



POWER SOURCE

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

OCTOBER 2007

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WELCOME

Welcome back to the POWER SOURCE Newsletter where we wake up our passions, live our values and support one another in our pursuit of the best versions of ourselves in body, mind and spirit. Today we are talking about living our passions. Check out Kari Jadin's story. She said "Enough is enough!" and is going for great health and the best version of herself. You can, too. Why not now? Go for it!

Jane

Jane Birr, Life Coach



VICTORIES - THE FOUNTAIN OF YOUTH!

My big brother, John, gave me his Porsche for my birthday! Is he the best big brother in the whole world, or what?

I am filled with joy! *Jane Birr*

"Learning about and being aware of my obstacles and overcoming them is the biggest thing that I have applied to my life. You need to control those voices in your head versus listening to them."

Kendra



"I get to the gym four days a week now. I do not make excuses. The effect on me is that I don't feel as anxious or depressed and I view life from a positive light." *John*

Help us motivate and inspire each other to great health! Send your victory to janiebirr@helloworld.com

POWER QUOTE

"The only way to say no to six donuts is to have a deeper yes. The only way to say no to anything is to have a deeper yes."

From "The Rhythm of Life-Living Everyday with Passion and Purpose by Matthew Kelly.



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WAKE UP YOUR DREAM!

Jane Birr

What do you want? What is your passion? Why are you here? What completely fires you up and makes your eyes light up when you talk about it? What are the Top Ten things you want to be, do, or have, before you are dead? What is your purpose? What gift has been given to you to share with this world? What is the best version of yourself in body, mind and spirit?

Wow...Big questions. Important questions. Questions looking for answers. Questions that unfortunately get shoved aside for the busy, busy of daily life until one day we wake up with our body out of shape and unresponsive, our key relationships screwed up, our career boring and lacking passion, and a dead spiritual life. Yikes! That's not good.

Ten years from now will you be saying, "I wish I would have" or "Am I ever glad I did"? What do you want? **What is your passion?** Why are you here?

Is it time to wake up your dream?

I teach a class on my book, "Just Get it Over With-A 12-week Jumpstart to Great Health in Body, Mind and Spirit" at the local university. I was so completely impressed by the students who paused their lives long enough to ponder these important questions. Several created their own personal dream boards and brought them to class. I was so excited for them. I could tell they were nervous to risk sharing what is important to them and what they value, but one by one they did it! They brought in poster boards, photo albums, videos, power point presentations and scrapbooks. All creatively unique expressions of what is important to them. With eyes beaming they shared their dreams. Halleluiah!

What do you want? What is your passion? **Why are you here?**

You are a gift to this world, my friend! Stop. Breathe. Schedule some dream time with a great person...you! Unleash the best version of yourself that must come out. You can do it!

I invite you to check out my "Janie Birr's Dream Video" and the inspiring video I made of my mom entitled, "What 80 Means to Me" at www.janiebirr.com on the homepage.

Live fit and free!

Action Exercise

1. Schedule a dream time with yourself this week.

Day:

Time:

2. Share your

- three key values
- top ten dreams
- three most important people in your life and
- three things that fill up your tank with a buddy.

Buddy:

Day:

Time:

3. Bring your dreams to life. Create your dream board!

Tell me about it at Janiebirr@belloworld.com!





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SUCCESS STORY

Kari Jadin

Let's hear it for Kari Jadin who was got sick of being out of shape and did something about it to the tune of over 30 pounds. Enough was enough! How about you? Follow Kari's great lead. Wake up the best version of yourself. It wants out!

KARI, WHAT ARE YOU FIRED UP ABOUT ACCOMPLISHING?

Honestly, it sounds ridiculous, but I am most fired up about being able to do three sets of 25 'guys' pushups! And that is totally because of you, Jane. I will be able to do as many as you some day. I am also proud of my determination to comply with running three miles five days/week.



THREE SETS OF 25 GUY PUSH-UPS! THAT IS SO GREAT.

CONGRATULATIONS. YOU ARE ON MY TAIL. I LOVE IT! KARI, HOW DID YOU GET SO FIT?

My friend Lisa and I signed up to join the Core Performance Center and have a trainer work us out regularly together. Having someone else to be accountable to helped a lot.

WHY NOW?

I did it for me! Finally! One day I looked at myself in the mirror and said enough was enough, no more excuses. I realized I am stronger than my weaknesses and set out to prove it.

COOL ATTITUDE. WHAT WAS THE HARDEST PART AND HOW DID YOU DEAL WITH IT?

The first couple weeks were the hardest, realizing how out of shape I was and feeling everything jiggling around during the exercises was difficult to get over. But having a buddy to work out with helped, and Dave, our trainer, is a huge motivator, providing constant encouragement and never letting us give up.

WHAT HAS BEEN THE IMPACT ON YOUR LIFE?

I feel better, I have more energy, and I like myself better. I am more confident, proud, and determined. "Stronger than Yesterday" is the Core Performance Center motto and that is just how I feel every day.

WHAT ADVICE DO YOU HAVE FOR OTHERS?

You can do it! Find a friend. Find physical and emotional support from life coaches like Jane or personal trainers like Dave. Be realistic and be patient. It doesn't happen overnight. It's been a long, tough battle, but the decisions I make today make me stronger than yesterday, and make tomorrows decisions easier.

Thanks Kari! Standing ovation to you! Got a success story to share? Contact Jane at janiebirr@helloworld.com so we can motivate and inspire each other to great health.



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SOUL TALK

Is it time to show up for your own life?

Check out what my favorite singer and song writer Sara Groves describes in her great song entitled, "I Just Showed Up For My Own Life."

"I was spending life sleep walking. Moving my mouth and not saying a thing. I was spending too much time at the surface repairing the holes in a shiny veneer.

There are so many ways to hide. There are so many ways not to feel. There are so many ways to deny what is real...

So I just showed up for my own life.

I am standing here taking it in and sure looks bright. I am going to live my life inspired. Look for the holy in the common place. Open the

windows and feel what is honest and real until I am truly amazed.

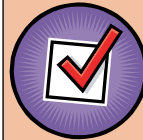
I am going to feel all my emotions. I'm going to look you in the eye. I am going to listen and hear until it's finally clear and it changes our lives.

I just showed up for my own life. "For the glory of God is man fully alive!"

Wake up your passions, my friend. Live fit and free for the glory of God!

FOOD FOR THOUGHT

"Regular exercise, a balanced diet and regular sleep are three of the easiest way to increase our passion, energy, and enthusiasm for life." From "The Rhythm of Life-Living Everyday with Passion and Purpose by Matthew Kelly.



CHECK IT OUT:

Logon to www.janebirr.com and take advantage of these great health resources.



Logon today to janebirr.com

to view the inspiring video

"What 80 Means to Me"

ATTENTION!

Are You Out of Shape and Sick of It? Check out

GET FIT now!

A 7-Day Mini-Course Designed to Help You Motivate and Inspire Yourself to a One-Week Strong Start. Free.

Just Get it Over With!

A twelve-week jump start to great health in body, mind and spirit.

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