

# Dopa-Menu



**Create your own Dopa-Menu!** Think of your Dopa-Menu as your Rolodex of feel-good ideas to reach for the next time you're feeling like you need that shot of dopamine. I recommend putting it up somewhere you can see it, whether that's on your fridge or set as your phone background. Set yourself up for success by preparing as much of the materials you might need on your Dopa-menu as you can ahead of time—we're harnessing habit formation theory here, and **we want to make the cue more visible and reduce any friction.**

## Creating your dopa-menu

- Think about the activities that make you feel excited to complete + good after completion
- BE SPECIFIC. Remember we want to remove as many decisions as possible. So don't just put down "watch tv", write what tv show or movie you'd sit down and watch.

## Prep your ingredients

- Make sure you have all necessary tools
- Prepare everything you can ahead of time
- Set activities up the night before
- Display your menu somewhere you can easily see



Make your own!



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## APPETIZERS


## MAINS

## LENGTH

## SIDES

## DESSERT