



DOPAMINE MENU

APPETIZERS

- Find 3 Pieces of Art to Mark the Season
- Spend 10 minutes pinning inspiration photos on Pinterest
- _____
- _____
- _____

ENTREES

- Spend 20 minutes playing with the art supplies you already have
- Spend 20 minutes journaling/planning for your future project
- _____
- _____
- _____

DRINKS

- Make a playlist just for your creative time
- Go out into nature: a walk, your garden, your porch. Breathe in.
- _____
- _____
- _____

DESSERTS

- Go to the theater, the museum, an outing of your choice.
- Come to the Let Go and Begin monthly drop-in
- _____
- _____
- _____