






I Pledge to take BabySteps!

I, _____ do hereby pledge to take the necessary BabySteps to establish my routines and remove clutter from my home. I understand that learning how to walk takes patience and encouragement from me!

-  I will not beat myself up when I fall down and have to get back on track.
-  I will be nice to me by not pushing too hard.
-  I will write down my simple three BabyStep routines and follow them because I can do anything for 15 minutes.
-  I will declutter for 5 minutes each day by using my timer, 27 Fling Boogie or Hot Spot Fire Drill. This will make it fun!
-  I will take care of me by eating right, drinking water, resting, moving my body, and going to bed at a decent hour.

I take this pledge because I deserve to have peace in my life and this peace starts with my babysteps! I will FLY!!! But I have to crawl, walk and run first, before I can take Flight!

Signed _____

Dated _____