



Daily Brain Chemistry Checklist

Trigger the Right Chemistry at the Right Time — Without Overthinking It

✓ Tick off each item daily to support dopamine, serotonin, GABA, acetylcholine, endorphins, oxytocin, cortisol, and norepinephrine — your full neurochemical spectrum.



Morning Stack – Prime Your Mind for the Day

<input checked="" type="checkbox"/>	Habit	Brain Chemicals Activated
<input type="checkbox"/>	Get 10–15 minutes of natural sunlight within 30–60 minutes of waking	☀️ Serotonin, Cortisol (rhythm reset)
<input type="checkbox"/>	Delay caffeine until your first task is complete	🔄 Dopamine sensitivity
<input type="checkbox"/>	Move your body (light walk, stretching, or intense workout)	🌟 Dopamine, Endorphins, Norepinephrine
<input type="checkbox"/>	Take a 2–5 min breathwork or gratitude pause	🧠 GABA, Serotonin
<input type="checkbox"/>	Eat a protein + choline-rich breakfast (e.g., eggs, salmon, nuts)	🧠 Acetylcholine, Dopamine support



Midday Stack – Sustain Focus & Flow

<input checked="" type="checkbox"/>	Habit	Brain Chemicals Activated
<input type="checkbox"/>	Deep work block (60–90 mins focused, no multitasking)	🎯 Acetylcholine, Dopamine
<input type="checkbox"/>	Play instrumental or rhythmic music (90–120 BPM)	🎵 Norepinephrine
<input type="checkbox"/>	Take a movement or nature break (10–20 min)	🌿 Endorphins, GABA reset
<input type="checkbox"/>	Eat a balanced lunch with protein, fiber, and complex carbs	🍷 Serotonin, Cortisol stabilization
<input type="checkbox"/>	Connect with someone meaningfully (eye contact, conversation)	🤝 Oxytocin, Serotonin



Evening Stack – Wind Down & Restore

<input checked="" type="checkbox"/>	Habit	Brain Chemicals Activated
<input type="checkbox"/>	Start a 60–90 minute digital sunset before bed	📵 GABA, Melatonin
<input type="checkbox"/>	Gentle nervous system reset: sauna, stretching, cold, or journaling	🔄 Endorphins, GABA, Serotonin
<input type="checkbox"/>	Take magnesium-rich foods or supplement (if needed)	⚙️ GABA, Serotonin support
<input type="checkbox"/>	Share a moment of truth: journal or speak something real	🧠 Oxytocin, Emotional Integration
<input type="checkbox"/>	Sleep at a consistent time (7–9 hours, no screens in bed)	🛌 Cortisol reset, Dopamine receptor repair



How to Use This Checklist

- Aim for at least **6–8 items per day** for noticeable neurochemical uplift.
 - Print and post on your **mirror, desk, or fridge** as a daily nudge.
- You're not checking boxes — you're **rewiring your brain for excellence**.

UNLOCK YOUR BRAIN CHEMISTRY



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