

# DOPAMINE MENU

## **Appies**

Activities you can do easily and quickly.

## **Mains**

Activities that fill you up, but take a little longer.

## **Sides**

Things you can add, to make other activities more enjoyable.

## **Desserts**

Your default activities, that should only be done in moderation.

## **Specials**

Activities that are harder to do but bring lots of joy.