

Just ^{get}_{it} Over With

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

by Jane Birr, Author and Life Coach

January, 2009

IN THIS ISSUE

WELCOME

VICTORIES

ARTICLE

**POWERFUL WORDS,
POWERFUL RESULTS**

SOUL TALK

ACTION EXERCISE

JUST GET IT OVER
WITH

Powered Up, LLC

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WELCOME

Welcome to the “Just Get it Over With” newsletter where we leave procrastination behind and motivate and inspire each other to great health in body, mind and spirit. Check out the victories below. How would it feel 12 weeks from now for you to be able to say that you feel good about yourself, are more positive, have loose jeans and are closer to God than ever! 2009 offers a fresh start. I hope and pray that you seize the opportunity and step by step unleash your best.

You are worth it

Jane Birr, Life Coach



Jane

VICTORIES

“Everyone knows that exercising can help you physically, but the dramatic effects that it can have on person mentally just baffle me. It has changed me, because I’ve plain and simply become more positive. Feeling good about yourself puts on whole new spin on life!”

Charles

“I am proud that now most of my jeans are now fitting looser!”

Danielle

“My victory is my growing faith with God! I have never felt closer and it feels great!”

Caitlyn

Want victory? All the above came after taking Jane’s 12 week “Just Get it Over With” personal conditioning program. Check it out at www.justgetitoverwith.com. Let the victories begin!

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.

FREE “5 Keys to Looser Pants!” at www.JustGetItOverWith.com. Tell a friend!

Just ^{get}_{it} Over With

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

January, 2009, page 2

POWERFUL WORDS, POWERFUL RESULTS

BY JANE BIRR

What a difference a few words make. Check out how you feel after reading the two phrases below:

1. *“Floss your teeth everyday.”*
2. *“Floss every tooth you want to save.”*

I never flossed. I didn't want to because the hygienist told me to. Do you like to be told what to do? I don't. If you are like me, you do the opposite, like when our moms told us to eat peas or we couldn't leave the table. Cross the arms and let the war begin!

Contrast this to when my brother Paul was home recently and I saw him flossing. With garbled words and a smile he chanted, “Floss every tooth you want to save!”

What a difference! It feels empowering. Yes...I want to save my teeth. I like them. I will save them. I am the hero. Feel the difference? One set of words invokes angry eyebrows and resistance and the other opens the door for a champion to rise and protect.



Round two. Try on this set of words for size: (Fun to do with a friend)

1. For 1 minute say or write down everything **HARD about stopping** after 1 helping, limiting junk food to 1 serving a day, sleeping 7-8 hours/night and exercising at least 30 minutes a day.
2. Next, for 1 minute say or write down everything **WORTH IT about stopping** after 1 helping, limiting junk food to 1 serving a day, sleeping 7-8 hours/night and exercising at least 30 minutes a day.

What did you notice? How did you feel after question 1 versus question 2? Which person would you like to hang around?

I noticed that question one brings on a lot of **VOMIT!** Blah...excuses and excuses just spew all over the place. Question two lifts us up to our best.

I like how Charles, who was overweight and out of shape and then in 12 weeks lost 12 pounds and now exercises regularly and cut his junk way back, said it below:

See *Powerful* page 3

Just ^{get}_{it} Over With

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

January, 2009, page 3

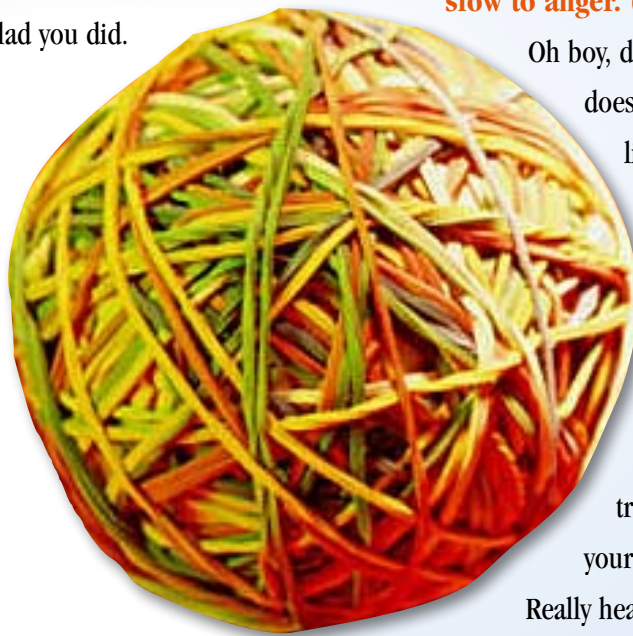
Powerful continued from page 2

“It is *hard* to be healthy. Now that that is said and done, it is extremely *worth* it. It’s easy to slouch through life, have an average career, live a decent life, and be moderately happy, but who wants that? Success doesn’t come easy, and it doesn’t come cheap, but *why just get by?* Why not have a great career that you love and enjoy? Why not have an amazing life with fun and excitement? And why not be as happy and as healthy as you can be? *You’re darn right it’s worth it!*”

Watch your words this week, friend! Reframe them from vomit to strength and just get it over with and fight for your great health. You will be so glad you did.

ACTION EXERCISE

1. Listen for every time you or someone else says the word “hard.” Note what follows.
2. Slap the table or a rubber band on your wrist every time you say in your head or out loud “ It is hard, because...” Reframe with “Yes, I know it is hard, but it is worth it because...” Note what follows.



FOOD FOR THOUGHT

Check out this information on a chocolate chip cookie. One 2 oz cookie has 223 calories and 11 grams of fat. Wow, that surprised me. Guess what? Two cookies have 446 calories and three have 669 calories and 33 grams of fat. Yikes, that is a lot of walking and clogging. If I reach for the jar, I am sure going to enjoy each precious bite, but after one, end it already. Remember the key question today “Is it worth it?”

SOUL TALK

Everyone must be quick to hear, slow to speak and slow to anger. (James 1:19)

Oh boy, does that describe you? Great job if it does. One of my goals for the year is to listen more fully. I will stop what I am doing and turn and look at the person who is talking to me and really hear them. Then I can’t interrupt them or finish their sentences. I am tracking it in a journal.

Hard? Yes! Worth it? After 3 days of tracking it appears so. Play with it with your kids, spouse, co-workers or friends.

Really hear them this week. Stop the multitasking and give your loved one the brief gift of 100% of you. Note the results.

Just ^{get}_{it} Over With

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

January, 2009, page 4

SHAPE UP FOR 2009!

Break Free and Unleash Yourself!



"To begin, I was overweight. I had terrible exercise routines, had sleeping troubles, and ate extremely unhealthy. After your 12 week course, I have lost almost 12lbs. I now run/jog over two hours a week, and do strength training at least once a week, which is a dramatic increase from never weightlifting at all. I have almost tripled the amount of fruits and veggies I eat, and have almost cut out junk food from my daily diet. My biggest weakness used to be soda and chips, and now I go for water and an apple or yogurt, or more healthy choices. All this has lowered my blood pressure and I now average almost eight hours of sleep per night which has all improved my health, and overall outlook on life!"

Charles

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