

The

LIVE  **FRESH**

Workbook

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



“Where your Mind goes, Your Body Will follow.”

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.

You’ve created amazing results in your life already. And you will create 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

The five ingredients on the previous page shape every decision, every action, and every outcome you produce. This workbook is designed to help you strengthen each ingredient through 30 simple, powerful mindset-flipping activities.

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.

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 and cook up your dreams.

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.!

You Are Amazing! (Example)

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 and cook up your dreams.

MY DAILY AFFIRMATION

My name is: Frank Cornelius Kitchen

I am a Hall of Fame Husband, Father, Son, Brother, Friend and 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.



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.

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!

Notes / Date Completed:



List Everything You're Hungry For

2

Write down or type up a detailed list of all the Mouthwatering results you Hunger for in your personal and professional life! You can use the next page to get started.

Notes / Date Completed:



What I'm Hungry For!

1.

2.

3.

4.

5.

6.

7.

"Don't Talk about them, Cook them Up!"

Motivate Yourself Visually

3

Humans are visually motivated. 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:



Share Your Menu

4

Now that you know what you're hungry for, Share your menu of wants with your Taste Testers.

Discuss how you will cook up the results you are hungry for. Listen to their advice and feedback.

Notes / Date Completed:



Create a Morning Routine

5

Are you investing your time or spending it? Does the first 30 minutes of your day begin with Social Media, Email, News, or Sports? 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. Have the Mindset of a Producer not a Consumer. Use the next few pages 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:





(Example)
Meal Prep Checklist

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

No email, social media, tv, internet

- Kiss Kelly (My Wife) Good Morning
- Say Affirmation Out Loud / Pray
- Review Calendar/Goals for the day
- Review Goals for the Year
- Drink Water (8oz Minimum)
- Exercise or Stretch
- Read or Listen to Audio book/ Podcast



Meal Prep Checklist

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

No email, social media, tv, internet

Recognize Your Accomplishments

6

Remember your menu of mouth-watering results you want to cook up? Create a similar 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. That starts by recognizing and building upon what you’ve done in the past.

Notes / Date Completed:



Show Off Your Accomplishments

7

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.

Notes / Date Completed:



Watch Documentaries

8

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:



Read Often

9

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

Notes / Date Completed:



Always Seek Knowledge

10

A.S.K. lots of questions. The worst questions are the questions you don't ask.

Notes / Date Completed:





Live Resourceful

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." Visit www.FrankKitchen.com/resources for more tools.

Use the next set of activities to expand your toolbox.

Create a Team of Taste Testers

11

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."

Take a Field Trip

12

Did you love taking field trips as a kid? The purpose of a field trip is to provide a hands-on learning experience. Something that isn't possible from reading a book or doing an internet search. Make time to visit a Museum, Zoo, Aquarium, Garden, Exhibit, Theater, or Park.

Notes / Date Completed:



Travel 1 hour away from Your Home

13

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:





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

1.

2.

3.

4.

5.

6.

Try Something You've Never Done Before

14

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.

Notes / Date Completed:



Host a Community Event **15**

What can you do to bring people together?
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:



Volunteer

16

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:



Get Creative

17

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:



Hang out with Chefs

18

Mindset is contagious. Who are you surrounding yourself with? Invest your time in the presence of people who are consistently working to cook up the mouthwatering results they hunger 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.

2.

3.

4.

5.

6.

7.

Notes:



Live Enthusiastic

Energy Is a Choice Enthusiasm isn't childish. 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.

Too many people wait for inspiration. FRESH thinkers create it.

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

Find Your Woo Hoo! 19

What makes you smile? What experiences and activities make you feel your best? What makes you yell out “Woo Hoo!” when it happens? 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.

4.

5.

6.

Say "I Love You!" 20

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.

Notes / Date Completed:



Make Someone Smile Today

21

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?

Notes / Date Completed:



Make Positive Social Media Posts

22

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:



Do Something Silly in Public 23

Have some fun! 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:



Play!

24

Games are Mindset Flipping Exercises that teach you how to focus on the solution more than the problem. Invite some friends, family, or co-workers to meet up to Play Games. (Any type of game, especially Board Games)

Notes / Date Completed:





Live (Mentally) Strong

Resilience Is a Muscle Life will test you. It should. 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 pretending nothing bothers you.

It's about being able to move forward even when it does.

Let's develop that muscle.

Exercise

25

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:



Take a 24-hour Social Media/ Email Vacation

26

Give yourself a mental vacation. Step away from work and other people's lives and focus on yourself and your loved ones. Try longer vacations in the future and experience the positive results.

Notes / Date Completed:



Embrace Failure

27

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 and share what you learned with others.

Notes / Date Completed:



Mentor/Coach

28

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 your Hunger for, while empowering others to do the same.

Notes / Date Completed:





Live Honest

Accountability Builds Greatness. Honesty isn't about being harsh — it's about being real.

Real with yourself. Real with your dreams.
Real with your habits.

Don't try 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, Chef.



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

1.

2.

3.

4.

5.

6.

Call a Mentor **29**

Who are the people who've had a positive impact on your life? Give them a phone call or better yet, meet them in person, and let them know how they impacted your life.

Notes / Date Completed:



Schedule a **30** Kitchen Convo

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 virtually 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 hunger for.

Notes / Date Completed:





Notes/Ideas

Frank Kitchen, CSP

As a Professional Keynote Speaker I love sharing proven strategies and techniques needed to “Flip Your Mindset and Cook Up the Results you are Hungry For in your Career, Business or Organization. Please contact me when I can be a tasty learning resource for you and your team.



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“The person most responsible for you Cooking up the Tasty Results You are Hungry For looks at you in the mirror every morning ”

Hungry for Results? It's time to Live F.R.E.S.H.! In this workbook, you will discover 30 activities that will help you flip stale thinking into a Transcendent Reality. Be sure to contact me when you share your masterpiece with the world.



FRANK  **KITCHEN**