

# CHAPTER 1 WORKSHEET: KITCHEN

## STEP 1 - SIMPLIFY: DECLUTTER YOUR CHAOTIC KITCHEN

Worksheet 1	Checklist
How do you feel about the current state of your kitchen?	<input type="checkbox"/> Complete Worksheet 1
How do you want your kitchen to look, feel, and smell?	<input type="checkbox"/> Set up your workspace <ul style="list-style-type: none"><li><input type="checkbox"/> Gather supplies:<ul style="list-style-type: none"><li><input type="checkbox"/> Notebook</li><li><input type="checkbox"/> Pen</li><li><input type="checkbox"/> Sharpie</li><li><input type="checkbox"/> Post-its</li></ul></li><li><input type="checkbox"/> Trash bags</li><li><input type="checkbox"/> Four bins or paper bags</li></ul> <input type="checkbox"/> Label your bins: <ul style="list-style-type: none"><li><input type="checkbox"/> Donate</li><li><input type="checkbox"/> Trash</li><li><input type="checkbox"/> Recycle</li><li><input type="checkbox"/> Other room</li><li><input type="checkbox"/> Other _____</li></ul>
What activities do you want to take place in your kitchen?	<input type="checkbox"/> Pull everything out and group like-with-like
What are your diet and eating goals for this stage in your life? What are the diet and eating goals of your family?	<input type="checkbox"/> Process your items
What are you willing to let go of in your kitchen?	<input type="checkbox"/> Wrap up <ul style="list-style-type: none"><li><input type="checkbox"/> Remove trash and recycle</li><li><input type="checkbox"/> Put away "Other Room" items</li><li><input type="checkbox"/> Deep clean/wipe down surfaces</li><li><input type="checkbox"/> Find temporary homes for the items staying in this space</li><li><input type="checkbox"/> Drop off donations</li></ul> <b>Note:</b> Use your notebook to track anything you need to do, replace, repair, or buy.



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## STEP 2 - STREAMLINE: OPTIMIZE SPACE IN YOUR KITCHEN

Worksheet 2	Checklist
What organizational systems are working in your kitchen?	<ul style="list-style-type: none"><li><input type="checkbox"/> Complete Worksheet 2</li> <li><input type="checkbox"/> Create zones<ul style="list-style-type: none"><li><input type="checkbox"/> Duplicate your Post-it notes (for each category you've identified)</li><li><input type="checkbox"/> Assign each category a zone by placing the Post-it note in its new home</li></ul></li> <li><input type="checkbox"/> Maximize space<ul style="list-style-type: none"><li><input type="checkbox"/> Adjust shelving as needed</li><li><input type="checkbox"/> Inventory categories where product is needed</li><li><input type="checkbox"/> Take measurements as needed</li><li><input type="checkbox"/> Create a product list</li><li><input type="checkbox"/> Purchase new products for optimizing space</li></ul></li></ul>
What's not working?	<ul style="list-style-type: none"><li><input type="checkbox"/> Implement storage solutions<ul style="list-style-type: none"><li><input type="checkbox"/> Install new product and put everything away in the new homes</li><li><input type="checkbox"/> Call a handyperson (if needed)</li></ul></li></ul>
What zones would be helpful in this space?	<ul style="list-style-type: none"><li><input type="checkbox"/> Label</li></ul> <p><b>Note:</b> Use your notebook to list your zones, inventory categories, take measurements, and to create your product list.</p>
What areas could you rethink to optimize space (i.e. an empty vertical wall, unused deep storage, behind the door)?	



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## STEP 3 - STYLE: CURATE A KITCHEN THAT'S THE HEART OF YOUR HOME

Worksheet 3	Checklist
<p>What are three special items you can add or feature in your kitchen that will inspire you?</p>	<ul style="list-style-type: none"><li><input type="checkbox"/> Complete Worksheet 3</li><li><input type="checkbox"/> Feature beautiful pieces or heirlooms that can double as a utilitarian home</li><li><input type="checkbox"/> Identify three favorite items to display</li><li><input type="checkbox"/> Cull your everyday items and consider replacing them with more beautiful versions</li></ul>
<p>What goals do you have for this space (i.e. painting, tiling, touch-ups, new curtains, pretty jars)?</p>	<ul style="list-style-type: none"><li><input type="checkbox"/> Add hooks and hanging shelves</li></ul> <p>Additional style tips to consider:</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Curate counters</li><li><input type="checkbox"/> Decant</li><li><input type="checkbox"/> Style with storage solutions</li></ul>
<p>What new habits are you willing to implement?</p>	
<p>How can you involve your family/roommates in kitchen maintenance and the upkeep of the systems you've created?</p>	

