

Just ^{get}_{it} Over With

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

by Jane Birr, Author and Life Coach

April 2010

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Powered Up, LLC

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WELCOME

Welcome to the “Just Get it Over With” Newsletter where we motivate and inspire and kick each other in the pants to great health in body, mind and spirit! Today we get inspired by Dana Daggs who got really sick of smoking and kicked it out of her life. What of you sick of? Tight pants? Tight finances? Running on empty? Check out her inspiring story on the “Power of Decision.” Victory can be yours!

Jane

Jane Birr, Life Coach



VICTORIES

“I learned that it is easier to change personal habits when they are *written down and reviewed* from time to time. People don’t always realize their faults, and when they are written down it gives someone the chance to re-evaluate themselves. I have become more aware that I *made excuses* a lot. Now I feel more *accomplished and confident* because I just get it done!”

~Kimberly

“My eating habits were *out of control*. That sounds really bad but it was true. After seeing it down on paper what I was eating, I realized that if I continue to do that I would keep gaining weight and that is exactly what I didn’t want. My *journal* also showed me how much time I was wasting. Now I am changed. I continue to get *eight hours of sleep* each night and watch what I eat. It is exciting to know that I *don’t have to settle*. I can make a difference. Thank you so much!”

~Mallori

The above victories were from people enrolled in Jane’s 12-week “Just Get it Over With” program. Contact Jane at janiebirr@gmail.com to arrange a life-changing class at your worksite. Just Get it Over With!

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.JaneBirr.com.



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THE POWER OF DECISION

It is an exciting day indeed when I get to witness someone enrolled in my 12 week “Just Get it Over With” personal conditioning program moving from reaction to choice. I see courageous people step up, acknowledge their responsibilities, use their great strengths and face and beat their obstacles! Dana Daggs recently did just that in the face of smoking... a very formidable opponent. Gain strength from her story and know that you can face and defeat your giants too!

AN INTERVIEW WITH DANA DAGGS



Q. Dana, how long have you been a smoker?

“I smoked for eleven years...it sure is crazy how time flies and adds up on a person. I never thought I would be a smoker, and there were times I think I even denied it to myself. Then, there were some days I just enjoyed smoking and didn't care.”

Q. Why did you quit?

“It was almost like a spark lit up inside of me. The words kept ringing in my head from your “Just Get it Over With” book Chapter 1 which kept asking “What do you want?” And...that is when it happened. I knew, this time, I was CHOOSING not to smoke, because I DID NOT WANT TO SMOKE. Not because my husband didn't like it, not because my sons didn't like it, not because other people thought it was a bad habit...but because I was SICK OF IT!

- I was sick of smelling like smoke.
- I was sick of having my car smell like it.
- I was sick of paying for it.
- I was sick of sinus infections and head colds.
- I was sick of leaving early everywhere I went so I'd have time to stop and smoke.
- I was sick of being crabby and anxious when I couldn't.
- I was sick of being embarrassed because I was the only one smoking.
- I was sick of only walking when I exercised because it hurt my lungs too bad to run.
- I was sick of the headaches when I smoked too much.
- I was sick of it running my life. My worst fear was always the thought of being tied to an oxygen tank someday, but at this point, I was just sick of being tied to the cigarettes.”

Q. Wow. What a price. Dana, you mentioned moving from the weakness of whining and complaining to the strength and power of decision.

“Yes. In the past it was always about POOR ME!!! I would whine that it was just horrible to quit and I wished so bad that I could just smoke...and then eventually I'd give in. Quitting was just awful and it wasn't fair!!!!” But...not this time! I did not “have” to quit...I WANTED to quit! In fact, I still have an open pack half full in the same spot I always kept them. Every morning, I make a decision to grab them and take them with me, or leave them right where they're at. I CHOOSE to leave them. I don't want to smoke. When I get a craving I embrace it. It is my reminder at how lucky I am that I don't need smoking anymore.”

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Power continued from page 2

Q. What are your obstacles and how do you react?

“One of my fears was that I was scared all of the relationships I have developed while smoking would change. They haven’t.”
“The other thing was smoking while drinking. I have realized that my limit is 3 drinks and I want a cigarette, so, I don’t put myself in that situation anymore. It seems like drinking and smoking go hand and hand and now that I don’t smoke, I really don’t find as much enjoyment in drinking which has opened other doors of recreation into my life!”

Q. What is a strategy you use when under strong temptation?

“I leave, I stop, or I just deal with it. I have to literally tell myself ‘you will be so mad tomorrow’ or ‘you have worked too hard to give in now.’” “I make it through each situation because I chose to. I’m so much stronger now!”

Q. What effect do you see this having on others?

I recently had my friend of ten years come to town. We have always smoked together since we met. I warned her ahead of time and she never asked me one time if I wanted a cigarette. I made it the whole weekend and honestly it wasn’t too bad...and again...I realized it didn’t change our friendship at all. I talked to her a couple of days ago...she has now gone two weeks without smoking!!! She said she was amazed that I didn’t give in like we’ve always done in the past around each other and she thinks it’s her time too!!! That made everything I’ve been doing even more worth it. Sometimes you just need to be the one to be strong enough to break the cycle and then it will make it easier for others as well.

Q. Dana, thank you for sharing your powerful story. Any last words that might inspire others who struggle?

“I think this type of thinking can be applied to anything; smoking, eating, gambling, drinking, drugs... Whatever it is, you can control it, you just have to decide what you want and why, and then choose to follow through with it. You would be amazed at all of the added benefits you would see in your life from making one little change...one little decision. I was finally able to do something I’ve tried to do countless times, all because I’ve changed the way I thought about it...you can too!”

ACTION STEPS

1. What are you sick of? **Identify** it.
2. What do you want? **Create** the vision of you!
3. What will it take? **Brainstorm** a list.
4. Who is on your support team? **Tell people** your goal and what you need.
5. Start. **Fight**. Win! Like Dana, read or enroll in “Just Get it Over With!” course.

Contact Jane at janiebirr@gmail.com to kick off a “Just Get it Over With” course at your worksite!



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!

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FOOD FOR THOUGHT

Take a photo of everything you eat in one day. Wow. This is an eye-opener! Here is 160 calories of peanuts. Yikes! What a small handful! See what you can discover with your family and friends.



SOUL TALK

Catch yourself the next time you are tempted to overeat, overspend, overcomplain, over drink or whatever situation you are stumbling in and crying “I can’t help myself!” I have come to realize that on my own, I fall a lot. I react quickly on urges. But through God’s mighty strength within me, I can do all things. I can pause in the face of temptation, gain wisdom and strength and come out victorious! So can you!

So slow down. Choose versus react in the strength of this verse:

“Remember that no temptation is irresistible. You can trust me to keep the temptation from becoming so strong that you can’t stand up against it, for I have promised this. I will show you how to escape temptation’s power so you can bear up patiently against it.”
1 Corinthians 10:31

Fit, Healthy and Happy!

Four Steps To Energize Time-Pressured People

Jane Birr
Author and Life Coach
www.janebirr.com

- Low on energy?
- Stuck in a rut?
- Tired of tight pants?



Come get a shot of motivation and change your personal energy and that of your organization. Join author and life coach Jane Birr whose passion is to help you jumpstart your great health. Gain confidence from learning and applying simple life-changing strategies such as:

- Gett around Aces
- Guard Your Energy
- Choose Power Words
- Ignite a Goal that Challenges and Inspires You!

Starting today, you can step forward to greater health in body, mind and spirit and motivate, energize inspire those around you. Join us!

About the Author:

Jane is a life coach and the author of the book, *Just Get it Over With: A 12-week Jumpstart to Great Health in Body, Mind and Spirit*. Her passion is to help you motivate and inspire yourself to great health through motivational seminars, on-line courses, and individual and group coaching. Let’s unleash your dreams and passions and get you in the best shape of your life so you can live fit, free, energized and with loose pants versus overwhelmed, crabby, drained and with tight pants! Your great health in body, mind and spirit starts today!

Contact Jane at janiebirr@gmail.com to arrange this seminar to energize your group!