

4 Game Stages for your



# Dopamine Chase

Tackle unhelpful dopamine urges and reset your dopamine levels

Date

Goal(s)

The  
Aim

**What would success look like?**

**How would you like to do it? Who can you tell and share it with?**

The  
Plan

The  
Code

**What are the rules of the game you're making and sticking to?**

**How can you log your progress?**

The  
Progress