

2. Describe the Digital Vision Board, your Caring Values Project from 490 and your future plans in a Reflective Statement (200 words). Include the reflective statement from this assignment in your e-Portfolio.

This vision board represents my future goals over the next few years. When designing this vision board, I have attempted to keep my core values aligned with my future motivations. Core caring values such as compassion, trust, humor, dependability, and teamwork are some values that have been emphasized in the curriculum of this BSN program. The updated vision board demonstrates my next few endeavors, one main goal is obtaining a master's degree and becoming an FNP. With this new FNP master's degree I plan to transition to the Kaiser Permanente downtown hospital once it is built. Utilizing caritas processes as well as many other theories learned in this program, I hope to create many caring moments and deeper profound connections with my patients.

Between now and beginning the journey to a master's degree I plan to do some much needed relaxing. Camping, traveling, and road tripping are just a few items on the to-do list. Travelling to Australia has been a lifelong dream I promised myself upon completion of my BSN. I look forward to reacquainting myself with my hobbies, such as my neglected road bike, scuba diving, and my home brewery that has collected some dust over the last two years. After spending much of my free time working on schoolwork rather than relaxing, I feel that I must make up for some lost time with my family. This program has shown me the importance of work life balance, and how small amounts of stress in a supportive environment builds resilience.

After vacationing I plan to continue to pursue my clinical ladder aspirations, applying for my staff nurse four title in November. I have enjoyed role modeling to my daughters the importance of education, regardless of age. I wouldn't be here today without the love and support from my family as well as fellow classmates. I have learned so much from this program,

such as the importance of being present, authentic, and compassionate. My leadership and organizational knowledge gleaned from this program motivate me to be a positive influence of change with my organization and team. I hope to keep the momentum going to continue to accomplish the goals I have set forth.

3. A reflection of the differences, changes and growth from your 460 Vision board and this newly created digital vision board (200 words).

Aligning my caring principles with goals set forth, the new vision board serves as a reference or guide for self-growth. Since the last vision board, I feel like I have had tremendous growth in many categories. Some examples are educational growth, personal growth, spiritual growth, and a newfound perspective on wholeness and compassion. These areas of growth have rejuvenated my passion for nursing and stoked the fire of self-development. Looking at the two vision boards I can clearly see a deeper sense of meaning in my new vision board. The words placed on the board show my motivations are more well rounded and encompass a caritas approach to care.

One of the major changes that has occurred is in the area of emotional wellbeing. This program has given me a boost in confidence. This program has illuminated a deeper meaning of my “why” and what it means to be a nurse. I feel very confident in my personal life and great overall satisfaction in obtaining a BSN. What I did not expect was the strong desire to continue with my education. I was very focused on completing the current RN to BSN program with minimal reference to the FNP master’s degree program in my previous vision board.

My last board depicted motivation for staying focused and overall health. The new board focuses more on relaxation balanced with goals for future growth. The new board exemplifies a balanced approach with half of the goals focused on education and career, and the other half

focused on relaxation and activities that bring me happiness. The words chosen for the new board reflect a newly developed caritas focus. While most of my core values remain unchanged, I have added a few new principles for guidance.