

D.O.S.E. Check-In

A weekly look at four feel-good brain chemicals and everyday ways to support them.

Check the boxes for the days you did something that fed each one. There are no grades here, only noticing.

Dopamine — motivation & reward

Finish a small task, set a tiny goal, celebrate a win, try something new.

M ☐ T ☐ W ☐ Th ☐ F ☐ Sa ☐ Su ☐

Oxytocin — connection & trust

Hug someone, call a friend, pet an animal, give a sincere compliment.

M ☐ T ☐ W ☐ Th ☐ F ☐ Sa ☐ Su ☐

Serotonin — mood & calm

Get morning sunlight, walk outside, eat regular meals, write one gratitude.

M ☐ T ☐ W ☐ Th ☐ F ☐ Sa ☐ Su ☐

Endorphins — relief & lift

Move your body, laugh, stretch, listen to music you love, a warm shower.

M ☐ T ☐ W ☐ Th ☐ F ☐ Sa ☐ Su ☐

Reflect

Which one felt easiest to feed this week?

One thing I'll try next week:
