RVOSTUDIO

FREE ADHD PRINTABLE

My Dopamine Menu

A menu of things that actually feel good — so when your brain's flat and reaching for the doomscroll, you've already decided. Fill it in once; keep it where you'll see it.

Quick hits

2–5 min — a fast little lift

Bigger joys

20+ min — properly good for you

Do-alongside

pair WITH a boring task

Go easy on these

fine in small doses — set a timer

There's no wrong answer. If it's good for you, it belongs on the menu.