

# TRIMION AFRICA™

## Dopamine Control System™

### Focus & Discipline Framework™

- Reduce uncontrolled scrolling and random stimulation.
- Reward completed work rather than emotional impulses.
- Use structured work blocks and protected focus sessions.
- Control environment triggers that weaken discipline.
- Build delayed gratification into daily routines.

CATEGORY	DETAIL
Framework	Dopamine Control System™
Brand	TRIMION AFRICA™
Positioning	Premium Lifestyle & Discipline System™
WhatsApp	061 118 5978

Fine Print: This framework is intended for general wellness, discipline, lifestyle and educational purposes only. It does not replace professional medical, nutritional, psychological or fitness guidance. Results vary based on consistency, health status, nutrition, sleep, recovery and individual response. Always seek qualified professional advice where appropriate.