

THE FREE LIBRARY

CATALOGUE NO.

E1

FLAT-DAY MENU

a dopamine menu for work days

Starters, mains, sides and desserts for flat work days.

FROM our own work-day menu

FORMAT 3 pages • one menu, fill in or print

BORROWED BY you

DUE BACK *never. it's yours.*

FREE

*write it on a
good day.*

**neuro
made.**
studio

STARTERS**SIDES****DESSERTS**

Creatively wired. Intentionally made.

WRITTEN ON

Flat-day menu

A dopamine menu for work days. Write it on a good day, order from it on a flat one.

HOW TO ORDER A STARTER FIRST • STILL FLAT? ADD A SIDE AND START THE TASK ANYWAY
MAINS ARE FOR REAL BREAKS • DESSERTS ONLY COME OUT WITH A TIMER ALREADY SET

STARTERS

5 minutes or less. Zero decisions: write the exact song, the exact drink.

MAINS

Longer and more absorbing. For a proper break, like lunch or knock-off.

SIDES

Things that keep a boring task company. They don't replace it.

DESSERTS

Lovely, and they eat afternoons. Every dessert gets a limit.

	LIMIT

SPECIALS BOARD • SWAP ONE OR TWO IN EACH WEEK

Want the whole thing?

This menu pairs with the Study & Focus Space, which tracks what actually gets you going.

NM.06

Study & Focus Space

48 pages for logging focus sessions, rating how they went and noticing what triggers good focus.

- Sessions, By Focus Rating, Focus Triggers and Weekly Review sections
- Fillable and print & write editions, plus a two-page Quick Start
- Also made as a Notion template

SEE THE PDF WORKBOOK

SEE THE NOTION TEMPLATE

MORE FREE THINGS

New pages, checklists and prompt packs go up in the Free Library as we make them.

neuromadestudio.shop/free

*made for brains that
do things their own way.*

SHARING

Print it, fill it in, use it as often as you like. If a friend would like it too, send them the link rather than the file, and please don't resell or re-upload it.



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