

Dopamine Diary

Keep a track of your habits and activities you are doing to increase your dopamine. A good place to look first is in the moments you are getting distracted or look for the things/activities that work to move you out of procrastination. You might find things hard to spot at first because the switch to dopamine giving activities is often unconscious but once you start looking you should begin to see what it is you do. You may want to use the information from this Dopamine Diary to help produce a Dopamine Menu.

| Day | Time of day | What I did to get dopamine (e.g. scrolling on phone) | What was I doing at the time (e.g. writing a work document) | How was I feeling before (e.g. was feeling bored) | How did I feel afterward/what changed (e.g. completely lost in the moment) |
|-----|-------------|--|---|---|--|
| Mon | | | | | |
| Tue | | | | | |
| Wed | | | | | |

| | | | | | |
|-------------|--|--|--|--|--|
| Thur | | | | | |
| Fri | | | | | |
| Sat | | | | | |
| Sun | | | | | |

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|---------------------------|
| Notes/Observations |
|---------------------------|

You can use this Dopamine Diary as it is or adapt it to best suit your way of doing things e.g. change the headings or format. You might want to just keep notes on your phone or jot things down on a scrap of paper as things happen. Before you start, have a think about how you want to do it and what might stop you from get it done.