

# Positive, Motivating Experiences (Dopamine) Wisdom Jig

Prepared by:

Date:

My experiences today:

Positive, motivating	Negative stressors
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## Sources of Dopamine Rewards

## Sources of Cortisol

Autonomy  
Mastery - make progress  
Purpose  
Gratitude and satisfaction - meditate/journal on your successes  
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

More of these

Changes that might help

Fewer of these

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More information on using this wisdom jig is available in the book, *Humane Leadership*.