

# A FOODWIFERY NO-MONEY-REQUIRED KITCHEN MAKEOVER

We've designed this worksheet to assist you as you take a new, fresh look at your kitchen. Print it out, grab a pencil, and take a deep breath. You're about to see your kitchen differently.

First, we've asked questions to guide you through each of the four essential elements of your kitchen. Work through each section at your own pace. Don't be afraid to go slowly or take a break. Enjoy the process.

After you've worked through section one, take the time to implement the changes in your kitchen. This may involve moving items, reorganizing -- or even throwing things away. This is exciting time, as you see real change happen in your kitchen.

Finally, complete section two, which will help you work through your own view of your kitchen. It's a place to consider how attitude and spirit affect us in the kitchen -- a guide to searching your own heart. Again, approach this thoughtfully, and don't be afraid to take it slowly.

Always remember: we are here for you. Let us know how we can help you in this wonderful work. And don't forget to ask each other questions and help each other on the Members Community. The road is easier when we help each other.

Love,

Laurie and Jamie

## **SECTION 1 -**

# **The 4 Essential Elements of a Traditional Kitchen**

### **1. Prepping Workspace (where you fix and prepare meals)**

**Where do I prepare my food? How is it set up? How can I make it a more efficient and pleasant place to work?**

**Are my tools convenient? Do I have knives and other appropriate utensils close at hand? Which kitchen tools should be closer to this space?**

**Which kitchen tools are unneeded? Which are used rarely or not at all? Which can be put somewhere else or simply given away?**

**Is this space kept clean and ready to go?**

## **2. Cooking Workspace (where you cook food)**

**Where do I cook my food? How is it set up? How can I make it a more efficient and pleasant place to work?**

**Are my tools convenient? Do I have good, comfortable spoons, spatulas close at hand?**

**Which kitchen tools should be closer to this space? Which should be out in the open and which in a drawer?**

**Which kitchen tools in this space are unneeded? Which are used rarely or not at all? Which can be put somewhere else or simply given away?**

**Is this space kept clean and ready to go?**

### **3. Cleaning Workspace (where you clean up, wash, etc.)**

**Where do I clean up? Is it set up for success? How can I make it a more efficient and pleasant place to work?**

**Are my tools convenient? Do I have effective and safe soaps and “scrubbers”?**

**Which tools should be closer to this space?**

**Which tools in this space are unneeded? Which are used rarely or not at all? Which can be put somewhere else or simply given away?**

**Is this space kept clean and ready to go?**

#### **4. Pantry (where your food is stored)**

**Where is my food stored currently? What do I currently like about my system? What do I currently dislike?**

**Are my most-used foods close at hand and easy to access? Which foods should be more convenient? Which foods should be stored out on the counter and which in a drawer or in a cupboard?**

**Which little-used foods are getting in my way? Which foods can I move, give away, or throw away?**

Now that you've completed section one, we encourage you to make the changes you now see can be done. Focus on simplicity, utility, and basics. Give away what you don't use; the space that remains is good for both your creativity AND your healing table.

## **SECTION 2 - The Spirit of a Healing Kitchen**

**What reasons have I given myself until now not to love my kitchen?**

**How has my attitude toward my kitchen changed after listening to How to Love Your Kitchen and working through the first section of the kitchen makeover?**

**How do I feel about my kitchen now? What makes me happy about my new kitchen -- just as it is right now?**

**What's the first food dish I am excited to prepare in my new kitchen?**