

DOPAMINE

Menu

APPITIZERS

Takes less than 30 minutes to do

- PLAY YOUR FAVORITE SONG
- DEEP BREATHING EXERCISE
- QUICK STRETCH
- MAKE A CUP OF HOT TEA, BROTH, OR COFFEE
- QUICK TIDY/DECLUTTER

MAIN

Hobbies/things that bring you joy but will require more time

- WORKING OUT
- SOLO DANCE PARTY
- COOK YOUR FAVORITE MEAL
- READ A BOOK
- EVERYTHING SHOWER

À LA CARTE

Little things you can add on or stack to boring tasks

- LIGHT YOUR FAVORITE CANDLE
- LISTEN TO YOUR FAVORITE PODCAST, YOUTUBER, ETC
- FAVORITE SNACK OR DRINK

DESSERT

Fun to indulge in moderation

- SOCIAL MEDIA SCROLL
- AN EPISODE OF YOUR FAVORITE SHOW
- ONLINE SHOPPING