

Positive, Motivating Experiences (Dopamine) Wisdom Jig

Prepared by:

Date:

My experiences today:

Positive, motivating	Negative stressors
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Sources of Dopamine Rewards

Autonomy
Mastery - make progress
Purpose
Gratitude and satisfaction - meditate/journal on your successes
Novelty
Money (for a moment)
Physical pleasure
Eating
Exercise & Resting

Sources of Cortisol

Environmental stressors - hot, bright, loud
Daily stress events - traffic, frustrations
Life changes - loss, moves
Workplace stressors - overwork, frustration
Chemical stressors - tobacco, drugs
Social stressor - family, others

More of these

Changes that might help

Fewer of these

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More information on using this wisdom jig is available in the book, Humane Leadership.