

My FRESH Recipe

From the Kitchen of:

(Your Name)

Focus

(Clearly Define your Dream. Name Dream, How much do you want to produce, Specific Deadline)

Resources (What do you need?)

Enthusiasm (How much Energy is required? What is your reason for attempting this dream?)

Strength (Step by Step Instructions)

Honesty (What are your Expectations? What were your Results? Notes and Suggestions)

“Live FRESH! Turn your dream, passion or purpose into a reality!”

www.frankkitchen.com