

Positive, Motivating Experiences (Dopamine) Wisdom Jig

Prepared by: _____ on _____

My experiences today

Positive, motivating	Negative stressors
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Sources of Dopamine Rewards

- Autonomy
- Mastery - make progress
- Purpose
- Gratitude and satisfaction - meditate/journal on your successes
- Novelty
- Money (for a moment)
- Physical pleasure
- Eating
- Exercise & Resting

Sources of Cortisol

- 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

More of these

Changes that might help

Fewer of these

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