

A Mini Journal to Craft

Intentional Shine!

AN INTENTIONAL LIFE

BY: ANN GREEN

Welcome!

This mini-journal is designed to support and marinate you in the foundations of creating a life led by intention. To cut through the overwhelm so that you can create more calm, more clarity and stay focused on your personal intentional path. An unravelling + a revealing of your personal compass of shine; an upward spiral of bliss! Your 'TrueNorthness'.

In these pages, you'll dig deep and get quiet; you will vision and create, craft and refine, explore and discover. You will become curious and iterate a life that fills you with intention for greater joy, inspiration and ease.

Of course this is just the seed; a beginning of potential limitlessness.

*A desire presupposes the possibility of action to achieve it;
action presupposes a goal that is worth achieving.*

ayn rand

@shineologist

Why I Created This...

After feeling the sensation of drowning in grief, off course and being steered, rather than leading from my heart, I knew my actions to right my course away from burn out, would foster loving support for others, as well as myself. I decided I was through feeling overwhelmed, uninspired and foggy. I designed what I now call, Roots of SHiNE, first in my own life, and here, as an introduction to the full course, in this mini-journal. The full online course is soon to follow; as well as my first book and heaps of supportive digital experiences as well.

This mini-journal is the first step in life affirming action; beauty full. Soul full. Luminous.

What You'll Get

The path of designing this mini-journal, is drawn from Roots of SHiNE: a set of questions and instructions to guide you, in focusing on what you value to set your intention. Your self care. SELF-CARE. Your pillars of your own true nature. To nurture your nature. Because nature is your nature.

This is a plan that ignites and lights a path to inspired, intentional living: Intentional SHiNE! Explore what has gone unseen and uncover the treasures of your life.

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How To Use This...

This journal is circular, and once the discovery of the starting point, there is limitless revisiting of these gorgeous upward spiral supports.

There is no final answer.

This is liquid and creates a liquid mindset. Please revisit often. Use this and re-use it. Print it out. Use the questions as meditation, use it with friends. It's all up to you!

And before we go even one micro movement forward, we begin at the start:

What are your yes's?

What are your no's?

What are your non-negotiables?

Two columns. One says "Let GO". The other says "Let Be". Please fill them out.

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let go...

let be...

And so now, let us start...

How Are You Today?

What is your present essence of bliss? Where do your committments lay? What is yes in your life? What have you agreed to? How do people count on you? What is your everyday day-to-day accountability? What do you see coming? What is beauty full insight to your own shine? (In other words darling, how do you see yourself as a conduit of shine, presently?)

Let us be curious...

What do you want more of?

Let us be discerning...

What do you want less of?

From our highest wisdom...

With kindness as our catalyst, what do I want my life to integrate?

What do I want its' element and resonance to be? What do I want it to create? What do I want it to support and to envisage? What will feel integral? Complete?

(BIG hint: this is about the way you want to feel.)

This adventurous life of love...

What are three things you desire to accomplish?

Attend to your attention here. What lights you up? What do you repeatedly list as wanting to accomplish? Is there a surprise? Take the space. Give yourself the grace + time to resonate in what returns again and again. Nothing is set in stone...you may change your mind. But notice what you notice when you really ask, "What three things do I want to do in this beauty full wild and luscious life?"

"What three things do I want to do in this
beauty full, wild and luscious life?"

Everyday sacred...

How do you want to feel everyday?

The taste of it, the feel, look, smell, and wonder of it? What values will you prioritize + take action, to accomplish this feeling? How will it feel to embody your ideal everyday?

This little light...

What are your next three steps?

What are the next three micro-movements, baby steps, to help you shine, shine, shine? The easy little three - subtle + simple + pure shine curated:

1)

2)

3)

Now, let this be...

When you're ready, take a few more. But easy goes. Try less. Breathe more. Give space. Embrace. And be...

