

# Intentions, Attentions, and Reflections

## **Intentions, Attentions, and Reflections**

Daily, Weekly, Monthly journaling prompts around digital boundaries

*\*For all of the following prompts, feel free to replace “technology” with a more specific word for your situation, i.e. “social media”, “Instagram”, “AI”*

### **Intentions (daily)**

- Today, I'd like to [small actionable step] for my creative process.
- I am aware that technology can support my creative process by \_\_\_\_.
- I am aware that technology could potentially hinder my creative process by \_\_\_\_.
- Today, the relationship between technology and my creative process will be \_\_\_\_.

### **Attentions (weekly)**

- This week, my relationship with technology was \_\_\_\_.
- Give yourself feedback on your technology use this week using the following sentence starters:
  - *I noticed...*
  - *I think...*
  - *I wonder...*

### **Reflections (monthly)**

- How did you align your technology use with your values?
- What did you learn this month about the relationship between your creative process and technology?
- How can you adjust your digital boundaries to incorporate your learnings?
- In one word or short phrase, how would you describe your technology use this month?

# Digital Boundaries

**What are digital boundaries?** personal limits around technology-use that identify where, when, why, and how it is used in order to uphold emotional, physical, and spiritual well-being

boundaries  $\neq$  rules!

boundaries are flexible, adaptable, and creative

**Why digital boundaries?** boundaries align your actions and behaviors with your personal values

connecting to earlier reflections:

- boundaries help to disrupt subconscious or inherited narratives about yourself or technology-use.
- boundaries help to change unwanted habits
- boundaries allow us to be more creative about what we want and need

**Developing a digital boundary:**

1. What digital boundary do you want to try out this week?
2. What personal value(s) does it help you align with?
3. How does it support your creative process?
4. What kind of boundary does it help you uphold?