
Fly Lady

Posted by mazzy - 2006/11/25 12:18

I have been checking out Fly Lady... I have always been a procrastinator... this site is very motivational... love it... it really is getting me into great habits. It is very uplifting... it is hitting my common sense... that's the way to get through to me. LOL

Check out: www.flylady.com

=====

Re:Fly Lady

Posted by KPW1956 - 2006/11/25 12:51

Me too Mazzy!

If you checked out Sparkpeople and happened on my 'page' you would have seen I signed up for 2 different flylady groups. I haven't gotten too involved yet though...

I'm procrastinating...(LOL!) (I did like the 50 and older women's group at Sparks..)

Seriously, I bought a book one time titled.. "Breaking the procrastination habit"... I know I bought it at least 10 years ago...

I still haven't read it!

:lol: :whistle:

=====

Re:Fly Lady

Posted by grizzlys4 - 2006/11/25 14:05

I'm soooooo serious.....Flylady totally helped me change my entire housekeeping life!!! No joke.....I had serious issues tied up from all kinds of stuff, but not only does she have realistic baby step goals, she's very positive and loving!! I joined about 2 years ago and my house is almost completely organized and clean now! I had years worth of stuff to dejunk....I still have to work on getting into some routines....but on the whole, my house is great. I do have a hubby and teens are not the neatest....sheesh!! But they do better when I do, so that's my motivation!! Plus I don't have to feel so guilty just "playing" when my house is clean.

I have to admit that my bedroom is still the place where the extras seem to accumulate, so I've gotta work on that!!!

Okay, okay, okay.....I gotta little carried away here I know.....but really flylady was wonderful for me!!! But it still took me a lot of time, I don't do everything exactly "her way"!!

=====

Re:Fly Lady

Posted by KPW1956 - 2006/11/25 14:40

I think when I looked into flylady... I remember the first thing they told you to do is put your shoes on... and clean the sink every morning.. Something like that..

Thanks for the testimonial Grizz.. I could use a jumpstart... and I think I'll try it again...

Sometimes I look at myself..and I think "I'm becoming my mother!" and it's frightening! Then I look at my younger daughter...and I think "She's becoming me AND my mother!" So you are right about setting the tone for the household... I definitely need to do better!

I'm seriously blessed though to have a husband who is so easy going.. Maybe he's too easy going! But he is neater and more organized than I am! But doesn't give me a hard time... He more gives me 'the look' though when I say something to the kids about their 'procrastination'... :P

Putting on my shoes first thing is hard...as I'm a barefoot kind of lady! Maybe tie in the shoes.. to exercise..and Lord knows, I need that too!

=====

Re:Fly Lady

Posted by grizzlys4 - 2006/11/25 19:52

Yeah KP.....that's one of the things I do MY way.....I wear fluffy socks or slippers.....nope, just don't like shoes inside!! I love my fluffy socks!!! ;) But I notice that the sooner I do get out of my p.j.'s I get more motivated!!

=====

Re:Fly Lady

Posted by mazzy - 2006/11/26 01:45

Speaking of shoes... I wear Polo flip flops... they are comfortable and seem more sturdy than the inexpensive ones. LOL

What I am finding the most helpful is the kitchen timer... I have always used it because I tend to move in slow motion, and lose time somehow... it has always been great at reminding me to get a move on after a period of time. Using the timer to tackle jobs that I used to either ignore or put off is great... the truth is I know I can tolerate most any job (even exercise) for 15 minutes... make that 10 minutes for exercise... LOL

I'll do a bit more reading on SOT... then I'm off to shine my kitchen sink... LOL

My daughter is visiting for the week... too busy to do much more... LOL...

B) B) B)

=====

Re:Fly Lady

Posted by mazzy - 2006/12/30 13:33

I'm still finding the Flylady site very motivational... it seems to motivate me very gently... no pressure... I'm getting into old good habits again.

Re: Body Clutter

I don't know too much about their approach to weight loss, but I love the idea of admitting to having extra 'body clutter that I would like to fling.' I have checked out www.savingdinner.com and found it interesting and helpful.

I'm determined to fling the extra body clutter this year... LOL... I'm looking at this process a little differently... sort of like an adventure in getting to know me... what I need to eat... or not eat in order to lose weight... planning menus, tracking my food, etc. I'm finding the Sparkpeople site very informative and motivational.

Anyone know much about Flylady's Body Clutter concept?

I'd love to hear about it.

Thanks,

Mazzy

=====

Re:Fly Lady

Posted by grizzlys4 - 2006/12/31 16:45

Hi mazzy!!

I ordered the Body Clutter book and Control Journal last year. A local group of us were starting to meet, but it didn't really ever get going.

I'd like to start this up again this year.....I only got thru chapter 3. The beginning of the book was hard, having you go thru some of the childhood issues.....I really try to avoid those!!! But, I am determined to attempt it again as I'm setting a terrible pattern of emotional eating for my kids and we all are overweight in my family. If you'd like to go thru it together, pm me and I'll swap e-mails if you want.....I really have come to appreciate the changes I've learned from Flylady (I don't do everything....but a lot of it works!!).

=====