* Se présenter + Title présentation
* spend hours scrolling social media //stay focused studying -> dopamine
* part of brain reward system
  + brain chemical of anticipation because you’re expecting a reward PAUSE
* what produce dopamine: drugs porn gambling machine, video game, social media
  + entertainment -> a lot of dopamine
  + -> Strong motivation
  + -> Chemical imbalance
  + -> stabilize -> adaptation -> Tolerance
* Tolerance = why alcoholic
  + *Or at a Smaller scale why the last bite of your favorite food is nether as good as the first*
* The more, High dopamine activities -> need high dopamine activity to get stimulated and motivated
  + == vicious circle, baseline level of happiness
* Motivation ↘, Low dopamine activities == stydiying or medating
  + Deep focusing=hard, 90% of distraction are internal
  + Motivation to stay focus = low -> attention can’t stabilized
  + Even if activities = important // Tiktok
  + Negative feeling, youtube productivity gods == different tolerance level
  + *“ok ok how can I reduce tolerance, is there a way to rest my brain”* : solution = dopamine detox
* removing, certain amount of time -> rewire -> get back motivation, productivity and self-confidence
  + suddenly == pretty hard -> step by step too
  + *It mean no Netflix no porn, no social media, no junk food*
  + == Boring
* But in one week -> desire = disappear -> Boredom -> nothing more stimulating in you environment
  + *Checking thing in your to-do will make you accomplish, you may start to feel more calm, thinking clearer, being more center, more present ……..*
* CCL :
  + Know : principle & existence
  + Identify ; private you from being motivated
  + Dopamine fasting == most radical way == remove any possible source of dopamine imbalance
  + Dopamine fasting =first help to Identify problem -> focus on something more precise
  + Sport = boost mood ; social media = anxiety ; massive entertainment = way to avoird addressing emotion or mental illness
  + Productivity == many path -> find the best for you