

Dopamine Nation

by Anna Lembke

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

- ⁰¹ **Run a dopamine inventory on one reward loop**

Pick the one behavior that most reliably functions as relief. Write down the cue, the ritual, the short-term payoff, and the long-term cost. Stop calling the pattern random.

MON TUE WED THU FRI SAT SUN

- ⁰² **Remove the easiest access point for 30 days**

Delete the app, block the site, empty the drawer, throw away the stash, or hand over the password. Make the reward harder to reach before the craving starts talking.

MON TUE WED THU FRI SAT SUN

- ⁰³ **Tell one trusted person the exact truth**

Not a polished version. The real one. What you use, when it shows up, what it helps you not feel, and where you keep lying to yourself about it.

MON TUE WED THU FRI SAT SUN

- ⁰⁴ **Practice one daily dose of chosen discomfort**

Cold water, a walk without headphones, delayed checking, a hard workout, five minutes of urge surfing. Voluntary pain retrains the system to stop panicking at ordinary friction.

MON TUE WED THU FRI SAT SUN

- ⁰⁵ **Schedule contact before the vulnerable hour**

Put a call, meeting, class, dinner, or walk right before the time you usually cave. Isolation gives the craving brain too much leverage.

MON TUE WED THU FRI SAT SUN

- ⁰⁶ **Write re-entry rules before you earn them**

If you plan to bring the reward back, define the container in advance: how often, where, with whom, and what the stop signal is. Do not improvise with a primed brain.