



## Week 2: Create Your Dopamenu 🍪

*Your brain runs on dopamine. It's the chemical that makes you feel motivated, excited, and rewarded. But not all dopamine hits are created equal! Some activities give you long-term energy and focus (energy givers), while others leave you feeling drained and unmotivated (energy takers). **Today, you'll create your own Dopamenu—so you can start making choices that fuel you instead of drain you.***

### **Appetizers** 🥖🥗🍓

Quick activities that take 1-10 minutes (favorite song, quick walk, cold shower, tidy room, etc.)

### **Entrees** 🍔🍕📺

Time consuming activities that take 30+ minutes (long walk, exercise, sports, cooking, etc.)

### **Desserts** 🍪🍭🍩

Time-sucking unproductive 'treats' (scrolling, snapchat, video games, sugary foods, etc.)