



Outline for Kitchen Workflow Transformation Program

This is not more work. It's helping to simplify what you are already doing.



Week One: Discover New Habits

What we will do:

1. Decide what new healthy habit you want to implement
2. Uncover the stories blocking you from it
3. Develop new healthy stories surrounding new habit

Exercises:

Being & Action Exercise

This is to help you discover the states of BEING that you want to bring into your kitchen/life and what ACTION steps you need to BE what you want to be. (*We focus on the being, and then the doing*)

Tools:

1. Top 10 Tools for Transformation and Self Care PDF
2. A Meditation (To uncover & overcome)

Live Chat



Week Two: Body & Mind Shifts

What we will do:

Discover & Implement your WHY
Find Comfort beyond food

Exercises:

Emergence Meditation



Food Sensations Experiment

Tools:

1. Digestive System Diagram
2. Mood & Food PDF

Live Chat



Week Three: Practical Work in the Kitchen

What we will do:

1. Discover YOUR perfect kitchen workflow
2. Apply your new workflow in your kitchen

Exercises:


1. Make your own “cookbook” (Top 10 meals on rotation)

Tools:

1. Finding Your Perfect Kitchen Workflow PDF
2. How to deal with stresses of life [Problem solving tips]

Live Chat

You will Receive these Bonuses:

- ➔ An Intensive WorkBook for you to reference and fill in every day
- ➔ Videos & Emails from me every other day
- ➔ Free Kitchen Wisdom Poster
- ➔ 6 Months Ongoing Email Support (after completion of course)
- ➔ Private Facebook Group with our WAHK Course Community
- ➔ Helpful PDF's: Your Perfect Kitchen Workflow PDF, The Top 10 Tools for Transformation PDF, Mood & Food PDF
- ➔  Certificate of Completion