

# My Dopamine Menu

healthy mood-boosters organized by effort level

## APPETIZERS (5 minutes or less)

*Quick hits when you need a fast mood shift*

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## ENTREES (30-60 minutes)

*Activities that genuinely fill you up*

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## SIDES (pair with anything)

*Background boosters that layer on top of your day*

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## DESSERTS (use sparingly)

*Indulgent treats to enjoy intentionally*

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## SPECIALS (rare treats)

*Worth saving up for and looking forward to*

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*Tip: Update this every month. Your menu should change as your life does.*

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