



MY DOPAMINE MENU

Starters: Quick hits of motivation through brief, low-effort activities (ex. making coffee, one minute of jumping jacks, stretches, taking a quick walk)

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Entrées: Deep-work nourishment via more time-consuming or focused tasks (ex. cooking a special meal, spending time on a hobby, taking a relaxing bath)

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_____	_____

Sides: Small boosters to make boring tasks more enjoyable (ex. putting a background music, using a fidget, lighting a candle)

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_____	_____

Desserts: Your default, easy-access dopamine activities, possibly overused (ex. scrolling through social media, playing video games)

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_____	_____

Specials: Rare, often more expensive or effortful experiences that bring high joy (ex. attending a concert, taking a vacation, seeing a comedy show)

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