

The Focus Plan

For anyone who has spent years calling a flat week a willpower problem. Every line restates a claim verified against Tier-1 medical sources. Nothing here is invented, and nothing on this page is for sale.

✓ CHECKED AGAINST CLEVELAND CLINIC · NIH OFFICE OF DIETARY SUPPLEMENTS

1

Tyrosine becomes dopamine

An amino acid absorbed from food, carried to the brain, and converted into dopamine there. (Cleveland Clinic)

2

Dopamine drives motivation

Listed among the drivers of movement, memory, motivation, attention and learning. Running low reads as tired, unmotivated, unable to concentrate. (Cleveland Clinic)

3

The pill evidence is mixed

Some studies link higher intakes to better cognitive function; others show supplements do not improve cognition in healthy adults. (NIH ODS)

1. Put the tyrosine foods back on the list

Ordinary groceries, not a protocol.

WHY THIS WORKS

Cleveland Clinic names tyrosine-rich and magnesium-rich foods as the building blocks for dopamine production: chicken, almonds, apples, avocados, bananas, beets, leafy greens, green tea, lima beans, oatmeal, oranges, peas, sesame and pumpkin seeds, tomatoes, turmeric, watermelon and wheat germ.

SOURCE: CLEVELAND CLINIC

DO THIS WEEK

- ☐ Pick four from the list you actually enjoy and buy them this week
- ☐ Put one of them into the meal you currently eat on autopilot
- ☐ Write down what you ate for two weeks before concluding anything

2. Add the behavioural half

Cleveland Clinic names exercise first.

WHY THIS WORKS

Alongside food, Cleveland Clinic lists activities thought to raise dopamine naturally: exercise, meditation, yoga, massage, time with a pet, walking in nature and reading. Exercise leads that list and has the widest evidence base of anything here.

SOURCE: CLEVELAND CLINIC

DO THIS WEEK

- ☐ Book movement you do not dread, three times in the week ahead
- ☐ Get outside in daylight once a day, even briefly
- ☐ Protect one wind-down hour that is not a screen

3. Fix sleep, because it sits on both sides

A short night is both a cause and a symptom.

WHY THIS WORKS

Cleveland Clinic lists sleep and arousal among dopamine's jobs, and sleep problems among the signs of running low. That makes the schedule load-bearing rather than optional, and it is the cheapest lever available.

SOURCE: CLEVELAND CLINIC

DO THIS WEEK

- ☐ Set a fixed wake time and hold it for two weeks
- ☐ Move the last caffeine of the day earlier
- ☐ Judge the fortnight as a whole, not any single morning

4. Know the stress clause

Demand rises under load.

WHY THIS WORKS

Cleveland Clinic classes tyrosine as nonessential, meaning your body normally makes its own, but also lists it as conditional, which means it is only considered essential when you are ill or stressed. Arginine, cysteine and glutamine sit in the same category.

SOURCE: CLEVELAND CLINIC

DO THIS WEEK

- ☐ Ask what changed this month before asking what is wrong with you
- ☐ Expect harder weeks to have different requirements than quiet ones
- ☐ Do not read conditional as deficient, it is a category not a diagnosis

5. If you experiment, write the stopping rule first

The evidence does not support certainty here.

WHY THIS WORKS

Cleveland Clinic says further research is needed on the effects of food on neurotransmitters such as dopamine. The NIH Office of Dietary Supplements reports that while higher choline intakes have been linked to better cognitive function, other studies show choline supplements do not improve cognition in healthy adults.

SOURCE: CLEVELAND CLINIC AND NIH OFFICE OF DIETARY SUPPLEMENTS

DO THIS WEEK

- ☐ Give any product four consistent weeks, alongside the free fixes rather than instead of them
- ☐ Judge on whether starting things got easier, not on one good afternoon
- ☐ Stop if nothing has changed, and clear any supplement with a clinician if you take medication, are pregnant or nursing, or manage a diagnosed condition

EVERY CLAIM ABOVE, TRACED TO ITS SOURCE

Cleveland Clinic, Dopamine: What It Is, Function and Symptoms · <https://my.clevelandclinic.org/health/articles/22581-dopamine>

Cleveland Clinic, Amino Acids: Benefits and Food Sources · <https://my.clevelandclinic.org/health/articles/22243-amino-acids>

NIH Office of Dietary Supplements, Choline Fact Sheet for Consumers · <https://ods.od.nih.gov/factsheets/Choline-Consumer/>

MedlinePlus, Amino acids · <https://medlineplus.gov/ency/article/002222.htm>

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