

Low Dopamine Day To-Do List

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My Already-Done List!

- ☒ Wake up
- ☒ Eat Breakfast
- ☒ Print out this worksheet

Breaking Down Big Tasks!

Big Task: Clean my room

5-minute sub-task:

- ☒ Pick up loose trash

10-minute sub-task:

- ☒ Put dirty laundry in basket

20-minute sub-task:

- ☒ Pick up and put away stuff on floor and desk

30-minute sub-task:

- ☐ Fold and put away laundry

My Reward!

- ☐ Mochi ice cream

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Low Dopamine Day To-Do List

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My Already-Done List!

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Breaking Down Big Tasks!

Big Task: _____

5-minute sub-task:

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10-minute sub-task:

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20-minute sub-task:

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30-minute sub-task:

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My Reward!

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Very Low Dopamine Day To-Do List

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My Already-Done List!

- ☒ Wake up
- ☒ Got out this worksheet
- ☒ Eat something

Breaking Down Big Tasks!

Big Task: Do math homework

5-minute sub-task:

- ☒ Review an example from math notes

5-minute sub-task:

- ☒ Try first math question

5 or 10-minute sub-task:

- ☒ Try second math question

5 or 10-minute sub-task:

- ☐ Try third math question

My Reward!

- ☐ 10 minutes to play a game (use a timer)

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Very Low Dopamine Day To-Do List

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My Already-Done List!

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Breaking Down Big Tasks!

Big Task: _____

5-minute sub-task:

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5-minute sub-task:

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5 or 10-minute sub-task:

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5 or 10-minute sub-task:

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My Reward!

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Extra Low Dopamine Day To-Do List

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My Already-Done List!

- ☒ Woke up
- ☒ Just exist
- ☒ Breathe

Breaking Down Big Tasks!

Big or Medium Task: Make up bed

Optional Task-Stacking: Listen to favorite music while cleaning

Small-as-possible sub-task:

- ☒ Move items off bed

Small-as-possible sub-task:

- ☐ Put on or fix fitted sheet

Small-as-possible sub-task:

- ☐ Put on or fix flat sheet

Small-as-possible sub-task:

- ☐ Put pillow(s) in their place

My Reward!

- ☐ Peanut butter cup

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Extra Low Dopamine Day To-Do List

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My Already-Done List!

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Breaking Down Big Tasks!

Big or Medium Task: _____

Optional Task-Stacking: _____

Small-as-possible sub-task:

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Small-as-possible sub-task:

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Small-as-possible sub-task:

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Small-as-possible sub-task:

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My Reward!

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