

# Dopamine Menu Template

This template helps you design your personal dopamine menu. Add small, medium, and big activities that naturally lift your mood, improve focus, and bring calmness. Print it, fill it, and keep it handy for daily use.

Category	Examples	Your Ideas
Micro (1–5 mins)	Stretching, deep breathing, listening to one song	
Medium (10–30 mins)	Walking outdoors, journaling, cooking a healthy snack	
Macro (30+ mins)	Exercising, meeting friends, learning a skill	

## How to Use This Template

- Pick one activity from your menu whenever stress or fatigue hits.
- Mix micro, medium, and macro activities throughout the day.
- Update your menu weekly to keep it fresh and motivating.