

# Cladari Dopamine Boosts

(For Neurodivergent Focus, Energy & Joy)

## Mini Boosts (2–5 min)

- Smell a leaf or flower and describe the scent in 3 words.
- Cold splash to face or scented hand wash.
- 10 jumping jacks—light movement only.
- Change music vibe (lo-fi to upbeat).
- Voice note: 'Here's what I'm building and why it matters...'
- Light a botanical candle or incense.
- Text a friend: 'I'm deep in the Cladari zone.'

## Creative Refreshers (5–10 min)

- Scroll through @plant\_\_dopamine and note 1 unlogged plant.
- Sketch a tag idea or plant shape on paper.
- Write a fantasy origin for a hybrid.
- Invent a breeder alias (e.g., The Emberkeeper).
- Take a macro photo of a leaf detail.

## Reward Rituals (after big wins)

- Make a premium tea or espresso with intention.
- One perfect bite of chocolate or fruit.
- Play a theme song that makes you feel mythic.
- Share a win with a friend or mentor.
- Stand in the mirror: 'This is real. I'm doing it.'

## Extra Joy Sparks (Universal Neurodivergent Fuel)

- Watch a time-lapse of flowers blooming on YouTube.
- Rearrange 3 objects in your room for better vibe.
- Put on sunglasses indoors for 2 minutes.
- Wrap yourself in a blanket like a cape.
- Say your own name like a protagonist.
- Watch one favorite scene from a movie you love.
- Touch a textured object and describe it like poetry.
- Make a micro playlist for 'Getting Back on Track.'
- Sing a song from childhood—even badly.
- Build a 'YES folder' of screenshots, compliments, and reminders.
- Walk barefoot on a safe surface. Feel it fully.