



Dopamine Detox Goal Setting Sheet

Build better habits, reduce overstimulation, and reset your brain's reward system—one small win at a time.



Tip: Track your progress over 7 days and notice changes in focus, energy, or mood.



What is a Dopamine Detox Goal?

A dopamine detox goal is a small, intentional step taken each day to reduce overstimulation and reconnect with natural motivation and focus. These goals aren't about restriction, they're about resetting and retraining your attention.



Daily Goal Template

Today's Date: _____

1. My Focus Goal Today:



"Today, I will focus on _____ for at least _____ minutes."

2. Dopamine Detox Activity (choose one):



No screens for 1 hour



Go outside for 15 minutes



Read a book or draw



Eat one dopamine-friendly meal



Practice deep breathing or stretching



Limit social media to _____ minutes

3. What I'm Avoiding Today:



"I will avoid _____."

4. My Effort-Based Reward:



"If I stick to my goal, I'll reward myself with _____."

5. Mood & Energy Check-In (end of day):



(circle one)



"One thing I feel proud of today is: _____."

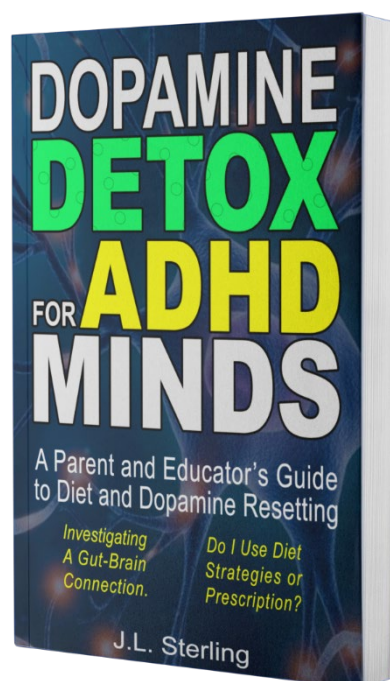
Dopamine DETOX for ADHD Minds

A Parent and Educator's Guide to ADHD, Diet, and Dopamine Resetting. Explore the Gut-Brain Connection and the Impact Spiking Dopamine Levels Have on School Education.

Unlock ADHD Potential:

The Dopamine Connection

- Is focus slipping away despite every effort to regain control?
- Could the answers to managing ADHD lie in understanding the primal instincts of the brain?
- What if the key to unlocking true potential comes from rethinking the ADHD diet, overstimulation, and the natural balance of the mind?



The Dopamine Detox delivers a groundbreaking approach to managing ADHD by delving into the science of dopamine, the essential molecule of motivation, focus, and emotional stability. Packed with practical strategies, real-life stories, and the latest research, this book offers a clear roadmap for balancing the brain's reward system and fostering resilience, structure, and harmony.

Find the book here...

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