

[Positive, motivating](#) experiences
([dopamine](#))

Negative experiences/[stressors](#) ([cortisol](#))

Experiences today		
More of these	Changes that might help	Fewer of these
Sources of Each		
Autonomy Mastery - make progress Purpose Journal and meditate on your accomplishments Novelty Money (for a moment) Physical pleasure Eating Exercise & Resting	Environmental stressors - hot, bright, loud Daily stress events - traffic, frustrations Life changes - loss, moves Workplace stressors - overwork, frustration Chemical stressors - tobacco, drugs Social stressor - family, others	
Results of Each		
Pleasure Reward Confidence Proactive planning Creativity	Fear Sadness Avoidance of risk Difficulty remembering and planning Rational decision-making	