

KITCHEN GOAL SETTING

BECOMING TRADITIONAL | THE SELF-SUFFICIENT KITCHEN





How to use this excerpt*

The best way to get the most mileage out of this excerpt is to:

1. Read Through It All First: Familiarize yourself with the content & explore the tips, action steps & blog post highlights provided.
2. Complete the Workbook Exercises: After you've read through them, begin doing the exercises. Think through any kitchen projects or dreams you may want to try, reflect on your experiences & begin to set goals.

3. Refer to Blog Post Highlights: Throughout the workbook, you'll find highlights of blog posts that offer additional guidance or inspiration. You *can* create a plan for your kitchen to turn it into an absolute powerhouse. Even if you don't like being in the kitchen or know how to cook.

Eating really good food is rewarding yeah? But learning how to stock a pantry with staples & also how to piece the puzzle together & everything else about the kitchen is a journey. A fully functional, self-sufficient kitchen doesn't happen overnight. It happens with determination & a plan.

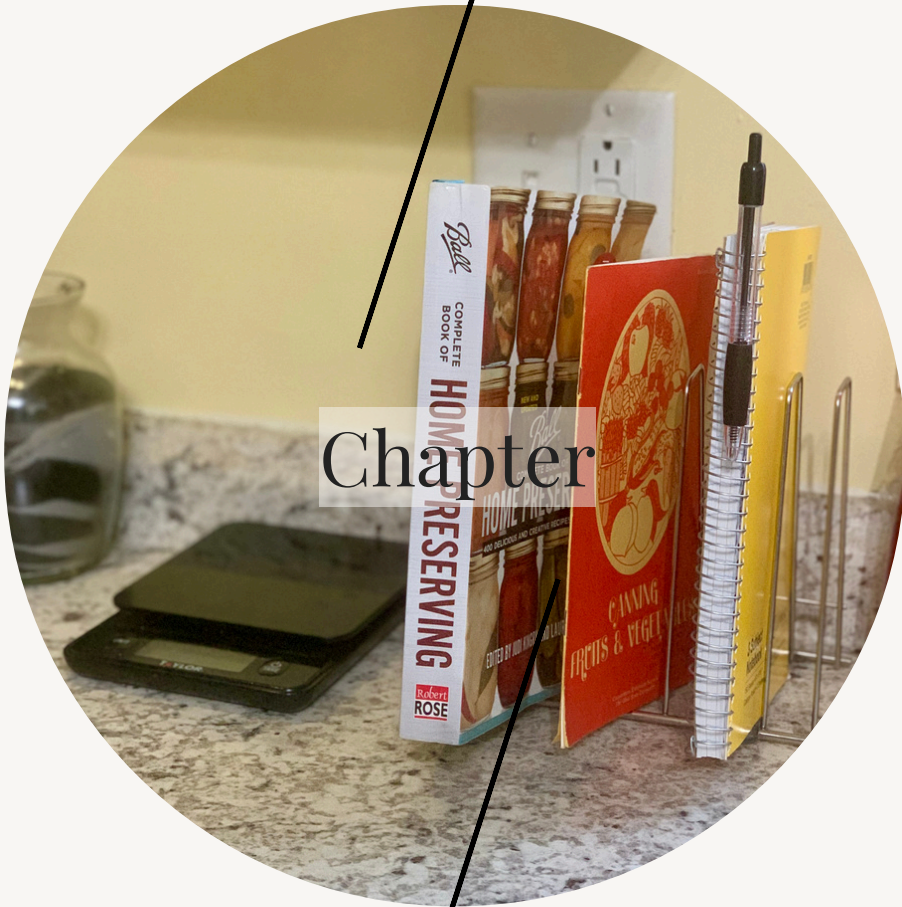
Stay curious, have fun, embrace the learning curve. Just don't stop. Keep moving forward.

You've got this, lovely!

xo, claire

*This workbook is a modified excerpt from my Food Preservation Planning Workbook which you can grab on my website.

01



Chapter

01



GOAL-SETTING: PUTTING IT TOGETHER

Setting goals is an essential step in any vision. So setting them for your kitchen is the beginning of a really great thing coming to life. Goals provide direction, motivation & a sense of purpose. Setting clear, achievable goals is how you can make the most of your time & resources & track your progress along the way so you can reiterate as necessary.

But I want to be clear that goals are not rules. They are guideposts, markers along the way. And the best goals are very specific & come with timelines. They're also written down so you have something concrete to hold on to & see each day.

GOALS SHOULD BE...

- ✓ **Specific:** Clearly define what you want to accomplish with your food preservation projects. Break down larger goals into smaller, manageable tasks to make them more achievable and actionable.
- ✓ **Realistic & Achievable:** Remember, this is based on your current resources, skills & constraints. Set yourself up for success by setting goals that stretch you without overwhelming you.
- ✓ **Definitive:** Whether it's short-term to complete a specific preservation project or long-term goal to master a new preservation technique, having a timeline creates a sense of urgency & focus.



When in doubt, read your drafted goal to a friend. If they understand these points without lots of follow up questions, you have done well!

Another tip is to keep a copy of your goal(s) in a highly visible area - like the fridge & in your kitchen logbook.

I recommend only making 1-3 goals at a time. This seems to be just enough of a challenge with the right amount of grace for when life happens.

SMART GOALS

Here are some questions to consider to ensure your goals are clear, focused & actionable. Several of the questions simply restate the original question because sometimes hearing it another way makes it sound different.

S	SPECIFIC	<p>A. What exactly do I want to achieve?</p> <p>B. Who is involved or responsible?</p> <p>C. Where will it take place (if applicable)?</p> <p>D. Why is this goal important to me?</p>
M	MEASURABLE	<p>A. How will I track my progress?</p> <p>B. What specific criteria will I use to measure progress?</p> <p>C. How will I know when the goal is accomplished? (What's the final output?)</p>
A	ACHIEVABLE	<p>A. Is the goal realistic given my resources & constraints?</p> <p>B. What steps or actions will I take to reach the goal?</p> <p>C. Do I have the necessary skills & support?</p>
R	RELEVANT	<p>A. Does the goal align with my family objectives?</p> <p>B. Will it contribute to my long-term success & growth?</p> <p>C. Is now the right time to pursue this goal?</p>
T	TIME-BOUND	<p>A. When will I start working on the goal?</p> <p>B. What is the target completion date?</p> <p>C. Are there any milestones or checkpoints along the way where I can pause to reflect & celebrate?</p>

EXAMPLE

Goal #1

If I had a fermentation goal (& I do!) here's what I might say.
Note that your final written goal may be more than 1 sentence long, that's OK!

S	<p><u>SPECIFIC</u></p> <p>What do I want to accomplish?</p>	<p>Experiment with fermenting homemade sauerkraut using locally sourced cabbage.</p>
M	<p><u>MEASURABLE</u></p> <p>How will I know when it is achieved?</p>	<p>Successfully ferment two batches of sauerkraut, adjusting fermentation time & flavorings for desired taste & texture.</p>
A	<p><u>ACHIEVABLE</u></p> <p>How can the goal be accomplished?</p>	<p>Research fermentation techniques, secured a fermentation crock or jar accessories, source fresh cabbage from local farmers, & follow reliable sauerkraut recipes.</p>
R	<p><u>RELEVANT</u></p> <p>is this worthwhile at this point?</p>	<p>Yes, fermenting sauerkraut (& other foods) provides probiotics which my family needs more of in our repertoire.</p>
T	<p><u>TIME BOUND</u></p> <p>When will I complete this goal?</p>	<p>Complete my fermentation experiments this quarter to assess outcomes & incorporate homemade sauerkraut into our family meals.</p>

EXAMPLE

After thinking through the questions, the statement or phrase in the box will become part of your final written goal. Piece them all together to make the full statement.

Begin with “I will” which is a powerful, positive statement that builds in some self-accountability. Using phrases like “I hope” or “I want to” leave room for you to scoot out the back door & we don’t want that.

Here’s how my fermentation goal turned out:

I know my family needs more probiotics, so fermenting sauerkraut fits perfectly with meeting that need, plus it’s of interest to me to learn. I will ferment homemade sauerkraut using local cabbage, adjusting flavors & fermentation times as needed. I’ll research techniques, get the right equipment, find fresh cabbage & only follow trusted recipes. After 3 months of this, I’ll finish my experiments & start enjoying homemade sauerkraut with our meals on a regular basis.

EXAMPLE

Goal # _

I... _____

S

SPECIFIC

What do I want to accomplish?

M

MEASURABLE

How will I know when it is achieved?

A

ACHIEVABLE

How can the goal be accomplished?

R

RELEVANT

is this worthwhile at this point?

T

TIME BOUND

When will I complete this goal?

EXAMPLE

Goal # _

I... _____

S	<u>SPECIFIC</u> What do I want to accomplish?	
----------	--	--

M	<u>MEASURABLE</u> How will I know when it is achieved?	
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A	<u>ACHIEVABLE</u> How can the goal be accomplished?	
----------	--	--

R	<u>RELEVANT</u> is this worthwhile at this point?	
----------	--	--

T	<u>TIME BOUND</u> When will I complete this goal?	
----------	--	--

EXAMPLE

Goal # _

I... _____

S

SPECIFIC

What do I want to accomplish?

M

MEASURABLE

How will I know when it is achieved?

A

ACHIEVABLE

How can the goal be accomplished?

R

RELEVANT

is this worthwhile at this point?

T

TIME BOUND

When will I complete this goal?

NOW LET'S PRIORITIZE

Task Matrix

Prioritizing your to-do list using this matrix is a great way to visualize what tasks take priority over others so you can spend your valuable time doing what really matters.

(Adapted from Stephen Covey's Time Management Matrix)

Write out all your to-do's, placing them into the best-fitting box. (The matrix operates like a multiplication table. Use the lined arrows as scales to measure the amount of effort & impact a task carries.)

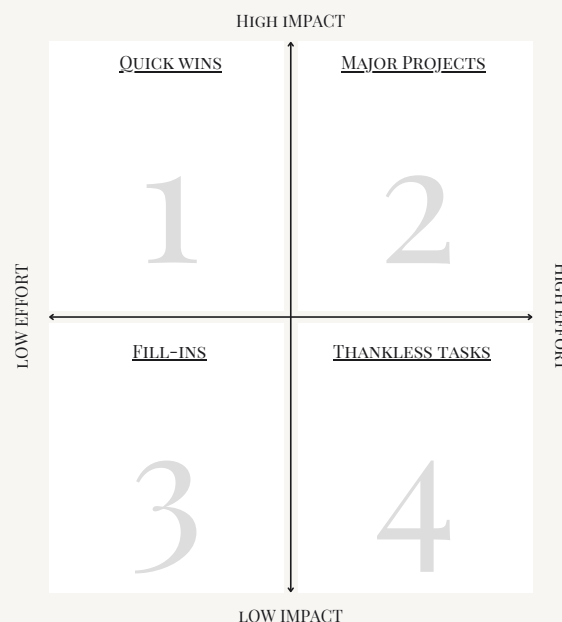
Any task with a high return on investment (ROI) is where you should spend your time.

Box 1: Low Effort & High Reward - this is the greatest ROI!

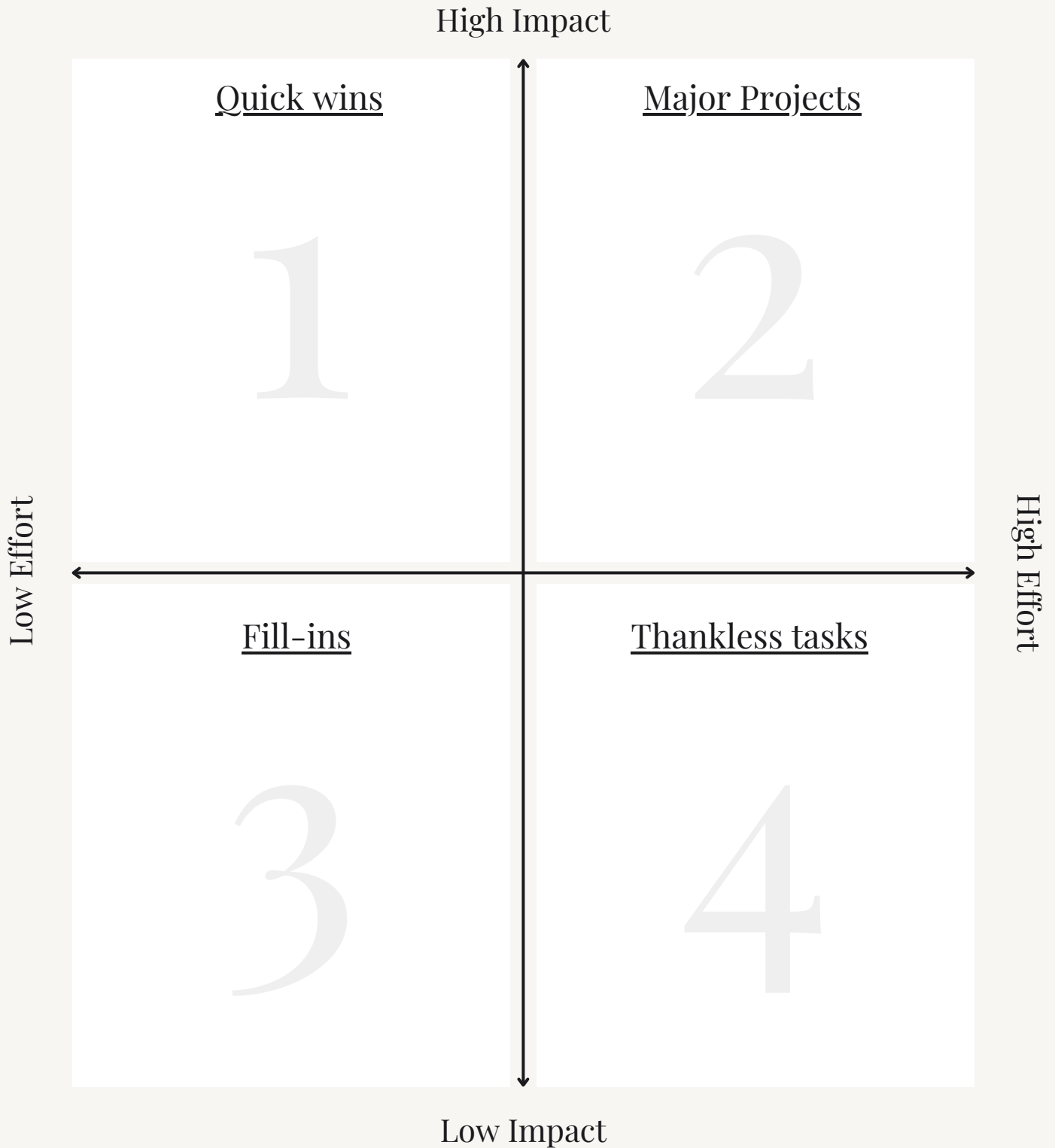
Box 2: High Effort but High Reward - these are worth it

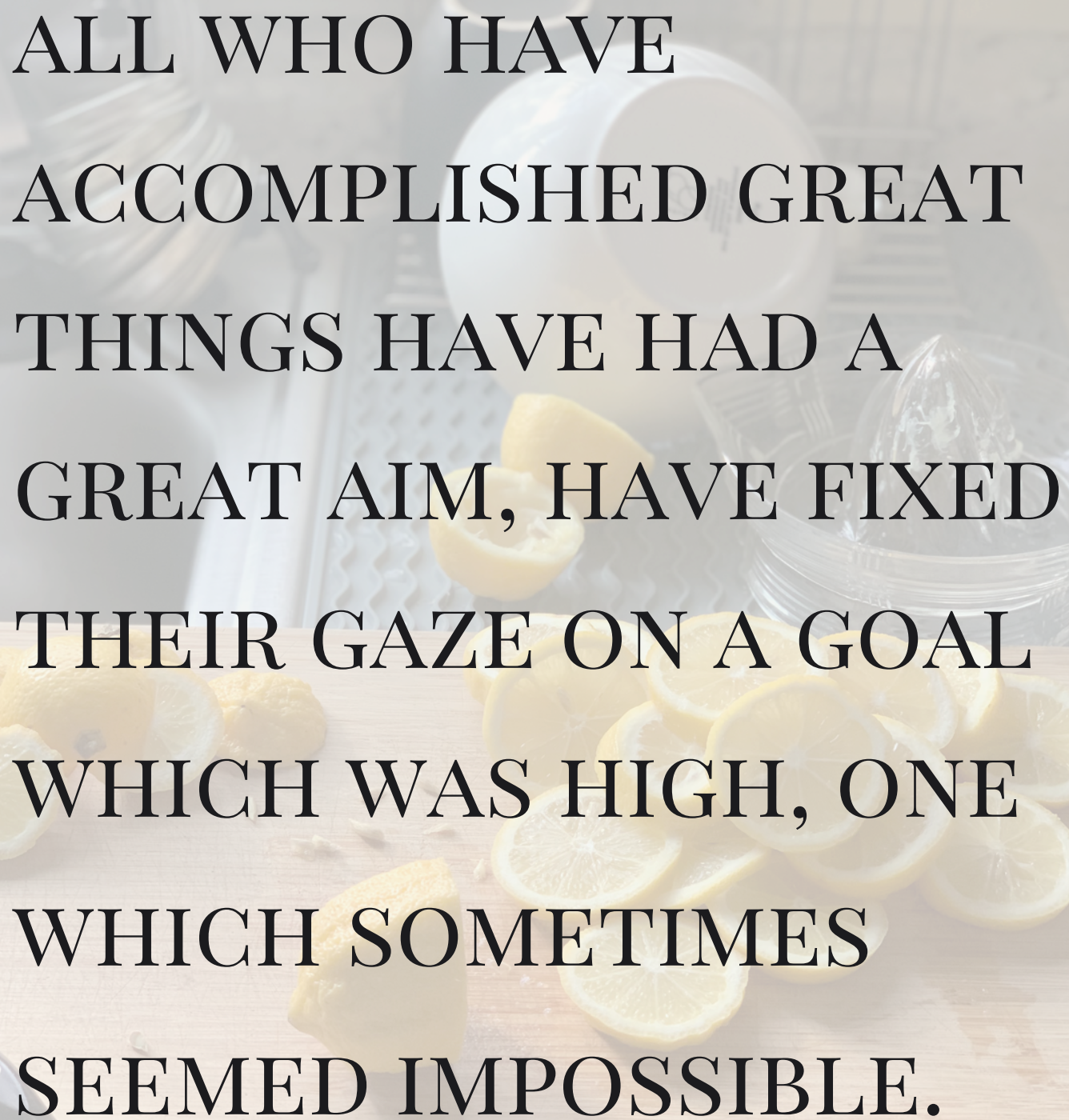
Box 3: Low Effort & Low Reward - consider delegating tasks

Box 4: High Effort & Low Reward - don't waste your time



TASK MATRIX



A kitchen scene featuring a wooden cutting board with several sliced lemons and whole lemons. In the background, there is a white juicer and a glass filled with lemon juice. The text is overlaid on this scene in a bold, black, serif font.

ALL WHO HAVE
ACCOMPLISHED GREAT
THINGS HAVE HAD A
GREAT AIM, HAVE FIXED
THEIR GAZE ON A GOAL
WHICH WAS HIGH, ONE
WHICH SOMETIMES
SEEMED IMPOSSIBLE.

-orison swett marden

READY TO SEE
WHAT ELSE
YOU CAN DO
IN YOUR
KITCHEN?

Join my kitchen newsletter!

It's good vibes all the time
& the place I share all the
good stuff - I'm talking
chocolate chip cookies
with the walnuts type good
& some of it never hits the
website!



PLUS - it's a place we can connect outside of the blog,
because at the end of the day we're just two women trying to
figure it out right? So let's do it together.

xo, claire

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