

FLYing Lessons:Beginner 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 over night. 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!

Please do 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.](http://www.flylady.net/d/getting-started/flying-lessons/shine-sink/)

<http://www.flylady.net/d/getting-started/flying-lessons/shine-sink/>

What do I do next?

Now that you have completed that very important first step, here is a list of the rest of the Beginner BabySteps. Do not jump ahead and try to get them all done at once; simply go to the next step each day and complete it. You can do this!

Beginner BabySteps: Day 2

Today I want you get up and get dressed to lace-up shoes when you first get up 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 home 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.

Beginner BabySteps: 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 website](http://www.flylady.net/). <http://www.flylady.net/>

Be sure to read the [Launch Pad section](http://www.flylady.net/c/lp.php). <http://www.flylady.net/c/lp.php>

This is where you will find the Daily Flight Plan [http://www.flylady.net/c/fp.php?](http://www.flylady.net/c/fp.php)

Beginner BabySteps: Day 4

So far we are:

- Getting Dressed to lace-up shoes
- Keeping our sink shining
- Read your FlyLady emails

Your next thing is to write these things 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](#).

<http://www.flylady.net/d/getting-started/flying-lessons/control-journal/>

or buy the one I have built for you. [http://shop.flylady.net/p/\(COJ\)](http://shop.flylady.net/p/(COJ))

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

Beginner BabySteps: Day 5

What we're doing so far:

- Getting Dressed to lace up shoes
- Keeping our sink shining
- Read your FlyLady emails
- 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!

Beginner BabySteps: 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 in the kitchen and bathroom
- Recognizing the negative voices when you hear them and changing the words to be nice to you. That is what FLYing (Finally Loving Yourself) is all about.

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!](#)

<http://www.flylady.net/d/getting-started/fly-faq/>

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.

Beginner BabySteps: 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 in the kitchen and bathroom
- Recognizing the negative voices and changing them so you can FLY!
- 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, or hook in the bathroom or on a hanger on your door knob.

Beginner BabySteps: 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. Remember, you are FLYing now!
- 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.

Beginner BabySteps: 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 way 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. Remember, you are FLYing now!
- 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!](http://www.flylady.net/d/getting-started/flying-lessons/decluttering/) <http://www.flylady.net/d/getting-started/flying-lessons/decluttering/>
- Today, add a five-minute room rescue to your Morning Routine.

Beginner BabySteps: 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. Remember, you are FLYing now!
- 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 either. 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.

Beginner BabySteps: 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. Remember, you are FLYing now!
- 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.

Beginner BabySteps: 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. Remember, you are FLYing now!
- 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. They will all come back around, and FlyLady writes something new every day!

Beginner BabySteps: Day 13

- Here is what we are doing so far. We are practicing our Morning Routines, decluttering for 15 minutes a day, and doing our Before-Bed Routines.
- 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. Remember, you are FLYing now!
- 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, 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](http://www.flylady.net/c/sp.php#missions).
<http://www.flylady.net/c/sp.php#missions>

Beginner BabySteps: 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. Remember, you are FLYing now!
- 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!
- 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](#).

<http://www.flylady.net/d/flylady-guide-on-how-to-use-a-calendar/>

Most of us are calendar challenged, and this essay is a way of making it so easy for us to understand.

Beginner BabySteps: Day 15

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 FlyLady emails
- Recognize the negative voices and change them. Remember, you are FLYing now!
- 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!
- You are starting on our third week of FLYing. Each day you are going to use your Control Journal and your sticky notes to remind you along with the reminders that you are getting. Our habits are coming along nicely, and we are seeing changes in our attitudes and our homes.
- On our 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!

Beginner BabySteps: Day 16

Morning Routine

- **Make your bed** (new habit from [Day 15](#))
- 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 emails
- Recognize the negative voices and change them. Remember, you are FLYing now!
- 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, look in your inbox for an e-mail 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 she is going to discuss.

Beginner BabySteps: Day 17

Morning Routine

- Make your bed
- 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. Remember, you are FLYing now!
- 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, 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.

Beginner BabySteps: Day 18

Morning Routine

- Make your bed
- 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. Remember, you are FLYing now!
- 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!
- **Go to bed at your bedtime** (new habit from [Day 17](#))

Did you know that we have [Eleven Commandments](#)?

<http://www.flylady.net/d/getting-started/flying-lessons/flyladys-11-commandments/>

Read them today. You may want to print these out or write them in your Control Journal.

Beginner BabySteps: Day 19

Morning Routine

- Make your bed
- 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. Remember, you are FLYing now!
- 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!
- Go to bed at your bedtime
- Here is another inspirational testimonial that is the first page of FlyLady's book, *Sink Reflections*. Your home can be this, too. You are taking the BabySteps to get you there.

May all our homes be our own private Bed and Breakfast!

Dear Friends,

One morning, I was working out on my treadmill, talking to 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 my sister Paddi:

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 our spouses. 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, even Paddi was speechless. Thank YOU to the sender — this e-mail made my day!

Beginner BabySteps: Day 20

Morning Routine

- Make your bed
- 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. Remember, you are FLYing now!
- 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!
- Go to bed at your bedtime
- 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. Nothing says "I love you" more than clean underwear!

Beginner BabySteps: Day 21

Morning Routine

- Make your bed
- 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. Remember, you are FLYing now!
- 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!
- **Check your laundry** (new habit from [Day 20](#))

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!
- **Check your laundry** (new habit from [Day 20](#))
- Go to bed at your bedtime

Here is something else on our website. Each day (Monday-Friday) we put up an Ask FlyLady Question, and FlyLady answers it. You can read this week's questions at the [Ask FlyLady page](#).

<http://www.flylady.net/d/br/author/ask-flylady/>

Beginner BabySteps: Day 22

Morning Routine

- Make your bed
- 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. Remember, you are FLYing now!
- 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!
- Check your laundry

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!
- Check your laundry
- Go to bed at your bedtime
- Have you been procrastinating about building your [Control Journal](http://www.flylady.net/d/getting-started/flying-lessons/control-journal/)?
<http://www.flylady.net/d/getting-started/flying-lessons/control-journal/>

I know that perfectionism can rear its ugly head and keep us stuck. If you just can't seem to get yours together; I have made one for you. [Buy FlyLady's Control Journal at the FlyShop.](http://shop.flylady.net/p/(COJ))

[http://shop.flylady.net/p/\(COJ\)](http://shop.flylady.net/p/(COJ))

- All the BabyStep directions are on the website, too, in the FLYing Lessons. [Learn how to build your own control journal](http://www.flylady.net/d/getting-started/flying-lessons/control-journal/) in 15 steps.

<http://www.flylady.net/d/getting-started/flying-lessons/control-journal/>

Beginner BabySteps: Day 23

Morning Routine

- Make your bed
- 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 emails
- Recognize the negative voices and change them. Remember, you are FLYing now!
- 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!
- Check your laundry

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!
- Check your laundry
- Go to bed at your bedtime
- Today we are going to add another routine to our day. FlyLady likes to call this the "get home from work" or "get home from school" 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. http://www.flylady.net/d/getting-started/flying-lessons/control-journal/step-4/routines.](http://www.flylady.net/d/getting-started/flying-lessons/control-journal/step-4/routines)

Beginner BabySteps: Day 24

Morning Routine

- Make your bed
- 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 FlyLady emails
- Recognize the negative voices and change them. Remember, you are FLYing now!
- 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!
- Check your laundry

Afternoon Routine

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!
- Check your laundry
- Go to bed at your bedtime
- 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 the Morning Routine, FlyLady does 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.
- Make sure you add the Swish and Swipe to your Morning Routine.

Beginner BabySteps: Day 25

Morning Routine

- Make your bed
- Get up and get dressed to lace-up shoes; fixing your hair and face
- **Swish and Swipe** (new habit from [Day 24](#))
- Look at your posted reminders in the kitchen and bathroom
- Read your FlyLady emails
- Recognize the negative voices and change them. Remember, you are FLYing now!
- 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!
- Check your laundry

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!
- Check your laundry
- Go to bed at your bedtime

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 [FlyLady's personal testimonial](http://www.flylady.net/d/getting-started/why-fly/personal-testimonial/) on how she started developing her routines one habit at a time. Just so you know, it took her 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 for doing your Morning Routine.

Beginner BabySteps: Day 26

Morning Routine

- Make your bed
- Get up and get dressed to lace-up shoes; fixing your hair and face
- Swish and Swipe
- Look at your posted reminders in the kitchen and bathroom
- Read email messages
- Recognize the negative voices and change them. Remember, you are FLYing now!
- 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!
- Check your laundry

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!
- Check your laundry
- Go to bed at your bedtime
- FlyLady says it takes us a month to establish a habit:
 - 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 FlyLady system. This is why we take a whole month to establish one habit. –FlyLady
- 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 emails that go out!

Beginner BabySteps: Day 27

Morning Routine

- Make your bed
- Get up and get dressed to lace-up shoes; fixing your hair and face
- Swish and Swipe
- Look at your posted reminders in the kitchen and bathroom
- Read your FlyLady emails
- Recognize the negative voices and change them. Remember, you are FLYing now!
- 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!
- Check your laundry

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!
- Check your laundry
- Go to bed at your bedtime
- 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.
- What's for dinner tonight?

Beginner BabySteps: Day 28

Morning Routine

- Make your bed
- Get up and get dressed to lace-up shoes; fixing your hair and face
- Swish and Swipe
- Look at your posted reminders in the kitchen and bathroom
- Read your FlyLady emails
- Recognize the negative voices and change them. Remember, you are FLYing now!
- **What's for dinner tonight?** (New habit from [Day 27](#))
- 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!
- Check your laundry

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!
- Check your laundry
- Go to bed at your bedtime

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, or getting enough sleep. As part of your routines, remind yourself to eat good food, drink your water, and get your rest.

Beginner BabySteps: Day 29

Morning Routine

- Make your bed
- Get up and get dressed to lace-up shoes; fixing your hair and face
- Swish and Swipe
- Look at your posted reminders in the kitchen and bathroom
- **Eat breakfast and drink your water** (new habit from [Day 28](#))
- Read your FlyLady emails
- Recognize the negative voices and change them. Remember, you are FLYing now!
- What's for dinner tonight?
- 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!
- Check your laundry

Before-Bed Routine

- **Make and eat dinner. Drink your water!** (New habit from [Day 28](#))
- Keep your sink shining
- Lay out your clothes for tomorrow
- Put out your Hot Spot. It will make you happy in the morning!
- Check your laundry
- Go to bed at your bedtime

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 FlyLady nine months of building her routines one habit at a time to get her 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](http://www.flylady.net/d/taking-care-of-you/) page <http://www.flylady.net/d/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!

Beginner BabySteps: Day 30

Morning Routine

- Make your bed
- Get up and get dressed to lace-up shoes; fixing your hair and face
- Swish and Swipe
- Look at your posted reminders in the kitchen and bathroom
- Eat breakfast and drink your water
- Read your FlyLady emails
- Recognize the negative voices and change them. Remember, you are FLYing now!
- What's for dinner tonight?
- 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!
- Check your laundry

Before-Bed Routine

- Make and eat dinner. Drink your water!
- Keep your sink shining
- Lay out your clothes for tomorrow
- Put out your Hot Spot. It will make you happy in the morning!
- Check your laundry
- Go to bed at your bedtime
- 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. Put this on your errands list so you can buy cards and gifts on your errand day. If you don't know what an errands day is, [read the FLYing Lesson about Routines](#) to see FlyLady's Basic Weekly Plan and how to create your own. <http://www.flylady.net/d/getting-started/flying-lessons/routines/> You don't have to start doing it yet, just start thinking about it.

Beginner BabySteps: Day 31

Morning Routine

- Make your bed
- Get up and get dressed to lace-up shoes; fixing your hair and face
- Swish and Swipe
- Look at your posted reminders in the kitchen and bathroom
- Eat breakfast and drink your water
- Read your FlyLady emails
- Recognize the negative voices and change them. Remember, you are FLYing now!
- What's for dinner tonight?
- 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!
- Check your laundry

Before-Bed Routine

- Make and eat dinner. Drink your water!
- Keep your sink shining
- Lay out your clothes for tomorrow
- Put out your Hot Spot. It will make you happy in the morning!
- Check your laundry
- Go to bed at your bedtime
- 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 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! I am so proud of you! – FlyLady