

Morning Routine Checklist

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

waking up



- 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

getting ready

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

body



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

home



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

mind



- 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

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The Vegan Andrew Lipstein, 2023-07-11 Named a Must Read Book of 2023 by TIME and ELLE Named a New York Times Critics Pick of 2023 A most anticipated book from The New York Times Vanity Fair ELLE Town Country Shondaland i D Lit Hub more In The Vegan Andrew Lipstein challenges our notions of virtue with a brilliant tale of guilt greed and how far we'll go to be good Herschel Caine is a soon to be master of the universe His hedge fund built on the miracle of machine learning is inches away from systematically extracting obscene profits from the market His SoHo offices shoes optional therapy required have been fine tuned to reel in curious investors But on the night of May 12 at his elegant Cobble Hill townhouse he has something else on his mind the dinner party he and his wife have devised to woo their new A list neighbors When the evening fizzles Herschel indulges in a devilish prank that goes horrifically awry plunging him into a tailspin of guilt and regret As Herschel's tightly constructed world starts to unravel he clings to the moral clarity he finds in the last place he'd expect a sudden connection with a neighborhood dog A wildly inventive reality bending trip The Vegan holds a mirror up to its reader and poses a question only a hedge fund manager could ask Is purity a convertible asset The more Herschel disavows his original sin and the more it threatens to be revealed the more it becomes something else entirely a way into a forgotten world of animals nature and life beyond words **Flight** ,1924 *Barrel and Box and Packages* ,1917

Scientific American ,1899 **Transitioning into Hospital Based Practice** Mona N. Bahouth, Kay Blum, Shari Simone, 2012-11-20 This is a unique and needed addition to the nursing literature Historically the role of the nurse practitioner was focused on primary care but as the healthcare environment has changed so has the need for nurse practitioners in the hospital setting This valuable resource is a wonderful guide for nurse practitioners and administrators working to successfully create this transition in their organizations Score 98.5 Stars Doody's Medical Reviews Transitioning into Hospital Based Practice A Guide for Nurse Practitioners Administrators is the first text to address the mutual issues of both NPs and administrators in successfully implementing NP practice in hospitals This book addresses the planning implementation and evaluation process as well as the key factors that are critical to the success of the individual NP and incorporates practical guidance from national NP experts The NP recruitment orientation mentoring and professional development are key to the individual and collective success of both the NP and the organization's outcomes It is the commitment to this mutual success that sets this book apart from any other texts on this subject and makes it indispensable for students practicing NPs and administrators alike Key Features Provides concrete strategies for the NP and Administrator that support the transition from clinic to hospital based APN practice Addresses a growing need for role identification and integration of the NP role into the hospital setting Covers the planning implementation and evaluation process of the hospital based NP Focuses on the improvement of patient outcomes and cost reduction Written by national NP experts *Report* Commonwealth Shipping Committee, 1915 **The Leisure Hour** ,1893 **Administration** ,1923 Includes critical reviews

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