



DOPAMINE

MENU

Entrées

Play guitar / Go for a workout / Walk with a podcast / Host a game night /
Cook a new recipe / Make a TikTok / Go to yoga / Take your dog to the park /
Deep clean a room / Spend one-on-one time with a friend

Appetisers

Jumping jacks / Drink coffee / Stretch for one minute / Set a timer for 5-
minute scroll / Change into cozy clothes / Step outside / Light a candle /
Splash cold water on your face / Spray perfume / Put on lip balm

Sides

Play a playlist / Light a candle / Make it a challenge / Open the window /
Add movement / Time yourself / Set a fun reward / Change location /
Use a new tool or app

Desserts

Mindless snacking / Playing video games solo / Rewatching old shows /
Texting without connection / Binging YouTube / Zoning out to
background TV / Group chats with no energy

Specials

Concerts / Weekend trips / Thrift hauls / Buying a new outfit /
Spontaneous dinner out / Museum or gallery visit / Booking a class or
workshop / Taking the scenic route / Decorating or styling a space