



Dopamine Menu & Task Breakdown Kit

ADHD-friendly · menus, starters, breakdowns & rewards

How to use your dopamine menu

Healthy dopamine on purpose, instead of endless scrolling

- 1** Fill your menu when you feel OK — not when you are stuck.
- 2** Starters (2–5 min) give a quick lift. Mains (20–60 min) refill you properly.
- 3** Sides pair with boring tasks: music, a podcast, a fidget, a nice drink.
- 4** Desserts are fun but easy to overdo (scrolling, snacks). Set a timer.
- 5** Specials are rare treats: a day trip, a concert, a new hobby class.
- 6** Stuck? Break the task into steps so small they feel silly, then do step 1.
- 7** Not a medical product — it's a practical self-help tool.

My dopamine menu (example)

Starters · Mains · Sides · Desserts · Specials

STARTERS · 2-5 MIN

- ☐ Cold water on face
- ☐ One song, dance
- ☐ Step outside
- ☐ Stretch
- ☐ Text a friend
- ☐ _____

MAINS · 20-60 MIN

- ☐ Walk or run
- ☐ Cook something new
- ☐ Creative hobby
- ☐ Gym class
- ☐ Call someone I love
- ☐ _____

SIDES · PAIR WITH BORING TASKS

- ☐ Favourite playlist
- ☐ Podcast
- ☐ Fidget toy
- ☐ Nice drink
- ☐ Body doubling
- ☐ _____

DESSERTS · SET A TIMER

- ☐ Social media 15 min
- ☐ TV episode
- ☐ Game 20 min
- ☐ Snack
- ☐ Online browsing
- ☐ _____

SPECIALS · RARE TREATS

- ☐ Concert or show
- ☐ Day trip
- ☐ New hobby class
- ☐ Massage
- ☐ Weekend away
- ☐ _____

My dopamine menu

Starters · Mains · Sides · Desserts · Specials

STARTERS · 2-5 MIN

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

MAINS · 20-60 MIN

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SIDES · PAIR WITH BORING TASKS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DESSERTS · SET A TIMER

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SPECIALS · RARE TREATS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Enjoying the free sample?

The full Dopamine Menu & Task Breakdown Kit includes task breakdowns, energy lis

Get the full version — \$3.99

calchubtemplates.lemonsqueezy.com/checkout/buy/822591b7-1eea-4cd5-a748-409a38d7f71a