

Dopamine Tracker

Track the habits that you currently do, big or small, and then take note of how happy you feel while doing them. Maybe you'll find your favorite thing is actually cooking and you hate yoga, or vice versa.

HABIT :



NOTES:

i.e driving

I like it more when listening to music

Happy Tracker

Track all of the moments that make you happy in a week, to better tailor your life to finding and appreciating real joy.

MONDAY

i.e Lunch with my coworker

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES