My Dopamine Menu - Free Sample

When you're bored, stuck or flat, order something off the menu. No reservations needed.

Starters

Quick little sparks, 1-5 min

- [ ] Dance to one song
- [ ] Make a fancy drink of water
- [ ] Step outside for 2 minutes
- [ ] Pet an animal (or a soft blanket)

my own: _____

Mains

Bigger boosts, 15-30 min

- [ ] Go for a walk with a podcast
- [ ] Cook something fun
- [ ] Call a friend
- [ ] Make some art

my own: _____

Sides

Pair with boring tasks

- [ ] Music or a playlist
- [ ] Body doubling with a friend
- [ ] Fidget toy
- [ ] A timer race

my own: _____

Desserts

Fun, but in moderation

- [ ] Scrolling (set a timer!)
- [ ] One episode of a show
- [ ] Video games
- [ ] Online window shopping

my own: _____

Specials

Rare treats, plan ahead

- [ ] Day trip
- [ ] Concert or event
- [ ] New hobby class
- [ ] Visit somewhere new

my own: _____