Setting Intentionality and Consciousness for Caring and Personal Healing
Adapted from Dr. Jean Watson (2008)
Joseph Giovannoni DNP, APRN-Rx, PMHCNS-BC

Caring in the Beginning

Begin the day with silent gratitude; set your intentions to be open to
give and receive all that you are here to give and receive this day;
intend to bring your full self, in the day-to-day moments of this day;
cultivating a loving, caring consciousness toward yourself and all
others who enter your path.

Caring in the Middle

Take a quiet moment to "center," to empty out, to be still with yourself
before each interaction with your client or colleagues; cultivate a
loving-caring consciousness toward each client and each situation you
encounter throughout the day; make an effort "to see" who the
spirit-filled person is behind the client or colleague.

Return to these loving-centered intentions again and again, throughout
the day, helping yourself to remember why you are doing this work.

In the middle of stressful moments, remember to breathe; ask for
guidance when unsure, confused, and frightened; forgive and bless
each situation.

Let go of that which you cannot control.

Caring in the End

At the end of the day, fold these intentions into your heart; commit
yourself to cultivating a loving-caring practice for yourself.

Use whatever has presented itself to you this day as lessons to teach
you to grow more deeply into your own humanity and inner wisdom.

At the end of the day, offer gratitude for all that has entered the sacred
circle of your life and work this day.

Bless, release, and dedicate the day to a higher, deeper order of the
great sacred circle of life.
Caring Continuing

Create your own intentions and your own authentic practices to prepare your Caritas Consciousness; find your individual spiritual path toward cultivating and caring consciousness and meaningful experiences in your life and work and the world.