

THREE REAL PAGES FROM

The Nurse's 90-Day Focus & Flow System

An ADHD-friendly planner and workbook for neurodivergent nurses

This is not a sample chapter. It is one complete day of the system, plus the reflection page that day feeds into, copied straight out of the book interior.

Page 23 - Day 1.

Pre-shift brain dump, the hour-by-hour shift timeline with day and night times side by side, and the meds, labs and procedures due.

Page 24 - Day 1, continued.

Priority matrix, charting tracker, and the micro-tracker for sleep, meds, water, energy, mood and meals.

Page 37 - Week 1 reflection.

What went well, where you struggled, and what changes next week.

PRINTING

US Letter, portrait, at 100% scale. Do not use "fit to page" - it shrinks the checkboxes and the timeline rows past the point of being writable.

WEEK 1 | DAY 1
DATE: ____ / ____ / ____

SHIFT: ☐ Day ☐ Night ☐ Off

PRE-SHIFT BRAIN DUMP

Get it out of your head and onto paper before the first alarm.

SHIFT TIMELINE

DAY / NIGHT

0700 1900	
0800 2000	
0900 2100	
1000 2200	
1100 2300	
1200 0000	
1300 0100	
1400 0200	
1500 0300	
1600 0400	
1700 0500	
1800 0600	
1900 0700	

MEDS DUE

☐ _____

☐ _____

☐ _____

☐ _____

LABS DUE

☐ _____

☐ _____

☐ _____

☐ _____

PROCEDURES

☐ _____

☐ _____

☐ _____

☐ _____

WEEK 1 | DAY 1 | TASK & WELLNESS

TODAY'S INTENTION: _____

PRIORITY MATRIX

URGENT + IMPORTANT DO FIRST ☐ _____ ☐ _____ ☐ _____	IMPORTANT, NOT URGENT SCHEDULE ☐ _____ ☐ _____ ☐ _____
URGENT, NOT IMPORTANT DELEGATE ☐ _____ ☐ _____ ☐ _____	NOT URGENT + NOT IMPORTANT DEFER ☐ _____ ☐ _____ ☐ _____

CHARTING TRACKER

- | | | | |
|------------------------------------|-------------------------------------|------------------------------------|------------------------------|
| ☐ Admit | ☐ Assessment | ☐ Meds | ☐ I&O |
| ☐ Education | ☐ Procedures | ☐ Discharge | |

DAILY MICRO-TRACKER

- | | | | | |
|----------------|----------------------------------|-------------------------------|----------------------------------|------------------------------|
| Sleep: | ☐ <6h | ☐ 6-7h | ☐ 7-8h | ☐ 8+h |
| Meds: | ☐ Taken | ☐ Late | ☐ Skipped | |
| Water: | ☐ <4 | ☐ 4-6 | ☐ 6-8 | ☐ 8+ |
| Energy: | ☐ Low | ☐ Med | ☐ High | |
| Mood: | ☐ Rough | ☐ OK | ☐ Good | |
| Meals: | ☐ Skipped | ☐ 1 | ☐ 2 | ☐ 3+ |

END-OF-SHIFT WIN: _____

WEEK 1 REFLECTION

What went well this week? (Be specific - name 3 things)

Where did I struggle most? (Patterns, not isolated events)

Which system or tool helped me the most this week?

What will I do differently next week?

WEEK AT A GLANCE

Shifts worked: ____

Shifts missed: ____

Breaks taken: ____/____

Charting completed on time: ____ shifts

What else is in the book

84 daily spreads across twelve weeks.

Two pages per day, Day 1 through Day 84, in the format you just printed, then a final Days 85-90 phase for locking the system in.

12 weekly modules, each with a reflection page, including:

Know Your ADHD Nurse Brain, Mapping Your Current Workflow, Brain sheet design, medication rounds, charting, communication, when everything goes wrong, emotional regulation, time blindness, hyperfocus, sustainable systems, and burnout prevention.

5 emergency protocols.

Overwhelm during a critical task, emotional dysregulation, a time-blindness deadline crisis, hyperfocus recovery, and a burnout checkpoint. Two pages each, the second with a prevention strategy and space to write your own version.

An ADHD self-assessment for nurses.

Taken before Day 1, and again at the end, so you can see what moved.

Get the book:

<https://www.amazon.com/dp/B0GVTDQ428>