

Analyze Your Kitchen

Print out this form. When you have a few minutes for yourself, make a cup of coffee, go into the kitchen get comfortable. Look around the room. I mean really look! Look at the room as if you were seeing it for the first time. Write down the first 10 words that come to your mind.

Here are a few words to get your creative mind going. Is it warm, cozy, inviting, cold, country, efficient, light, dark, stark, cluttered? Don't think about this and spend a lot of time on it. This is just to get an idea of how you feel about your kitchen and what changes you would like to make.

<p>When I look at my kitchen through a stranger's eyes I see:</p>
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Take some time to look over this list. Fill it out with as much detail as you wish. This is not something to rush through. Take your time; get the opinions of your family and friends, and when you have finished you will have a good idea of what you like, dislike, would like to keep and want to change.

	Questions:	Answers:
Cooking	<p>What type of cook are you? Professional, cook from scratch, short order, takeout?</p> <p>How many people cook or help out at one time?</p> <p>Is the room adequate for everyone to move around comfortably and out of each other's way?</p> <p>Do children help out and work in the kitchen with you?</p>	

<i>Entertaini ng</i>	<p>If your kitchen is used for entertaining, do you:</p> <ul style="list-style-type: none"> • Have sit down meals • Informal buffets • Neighborhood barbecues • Family get togethers • Cocktail parties 	
<i>Storage</i>	<p>Do you have adequate storage for your:</p> <ul style="list-style-type: none"> • Canned and packaged foods • Refrigerated and frozen foods • China and glassware • Cookware • Small Appliances • Linens • Paper goods • Cleaning supplies 	
<i>Special Storage</i>	<p>Do you have a need for specialty storage, such as:</p> <ul style="list-style-type: none"> • Heirloom china • Wine Collections • Hobbies • Cookbooks 	
<i>Electronics</i>	<p>Do you need space in your kitchen for:</p> <ul style="list-style-type: none"> • Television • Sound System • Computer • Telephone 	
<i>Activities</i>	<p>What activities besides cooking are conducted here? Some examples are:</p> <ul style="list-style-type: none"> • Dining • Meal Planning • Homework • Laundry • Entertaining • Hobbies 	

<p><i>Cupboards and Counters</i></p>	<ul style="list-style-type: none"> • Are you happy with the height of your counter? • Can you work for long periods without getting a backache? • Do you have work areas of varying heights to accommodate children? • Can you reach the shelves in your cupboards without the use of a stepstool? • Do the doors of your cupboards, closets, and appliances open conveniently on the correct side? 	
<p><i>Convenience</i></p>	<ul style="list-style-type: none"> • Is your traffic pattern from the stove, sink and refrigerator a convenient triangle? • Do you have an area set up for prep work by the sink? • Do you have an area set up with all your baking needs? • Are all your herbs, spices, oils, etc. set up conveniently by the stove? 	
<p><i>Lighting</i></p>	<ul style="list-style-type: none"> • Is there a lot of natural light? • Do you have spot lighting by the stove and sink area • Is the lighting adequate over the kitchen table? • Do you have good general lighting? 	

Once you have completed this assessment of your kitchen, you should have a clear idea of the areas you are satisfied with and the things you wish to change. You may come up with more questions that suit your lifestyle. In any case, this questionnaire will give you a clearer picture of what you have and what you want to achieve. Now you are ready to move on to Kitchen Decorating Ideas at <http://www.home-decorating-room-by-room.com>