



WORKSHEET #4

Six Things That Stop a Kitchen Detox

Kitchanatomy - 10 Step Kitchen Detox

I have tried to identify the things that might be holding you back from completing your kitchen detox. Maybe I did not hit on your particular “stop sign”. Use this worksheet to define where you are feeling pressure. Maybe there is nothing that is holding you up...in that case no worksheet needed!

I love to be in my kitchen when...

I don't like being in my kitchen when...

My plan to do more of what I love in the kitchen is...

Planning to succeed is the best practice in the 10 steps of a kitchen detox. Identifying things that make you happy and unhappy will help. It is not always easy to say what we don't like so it gets pushed under and we silently loath a task or chore. Addressing it here will help you liberate that mind set. Saying what you love to do will help you focus on the positive. Good job, you have set yourself up for success.