

Just ^{get}_{it} Over With

Motivating and Inspiring Your Great Health in Body, Mind and Spirit

by Jane Birr, Author and Life Coach

April, 2009

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WITH

Powered Up, LLC

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WELCOME

Welcome to the April "Just Get it Over With" Newsletter where we motivate and inspire each other to great health. Today, our focus turns to facing our fears. What has got a hold of you? What are you running from with your tail between your legs? What are the consequences to your life, health and key relationship? How would it feel to face the fear, beat it in courage and strength and open the door to new possibilities? Let's band together and go for it. Here's to you conquering your fears and living your dreams! Just get it over with!

Jane Birr, Life Coach



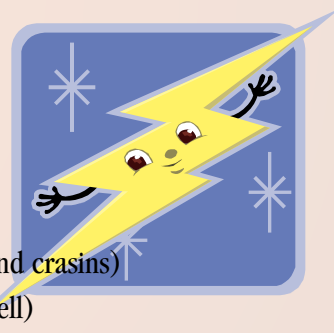
Jane

FOOD FOR THOUGHT

I am going to share this recipe again from my dietician friend Carmen. Since I recently gave up Diet Coke and Cousins subs and put that money toward a well for the poor, I have been so hungry and unsatisfied. But these energy bars have stepped up and saved me. They are so filling. I like mine frozen. My husband Tim makes them on Sunday and wraps each one individually in tin foil so they are ready to go. Check them out!

CARMEN'S ENERGY BARS

- 1 cup honey
- 1 cup natural peanut butter
- 3-4 cups oatmeal
- 1 cup dried fruit-any variety (we like raisins, dates and crasins)
- 1 cup shredded carrots (broccoli slaw also works well)
- sprinkle of flaxseed
- sprinkle of oat bran



Melt honey and peanut butter in large microwave bowl until smooth and easy to stir. Add remaining ingredients. Mix well and press into 9 x 13 pan. Eat!

JANE BIRR is the author of "Just Get it Over With"—A 12-week e-course designed to jumpstart your great health in body, mind and spirit. Check it out at www.JustGetItOverWith.com.

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FEELING FEAR BUT MOVING FORWARD ANYWAY

BY JANE BIRR

What does it feel like for you when you get trapped by fear? Do you feel it in your queasy, knotty, *full of butterflies stomach*? Or is it your tight jaw or wide-open bulging eyes that clue you in? Maybe some sweat or getting all clammy? What's gets you all bound-up and stuck?

Two weeks ago I was afraid. My body was sending all of the signals listed above. So much so that I stopped in the sidewalk and just took note of it. What was the cause of all this tension? Well, all my life I have been an athlete and have lived in athletic world. It is a very comfortable world for me and I know how to live there. Then, a few years back, my father taught me how to paint. I never thought in a million years that I could do it. But *out came Sassy Monkey* and Smiling Pig!

What had me gripped in fear and doubt was that I was on the sidewalk outside an art gallery and about to register my paintings for an art show. But I don't know art world! How do you play this game? What are the rules? Do I bring my pictures in or just register? What is in an art studio? What on earth will happen when I walk through those doors? You know the mind chatter. My mind was racing so fast and my body freaking out so much that I stopped and just started laughing. I concluded that if I had this much turmoil going on that I must care a lot and must *banish my fear* and doubt and press forward anyway.

Of course, as you have experienced with most of your fear, it was all my head. The art lady was so nice to me, toured me around and helped me with registering. What a relief! And what a new adventure! Now, in two hours, I take my paintings in to see if they will be accepted for the show on Sunday.

- ▶ "What if" they *don't like* my paintings?
- ▶ "What if" I get *rejected*?
- ▶ "What if" ...the heck with all these negative "what ifs." Let's turn it around and ask "what if" the opposite were true?
- ▶ "What if" they *like* my paintings?
- ▶ "What if" I get *accepted* them into the show?
- ▶ "What if" I *win* a prize? How *fun* would that be?



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Fear continued from page 2

So what are you frozen in fear and stuck in “what if” about? What are the consequences of staying stuck and what are the consequences of moving forward. Weigh out both sides of the “what if” game...not just the negative. My mom was afraid the other day. She was afraid to call me because she hated to trouble me by asking me to drive her way across town to see her dying life-long friend. She battled with it and went back and forth and finally worked up the courage to ask me. Of course I said yes. And mom had the privilege of being at her friend’s side as she died. Mom was so glad she worked through her fear and called. What regret if “what if” had made her chicken out and she lost that precious moment.

Today’s power quote says, “Courage is not about not having fear but about having fear and going ahead anyway.” Here’s to you blasting off the couch, banishing fear and doubt and moving toward those life experiences that have your fully engaged and living versus sitting on life’s sidelines watching and regretting. To life!

SOUL TALK

“Be bold and strong. Banish fear and doubt. For the Lord your God is with you wherever you go.”

Joshua 1:9

I like the proactive word “banish” in this passage. If you ever got banished to your room when you were bad or told forcefully to go into the “time-out” corner you know the strength behind the word. How about the next time fear and doubt come creeping around we banish them with force. Let’s give them a “Time-Out!” and move forward in boldness and strength, knowing with confidence that the Lord is at our side. I know when I walk with my strong husband Tim, my father or my three big brothers that I have nothing to fear because they will deal with it. How much more so, the Lord my God!

VICTORIES

“Bringing Christ into my life helped me through the rough times I have had these last few months.”

Emily

“I made an important life decision without worrying what other people would think.”

Jessie

“I am proud of the fact that I lost 22 pounds! I went from 225-203. It feels great! I have more energy and stamina.”

All for the above victories came from people who were sick of being out of shape in body, mind and spirit and just got it over with and went for great health through my 12- week **“Just Get it Over With”** program. How about you?

Go for victory at www.janebirr.com.

What are you proud of? Send your victory to janebirr@helloworld.com
Thanks for motivating and inspiring others to great health through sharing your journey!



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Need a **speaker** to
MOTIVATE and
inspire your group?



Contact Jane for fun and energizing presentations on:

“Lost Motivation and 5 Keys to Find it”

“4 Steps to Energize Time-Pressured Employees”

“For the Love of God, Shape up Now!”

janiebirr@helloworld.com

Got friends, family or co-workers who could use a boost? Please refer them to www.janebirr.com to sign up and receive future newsletters. Thanks for your help!