

Kitchen DREAM SPACE

Having a soulfully stocked kitchen and a beautifully inspired space is a wonderful way to promote health and wellness in our bodies, minds and souls!

If our kitchens are messy or cluttered, we will find it more challenging to feel motivated to create masterpieces for our health.

LET'S BEGIN!

Creating your kitchen dream space is all about making room, releasing the old, the clutter and the too much and seeing things with fresh eyes. Let's get creative and have a blast!

1. Grab a journal, pen and three brown paper bags (grocery bags.)

- Label one bag "trash," one bag "food donation," and one bag "other donation."
- Set your bags up where you can make good use of them.

2. Sit down for a moment and reflect on these questions:

- What does my kitchen space feel like to me right now?
- On first thought, THESE items come to mind to get rid of first.
- What does the kitchen represent to me? (Stress and frustration? Joy and family? Other?)
- When I walk into my kitchen, I want it to feel...
- The ideas, quotes, things that inspire me to eat healthy, delicious foods include...
(Ex. quote magnets for the fridge, a bowl on the counter)
- Set the intention to connect in to the energy of release, and decide that you will release today whatever has become stagnant, things you're not using and whatever is no longer fully inspiring you.

Questions to ask when you decide to keep something:

DO I LOVE THIS? DO I USE THIS? DOES IT BRING ME JOY?

NOTE: This is not a process of getting rid of everything. You will have many things in there that you do love, do use and that do bring you joy. The key is being relentlessly, soulfully honest about this process so you can create something FRESH and NEW.

3. Now, let's get into the kitchen!

4. Walk into the kitchen, and imagine you're walking in for the very first time with fresh eyes.

- Set up your bags and commit to putting the things you go through into the proper bag based on how it's going to leave your house.

5. Start with the counter tops.

- Is there mail, old decorations collecting dust, what else is on there that can now go?

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6. Take a look at the outside of the fridge.

- Are there old photos or is the outside of the fridge and freezer cluttered with magnets or papers you're not using anymore? If it is, consider taking down old photos and organizing the ones on there.
- What inspires you to eat healthy and live happy? Put that up. Less, but more meaningful is a great way to go!

7. Take a look at the inside of the fridge. (Oh, and take a nice, long DEEP breath ;)

- Pitch what's ready to go. Condiments, old vitamins, old food. It's time!!

8. AWESOME WORK! Let's keep going...

9. Are there cupboards with pots and pans strewn everywhere?

- Cupboards with old cans or outdated foods that you probably won't eat? Consider donating them this season or throwing them out. This stagnant energy can be holding-up-your-healthy!

10. HOORAY!! Once you've created space, you're ready to stock up on the fundamentals.

(See the *Soul Roots Cookbook* for details!)

- Remember, the stocking up can be done in stages!
- No need to go out and spend a lot of money all at once. Bite by bite makes this an enjoyable and accessible way to upgrade!
- Choose what inspires you most and start there.

