

# DOPAMINE . . . . MENU!

## STARTERS!

YOU CAN  
DO IT!

## ENTRÉES / MAINS!



## SIDES!



## DESSERTS



**STARTERS:** Quick 10 min Activities that bring you joy ie. A short walk.

**ENTRÉES:** Things you're passionate about but take up bigger chunks of time.

**SIDES:** Things you can do at the same time as more boring tasks to keep your brain stimulated.

**DESSERTS:** Treats that are easy to over-indulge in ie. scrolling on tik-tok