

Dopamine Menu Planner — Plan Your Joy Activities

A dopamine menu is a personalised list of activities that genuinely boost your mood — from a 5-minute activity to a half-day project. This planner helps you build and schedule yours.

How it works

Group activities by time needed: 2 minutes (drink water, stretch), 10 minutes (walk, music), 30 minutes (bath, creative project), half day (day trip, big cook). Having the menu made means you don't have to think when your mood is low.

Free printable from Petal & Paper — <https://247printables.com>