

DOPAMINE FARMING DECK

The Dopamine Farming Deck™ (25
FREE Cards)

A Tool By Alora Young at TheNeuroScouts LLC



DOPAMINE FARMING DECK

Whistle, snap, or clap a rhythm
for 30 seconds



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Try a “one-song task”, do one job
for the length of one song



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Lightly tap your teeth together
five times, then open your notes
and begin



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Balance a pencil on your fingertip
for as long as you can, then start
the task when it drops



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Keep a bag of popcorn or
pretzels nearby and reward
yourself with exactly one piece
per checkpoint



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Listen to a 15-second chunk of
an unexpected genre (like
Mongolian throat-singing or 8-bit
game music)



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Run fingertips across two totally
different textures, like a rough
sponge and a smooth spoon, at
the same time



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Hop on one foot for 10 hops,
then switch, vestibular input wakes
up attention circuits



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Adjust light temperature (cooler
blue-white for alertness, warmer
yellow for calm focus)

