

# Morning Routine Checklist

*44 ideas to help you create a plan you'll stick to*



- ☐ choose a time
- ☐ make your bed
- ☐ leave phone out of reach
- ☐ open blinds
- ☐ light a candle or turn on diffuser
- ☐ drink a glass of water with a sprinkle of salt



- ☐ take a shower
- ☐ wash face
- ☐ style hair
- ☐ apply makeup
- ☐ put on an outfit you feel good in
- ☐ put on sunscreen
- ☐ brush teeth
- ☐ floss

- ☐ 5 min stretch
- ☐ walk
- ☐ workout
- ☐ take vitamins
- ☐ make a healthy breakfast
- ☐ yoga
- ☐ put on a face masque
- ☐ cold exposure



- ☐ do a quick tidy
- ☐ wipe down counters
- ☐ set the mood in your space
- ☐ start a load of laundry
- ☐ prep dinner

- ☐ read fiction
- ☐ read personal development journal
- ☐ notice feelings
- ☐ meditate
- ☐ affirmations
- ☐ pray
- ☐ visualize goals
- ☐ do breathing exercises
- ☐ do grounding exercises
- ☐ gratitude
- ☐ write out to do's for the day
- ☐ step outside & breathe in
- ☐ listen to music
- ☐ listen to podcast
- ☐ be creative
- ☐ connect with a loved one

# Morning Routine Review Open Now

**Albert Shaw**



## Morning Routine Review Open Now:

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Progressive case studies are introduced at the beginning of the chapter and are then used to tie together the care plan concept map and clinical decision making exercises Focused Patient Assessment tables include actual questions to help you learn how to effectively phrase questions to patients as well as target physical assessment techniques Nursing skills at the end of each chapter feature full bleed coloring on the edge of the page to make them easy to locate Safety guidelines for nursing skills sections precede each skills section to help you focus on safe and effective skills performance Detailed care plans in the text and on Evolve demonstrate the application of the 5 step nursing process to individual patient problems to help you understand how a plan is developed and how to evaluate care Unexpected outcomes and related interventions for skills alert you to possible problems and appropriate nursing action Patient Teaching boxes help you plan effective teaching by first identifying an outcome then developing strategies on how to teach and finally implementing measures to evaluate learning Care of the Older Adult boxes highlight key aspects of nursing assessment and care for this growing population Key points neatly summarize the most important content for each chapter to help you review and evaluate learning Evidence Based Practice boxes include a PICO question summary of the results of a research study and a F description of how the study has affected nursing practice in every chapter Patient Centered Care boxes address racial and ethnic diversity along with the cultural differences that impact socioeconomic status values geography and religion 65 Skills and procedural guidelines provide clear step by step instructions for providing safe nursing care 5 step nursing process provides a consistent framework for clinical chapters Concept maps visually demonstrate planning care for patients with multiple diagnoses NOC outcomes NIC interventions and NANDA diagnoses are incorporated in care plans to reflect the standard used by institutions nationwide

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In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Morning Routine Review Open Now**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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