



Using Your Kitchen to Become a Team

A PDF RESOURCE



**Family
Teams**

Using your Kitchen to Become a Team

Some people see their family kitchen as a place for individual creativity, while others see it as a necessary evil as they try to fuel up the family multiple times a day. But have you ever thought of the kitchen as ground zero in turning your family into a team?

Think about it, every family member's relationship with the kitchen illustrates how they engage with the family team. The kitchen is a microcosm of the team's health. Do you leave dishes out for others to clean? Do you use the kitchen as an individual? Or do you weave in and out of one another in a coordinated dance enjoying the experience and creating beauty and nourishment as a result?

Let's figure out how to move the ball just a little closer to being a team by using the kitchen!

Crafting A Kitchen Vision

1. Write one paragraph each that describes your dream vision for the kitchen, mealtimes, and the table (but be realistic with your schedules, stages of ages, etc). Or, put another way, what kind of ideal culture would you like to see your family pursue?

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2. Was what you both wrote the same? Or different?

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3. Now, what does your current 'kitchen vision' reality look like? (i.e. we work as a team, it's mainly a place for fueling up, we don't have much time in the kitchen, etc)

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4. What are the 3 biggest obstacles to achieving your kitchen vision or the three things in question number 3 that are preventing you from your vision in answer number 1?

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FOR COUPLES

Dr. Kevin Leman wrote a famous book entitled, "Sex Begins in the Kitchen." His thesis is that intimacy starts with the little, normal, everyday interactions you have with each other and the kitchen is often a great reflection of the state of your intimacy. So discuss:

- What is really working in the kitchen?
- What seems broken?
- Each share how your “kitchen life” reflects how you’re doing relationally.
- Each share what your kitchen patterns illustrate about how you’re functioning as a team.

FOR FAMILIES WITH KIDS

- What kind of learning/coaching/training will it require to begin to realize your kitchen vision?
- Is there a “Kitchen System” you need to help your kids learn teamwork through the kitchen?
- What are three steps you can take to move toward the kind of kitchen experience you’d like to see for your family?

BABY STEPS:

It’s often important to start with one meal a day or sometimes only one meal a week to begin to emphasize a kitchen culture. For some it’s a breakfast, for others it’s a dinner. Come up with a simple plan, pick one meal and give it try. The best way to start anything in the family is to give yourself permission to do it badly and then start to improve the system over time. So, keep it up! As you work through the worksheet this month, make sure to hop on over to the Facebook group and let us know how it’s going or any questions you have for Jeremy, April, Jeff, or Alyssa. We can’t wait to hear!

