

Feeling stuck?



Brain out of fuel?

Order from The Dopamine Menu

The **ADHD brain is like a picky eater**—it won't touch a dish just because someone says it is important. Only flavorful "dishes" make it pick up a fork. The best flavor? *Interest. Novelty. Urgency.*

Enter dopamine—the ultimate flavor-enhancer—the brain chemical that powers motivation, focus, and follow-through.

Without it, everything on your to-do list just looks... gross.



When even the "easy stuff" is hard, feed your brain what it will actually eat.

Each menu item fuels your brain. This gives you momentum to do what you wanted to do when the "picky eater" showed up.



The next time just thinking about your To Do list is unappetizing, try choosing one menu item to boost your dopamine.



Post the Menu

It is hard to order at a new restaurant if you don't have a menu. Perhaps you can keep it:

- By your desk or bed
- On the fridge or a mirror
- A phone background or widget
- Create a sticky note menu on the wall

Your brain's favorite dishes? Your creations!

Enhance your menu by adding your brain's go-to boosts, on the template is include on the last page.

DOPAMINE MENU

feel-good, motivation-boosting activities and why they work

APPETIZERS

quick boost for boredom, transitions,
or low energy moments

Cold Water Blast

Splash your face or take a cold shower.
*The shock triggers a burst of dopamine, soothes
your nervous system, and increases alertness.*

Dance Party for One

Move to a favorite song like nobody's watching.
Movement and music light up reward circuits.

Gratitude Snap

List 3 things you're grateful for—fast.
*Gratitude with an added bonus: rewires your focus
toward positivity.*

5-Minute Tidy Tornado

Race the clock to clean a space.
*Small wins over something you can control + visual
progress = satisfying dopamine reward.*

SIDE DISHES

short break to reset or recharge

Coin Flip Challenge

Flip a coin. If it is heads, do plank for 30
seconds. Tails? Balance on one foot.
*Sensory input + novelty = improved dopamine
delivery and calm focus.*

Pet Time or Plant Time

Hang out with your dog or water your plants.
*Connection and care release feel-good chemicals
like dopamine and oxytocin.*

Build It

Use LEGOS or random stuff (paperclips, tape,
scrap wood, cardboard, etc) to build something
ridiculous or cool. Remember to include clean
up time!
*Problem-solving + creativity + visual progress =
instant brain reward.*



MAIN COURSES

spark sustained momentum

Puzzle or Brain Teaser Time

Work on a puzzle, Sudoku, Rubik's Cube, etc.
"Ah! Got it!" feeling is dopamine at work.

Power-Up Break

Try yoga, dance, stretches, or strength training
Exercise boosts endorphins and dopamine.

Cooking Challenge

Pick a simple recipe and make something new.
*Sensory experience mixed with creativity and
reward.*

Move It, Nature!

Walk or run in nature. Add interest with a
podcast, book, music, or a friend
Beauty, movement, and novelty signal reward.

DESSERTS

fullfilling, immersive fuel

Passion Project Time

You chose—a story, comic, playlist, video edit.
*Intrinsic motivation + autonomy = powerful
dopamine driver.*

Journaling Jam

Reflect, dream, vent, or story-write.
*Processing emotions and events through writing
helps regulate your mood.*

Game Time!

Connect with friends and play a board game,
cards, a roll playing game, improv, etc.
Social connection and laughter spark reward.

Space Remix

Rearrange furniture or decorate a small space
Novelty + physical movement = happy brain.

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MY DOPAMINE MENU

FEEL-GOOD, BRAIN BOOSTING ACTIVITIES

APPETIZERS

quick boost for boredom, transitions,
or low energy moments

SIDE DISHES

short break to reset or recharge

MAIN COURSES

spark sustained momentum

DESSERTS

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