FOCUS & EXECUTIVE FUNCTIONING • ADHD NEURODIVERGENT COACHING

ADHD Dopamine Menu & Energy Restorer

Replace doom-scrolling with quick appetizers, deep mains, and gentle sides.

CLINICAL INSTRUCTIONS: One line per step in your own words. Short, honest answers are easier to trust.

Participant Name: _____ **Date:** _____ **Target: 20m**

1 APPETIZERS (2-MINUTE INSTANT SPARK)

List 4 micro-actions that provide sensory stimulation without screen addiction: cold water splash, 10 jumping jacks, loud favorite song.

CLINICAL HINT: Appetizers prepare your nervous system for task initiation.

2 ENTREES / MAINS (DEEP SUSTAINED FLOW)

List 3 rich, deeply absorbing non-screen activities: building a physical model, sketching, playing an instrument, intense sport.

CLINICAL HINT: Mains restore your baseline dopamine without leaving you depleted.

3 SIDES (BACKGROUND STIMULATION TO SUSTAIN FOCUS)

List audio or tactile aids you can pair with boring homework: brown noise, lofi instrumental, fidget ring, standing desk posture.

CLINICAL HINT: ADHD brains often focus better with low-level background sensory input.

4 DESSERTS (HIGH-DOPAMINE TRAPS - HANDLE WITH LIMITS)

Identify high-stimulation screen traps (reels, shorts, multiplayer gaming). Establish strict entry/exit physical barriers.

CLINICAL HINT: Never use desserts as a study break; they hijack working memory for hours.