



WORKSHEET #7

Your Kitchen Assets

Kitchanatomy - 10 Step Kitchen Detox

Is it time for a kitchen asset upgrade? Not so fast, use this worksheet to determine what you need! This will do 2 things, help you keep your kitchen uncluttered and help you budget for things that really are a necessity.

1. Make a list of the kitchen tools you think need an upgrade. This can be as small as a lemon reamer or as large as a high-speed blender. Keep this list close in the kitchen!

2. Over the next 4 weeks write down every time you think a kitchen tool upgrade would help, be faster or eliminate kitchen fails.

3. After four weeks write the items here that are mentioned more than 5 times. These are things you should consider upgrading.

4. Write the list in order of importance or select the top 3 items that need an upgrade

5. Visit the Amazon Store Front for Kitchanatomy for my brand recommendations and pricing. Add up the cost for your upgrade list.

6. Make a plan for budgeting the cost into your household budget. I give some tips in the textbook.

ROADBLOCK: It is ok to move to the next class while completing this worksheet. Saving for upgrades and determining if you need one in the first place is time consuming. So feel free to move on to class #8 while working through this process!