Dopamine menu

Decide what feels good before you need it

Starters

Five minutes or less. Cheap, quick, no setup.

Mains

Thirty minutes plus. Worth planning for.

Sides

Things to do alongside a boring task.

Desserts

Great in small amounts. Set a limit and write it here.

Stuck? Pick a starter. Bored? Add a side. Long day done? Have a main.

Dopamine menu example

Decide what feels good before you need it

Starters

Five minutes or less. Cheap, quick, no setup.

- One song, loud
- Step outside for two minutes
- Cold glass of water
- Stretch against a wall
- Text someone a photo
- Make a coffee or tea

Mains

Thirty minutes plus. Worth planning for.

- A walk with a podcast
- Cook something new
- Gym, swim or a class
- Build, paint or fix a thing
- Call a friend properly
- An hour on a hobby

Sides

Things to do alongside a boring task.

- A playlist you only use for chores
- Body doubling on a video call
- Fidget or chewing gum
- Work from a café
- A timer and a race against it
- Good snack, within reach

Desserts

Great in small amounts. Set a limit and write it here.

- Scrolling, 15 minutes, timer on
- One episode, not three
- A game, one round
- News, once, at lunch
- Online shopping cart, no checkout
- YouTube, until the timer

Steal what fits, cross out what doesn't. Yours should be specific to you.