THE DOPAMINE MENU

STIMULATION PROTOCOL // PRE-DECISION SYSTEM

DATE: [ ]
STATUS: [ ]

SYSTEM WARNING: DO NOT GO GROCERY SHOPPING WHEN HUNGRY. ORDER OFF THE MENU.

01 // SELECT YOUR STIMULATION

APPETIZERS — QUICK HITS

Instant dopamine. Low effort. (e.g., Music, Pet dog, Snack).

ENTRÉES — DEEP FLOW

Fulfilling activities. Requires setup. (e.g., Coding, Art, Gaming).

SIDES — ENHANCERS

Add to boring tasks to make them surviveable. (e.g., Podcasts).

DESSERT — HIGH RISK

Zero effort, high reward. Use with caution. (e.g., TikTok, Scrolling).

02 // CHEF'S RULES

DESSERT IS NOT DINNER
You cannot survive on scrolling alone. It feels like rest, but it drains battery. You need an Entrée to feel human.

PREP INGREDIENTS
Friction kills the Entrée. Keep the controller charged. Keep the sketchbook open. Remove the "setup" step.

ROTATE THE MENU
What worked last week might be boring today. If nothing looks good, print a new sheet.