

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.

Welcoming 2023 & How Setting Intentions is Helpful:

Welcome, 2023! Some may celebrate the new year on January 1st, or during Spring Time. 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!

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.

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?*

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.

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?*

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.

You must know that by setting intentions, you are permitting yourself to complete, begin or end something in its entirety. When something becomes your decision, your call, and is by your lead, you do 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.

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.

Prompt Example:

"My 2023 Goals and Intentions":

Step 1:

1. Get my driver's license
2. Start and keep a new job for the year
3. Take a vacation out of town
4. Begin a gym routine
5. Enter an education program

"My 2023 Goals and Intentions":

Step 2:

1. I will practice driving every Saturday
2. I will apply for jobs within my field and I will negotiate my desired pay

3. I will plan a trip in advance and have all the required funds saved up
4. I will research gym routines that target my specific needs
5. I will apply, research, and attend the orientations of my desired schools

"My 2023 Goals and Intentions":

Step 3

1. I want to have my license by May 2023 because my learners permit expires then
2. I plan to begin clearing my debt in 2023 and a new job within the first 6 months will help
3. My trip is planned for the summertime, booking my flights and expenses now will reserve my spot
4. Beginning my gym routine after I land my new job will help me create a schedule for working out
5. 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.

"My 2023 Goals and Intentions":

Step 4

1. Having my driver's license will be freeing for me because now I can go wherever I want to, as I please.
2. Having a new job and keeping it for a year will help me build experience in my work field.
3. Taking vacations is important to me because I will finally see the rest of the world and learn about new places.

4. Beginning a gym routine will help me learn more about my body and learn to keep myself healthier.
5. 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****

Updates

There are a few updates from the Jenuine Journal to discuss, you can check the shorter updates on the sidebar of this post!

The Jenuine Journal invites you to our Discord server! We discuss our updates, prompts of the day, song recommendations, and more!

The Jenuine Journal is beginning to venture out with our social media and our presence. We have weekly Live Discussions on Twitter Spaces and Clubhouse! Join us sometime!!

Lastly, We want to update our subscribers on our website development and the conditions of your email subscription!

We want to make clear that new subscribers will still receive the First month newsletters and necessary updates regardless of choice!

- Please participate in our surveys! Let us know how we're doing!
- Follow us on all of our social media! Our Twitter, Instagram, Facebook, Tumblr, Pinterest, and email are all @jenuinejournal

- You are invited to join in on the conversation and join our Discord Server!

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