

Just ^{get}_{it} Over With

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

by Jane Birr, Author and Life Coach

June, 2009

IN THIS ISSUE

WELCOME

VICTORIES

ARTICLE

FEELING LIGHT!

SOUL TALK

POWER QUOTE

DRINKING WELL FOR
THE POOR UPDATE

Powered Up, LLC

Jane Birr, Life Coach

www.JaneBirr.com

Newsletter design by

Astro Graphics Design

contact me at:

teresa_k64@hotmail.com

WELCOME

Hello and welcome to the “Just Get it Over With” Newsletter where we motivate and inspire each other to great health. Sometimes we all can get stuck in the rut of complaining and negativity. What an energy drainer. Try this. Take a moment right now to just sit back and think of all the things you are thankful for about your health in body, mind and spirit. Wow, how energizing! I just took less than 1 minute to do that and already I am breathing more deeply and smiling at so many blessings and fun memories. How about you? Doesn't that feel good? Here's to thinking more about what is going well and less about what isn't. Have a great day, *Jane*

Jane Birr, Life Coach



VICTORIES

Help inspire other readers. Send your story to Jane at janiebirr@helloworld.com

*I am **proud** of eating 4-5 fruits and veggies per day, being able to bike 14.7 miles in 30 minutes and reading my Bible everyday. I realized how bad soda was for me. I stopped drinking it and **feel great!** I learned how to avoid procrastination and never give up!*

Lynsy

I ran a 5:01 mile after starting with a 6:51!

Noah

*I feel more comfortable knowing that I can turn down junk food. I am **more aware** of what I am eating and it feels great!*

Ashley

*Thank you so much for the lessons you taught me and reminding me how great I am! I now feel **confident** in myself and happy to be me. It feels so **powerful** and content.*

Katelyn

Want to start a “Just Get it Over With” class to energize your worksite? Contact Jane at janiebirr@helloworld.com or 920-43309605 today!

More info at www.JustGetItOverWith.com

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.

Just ^{get}_{it} Over With

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

June, 2009, page 2

FEELING LIGHT!

BY JANE BIRR

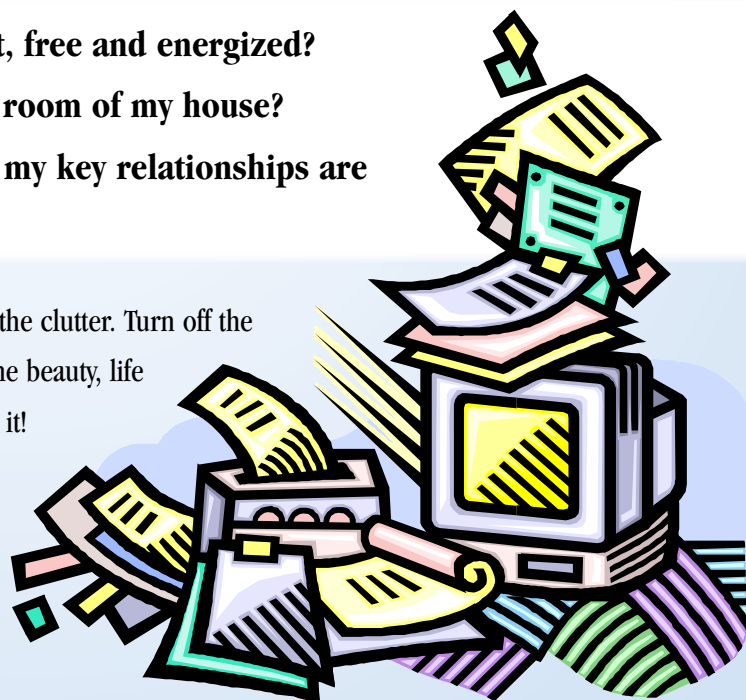
I just lost over 15 pounds and feel great! I am energized and feeling light. My face keeps smiling and *I am so proud of myself for just getting it over with* and overcoming “I don’t want to” and “I’ll do it later.” How did I lose the weight? Well, the good news is that it only took 8 hours. It was a long and hard eight hours, but I kept my goal in mind and persisted. You see, the weight didn’t come off my body; it came out of my closets, cupboards and files. I de-cluttered! Paper after paper, file after file, *I lost the weight and burden of too much stuff*. Does it ever feel great!

What about you? What is the effect of clutter in your life? I can’t tell you how many people have said to me how cleaning and keeping clean their closets, car or kitchen table has propelled them to physically clean up their habits and shed excess weight. It just feels *light and energizing vs. heavy and overwhelming*.

I noticed in my file make-over that there were many voices that said, “Stop. Do it later. That’s good enough.” I bet those same voices pop in your head and try to keep you from your goals in body, mind and spirit. Voices that say “Get your walk in later” or “Have another. Start your program tomorrow” or “Why are you even starting, you are just going to fail anyway?” Yuk. Such vomit. What can we do? *Let’s fight back!* Let’s start with forming a vision and asking:

- 👍 **What do I look and feel like when I am fit, free and energized?**
- 👍 **What does living in beauty mean for each room of my house?**
- 👍 **What do I need to throw out of my life so my key relationships are vibrant, connected and full of life?**

So the word of the day is simplify, simplify, simplify. Get rid of the clutter. Turn off the TV. Say no. Pause. Make a “not to do” list. Breathe. Uncover the beauty, life and energy in your life that simply can’t wait to get out. Go for it!



Just ^{get} _{it} Over With

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

June, 2009, page 3

Feeling Light continued from page 2

ACTION STEPS

1. Pick an area in your life you would like to de-clutter.

2. Describe what that looks and feels like at its best.

3. What will it take for you to go from where you are to where you want to be?

4. What is the first step?

5. When will you do that step?

Persist and enjoy!

SOUL TALK

Is your mind racing? Are you feeling overwhelmed, down or discouraged? Check out these power verses!

† *Lord when doubts fill my mind and my mind is in turmoil, please quiet me and give me renewed hope and cheer. ~Psalm 94*

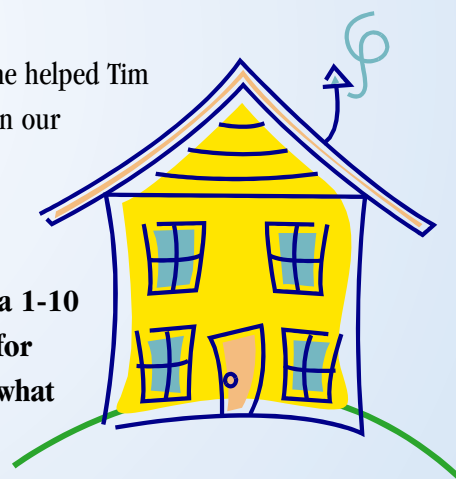
† *Don't be discouraged. Don't be upset. Expect me to act. Know that you will have plenty of reasons to praise me for all I will do. I am your help. I am your God! ~Psalm 42*

† *Take courage my soul! Why be downcast? Why be discouraged? Hope in God! ~Psalm 42*

POWER QUOTE

My friend Kathy is an excellent decorator. She helped Tim and I simplify, de-clutter and create beauty in our house big time with her wise words of:

“Go through your house and get rid of everything that you don't love an 8 on a 1-10 scale. Don't worry if you have a space for awhile. Take your time and fill it with what you love.”



Out of Shape and Sick of It? Enough is Enough!

The joy of Fit, Free, Energized and Loose Pants **Starts Today!**

Unleash your best in Body, Mind and Spirit at
www.JustGetItOverWith.com



Just ^{get} _{it} Over With

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

June, 2009, page 4

DRINKING WELL FOR THE POOR UPDATE

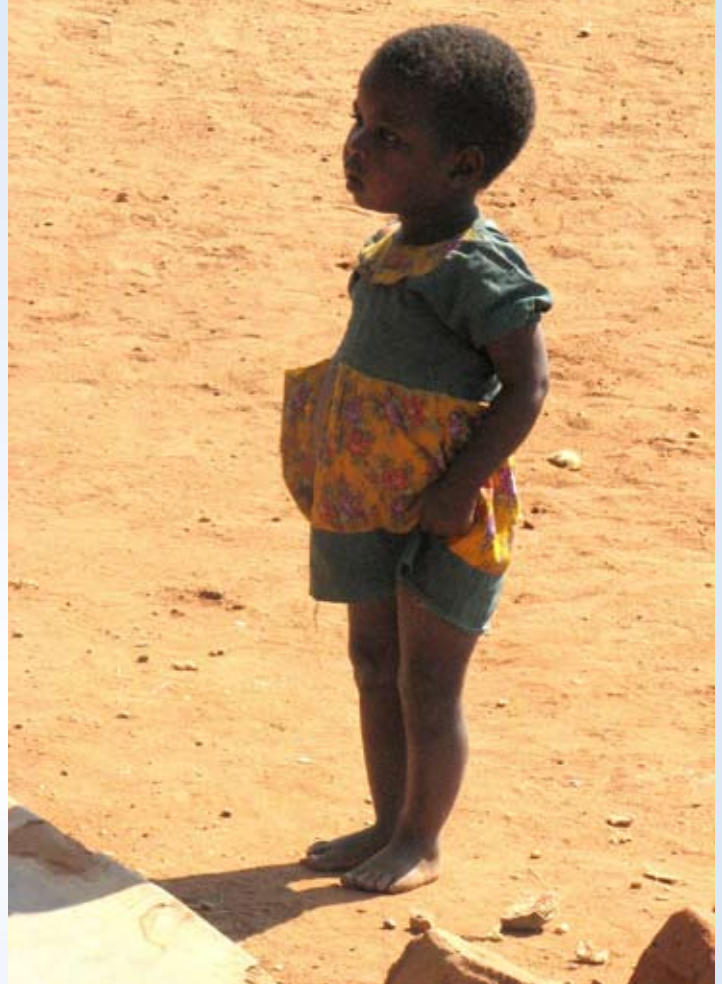
For 16 weeks, I have given up my precious Diet Coke and Cousins subs and put that money toward one of my Top 10 goals which is to buy a drinking well for the poor. The well costs \$5390 through World Vision and will serve a community of 150 people. Together we have raised to \$3245 which is 60%. Over half-way!

It has been quite the journey! I go through stretches where I miss, want, long for and stomp like a baby without her blanky for my Diet Coke. Those are the low periods.

The high periods are when I receive so much unexpected kindness. For example, the bank lady heard about what I was doing and wrote a check for \$25. A friend knows I like reaching goals and handed over \$104 so I could be at a \$1000 even. I gave a talk at a company and a very generous woman pressed \$50 into my hand and said "I have been in the Peace Corps and have seen what it is like to not have water." How inspiring! And how about the \$1450 my friend Susie raised in our 1st annual "Women for the Well" Golf Outing! What a day. I got all misty just feeling the love of so many kind and generous friends.

The picture you see is from my friend Sara. Sara saw this little girl on her trip to Africa to help the poor. When I get whiny about what I am giving up, I am reminded of this beautiful child and how little she has to eat and how she drinks dirty water and has no parents. It shifts and uplifts my thinking and resolve. I will not quit and I will not cheat and I will persist until this goal is met and the well is purchased. Then let the celebration begin!

Lastly, I just want to encourage you in the pursuit of your goals. Enjoy the good days. Lean on friends through hard times. Show yourself that you will honor your word, resist and persist and make yourself beaming proud. And finally, lift your eyes and hold on to reason why you are pursuing your goal and all the people who will be blessed and uplifted because of it. Three cheers to dreams and the pursuit of there accomplishment!



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!