

The 7 Cs of Success for Faith Community Nurses (adapted from Tom Morris "7 Cs of Success")

\* A clear **conception** of what we want – a vivid vision, a goal clearly imagined:

Our goal...to empower others to integrate their faith and health through education, support, advocacy, resources and referral....

\*A strong **confidence** that we can attain the goal:

Our confidence is in God - our higher power – where our strength, confidence and competence comes from

\* A focused **concentration** on what it takes to reach the goal:

Our presence and therapeutic listening...when in doubt – Henri Nouwen quote

\*A stubborn **consistency** in pursuing our vision:

The power of prayer and putting our hope in the living God and then put it in a plan...how will you begin, then how will you sustain – pursue your vision

\*An emotional **commitment** to the importance of what we are doing:

Strive for and maintain a healthy spirituality for ourselves – connectedness, meaning, trust, hope, joy.... 3 legs of a stool: piety/study/action

\*A good **character** to guide us and keep us on a proper course:

Keeping healthy boundaries can be a challenge in this work but networking with other FCN/mentoring/life-long learning opportunities...will help

\*A **capacity** to enjoy the process along the way:

Remember not to take yourself too seriously! What IS your philosophy of life that keeps you going each day?

My philosophy....Love (find something every day to love), listen (to God and others around you), learn (from your mistakes), laugh (it is so healthy for you), let go (we will never be perfect) and live (life fully...one day at a time)!

Cher Nelson Nov 2010