

The Live F.R.E.S.H. Workbook

30 Mindset-Flipping Activities to Transform Stale Thinking into Fresh Results

Written by: Frank C. Kitchen

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“Stale Thinking Leads to Stale Results”

Every result you cook up in life begins in one place — your mindset.

When your thinking is stale, your results will be too. But when your mindset is F.R.E.S.H., You become unstoppable.

Your mindset dictates the results you cook up in your career, your relationships, and your life. Every day, the quality of your thoughts becomes the quality of your actions — and your actions produce the results you serve to the world.

You’ve cooked up amazing results in your life already. And you will cook up more — as long as your mind stays clear, strong, and hungry.

That’s why I developed the Live F.R.E.S.H. Recipe:

F — Live Focused

R — Live Resourceful

E — Live Enthusiastic

S — Live (Mentally) Strong

H — Live Honest

These ingredients will shape every decision, every action, and every outcome you produce. They will flip stale thinking into FRESH results. This workbook is designed to help you strengthen each ingredient through 30 simple, powerful mindset-flipping activities. They are designed to challenge your routines, strengthen your thinking, and build the internal fire needed to transform dreams into dishes worth serving.

Each activity includes a space to write your thoughts, wins, observations, or next steps. Don’t rush. Don’t skim. Don’t skip the uncomfortable parts. Growth requires heat.

Use the “Notes / Date Completed” sections to track your insights. What you document becomes the seasoning that flavors your growth.

Once you’ve completed every activity — and documented your journey — reach out and let me know. A “Kitchen-Inspired” gift may be heading your way.

Now...Take a breath. Sharpen your mind. And let’s get cooking.

Frank C. Kitchen

You Are Amazing!

You've done some amazing things in your life and you will accomplish more. But you can only achieve "amazing" when you believe you're amazing. Once again, Where your Mind goes, Your Body will follow. Use this Daily Affirmation as a reminder of who you are and what you can do. Fill in the bolded areas and read it out loud to start your day so you cook up the results you are hungry for in life.

My Daily Affirmation

My Name is: (Your Full Name Here)

I am Amazing! (Who do you plan to be? What result will you Produce?)

I am Focused, Resourceful, Enthusiastic, Strong and Honest.

I am working every day with _____ to make this result a reality! (You can't Cook Up Results by Yourself!)

I am Living F.R.E.S.H.

*** Read the next page to see my daily affirmation for ideas.

My Daily Affirmation (Example)

My name is Frank Cornelius Kitchen

**I am a Hall of Fame Husband, Father, Son, Brother, Friend,
and Million Dollar Professional Keynote Speaker.**

I am Focused, Resourceful, Enthusiastic, Strong and Honest.

**I am working every day with my family and team to make this
result a reality!**

I am Living F.R.E.S.H.

WHAT'S STOPPING YOU?

You have a long list of Mouthwatering Results (Dreams) you want to Cook Up in Life. Unfortunately, Mental and Physical Barriers will be the water to the mental fire needed to Cook Up your Dreams. You must identify the People, Places, Things, Activities, or habits that limit you. Please list them below. After you do, limit them or work to remove them from your life. After that, commit to the 30 activities in this workbook To fuel your mental fire so you can Cook Up Your Dreams.

1.

2.

3.

4.

5.

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7.

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9.

10.

Section 1

Live Focused

Clarity Is your Secret Ingredient! Most people don't fail because they're lazy — they fail because they're unfocused. Their minds bounce around like popcorn kernels in a hot pan. Living Focused means choosing your priorities with precision, sharpening your direction, and building daily habits that keep your head out of the clouds and your feet on the ground.

When you know what you want, you stop wandering. When you know where you're going, you stop hesitating.

And when your mind knows the plan, your actions follow. Use the next 10 activities to get laser focused.

What does Living Focused mean to you? (Write down your thoughts below)

Activity 1

Add the words "I Will" to your vocabulary.

Think like a Chef. Chefs always talk about what they "WILL" cook up. Stop talking about what you HOPE to do and talk about what you WILL do! Drop the weak words and speak with commitment.

Notes / Date Completed:

Activity 2

List Everything You're Hungry For.

Write down or type up a detailed list of all the Mouthwatering results you are hungry for in your personal and professional life! You can use the next page to get started. Write down the results you want in bold, mouthwatering detail.

Notes / Date Completed:

What I'm Hungry For.

(Be very detailed when writing your wants)

1.

2.

3.

4.

5.

6.

7.

8.

ACTIVITY 3

Motivate Yourself Visually

Turn your dreams into images. Humans are visually motivated. Your brain responds to what it sees — especially when it sees it daily. Transform your list of mouthwatering results you are hungry for into a Menu of Pictures. Put your menu or list someplace you can visibly see on a regular basis.

Notes / Date Completed:

ACTIVITY 4

Share Your Menu

Now that you know what you're hungry for, Share your menu of wants with your Taste Testers (Page 22). Accountability builds consistency. Share your goals with people who want to see you win. Discuss how you will cook up the results you are hungry for. Listen to their advice and feedback.

Remember if you're afraid to share your dreams, then you're afraid to live them!

Notes / Date Completed:

ACTIVITY 5

Create a Morning Routine

Does the first 30 minutes of your day begin with Social Media, Email, News, or Sports Highlights? Producers don’t start their day scrolling. They start by investing.

Get Hungry and start your day by Investing. Invest your valuable time in activities that will help you cook up the mouthwatering results you desire.

Producers invest. Consumers spend. Build a morning routine that sets your mind in motion and produces results. Use the next few page to create your “Meal Prep” checklist to go with your daily affirmation so you can cook up the results you are hungry for.

Notes / Date Completed:

Meal Prep Checklist

(No Noise for the first 30 minutes of my day)

No email, social media, tv, internet

1.

2.

3.

4.

5.

6.

7.

Frank's Meal Prep Checklist

1. Kiss my wife Kelly
2. Say Affirmation Out loud / Pray
3. Review Calendar/ Goals for the Day
4. Review Goals for the Year
5. Drink Water (8 oz. Minimum)
6. Exercise or Stretch
7. Read or Listen to Audiobook / Podcast

ACTIVITY 6

Recognize Your Accomplishments

Success leaves clues — and you’ve created more than you remember. Create a visual menu of all the amazing “dishes” you’ve already cooked up in your life. Stop comparing yourself with others and work to be the best version of yourself. Spot patterns you can build on.

Notes / Date Completed:

ACTIVITY 7

Show Off Your Accomplishments

There will be difficult moments when you feel “nothing is possible.” Create an area in your home or office where you and others can visibly see your accomplishments. This will inspire and remind you of the amazing results you have cooked up and can cook up in the future. Be sure to add to this area regularly. Remind yourself what you’re capable of, even on days you forget.

Notes / Date Completed:

ACTIVITY 8

Watch Documentaries

Fuel your focus with content that educates, inspires, and expands your thinking.

What are you consuming when you watch TV or stream videos? Are they providing you with the inspiration and knowledge needed to cook up the masterpiece you dream of experiencing?

Notes / Date Completed:

ACTIVITY 9

Read Often

What are you feeding your brain? Read or Listen to books related to the dreams you want to cook up. Audiobooks count too! Your local library is a great place to start. Books = mental nutrition.

Notes / Date Completed:

ACTIVITY 10

Always Seek Knowledge (A.S.K.)

Curiosity leads to clarity. Ask better questions and you'll get better answers. A.S.K. lots of questions. The worst questions are the questions you don't ask.

Notes / Date Completed:

SECTION 2

LIVE RESOURCEFUL

You don't need more resources — you need to be more resourceful. The greatest chefs improvise, experiment, and adapt. They use the tools, people, and opportunities around them to create extraordinary results.

This section helps you gather ingredients for a richer life. Use What You Have. Find What You Need.

Being resourceful isn't about having the most money, time, or tools. It's about using what's already in your life more effectively — your relationships, your environments, your experiences, your creativity, your energy.

Chefs don't panic when they're missing an ingredient. They adapt.

Resourcefulness transforms “I can't” into “Here's how.”

Please visit www.FrankKitchen.com/resources for more tools to help you Live Resourceful.

Use the next set of mindset flipping activities to expand your toolbox.

ACTIVITY 11

Create a Team of Taste Testers

Build a supportive inner circle. These people tell you what you *need* to hear, not what you *want* to hear.

Tastes Testers are your accountability partners. They are people you know and trust. People who will challenge you and inspire you to cook up mouthwatering results in your life. They don't tell you what you want to hear, they share with you what you need to hear. Use the next page to create your team.

Notes / Date Completed:

My Taste Testers

Write their name and what makes them special

1.

2.

3.

4.

"I will meet with my Taste Testers regularly."

ACTIVITY 12

Take a Field Trip

Did you love taking field trips as a kid? Hands-on experiences flip mindsets faster than screens. The purpose of a field trip is to provide a hands-on learning experience. Something that isn't possible from just reading a book or doing an internet search.

Make time to visit a Museum, Zoo, Aquarium, Garden, Exhibit, Theater, or Park. Change your environment, change your perspective.

Notes / Date Completed:

ACTIVITY 13

Travel One Hour Away From Home

Adventure doesn't require a passport. Familiar places dull thinking; new places sharpen it.

Where can you travel to this month to break up your everyday routine? There are some amazing places you can visit close to your home. Travel opens your eyes to what is possible and inspires you to experience and learn more in the future.

Use the next page to write down a few places you've only talked about visiting.

Notes / Date Completed:

10 Places I Will Visit or Travel to Flip My Mindset.

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2.

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ACTIVITY 14

Try Something You've Never Done Before

Are you willing to try something new? The biggest growth opportunities occur when you attempt something you've never done before. You can build upon this experience when you need the mental strength to do something that scares you.

New experiences build confidence and expand your mental flexibility.

Notes / Date Completed:

ACTIVITY 15

Host a Community Event

Connection creates opportunity. What can you do to bring people together? Invite people into a shared space and watch ideas flow.

Humans are social creatures. Lack of community and interaction with others harms our mental and physical health. Make time to plan and invite family, friends, co-workers, or neighbors to a social get together

Notes / Date Completed:

ACTIVITY 16

Volunteer

You gain clarity and perspective when you serve others with no expectation in return. Share your knowledge, experience, and talents with the world. Make time to help someone else Cook Up their big Dreams. You'll be pleasantly surprised by what you will learn too.

Notes / Date Completed:

ACTIVITY 17

Get Creative

Creativity builds resourcefulness. When you play with ideas, you discover solutions.

Explore your creative side. Take a class or experiment with dancing, cooking, painting, photography, music, drawing, playing with Lego bricks, or completing a puzzle. Feed the creative side of your brain, so you can find creative solutions to mental and physical challenges you will encounter in the future.

Notes / Date Completed:

ACTIVITY 18

Hang Out With Chefs

Surround yourself with people who push you to grow. Energy and Mindset are contagious — borrow some when you need it. Invest your time in the presence of people who are consistently working to cook up the mouthwatering results they are hungry for.

Use the next page to create the list of chef you want to hang out with and learn from.

Notes / Date Completed:

Chefs I Admire

1.

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7.

Notes:

SECTION 3

LIVE ENTHUSIASTIC

Too many people wait for inspiration. F.R.E.S.H. thinkers create it.

Enthusiasm isn't childish — it's strategic. When you feel excited, hopeful, or energized, your brain unlocks solutions you'd otherwise overlook. You think better when you feel better.

This section teaches you to generate your own positive momentum.

Energy Is a Choice It's leadership. It's momentum. It's fuel. When you bring positive energy into your day, you build confidence, reduce stress, increase resilience, and think more clearly.

Ready to turn up your internal heat? Incorporate the next set of activities into your life.

Find joy. Create energy. Become your own spark.

ACTIVITY 19

Find Your Woo Hoo!

What makes you smile? What makes you yell out "Woo Hoo!" when it happens? Identify the activities that lift your energy. Write them down on the next page and be sure to schedule them on your calendar regularly.

Notes / Date Completed:

My Woo Hoo's

1.

2.

3.

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7.

ACTIVITY 20

Say "I Love You!"

How often do you say "I Love You" to the people you care about? These 3 little words can change someone's day, including yours in a positive way. Connection fuels enthusiasm. Express it unapologetically.

Notes / Date Completed:

ACTIVITY 21

Make Someone Smile Today

Small actions create big emotional returns. A simple "hello," smile, or hand wave can make someone's day. What will you do to make someone smile today? How did it make you feel? How did it make them feel? Can you make this a daily habit? Brighten someone's day and watch how it brightens yours.

Notes / Date Completed:

ACTIVITY 22

Make Positive Social Media Posts

Stop feeding negativity. Start leading people with hope and solutions. Anyone can point out a problem, but special people offer solutions. Stop complaining and judging and start sharing. Share posts that teach people "how to" cook. For the next 30 days make only positive social media posts. How did it feel to build people up rather than tear people down?

Notes / Date Completed:

ACTIVITY 23

Do Something Silly in Public

Have some fun! Break your own tension. A little silliness resets the mind like a splash of cold water. Putting a smile on your face and the faces of others is a great way to connect with people and Flip Your Mindset.

Notes / Date Completed:

ACTIVITY 24

Play!

Games are Mindset Flipping Exercises that teach focus, problem-solving, and resilience — all disguised as fun. Invite some friends, family, or co-workers to meet up to Play Games. (Any type of game, especially Board Games)

Notes / Date Completed:

SECTION 4

LIVE (MENTALLY) STRONG

Build resilience. Strengthen discipline. Bounce back faster.

Growth doesn't happen at room temperature — it requires heat. When your mind is strong, challenges become opportunities, failure becomes feedback, and discomfort becomes your training ground.

Mental strength isn't about avoiding difficulty — it's about handling it with confidence. It's about being able to move forward. This next section strengthens your thinking so obstacles don't derail you; they develop you.

ACTIVITY 25

Exercise

Motion fuels emotion. A stronger body builds a stronger mind.

Get outside. Move your body. Breathe some fresh air. Work to do some form of physical activity 30 minutes a day. Go for a walk, hike, dance, swim, workout, stretch, ride a bike; you choose. Just choose to move. Physical activity will stimulate your mental activity.

Notes / Date Completed:

ACTIVITY 26

Take a 24-Hour Social Media/Email Vacation

Unplug from the noise so you can hear your own thoughts again.

Give yourself a mental vacation. Step away from work and other people's lives. Be present and focus on yourself, your loved ones, and the things that are truly important to you.

Don't be afraid to try longer vacations in the future. You'll be surprised by the positive results you achieve when you invest your time into your goals and dreams.

Notes / Date Completed:

ACTIVITY 27

Embrace Failure

Failure is data. Data makes you better. Judging yourself only makes you stuck.

Every great chef risks burning a meal when they step into a kitchen. Life is an experiment full of successes and failures. Don't be afraid to fail. Learn from your experiences (good and bad) and share what you learned with others.

Remember, new challenges test your strength and build your confidence.

Notes / Date Completed:

ACTIVITY 28

Mentor/Coach

The fastest way to strengthen your knowledge is to teach it.

Teaching others keeps you grounded, humble, and accountable. Sharing your valuable talents, gifts, and experiences with another is a great opportunity to leave a lasting positive impact on the world and yourself. When you Mentor or Coach, you are Living F.R.E.S.H. You are Cooking up the Results you are Hungry for, while inspiring, educating, and empowering others to do the same.

Notes / Date Completed:

SECTION 5

LIVE HONEST

Tell the truth. Face the truth. Grow from the truth.

Honesty is the ingredient most people skip — and the one that makes every recipe better. Living Honest means acknowledging your patterns, keeping your word, and surrounding yourself with people who won't let you hide from your greatness.

Honesty isn't about being harsh — it's about being real. Real with yourself. Real with your dreams. Real with your habits.

Stop trying to be someone else. Stop comparing. Work to be the best version of yourself. Learn and grow from your past successes. Use them as inspiration to cook up the next tasty result in your life.

This section helps you stay grounded, connected, and responsible for the results you create. Let's keep it real.
Accountability Builds Greatness, Chef

F.R.E.S.H. Results I've Cooked Up so far!

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15.

ACTIVITY 29

Call a Mentor

Who are the people who have had a positive impact on your life? Reconnect with the people who have contributed to your personal and professional growth. Give them a phone call or better yet, meet them in person, and let them know how they impacted your life. Gratitude strengthens identity.

Notes / Date Completed:

ACTIVITY 30

Schedule a Kitchen Conversation

Sit down with someone you admire. A single conversation can change your direction.

Some of the best learning happens at a Kitchen Table. Is there someone you admire/want to learn from? Invite them out for a meal. Can't meet in person? Invite them to meet virtually and send them a gift card for coffee as a sign of appreciation. You're one click away from meeting, connecting or learning from people who can help you cook up the results you are hungry for.

Notes / Date Completed:

BONUS ACTIVITIES

Identify What’s Stopping You

Revisit the list from the front of the workbook. Update it with honesty.

Strengthen Relationships With Your Taste Testers

Check in, review your goals, and stay accountable.

Listen to Podcasts

There are great content creators sharing information that can help you cook up the results you are hungry for. Do some research and make it a habit to fuel your mental fire regularly with content that will help you grow versus content that pours water on your mental fire and keeps you stale.

Create your own.

Nobody knows you, better than yourself. The person who most impacts the results you cook up in life stares at you in the mirror everyday. Write down a few activities that will keep you motivated and inspired to Live F.R.E.S.H.

Notes/Ideas

Notes/Ideas

Notes/Ideas

ABOUT THE AUTHOR

Frank C. Kitchen, CSP, has been an award-winning retail manager, trainer, college educator, performer, and motivational speaker.

Born in Bad Kreuznach, Germany, Frank Kitchen spent over thirty years inspiring, educating, and empowering thousands of students and professionals around the world to transform their loftiest aspirations into reality.

Frank is a highly sought-after keynote speaker for organizations around the world. All of Frank's "Kitchen Inspired" programs are interactive learning experiences that provide you with the proven recipes, needed to Flip Your Mindset, Fire Up Your Performance, and Cook up the Results you are Hungry For! Frank has been recognized as one of the top professional speakers in the world by the National Speakers Association.

A graduate of Lakeland Community College (A.A.) and David N. Myers University (B.S), Frank is the author of this book, "Fresh from the Kitchen", and "52 Ways to Shine" with Rodger N. Campbell.

When he isn't speaking, you can find Frank volunteering or enjoying time with his family.

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