



WORKSHEET #1

Defining Your Challenges

Kitchanatomy -10 Step Kitchen Detox

Welcome to your first worksheet! Here we will begin to work on what your kitchen challenges are. In the textbook we touched on some hot button topics like cleaning, clutter and even the trash. But maybe we did not get to the heart of your kitchen concerns. So lets get to the root of those problems. Ready?

Answer the Following Questions:

1. The one task that I dread when getting ready to make is a meal is?

2. I often feel frustrated in my kitchen when I...

3. If I did not have to _____ I would love to cook in my kitchen everyday.

I know this not an easy task! When we are asked to define what may be a weakness we feel uncomfortable. The fact is it can be empowering to find what holds us back. So lets dig a little deeper and see what we find.

Answer the Following Questions:

1. I eat out _____ number of meals in a week.

2. I would eat at home more if I did not have to (or if it were not so) ...?

3. My frustrations in the kitchen come from my lack of...?

Glad that is over? Me too. Time to set yourself up for a WIN! This exercise is designed to help you define where your frustrations are when cooking in your kitchen. Now that you have defined them in writing you have set yourself up with success for the next 9 classes. On the back of this worksheet make some notes about what your goals are for the next 9 classes. Maybe you eat out 6 times a week and you want to get it to 3! Maybe you need to de-clutter your counter tops. Maybe you need to change your mindset about doing dishes. Set some goals for yourself and work towards making them happen!