

ADHD symptom tracker

Month:

DOPAMINE BOOSTS TODAY!

Overwhelm
Annoyance
Frustration
Anxiety
Stress
Insecurity
Sadness
Vulnerability
Tiredness
Forgetfulness
Overwhelm
Low mood
Procrastination
Motivation
Hyperactivity
Daydreaming
Detachment
Disregulation
Other

16

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60 Daily Dopamine Boosters

Choose some that appeal to you and add any you do to your trackers !

Challenge your brain

- Learn something new like a hobby or skill.
- Find a good book to read or listen to
- Solve a puzzle like Sudoku or a crossword.
- Play a strategy game.
- Write something—a story or blog, journaling, or poems.
- Try brain-training apps or games.

Get moving

- Go for a run or jog.
- Dance around your living room.
- Hit the gym for a workout.
- Stretch it out with yoga or basic stretches.
- Take a walk in the park or explore nature.
- Join a sports team or play a pick-up game.

Fuel up right

- Snack on protein or good fat for fuel.
- Take an Omega 6 Supplement.
- Add a good Multivitamin.
- Enjoy a probiotic drink.
- Stay hydrated—drink plenty of water.
- Cut back on sugary or processed foods.

Relax and recharge

- Try meditating, even for just a few mins.
- Take deep, calming breaths.
- Write down things you're grateful for.
- Use aromatherapy with calming scents.
- Log off from your screens for a while.
- Take a warm bath with Epsom salts.
- Lie on a shakti mat
- Have acupuncture or a massage.

Build better habits

- Create a morning routine that lifts you.
- Get 5 mins of sunlight to the eyes.
- Track your habits or mood to notice patterns.
- Set boundaries to protect your time
- Review your personal goals.
- Invest in self-education by courses or workshops.

Grow personally

- Reflect on your personal values and goals.
- Work on forgiving yourself and others.
- Try spiritual practices like mindfulness.
- Read inspiring or motivational books.
- Learn more about ADHD
- Stay curious and open-minded to new ideas.

Stay connected

- Hang out with friends or family.
- Join a local group with shared interests.
- Volunteer for a cause you care about.
- Swap skills or knowledge with others.
- Have a meaningful, deep conversation.
- Attend a local community event.

Get stuff done

- Tidy up or organise your workspace.
- Set a small, achievable goal.
- Celebrate a tiny win
- Give yourself a compliment
- Use a timer to stay focused
- Cook a new recipe.
- Make something crafty.

Switch it up

- Make sleep a priority today
- Declutter a drawer, cupboard or room.
- Make some abstract art - no rules!
- Put something on that makes you feel good.
- Take a break from your usual routine.
- Explore a new place nearby or far away
- Eat or drink something new

Freshen your space

- Rearrange your furniture for a fresh vibe.
- Do a sensory hobbies - knitting or pottery.
- Stargaze or watch a sunrise/sunset.
- Take scenic walks or drives to soak in new views.
- Decorate your space with uplifting images or quotes.
- Experiment with new scents, like candles or essential oils.

