

7-DAY NATURAL MOTIVATION & DOPAMINE HABITS TRACKER

A gentle mind-body-purpose routine for real-life consistency

This week is about progress, not perfect motivation.

Choose manageable actions. Notice what helps you begin.

You are tracking habits and feelings - not measuring dopamine.

MY STARTING POINT

One routine I want to make easier:

My minimum action (make it achievable even on a difficult day):

My reminder / starting cue:

PAUSE - START - REPEAT

PAUSE: What is making this difficult today?

START: What small action can I take?

REPEAT: How can I return tomorrow, without self-criticism?

Your daily check-in

Tick what you tried. You do not have to complete every item.

DAY 1 / NOTICE YOUR PATTERN

Energy: Low / Medium / High

Mood: Low / Mixed / Good

☐ Rest / sleep awareness

☐ Food and hydration

☐ Movement or gentle walking

☐ Quiet reflection / mantra

One small action I completed: _____

What helped or got in the way? _____

DAY 2 / OUTDOOR LIGHT

Energy: Low / Medium / High

Mood: Low / Mixed / Good

☐ Rest / sleep awareness

☐ Food and hydration

☐ Movement or gentle walking

☐ Quiet reflection / mantra

One small action I completed: _____

What helped or got in the way? _____

DAY 3 / BALANCED MEALS

Energy: Low / Medium / High

Mood: Low / Mixed / Good

☐ Rest / sleep awareness

☐ Food and hydration

☐ Movement or gentle walking

☐ Quiet reflection / mantra

One small action I completed: _____

What helped or got in the way? _____

DAY 4 / ENJOYABLE MOVEMENT

Energy: Low / Medium / High

Mood: Low / Mixed / Good

☐ Rest / sleep awareness

☐ Food and hydration

☐ Movement or gentle walking

☐ Quiet reflection / mantra

One small action I completed: _____

What helped or got in the way? _____

Your daily check-in

Tick what you tried. You do not have to complete every item.

DAY 5 / ONE FOCUSED ACTION

Energy: Low / Medium / High

Mood: Low / Mixed / Good

☐ Rest / sleep awareness

☐ Food and hydration

☐ Movement or gentle walking

☐ Quiet reflection / mantra

One small action I completed: _____

What helped or got in the way? _____

DAY 6 / MEANINGFUL ENJOYMENT

Energy: Low / Medium / High

Mood: Low / Mixed / Good

☐ Rest / sleep awareness

☐ Food and hydration

☐ Movement or gentle walking

☐ Quiet reflection / mantra

One small action I completed: _____

What helped or got in the way? _____

DAY 7 / REVIEW & REPEAT

Energy: Low / Medium / High

Mood: Low / Mixed / Good

☐ Rest / sleep awareness

☐ Food and hydration

☐ Movement or gentle walking

☐ Quiet reflection / mantra

One small action I completed: _____

What helped or got in the way? _____

A compassionate reminder

Missing one day does not erase your progress. Return with a smaller step.

Movement should be comfortable; adjust to your health and abilities.

Your 7-day reflection

1. When was it easiest to start?

2. What made action harder: fatigue, uncertainty, distractions, or something else?

3. Did walking, movement, prayer, mantra, or breathing help you feel grounded?

4. My one repeatable action for next week:

Remember: dopamine is not a motivation score.

This tracker is a self-reflection tool, not a medical test or treatment.

Persistent fatigue, low mood, or loss of interest deserves medical advice.

More resources: bioandbrainhealthinfo.com