31 Beginner BabySteps

Beginners BabySteps

BabySteps are one of FlyLady’s main concepts for getting your home and life in order. Read what FlyLady has to say about BabySteps:

*Your home did not get dirty in one day, and it will not get clean in a day, either. You have been living in clutter and CHAOS for many years; you are not going to get your home clean in a day. I do not want you to crash and burn. This is why I teach you to take BabySteps. If you try to do this all at once, you are going to be mad at me, because this will be like every other “get-organized” method you have tried. I want you to take your time. As you establish one habit, you will very easily be able to add another one to your routines. – FlyLady*

So, what are the rules for BabySteps?

- **Establish small routines first and then work up to more items.** Don’t try to do a full-blown routine the very first day. FlyLady’s routines are just an example to help you to develop your own. Pick three things for the morning and three things for the evening.

- **Consistency is the key to all of this.** We have to take our time with our routines. They do not happen overnight. It is the result of tiny changes over several months. BabySteps! If you try to accomplish this without taking the BabySteps, your habits will not be everlasting. BabySteps are the key. Yes, you can do your routines by looking at a list of things to do, but they have to become automatic, a part of you, for them to be life changing.

- **Take your time and enjoy the process.** Don’t feel pressured to do it all at once. This is worth going slow. I did, and for once I didn’t throw in the towel; I did it one habit at a time. When I did fall, I was able to pick myself up and start again at anytime. It takes SHEs 28 days to establish a habit. Believe me, I have tried everything to not do this. Nothing ever worked for very long. It doesn’t matter if you miss one day; just get back on your horse and keep taking those BabySteps. It is the practice that makes it work.

Take your time with this! Don’t go too fast or try to jump ahead. As FlyLady says: *This is worth the extra effort to go slow. I know it is not in our nature to plod along. We want what we want, and we want it now. You are going to have to quiet this voice in your head and take it one habit at a time. Consistency has its rewards.* – FlyLady
Are you ready to start BabyStepping?

31 Beginner BabySteps

Dear Precious New Member,

I know that you have become overwhelmed by your home and the chaos that you have been living in. We are here to help you, and it doesn’t cost you a dime. Keep in mind that your home did not get this way overnight, and it is not going to get clean in a day. We are going to teach you how to take BabySteps and establish little routines for getting rid of your clutter and maintaining your home. This system will work for anyone; it doesn’t matter if you work outside of your home, stay home with children, are retired, or work at home. You can do this; you have just need someone to pat you on the back and give you a great big hug to get you started.

The voices that you hear in your head keep telling you that you are behind and you have to get it all done now. We are going to quiet those negative voices that are beating you up constantly and replace them with a loving, gentle voice that tells you that you are not behind and you can do this one BabyStep at a time!

Let’s not get impatient with the process. Everything we do is going to help you replace those voices that put you down. We are here to lift you up and celebrate every little accomplishment.

Your very first BabyStep is to go shine your sink. Don’t listen to those voices that tell you that it not going to help your messy house. This is exactly where I started, and this little habit has changed my life! Take this BabyStep in faith and go do it. Here are the directions for shining your kitchen sink.

Are you ready to FLY!

FlyLady
Beginners BabySteps: Day 1 – Shine Your Sink

After you do this, you will keep it shiny by drying it out after each time you use it and making sure when you go to bed that it is shining so it will make you smile in the morning. This is how I get to hug you each day! That shiny sink is a reflection of the love that you have for yourself.

Our FlyLady system is all about establishing little habits that string together into simple routines to help your day run on automatic pilot. You can do this!

Not sure how to shine your sink?

Read FlyLady’s FLYing Lesson on how to shine your sink.

What do I do next?

Now that you have completed that very important first step. You will be receiving a Beginner BabySteps each day for the next 30 days. You can do this!

FlyLady Tip of the Day:

Make it fun and it will get done! That is why we have fun efficient tools to help you get things done. This is our Beginner’s Package at a great price for our new FlyBabies.
Beginner BabySteps: Day 2

BabyStep: Day 2

Today I want you get up and get dressed to lace-up shoes right when your feet hit the floor in the morning. This means fix your hair and face, too.

In order for us to change ourselves, we need to remind ourselves of what we are doing. I did this with yellow sticky notes throughout my home to guide me through my day. This was the beginning of my FlyLady Control Journal. I had little notes on my bathroom mirror to remind me to get dressed to shoes.

Shine your sink before you go to bed. Then send me an email to FlyLady@flylady.net with MY SINK IS SHINING in the subject line.

FlyLady Tip of the Day:
To make it easier to get dressed each day; pick out your clothes the night before. Your Before Bed Routine is the most important routine of the day. ~FlyLady
Beginner BabySteps: Day 3

BabyStep: Day 3

Today you are doing what we have already done:
- Getting up and dressing to lace-up shoes
- Keeping your sink shining

Now is the time to start exploring The FlyLady’s website.

Be sure to read the Launch Pad section.

This is where you will find the Daily Flight Plan.

Shine your sink before you go to bed. After you get your sink shining then send me an email to FlyLady@flylady.net with MY SINK IS SHINING.

FlyLady Tip: Each evening as you shine your sink put out a clean dishtowel. This gets you ready for tomorrow.
Beginner BabySteps: Day 4

So far we are:

- Getting Dressed to lace-up shoes
- Keeping our sink shining
- Read your FlyLady message on our website

Your next thing is to write these items down on a sticky note and post them on your bathroom mirror and above your kitchen sink.

This is the beginning of your Control Journal.

or buy the one I have built for you; Control Journal

The little notes help us to remember the habits we are trying to establish.

After you put your Post-It Note on your mirror please send an email to FlyLady@flylady.net and put MY POST-IT IS IN PLACE in the subject line.

I am so proud of you!

FlyLady Tip: If you make it fun; it will get done.

We like to turn everyday chores into games. Our timer helps us! You can do anything for 15 minutes and then you get to stop!

~FlyLady
Beginner BabySteps: Day 5

BabyStep: Day 5

What we’re doing so far:

- Getting Dressed to lace-up shoes
- Keeping our sink shining
- Read your FlyLady message on our website
- Looking at our posted reminders in the kitchen and bathroom

Are you hearing any nagging, negative voices in your head? Things like you’ll never be able to do this or that you don’t deserve a clean, happy, inviting home.

Take a piece of paper and write down what you hear. Then, turn those ugly words around and say something nice to yourself to negate the ugly words that they said. You deserve happiness!

Once you turn those negative words into positive phrases; I want you put them where you can see them often. Then I want to get an email from you!

Send it to FlyLady@flylady.net with I AM WORTHY! in the subject line.

FlyLady Tip: Please take care of yourself. The voices we hear in our heads are the same voices that come out of our mouths.

One of the first habits I practiced was Be Kind to Me. Let’s stop beating ourselves up and FLY!

I know you can do this! You deserve to be treated well! It starts with you! Check out our Pampering Section on our Website.
Beginner BabySteps: Day 6

BabyStep: Day 6

So far we are:

- Getting dressed to lace-up shoes
- Keeping our sink shining
- Read your FlyLady emails
- Looking at our posted reminders
- Recognizing the negative voices

Today we are going to learn about Hot Spots. We all have them. Not sure what a Hot Spot is? Read the definition in our FLY FAQs!

Now, set your timer for two minutes and practice putting out your Hot Spot. You don’t have to work until you have finished; just do what you can in two minutes. Put your bills in one place. This will keep you from having to search for them.

Your timer can be your best friend. After you set it for two minutes and clear off your hot spot send an email to:

FlyLady@flylady.net with I CAN DO ANYTHING FOR TWO MINUTES! in the subject line.

FlyLady Tip: Play some games with yourself by seeing how long it takes to empty your dishwasher, reboot your laundry, fold a load of clothing, or make your bed. These times are going to surprise you.
Beginner BabySteps: Day 7

BabyStep: Day 7

So far we are:

- Getting dressed to lace-up shoes
- Keeping our sink shining
- Read your FlyLady emails
- Looking at our posted reminders
- Recognizing the negative voices
- Put out your Hot Spot for two minutes. Just pick one!

Today we are going to add a new habit to our before-bed routine. Tonight, before you hop in bed, I want you to pick out what clothes you are going to wear tomorrow. You can lay them on a chair, on a shelf, hook in the bathroom, or on a hanger on your door knob.

FlyLady Tip: Knowing what I am wearing tomorrow makes it so easy to get dressed in the morning. I take my bath at night so all I have to do is wet my chicken hair in the morning when I get dressed. My clothes are waiting for me in my bathroom.

Your Before Bed Routine is the most important routine of your day! It sets you up for success! Your timer will become your best friend! ~FlyLady
BabyStep: Day 8

You have been FLYing for a whole week! I am so proud of you.

Let’s review your new habits. I am going to break them down into what you do each morning and what you do each evening.

**Morning Routine**
- Get up and get dressed to lace-up shoes; fixing your hair and face
- Look at your posted reminders in the kitchen and bathroom
- Read your FlyLady emails
- Recognize the negative voices and change them.
- Put out your Hot Spots for two minutes

**Before-Bed Routine**
- Keep your sink shining
- Lay out your clothes for tomorrow
- Put out your Hot Spot. It will make you happy in the morning!

Over the last week we have been establishing our basic routines. As you establish habits, it will become easy to add another habit for you to practice.

Today, go find an old three-ring binder and just put some loose leaf paper in it. Then, at the top of one page, write Morning Routine, and on the top of another page, write Before-Bed Routine in pencil. This is a working document; do not allow your perfectionism to interfere with the process! Now you can write your simple routines on each page.

FlyLady Tip: My Granny always said, “A place for everything and everything in its place.”

The problem with this is clutter is taking up the places in our homes.

You can’t organize clutter; you have to get rid of it. ~FlyLady

Your Control Journal is a place to keep your routines. This is why we developed our Office in a Bag. It can hold your Control Journal and other important information. You will know where to put your hand on it; instead of search through your hot spots.
Beginner BabySteps: Day 9

BabyStep: Day 9

Look in your Control Journal and leave the sticky notes up to help remind you of your new routines. It takes us 28 days to develop a new habit. These are just BabySteps on our journey to a new way of living. Here is what we are already doing:

**Morning Routine**
- Get up and get dressed to lace-up shoes; fixing your hair and face
- Look at your posted reminders in the kitchen and bathroom
- Read your FlyLady emails
- Recognize the negative voices and change them.
- Put out your Hot Spots for two minutes

**Before-Bed Routine**
- Keep your sink shining
- Lay out your clothes for tomorrow
- Put out your Hot Spot. It will make you happy in the morning!

Today we are going to learn how to **declutter** our homes a few minutes at a time with some fun tools that you might have been wondering about from the reminders you have been reading in our e-mails. Making it fun will get the job done!

Read the [Decluttering FLYing Lesson](#)

Today, add a **five-minute room rescue** to your Morning Routine. After you have done a Five-Minute Room Rescue, send an email to: [FlyLady@flylady.net with MY ROOM IS RESCUED](mailto:FlyLady@flylady.net) in the subject line.

**FlyLady Tip:** It is the surface clutter that makes our homes look messy. Eliminating those hot spots will make your home look and feel better.

Place a pretty flower arrangement on your dining table to keep you from piling stuff on it.
Beginner BabySteps: Day 10

BabyStep: Day 10

Morning Routine
- Get up and get dressed to lace-up shoes; fixing your hair and face
- Look at your posted reminders in the kitchen and bathroom
- Read your FlyLady emails
- Recognize the negative voices and change them.
- Put out your Hot Spots for two minutes
- Five-minute Room Rescue (pick any room in the house). Set your timer and go!

Before-Bed Routine
- Keep your sink shining
- Lay out your clothes for tomorrow
- Put out your Hot Spot. It will make you happy in the morning!

We have already been using our timers for two minutes and now five minutes. Today we are going to learn the power of just 15 minutes. You can do anything for 15 minutes. This is all about getting started and giving ourselves permission to stop when the timer goes off. You cannot restart the timer. This is not a race to finish in 15 minutes, either! The timer helps to keep us focused on what we are doing.

Now, set your timer for 15 minutes and go gather up all the trash you can find to throw away and put it in the garbage can outside. Then set your timer for another 15 minutes and sit down and put your feet up and read a favorite magazine until the timer goes off.

Your timer is a powerful tool to get your started, keep you focused, and help you to not crash and burn. After you use your timer for 15 minutes and then sit down and rest for 15 minutes; send an email to: FlyLady@flylady.net with 15 MINUTES IS POWERFUL in the subject line.

FlyLady Tip: You can do anything for 15 Minutes. I don’t want you to crash and burn; pace yourself. Your home did not get dirty in a day and it will not get clean overnight. BabySteps will get you there.

I keep I timer beside me all day long. It helps me to drink my water, stay focused on work, and not to sit too long at a time.
Beginner BabySteps: Day 11

BabyStep: Day 11

Morning Routine
- Get up and get dressed to lace-up shoes; fixing your hair and face
- Look at your posted reminders in the kitchen and bathroom
- Read your FlyLady emails
- Recognize the negative voices and change them.
- Put out your Hot Spots for two minutes
- Five-minute Room Rescue (pick any room in the house). Set your timer and go!
- Spend 15 Minutes decluttering each day. You can’t organize clutter!

Before-Bed Routine
- Keep your sink shining
- Lay out your clothes for tomorrow
- Put out your Hot Spot. It will make you happy in the morning!

Today we are going to add another page to our Control Journals. We are going to call this our “Inspirational Page.” On this page, I want you to spend 15 minutes writing down some of your favorite inspirational phrases. Some of mine are:

You can do anything for 15 minutes
Housework done incorrectly still blesses your family
You can’t organize clutter; you can only get rid of it.

I know you have others that you love. Use this page as a place to write them down when you see something that touches your heart.

FlyLady Tip: Surround yourself with things that bring a smile to your face. Having a place in your Control Journal to write down inspirational quotes helps you to get rid of the blues.

*Only have things in your home that make you happy!* ~FlyLady
Beginner BabySteps: Day 12

BabyStep: Day 12

Morning Routine

- Get up and get dressed to lace-up shoes; fixing your hair and face
- Look at your posted reminders in the kitchen and bathroom
- Read your FlyLady emails
- Recognize the negative voices and change them.
- Put out your Hot Spots for two minutes
- Five-minute Room Rescue (pick any room in the house). Set your timer and go!
- Spend 15 Minutes decluttering each day. You can’t organize clutter!

Before-Bed Routine

- Keep your sink shining
- Lay out your clothes for tomorrow
- Put out your Hot Spot. It will make you happy in the morning!
- Keep the sticky notes up in your kitchen and bathroom to help remind you to look at your Control Journal.

Can you believe that you have been FLYing for 12 days? I am so proud of you! BabySteps will get you there.

You have your basic routines started, and these are what you do for now. Do not try to do too much too fast; you will just crash and burn. Continue to take BabySteps to build your Control Journals. Do not allow your perfectionism to take over. We are building our routines and our Control Journals one habit at a time.

Today, delete from your inbox all the e-mails from FlyLady. Now don’t cringe. When you start getting our FLYwashing individual emails I want you to feel free to delete often.

FlyLady Tip: Digital Clutter is not clutter. We have to learn how to utilize the tools in our email program. Filters and labels can help you organize your inbox and keep you from ever missing a message.

You can’t organize clutter; you have to get rid of it!
~FlyLady
Beginner BabySteps: Day 13

BabyStep: Day 13

Morning Routine

- Get up and get dressed to lace-up shoes; fixing your hair and face
- Look at your posted reminders in the kitchen and bathroom
- Read your FlyLady emails
- Recognize the negative voices and change them.
- Put out your Hot Spots for two minutes
- Five-minute Room Rescue (pick a room). Set your timer and go!
- Spend 15 Minutes decluttering each day. You can’t organize clutter!
- Look at your Control Journal. Your Post-It Notes remind you.

Before-Bed Routine

- Keep your sink shining
- Lay out your clothes for tomorrow
- Put out your Hot Spot.
- Look at your Control Journal check list.

Today, find one of our missions and go and do it. They are fast and easy! This is going to introduce you to how we break our home into zones so that we never have to spring clean again. You can find the missions at your launch pad.

FlyLady Tip: We need efficient tools to make blessing our homes fun. Everything in our FlyShop is about making cleaning fun.

Our Rubba Tools are fun and efficient!

If you make it fun; it will get done! ~ FlyLady
Beginner BabySteps: Day 14

BabyStep: Day 14

Morning Routine

- Get up and get dressed to lace-up shoes; fixing your hair and face
- Look at your posted reminders in the kitchen and bathroom
- Read your FlyLady emails
- Recognize the negative voices and change them.
- Put out your Hot Spots for two minutes
- Five-minute Room Rescue (pick a room). Set your timer and go!
- Spend 15 Minutes decluttering each day. You can’t organize clutter!
- Look at your Control Journal. Your Post-It Notes remind you.

Before-Bed Routine

- Keep your sink shining
- Lay out your clothes for tomorrow
- Put out your Hot Spot.
- Look at your Control Journal check list.

There is tons of information on our website, and we do not want you to get confused. Today, go read the essay about using a calendar. Most of us are calendar challenged, and this essay is a way of making it so easy for us to understand.

FlyLady Tip: Create a place for your calendar in a high traffic flow area in your home. The kitchen and bathroom are two great areas. My calendar is in my bathroom, because I don’t have children at home. Stickers make using a calendar fun.

Children learn by watching you. This is the best way to teach a child how to use a calendar. They love the stickers.

FLYing is all about clearing the clutter in your home, on your calendar, and in your mind. ~ FlyLady
Beginner BabySteps: Day 15

BabyStep: Day 15
You are starting on your third week of FLYing. Each day you are going to use your Control Journal and your sticky notes to remind you of the things you are learning. Your habits are coming along nicely, and you are seeing changes in your attitudes and your homes. I am so proud of you!

Morning Routine
- Get up and get dressed to lace-up shoes; fixing your hair and face
- Look at your posted reminders in the kitchen and bathroom
- Read your FlyLady emails
- Recognize the negative voices and change them.
- Put out your Hot Spots for two minutes
- Five-minute Room Rescue (pick a room). Set your timer and go!
- Spend 15 Minutes decluttering each day. You can’t organize clutter!
- Look at your Control Journal. Your Post-It Notes remind you.

Before-Bed Routine
- Keep your sink shining
- Lay out your clothes for tomorrow
- Put out your Hot Spot.
- Look at your Control Journal check list.

On your new week of FLYing, you are going to add making your bed to your morning routine. If you will do this as soon as your feet hit the floor, you are less likely to forget it! After you make your bed send me an email to: FlyLady@flylady.net with MY BED IS SO PRETTY in the subject line.

FlyLady Tip: Having a bedspread that you love and is easy to pull up; is the key to making your bed. I like to race making my bed each morning. The race is to the bathroom.

I fan fold the bedspread each evening to make pulling up faster. I actually make the bed while I am still in it; by making snow angels to straighten out the covers. Then sliding out the side without disturbing the covers. Then all you have to do is put on the decorative pillows.

Every room has its own shiny sink. In the bedroom; it is your bed. ~ FlyLady
Beginner BabySteps: Day 16

BabyStep: Day 16
Morning Routine
- Get up and make your bed
- Get dressed to lace-up shoes, hair, and face
- Read your FlyLady emails
- Recognize the negative voices and change them
- Put out your Hot Spots for two minutes
- Five-minute Room Rescue (pick a room). Set your timer and go!
- Spend 15 Minutes decluttering each day. You can’t organize clutter!
- Look at your Control Journal. Your Post-It Notes remind you.

Before-Bed Routine
- Keep your sink shining
- Lay out your clothes for tomorrow
- Put out your Hot Spot.
- Look at your Control Journal check list.

Today, look on our website for the daily e-mails from FlyLady. It can be a Morning Musing, a testimonial, or an Ask FlyLady Question. Just take a few minutes and read over it. You never know what I am going to discuss.

Hidden Treasures
A Must Read!!, (Louisville, KY USA)
One of the best and most touching books I’ve read in a long time! I laughed and cried!! I learned the FlyLady system in a whole new way, I thought I knew it, but not until I read this book did I truly understand. It’s a must read for anybody, even if you’re not doing the FlyLady!!

Remember to take breaks; FLYing is all about pacing yourself! ~FlyLady
Beginner BabySteps: Day 17

BabyStep: Day 17

Do you pride yourself on being a night owl and getting lots of things done after everyone else is in bed? You need your rest just like the children do. You know your patience level is not at its best when you are tired and stressed out.

Morning Routine

- Get up and make your bed
- get dressed to lace-up shoes, hair, face
- Recognize negative voices and change them
- Put out your Hot Spots for two minutes
- Five-minute Room Rescue (pick a room). Set your timer and go!
- Spend 15 Minutes decluttering each day. You can’t organize clutter!
- Look at your Control Journal. Your Post-It Notes remind you
- Read Your FlyLady Emails as a reward for doing your morning routine.

Before-Bed Routine

- Keep your sink shining
- Lay out your clothes for tomorrow
- Put out your Hot Spot.
- Look at your Control Journal check list.

Today, think about what time you are going to bed each night. Set a specific bed time and stick to it. You need your rest. Put this on your Before-Bed Routine. Tomorrow morning I want you to email me and tell me how many hours of sleep you got last night. Send it to: FlyLady@flylady.net with I GOT MY BEAUTY SLEEP in the subject line.

FlyLady Tip: Don’t wait till just before your bedtime to do your Before Bed Routine. My Before Bed Routine starts right after dinner. Keep it simple!

Getting in bed at a decent hour will help you feel less stressed! ~FlyLady
Beginner BabySteps: Day 18

BabyStep: Day 18

Did you remember to send me an email about how much sleep you got last night? FlyLady@flylady.net with I GOT MY BEAUTY SLEEP in the subject line. You thought I would forget! I want you to take care of yourself.

Morning Routine
- Get up and make your bed
- get dressed to lace-up shoes, hair, face
- Recognize negative voices and change them
- Put out your Hot Spots for two minutes
- Five-minute Room Rescue (pick a room). Set your timer and go!
- Spend 15 Minutes decluttering each day. You can’t organize clutter!
- Look at your Control Journal. Your Post-It Notes remind you
- Read Your FlyLady Emails as a reward for doing your morning routine.

Before-Bed Routine
- Keep your sink shining
- Lay out your clothes for tomorrow
- Put out your Hot Spot.
- Look at your Control Journal check list.
- Time for bed; consider yourself tucked in!

Did you know that we have Eleven Commandments? They are 11 simple rules to help you FLY! Read them today. You may want to print these out or write them in your Control Journal.

FlyLady Tip: Checking your calendar as you pick out your clothes, will help you to be dressed for what your day has in store for you.

Don’t forget to laugh everyday. Pamper yourself; you deserve it! ~FlyLady
Beginner BabySteps: Day 19

BabyStep: Day 19

Every day we send out testimonials to encourage you. They teach you how the other FlyBabies in the world are using our system to change their homes and lives. Have you done your morning routine yet?

Morning Routine

- Get up and make your bed
- get dressed to lace-up shoes, hair, face
- Recognize negative voices and change them
- Put out your Hot Spots for two minutes
- Five-minute Room Rescue (pick a room). Set your timer and go!
- Spend 15 Minutes decluttering each day. You can’t organize clutter!
- Look at your Control Journal. Your Post-It Notes remind you
- Read Your FlyLady Emails as a reward for doing your morning routine.

Before-Bed Routine

- Keep your sink shining
- Lay out your clothes for tomorrow
- Put out your Hot Spot.
- Look at your Control Journal check list.
- Time for bed; consider yourself tucked in!

Where is this Bed and Breakfast!

Dear Friends,

One morning, I was working out on my treadmill, talking to my sister Paddi on the phone, and reading your e-mail messages (yes, all at the same time!) when I came across this message. I start to read it out loud over the phone to her.

Dear FlyLady,
I wanted to let you know about the wonderful B&B my husband and I stayed at this Memorial Day weekend. The small but simply furnished kitchen was well stocked with delicious healthy snacks and meals. Homemade waffles with blackberries were served from a beautiful, clean kitchen. The living areas and bedrooms were furnished with fresh, plumped...
pillows, lovely matching sheets and down comforter, and scented candles everywhere. The bathroom – ah... bubble bath, lotions, and fresh, white towels. The library was stocked with books, magazines and yoga videos...

Paddi and I were both getting excited – where was this wonderful sounding bed and breakfast? We always keep our eyes peeled for pampering opportunities, especially ones we can share with friends and family. I continued to read:

... Best of all, my husband and I spent time together with no interruptions, chores, or traffic. Okay – you guessed it... thanks to you, this is my home. Thank you, thank you.

The tears started flowing, we were speechless. Thank YOU to the sender – this e-mail made my day! I put it at the beginning of my book Sink Reflections. I am in purple puddles every time I read it!

FlyLady Tip: Stop rushing around! Slow down and set your timer to help keep you focused. You will be surprised at how much you can get done!

Being in a hurry never got you there any faster!
~FlyLady
Beginner BabySteps: Day 20

BabyStep: Day 20

Our house would be clean if we didn’t have clothes and papers everywhere! Today we are going to learn a little about laundry.

Morning Routine

- Get up and make your bed
- Get dressed to lace-up shoes, hair, face
- Recognize negative voices and change them
- Put out your Hot Spots for two minutes
- Five-minute Room Rescue (pick a room). Set your timer and go!
- Spend 15 Minutes decluttering each day. You can’t organize clutter!
- Look at your Control Journal. Your Post-It Notes remind you
- Read Your FlyLady Emails as a reward for doing your morning routine.

Before-Bed Routine

- Keep your sink shining
- Lay out your clothes for tomorrow
- Put out your Hot Spot.
- Look at your Control Journal check list.
- Time for bed; consider yourself tucked in!

Include laundry in your morning and evening routines; this makes getting up and getting dressed much easier. Laundry doesn’t take long to do when we don’t procrastinate one of the five steps: sort, wash, dry, fold, and put away. It only takes a few short minutes. When you include laundry in your routines everyone is blessed; a load a day keeps Mt. Washmore at bay.

After you do a load of laundry from sort to put-away; send me an email to FlyLady@flylady.net with I DID A LOAD TODAY! in the subject line.

FlyLady Tip: Start a load of laundry after everyone has had their baths in the evening. Then when you get up in the morning place it in the dryer. Fold and put away as part of your morning routine.

Nothing says “I love you” like clean underwear! ~FlyLady
Beginner BabySteps: Day 21

BabyStep: Day 21

Over the years I have answered every type of question you could think of. Q&A is one of my favorite parts of a speaking engagement. Did you know that I answer a question every week day on our website and it goes out in our individual emails. Do you have a question? I would love to answer your question. In fact we need a bunch of new questions. Send your question to: AskFlyLady@FlyLady.net with ASK FLYLADY in the subject line.

Check out our Ask FlyLady section on our website. Set your timer for 5 minutes and read a few of my posts.

Morning Routine

- Get up and make your bed
- Get dressed to lace-up shoes, hair, face
- Recognize negative voices and change them
- Reboot your laundry
- Put out your Hot Spots for two minutes
- Five-minute Room Rescue (pick a room). Set your timer and go!
- Spend 15 Minutes decluttering each day. You can’t organize clutter!
- Look at your Control Journal. Your Post-It Notes remind you
- Read Your FlyLady Emails as a reward for doing your morning routine.

Before-Bed Routine

- Keep your sink shining
- Lay out your clothes for tomorrow
- Put in a load of laundry
- Put out your Hot Spot.
- Look at your Control Journal check list.
- Time for bed; consider yourself tucked in!

FlyLady Tip: To make it easier to put away your clean laundry; clean out one drawer for each member of the family. This will keep you from living out of laundry baskets and searching for what to wear!

A load a day keeps Mt. Washmore away. ~FlyLady
Beginner BabySteps: Day 22

BabyStep: Day 22
Procrastination is our worst enemy. Do you want to know why we procrastinate? It is because of our perfectionism. Have you been procrastinating about building your Control Journal? All the BabyStep directions are on the website, too, in the FLYing Lessons. Learn how to build your own control journal in 15 steps. I allowed my perfectionism to get in the way of my original Control Journal. I thought bigger was better! NO IT IS NOT! Less is More! I know how you are and this is why I made one for you to just fill in the blanks. It is our our FlyShop. You can get it with an Office in a Bag or by itself. Keep in mind that your Control Journal is just an operations manual for your home. When someone asks what you have been doing all day; all you have to do is point to your Control Journal.

Morning Routine
- Get up and make your bed
- Get dressed to lace-up shoes, hair, face
- Recognize negative voices and change them
- Reboot your laundry
- Put out your Hot Spots for two minutes
- Five-minute Room Rescue (pick a room). Set your timer and go!
- Spend 15 Minutes decluttering each day. You can’t organize clutter!
- Look at your Control Journal. Your Post-It Notes remind you
- Read Your FlyLady Emails as a reward for doing your morning routine.

Before-Bed Routine
- Keep your sink shining
- Lay out your clothes for tomorrow
- Put in a load of laundry
- Put out your Hot Spot.
- Look at your Control Journal check list.
- Time for bed; consider yourself tucked in!

FlyLady Tip: Many years ago I put together my office in a bag. I kept everything I needed to make grocery lists, write thank you notes, and pay bills. All I had to do was grab and go. I didn’t waste time waiting in doctor’s offices or football practice. Mini office supplies are available during back to school time. Start building your office in a bag.

We love office supply stores; that is why we need to stay away from them. ~FlyLady
Beginner BabySteps: Day 23

BabyStep: Day 23
When we were children, most of us had to get out of our school clothes the minute we got off the bus. Even then we had a routine; we just didn’t want to get in trouble for messing up our good clothing.

Today we are going to add another routine to our day. I like to call this the “get home from work”, “get home from school”, or fix dinner routine. Whatever you name it, it is your afternoon routine.

Make a new page in your Control Journal for your Afternoon Routine. As with any of your routines, you will have to adapt to fit your family. Your Control Journal is your guide for BabyStepping your way through you day.

Not sure what to include in your afternoon routine? Read the Control Journal step on routines.

Morning Routine
- Get up and make your bed
- Get dressed to lace-up shoes, hair, face
- Recognize negative voices and change them
- Reboot your laundry
- What’s for dinner?
- Put out your Hot Spots for two minutes
- Five-minute Room Rescue (pick a room). Set your timer and go!
- Spend 15 Minutes decluttering each day. You can’t organize clutter!
- Look at your Control Journal. Your Post-It Notes remind you
- Read Your FlyLady Emails as a reward for doing your morning routine.

Afternoon Routine
- Start Dinner

Before-Bed Routine
- Keep your sink shining
- Lay out your clothes for tomorrow
- Put in a load of laundry
- Put out your Hot Spot.
- Look at your Control Journal check list.
- Time for bed; consider yourself tucked in!

FlyLady Tip: There is nothing worse than standing in front of the refrigerator at 6:00pm trying to figure out what to cook for dinner. In order to relieve this daily stress; plan your menus for a week and write them on your calendar. This way when someone asks, “What’s for dinner?” you can show them where to look.

Start each meal with a sink full of hot soapy water; this makes clean up a breeze when you clean as you cook!

~FlyLady
Beginner BabySteps: Day 24

BabyStep: Day 24
One of the things that make our home always ready for company is the fact that our main bathroom is clean. Each morning as part of my Morning Routine, I do something we call the “Swish and Swipe.” This means you swish the toilet with a toilet bowl brush and wipe down the counter tops and sink with a rag and put away all the things you have gotten out. This takes all of two minutes to keep our bathroom ready for anyone.

Now I want you to try it. Set your timer and see how long it takes you to Swish and Swipe your bathroom.

Morning Routine
- Get up and make your bed
- Get dressed to lace-up shoes, hair, face
- Swish and Swipe your bathroom
- Recognize negative voices and change them
- Reboot your laundry
- What’s for dinner?
- Put out your Hot Spots for two minutes
- Five-minute Room Rescue (pick a room). Set your timer and go!
- Spend 15 Minutes decluttering each day. You can’t organize clutter!
- Look at your Control Journal. Your Post-It Notes remind you
- Read Your FlyLady Emails as a reward for doing your morning routine.

Afternoon Routine
- Start Dinner

Before-Bed Routine
- Keep your sink shining
- Lay out your clothes for tomorrow
- Put in a load of laundry
- Put out your Hot Spot.
- Look at your Control Journal check list.

- Time for bed; consider yourself tucked in!

FlyLady Tip: The secret to swish and swipe is having all the tools you need in each bathroom. I keep a toilet bowl brush in an old vase filled a 50/50 solution of old shampoo or body wash that I didn’t like. I don’t use harsh chemicals in my home.

Soap is soap: just the action of swishing the toilet daily even without soap will keep things from growing in there! ~FlyLady
Beginner BabySteps: Day 25

BabyStep: Day 25
You have only been doing your routines for 25 days now, and we are so proud of you. Keep in mind that you are not ever going to be perfect, and we don’t expect you to be. In fact we don’t even like that “P” word.

Right now you have your routines written down in your Control Journal. It will help you to practice them each day. These habits are not automatic yet, so you are still going to have to use your Control Journal, sticky notes, and our reminders to help you establish your habits. Another tool you have is your calendar and stickers. We love giving ourselves a sticker when we are establishing a habit!

A lot has been thrown at you in the last 25 days, but don’t give up now. Every time you do your routine, you are one step closer to developing your habit and running on automatic pilot. Today, read my personal testimonial on how I started developing my routines one habit at a time. Just so you know, it took me several months to do this; nobody expects you to have your routines accomplished in just one month of BabySteps! Be nice to yourself and don’t beat yourself up. Your consistent BabySteps will get you there.

Now go give yourself a gold star on your calendar for doing your Morning Routine. Then send me an email to:
FlyLady@flylady.net with IT’S A GOLD STAR DAY in the subject line.

Morning Routine
- Get up and make your bed
- get dressed to lace-up shoes, hair, face
- Swish and Swipe your bathroom
- Recognize negative voices and change them
- Reboot your laundry
- What’s for dinner?
- Put out your Hot Spots for two minutes
- Five-minute Room Rescue (pick a room). Set your timer and go!
- Spend 15 Minutes decluttering each day. You can’t organize clutter!
- Look at your Control Journal. Your Post-It Notes remind you
- Read Your FlyLady Emails as a reward for doing your morning routine.

Afternoon Routine
- Start Dinner

Before-Bed Routine
- Keep your sink shining
- Lay out your clothes for tomorrow
- Put in a load of laundry
- Put out your Hot Spot.
- Look at your Control Journal check list.
- Time for bed; consider yourself tucked in!

FlyLady Tip: If you have more than one bathroom; **swish and swipe** is easy! Just make sure you are drinking your water. Each time you need to go to potty, choose a different bathroom. It only takes a minute to swish and swipe while you are there. *We love rewards for doing things. Celebrate your successes with gold stars!* ~FlyLady
Beginner BabySteps: Day 26

**BabyStep: Day 26**

It takes us a month to establish a habit. I set it up this way because I knew that I would miss a day here and there and I didn’t want to throw the baby out with the bath water. That was how I had always done it with my perfectionism. If I missed a day, I gave up; well I factored in this part of our personalities into our system with a grace period. This is why we take a whole month to establish one habit. Taking babysteps is how I started. I practiced one habit a month. Please be kind to yourself! Today, I want you to know that you are not behind! Jump in where we are! This is at the bottom of all of our individual emails that go out!

**Morning Routine**
- Get up and make your bed
- get dressed to lace-up shoes, hair, face
- Swish and Swipe your bathroom
- Recognize negative voices and change them
- Reboot your laundry
- What’s for dinner?
- Put out your Hot Spots for two minutes
- Five-minute Room Rescue (pick a room). Set your timer and go!
- Spend 15 Minutes decluttering each day. You can’t organize clutter!
- Look at your Control Journal. Your Post-It Notes remind you
- Read Your **FlyLady Emails** as a reward for doing your morning routine.

**Afternoon Routine**
- Eat lunch and drink your water
- Start Dinner

**Before-Bed Routine**
- Keep your sink shining
- Lay out your clothes for tomorrow
- Put in a load of laundry

FlyLady Tip: When we feel like we are behind; we get stressed out. This is how we have always lived. I want you to slow down. Getting in a hurry only makes you forget things! Take time to enjoy the process!

*You are not behind! Jump in where we are!* ~FlyLady
Beginner BabySteps: Day 27

BabyStep: Day 27
Today, think about what you are fixing for dinner before 6 p.m. rolls around. You can do it as part of your before-bed routine for tomorrow or as part of your morning routine for today. Write this in your Control Journal.

Lots of stress is relieved by just knowing what’s for dinner. This is one of the reason we practice menu planning in the month of November. We also have a section on menu planning in our Control Journal. If you are having trouble menu planning check out our website. We have our own Dinner Diva to help us. Check out this section of our Control Journal.

Morning Routine
• Get up and make your bed
• Get dressed to lace-up shoes, hair, face
• Swish and Swipe your bathroom
• Recognize negative voices and change them
• Reboot your laundry
• What’s for dinner?
• Put out your Hot Spots for two minutes
• Five-minute Room Rescue (pick a room). Set your timer and go!
• Spend 15 Minutes decluttering each day. You can’t organize clutter!
• Look at your Control Journal. Your Post-It Notes remind you
• Read Your FlyLady Emails as a reward for doing your morning routine.

Afternoon Routine
• Eat lunch and drink your water
• Start Dinner remember the side dishes

Before-Bed Routine
• Keep your sink shining
• Lay out your clothes for tomorrow
• Put in a load of laundry
• Check calendar for tomorrow’s dinner! Pull out of freezer.
• Put out your Hot Spot.
• Look at your Control Journal check list.
• Time for bed; consider yourself tucked in!

FlyLady Tip: Just knowing what is for dinner relieves the guilt of ordering pizza again. This will save you a lot of money too. Use your slow cooker to help you put dinner on the table. With a little planning on Wednesday (Anti-Procrastination Day); we will have menus and a grocery list for next week. Then you just have to get the groceries in the house. Our calendar has lots of room for your menus and lines to write on! We love the lines.

FlyBabies should never cook on high! ~FlyLady
Beginner BabySteps: Day 28

BabyStep: Day 28
Many times when we can’t seem to get going, it is because we are not taking care of ourselves by eating right, drinking our water, taking breaks, or getting enough sleep. As part of your routines, remind yourself to eat good food, drink your water, take a break, and get your rest.

You have to take care of yourself. You make sure your children eat their meals; slow down and enjoy the time together.

Morning Routine
- Get up and make your bed
- Get dressed to lace-up shoes, hair, face
- Swish and Swipe your bathroom
- Eat breakfast, drink water, and take meds and vitamins
- Recognize negative voices and change them
- Reboot your laundry
- What’s for dinner?
- Put out your Hot Spots for two minutes
- Five-minute Room Rescue (pick a room). Set your timer and go!
- Spend 15 Minutes decluttering each day. You can’t organize clutter!
- Look at your Control Journal. Your Post-It Notes remind you
- Read Your FlyLady Emails as a reward for doing your morning routine.

Afternoon Routine
- Eat lunch and drink your water
- Start Dinner remember the side dishes

Before-Bed Routine
- Keep your sink shining
- Lay out your clothes for tomorrow
- Put in a load of laundry
- Check calendar for tomorrow’s dinner! Pull out of freezer.
- Put out your Hot Spot.
- Drink your water and take evening medications and supplements
- Look at your Control Journal check list.
- Time for bed; consider yourself tucked in!
FlyLady Tip: We are so busy taking care of everyone else that we forget to take care of ourselves. Don’t put yourself on the back burner. Take breaks! Set your timer and read something fun for 15 minutes. I promise the world will not fall apart! You are just recharging your batteries. You can do anything for 15 minutes!

*If you don’t take care of you who will!* ~FlyLady
Beginner BabySteps: Day 29

BabyStep: Day 29
You have worked very hard this past month. Hopefully you have become familiar with our “FLY Washing” e-mail system and you are seeing some progress in your home. It took me nine months of building my routines one habit at a time to get my home running on automatic pilot. Please do not beat yourself up over this. Anything you do today is better than it used to be! Celebrate each accomplishment and enjoy the process. Before you know it you will be having more time for the things that you love to do.
Right now, go to the Taking Care of You and find the Weekly Pamper Mission. Read it, then think about when you are going to do it. You may have to put it on your calendar to really make it happen. Schedule yourself some “you” time – you deserve it!
After you do this week’s pamper mission please send me an email to; FlyLady@flylady.net with I FEEL BETTER NOW! in the subject line.

Morning Routine
- Get up and make your bed
- get dressed to lace-up shoes, hair, face
- Swish and Swipe your bathroom
- Eat breakfast, drink water, and take meds and vitamins
- Recognize negative voices and change them
- Reboot your laundry
- What’s for dinner?
- Put out your Hot Spots for two minutes
- Five-minute Room Rescue (pick a room). Set your timer and go!
- Spend 15 Minutes decluttering each day. You can’t organize clutter!
- Look at your Control Journal. Your Post-It Notes remind you
- Read Your FlyLady Emails as a reward for doing your morning routine.

Afternoon Routine
- Eat lunch and drink your water
- Take a few minutes to relax
- Start Dinner remember the side dishes

Before-Bed Routine
- Keep your sink shining
- Lay out your clothes for tomorrow
- Put in a load of laundry
- Check calendar for tomorrow’s dinner! Pull out of freezer.
- Put out your Hot Spot.
- Drink your water and take evening medications and supplements
- Look at your Control Journal check list.
- Time for bed; consider yourself tucked in!
FlyLady Tip: When was the last time you actually played. It is time for you to do something fun for yourself! Do you know what that is? Have you forgotten what you love to do? Sit down right now and think about things you enjoying doing. Write them down in your control journal. Flying is fun!

Set aside a little time each week to play! All work and no play makes us crash and burn! ~FlyLady
Beginner BabySteps: Day 30

BabyStep: Day 30

Look at your calendar for next month. Does anyone have a birthday? We often forget to send cards and purchase gifts because we have so much going on. Then we have to make a special trip and rush around to get this done.

Put this on your shopping list so you can buy cards and gifts on your errand day. If you don’t know what an errand day is, read the FLYing Lesson about Routines to see FlyLady’s Basic Weekly Plan and how to create your own. You don’t have to start doing it yet, just begin thinking about it.

Morning Routine
- Get up and make your bed
- get dressed to lace-up shoes, hair, face
- Swish and Swipe your bathroom
- Eat breakfast, drink water, and take meds and vitamins
- Recognize negative voices and change them
- Reboot your laundry
- What’s for dinner?
- Put out your Hot Spots for two minutes
- Five-minute Room Rescue (pick a room). Set your timer and go!
- Spend 15 Minutes decluttering each day. You can’t organize clutter!
- Look at your Control Journal. Your Post-It Notes remind you
- Read Your FlyLady Emails as a reward for doing your morning routine.

Afternoon Routine
- Eat lunch and drink your water
- Take a few minutes to relax
- Start Dinner remember the side dishes

Before-Bed Routine
- Keep your sink shining
- Lay out your clothes for tomorrow
- Put in a load of laundry
- Check calendar for tomorrow’s dinner! Pull out of freezer.
- Put out your Hot Spot.
- Drink your water and take evening medications and supplements
- Look at your Control Journal check list.
- Time for bed; consider yourself tucked in!
FlyLady Tip: On the 27th of each month, I check next month’s calendar for any important dates. This gives me time to get cards and make dinner plans for those special people.

A day for everything; keeps us from living in CHAOS!
Your Basic Weekly Plan gives you time to FLY and have fun! ~FlyLady
Beginner BabySteps: Day 31

BabyStep: Day 31

Don’t get bogged down by wanting to know everything about our system. As your clutter goes away, you will find that you will have time to do the zone detailed cleaning, the weekly home blessing hour, and some of the fun things we do in our daily e-mails and on the website. You don’t have to see the top of the staircase to take the first step or the 30th step; you just need to keep FLYing! BabySteps will get you there. You have done it! Now it is time to jump in where we are in our Individual emails. Enjoy them and don’t save them for tomorrow. You are FLYing now! Peace is found in your babysteps! Send me an email to FlyLady@flylady.net with I AM FLYING NOW! in the subject line.

It is time for you to graduate to the powerful FlyWashing Emails. All you have to do is go to the bottom of this email and you will see a button called Safe Unsubscribe. Copy your email address so you can verify it during this process. Don’t worry it will only unsubscribe you if that is what you really want. Just click that button and you will be directed to a page where you can check the box for Individual Emails. You can also use this button to set yourself to Going on Vacation. Remove yourself from the BabySteps by unclicking the checkmark and then go to the bottom and click update profile.

Morning Routine
- Get up and make your bed
- Get dressed to lace-up shoes, hair, face
- Swish and Swipe your bathroom
- Eat breakfast, drink water, and take meds and vitamins
- Recognize negative voices and change them
- Reboot your laundry
- What’s for dinner?
- Put out your Hot Spots for two minutes
- Five-minute Room Rescue (pick a room). Set your timer and go!
- Spend 15 Minutes decluttering each day. You can’t organize clutter!
- Look at your Control Journal. Your Post-It Notes remind you
- Read Your FlyLady Emails as a reward for doing your morning routine.

Afternoon Routine
- Eat lunch and drink your water
- Take a few minutes to relax
- Start Dinner remember the side dishes

Before-Bed Routine
- Keep your sink shining
- Lay out your clothes for tomorrow

I’m so proud of you!
- Put in a load of laundry
- Check calendar for tomorrow’s dinner! Pull out of freezer.
- Put out your Hot Spot.
- Drink your water and take evening medications and supplements
- Look at your Control Journal check list.
- Time for bed; consider yourself tucked in!

FlyLady Tip: I use my timer for everything! It keeps me from getting overwhelmed and losing track of time. My timer is my best friend! Get out your timer and play!

*Time FLYs when you are having fun!* ~FlyLady