

BabyStep Pledge Body Clutter Release Contract

I, _____, being of clear mind and with a renewed commitment to release the Body Clutter I have collected in my mind and on my thighs, do hereby declare that I will take BabySteps to ensure life long changes. These BabySteps will include changes in my food, movement and overall attitude toward them and me.

1. I make a commitment to not beat myself up when I make a mistake. I realize that I am not perfect and I never be, and that in order to establish a new habit my success lies in continual changes that do not happen overnight.
2. I make a commitment to forgive myself for the Body Clutter I have collected. I will not look back in disgust, but only forward to the new changes in my way of living, celebrating each new day.
3. I will no longer be afraid of the scale. I will weigh myself each morning and chart what is happening to my body. This number is going to help me see what I need to do. It is not a reason for punishment. It is a guidepost for including more fiber, more movement and water in my recipe for living.
4. I make a commitment to blessing my heart with Loving Movement every day, even if it is only for 15 minutes. I can do anything for 15 minutes. Movement is fun, not a penalty.
5. I commit to balance in all things. I will not allow myself to become overwhelmed and then crash and burn.
6. I will eat a balanced diet, drink my water and treat myself to nutritious snacks. I will commit to eating breakfast, lunch and dinner and three healthy snacks each day. I will no longer skip meals because this slows my metabolism and my body thinks I am being starved.
7. I will be honest with myself over what fuel I am putting in my body. I will write it down and not be afraid to face myself.
8. I will be aware that I am my greatest saboteur; I will be mindful of all the lies I tell myself to keep change from occurring. I realize that how I have been living is not good for me and I am ready for my new attitude of health.
9. I will bless myself by having nutritious food in my home. This will mean taking time for grocery planning, shopping and cooking. I will no longer live with a drive-by mentality for groceries or meals.
10. I commit to celebrating each day of this new way of living. This is a lifestyle that will bring health and joy to me. It is not a habit that is going away after the Body Clutter has disappeared.
11. I commit to showing myself the love that I deserve. Actions speak louder than words. Everything that I do is a reflection of the love that I have for me! I am so proud of me!

Signed this day by my own hand in love and respect for me!

Date _____

Signature _____

We, Leanne Ely, the Dinner Diva and Marla Cilley, the FlyLady, are with you every BabyStep of your new life journey. We make this commitment right along side of you! You are a blessing to us!

Leanne Ely
Leanne Ely, the Dinner Diva

Marla Cilley
Marla Cilley, the FlyLady