal a plan for success for each of the 5 things you listed.

- *What makes this activity important to me?*
- *Why must it be completed in 2023?*
- *How does this accomplishment help me improve my perception of myself?*

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Just because it's hard
doesn't mean it's impossible.

You can can do it.

How to Set Intentions for a Set Period of Time:

Setting intentions for a set period is as easy as letting
your timeframe be known to yourself.

It is as easy as setting a goal, or expectation, for
yourself and then adding the time by which you'd like
this completed.

If you intend to get your driver's license by the end of
May 2023, then all you have to do is work towards that
goal within that time frame.

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How to set Intentions for a Set Period of Time:

As mentioned earlier, setting intentions is what reassures you that your desire came from a good, genuine place, even if your intention does not satisfy the outcome.

You should not blame yourself for the outcome of things, even when your intention was pure. We have to learn to release control, even when it seems as though everything is in our power at the moment.

Step 3:

For each of your future accomplishments that you listed and the plan that goes with them, journal further about the timing for these intentions and why you chose this timing.

- ***Why does this timing make sense to me?***
- ***What will happen if this is completed early or later?***
- ***Does the time of success determine my worth?***

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The Permission of Intention:

As we learn more about setting intentions, what intentions are, and ultimately, how we can stay true to them, we also come to learn that setting intentions deviate us from the imaginary permission we feel we need to do most things that we desire.

Many people feel as though they *need* permission to live their lives the way they desire. No one, however, knows *who* exactly is supposed to give them this permission.

No one except themselves.

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The Permission of Intention:

You must know that by setting intentions, you are aiming to complete, begin or end something in its entirety.

When something becomes your decision, your call, and is by your lead, you wield control of the situation--keeping in mind that your outcomes are not direct reflections of your intentions.

Have a plan, but do not overcompensate your plan to where you will fault yourself for Life having a say in your endeavors.

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Step 4:

With your list of intentions for the year, their plans, and their specific 'due dates', journal about how freeing you are hoping to feel once completed. Journal about what this accomplishment means to you.

visited the Great Blasket and fell in love with it. In addition to rebuild the village as a holiday

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Prompt Example:

"My 2023 Goals and Intentions":

Step 1:

- *Get my driver's license*
- *Start and keep a new job for the year*
- *Take a vacation out of town*
- *Begin a gym routine*
- *Enter an education program*

"My 2023 Goals and Intentions":

Step 2:

- *I will practice driving every Saturday*
- *I will apply to jobs within my field and I will negotiate my desired pay*
- *I will plan a trip and have all the required funds saved up*
- *I will research gym routines that target my specific needs*
- *I will apply, research, and attend the orientations of my desired schools*

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Prompt Example:

"My 2023 Goals and Intentions":

Step 3

- *I want to have my license by May 2023 because my learners permit expires then*
- *I plan to begin clearing my debt in 2023 and a new job within the first 6 months will help*
- *My trip is planned for the summertime, booking my flights and expenses now will reserve my spot*
- *Beginning my gym routine after I land my new job will help me create a schedule for working out*
- *I intend to enroll and begin classes in the next Fall Semester, by this time, I will have been at my job for over 6 months, I'll have a license to drive myself to school, and I will have a healthier lifestyle with my workout routines.*

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Prompt Example:

"My 2023 Goals and Intentions":

Step 4

- *Having my driver's license will be freeing for me because now I can go wherever I want to, as I please.*
- *Having a new job and keeping it for a year will help me build experience in my work field.*
- *Taking vacations is important to me because I will finally see the rest of the world and learn about new places.*
- *Beginning a gym routine will help me learn more about my body and learn to keep myself healthier.*
- *Enrolling in a new school will help me elevate my career path and help me learn more about how this field betters society.*

Of course, Journal this prompt however YOU like to journal, this is simply an example in List Format.

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