

# DOPAMINE RESET CHECKLIST

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Use this step-by-step checklist to reboot your brain's reward system, regain focus, and boost motivation.

## How to Use

- » **Download and Save:** Keep this checklist handy on your device or print it out.
- » **Commit:** Choose a 3-7 day window to complete the full reset.
- » **Track Daily:** Check off each item as you complete it.
- » **Reflect & Adjust:** At day's end, review your progress and note any insights.

## TIPS FOR SUCCESS

- Pre-Plan: Inform friends/family of your reset dates.
- Prepare Alternatives: Have books, puzzles, or creative projects ready.
- Accountability Buddy: Partner up and share daily check-ins.
- Customize Duration: Extend beyond 7 days for deeper impact.

## BENEFITS YOU'LL UNLOCK

- Heightened focus & productivity
- Reduced cravings & impulsivity
- Greater appreciation for simple pleasures
- Improved emotional regulation



## DAY 1-7: DAILY RESET TASKS

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## TASK

- ## 1. Digital Detox: No social media, streaming, or gaming for 12+ hours

Day 1   Day 2   Day 3   Day 4   Day 5   Day 6   Day 7



2. Mindful Movement: 30 min walk, yoga, or workout without devices

Day 1   Day 2   Day 3   Day 4   Day 5   Day 6   Day 7

3. Cold/Hot Therapy: Cold shower (30-60s) or hot bath (10-15 min)

Day 1   Day 2   Day 3   Day 4   Day 5   Day 6   Day 7

4. Nature Time: 20 min outdoors, focus on sights/sounds/smells

Day 1   Day 2   Day 3   Day 4   Day 5   Day 6   Day 7

5. Single-Tasking: Pick one task and work for 45–60 min distraction-free

Day 1   Day 2   Day 3   Day 4   Day 5   Day 6   Day 7

6. Journaling: 5-10 min gratitude and reflection entry

Day 1   Day 2   Day 3   Day 4   Day 5   Day 6   Day 7

7. Screen Curfew: Shut off all screens at least 2 hours before bed

Day 1   Day 2   Day 3   Day 4   Day 5   Day 6   Day 7

8. Quality Sleep: Aim for 7-9 hours, consistent bedtime

Day 1   Day 2   Day 3   Day 4   Day 5   Day 6   Day 7

9. Hydration & Nutrition: 2L water + protein & veg-based meals

Day 1   Day 2   Day 3   Day 4   Day 5   Day 6   Day 7

10. Reading: 20 min non-fiction or fiction book (no screens)

Day 1   Day 2   Day 3   Day 4   Day 5   Day 6   Day 7

## WEEKLY REFLECTION

Wins & Challenges:

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Energy/Mood Shifts:

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Key Takeaways:

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Next Steps:

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