



# POWER SOURCE

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

NOVEMBER 2007

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### WELCOME

"I've lost my motivation!" How many times have you said that as an excuse not to work out, eat right, be nice, work hard or read your Bible? Today, let's focus on "Just Getting it Over With!" Start. Today's success feature, Paula Van Straten, started and kept going to the tune of 110 pounds lost. Just get it over with, friend! Motivate and inspire yourself to great health in body, mind and spirit. Start today. Start now. Go!

*Jane*

*Jane Birr, Life Coach*



### VICTORIES - THE FOUNTAIN OF YOUTH!

Motivating and inspiring yourself to great health starts with starting. Look what these three fine ladies did to get off and running. Project forward the impact when these habits are done day in and day out for a lifetime. Great job, winners!

"I am smoking two less cigarettes per day and starting a fitness plan. It went very well!" Melanie

"I ran 1.2 miles and ate all my intended vegetables. It felt good to accomplish this. Motivation is a slow process. I will take it one step at a time." Lindsey

"I took a nap and shut off my cell phone and didn't let anything get me upset or stressed out. Then I spent time with my boyfriend alone without the interruptions of our hectic lives. We joked around all day. I needed a day like this for a long time!" Jacklyn

What is your victory? What is your commitment for the week? Red rover, send it over to me at [janiebirr@helloworld.com](mailto:janiebirr@helloworld.com). I would love to hear from you.

### POWER QUOTE

*"You are worth it. Having a commitment to take care of you is so very important. If you don't take care of you, no one else will."*

*Paula Van Straten*



# POWER SOURCE

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

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## HELP...I'VE LOST MY MOTIVATION

*Jane Birr*

"I've lost my motivation!" Frequently this is what people say when I ask how their program for great health is going. Interesting. I can understand losing car keys but can we really lose motivation? Like you, I know what it feels like to be on the losing end of "lost motivation." It equates with tight pants, feeling crabby, low on energy, disappointed in yourself, loss of self-confidence and esteem...the list goes on. Do you like that? I sure don't. So what is going on?

I challenge you to catch yourself every time you hear yourself say, "I've lost my motivation." Dig deeper. Could the real reason be that you just don't feel like doing the action? Hear yourself. Is 'I've lost my motivation' really cover for "I don't want to. It's too cold. It's too late. I'm too tired. Can't you understand I busy right now? I've had a bad day, I deserve to just chill out and eat some cake... and lots of it!" The vomit of average. How does that feel? Where does it leave you?

Now flip the remote switch in your head to the best version of yourself. Think of the many times in the past when you have actually overcome "I don't want to" and with courage and character decided for hard but worth it things like resisting a second helping, going for a walk when it was cold, reading your Bible even though you were tired or turning off the TV and actively interacting with your family. How did that feel? Where will decisions like that lead you?

So, friend, I propose that you can't lose motivation. But you sure can find it through tough, daily decisions for living the best version of yourself. Hard? Yes. Worth it? Bigger yes!

I'll leave you with a prized letter that I received from my niece Emily (6). I had just brought my first printed copy of my book, "Just Get it Over With. A 12-week Jumpstart to Great Health in Body, Mind and Spirit" over to share with my family. I was so pumped up! Emily took the scene in and later sent me this:

### ***"Just Get it Over With" by Emily, age 6***

*If you don't have anything to do, just get it over with and read a book.*

*If you have something that you don't want to do, just get it over with and do it.*

*If you want to do something and someone you don't like is there, just get it over with and do it.*

*If you don't want to exercise, just get it over with and do it.*

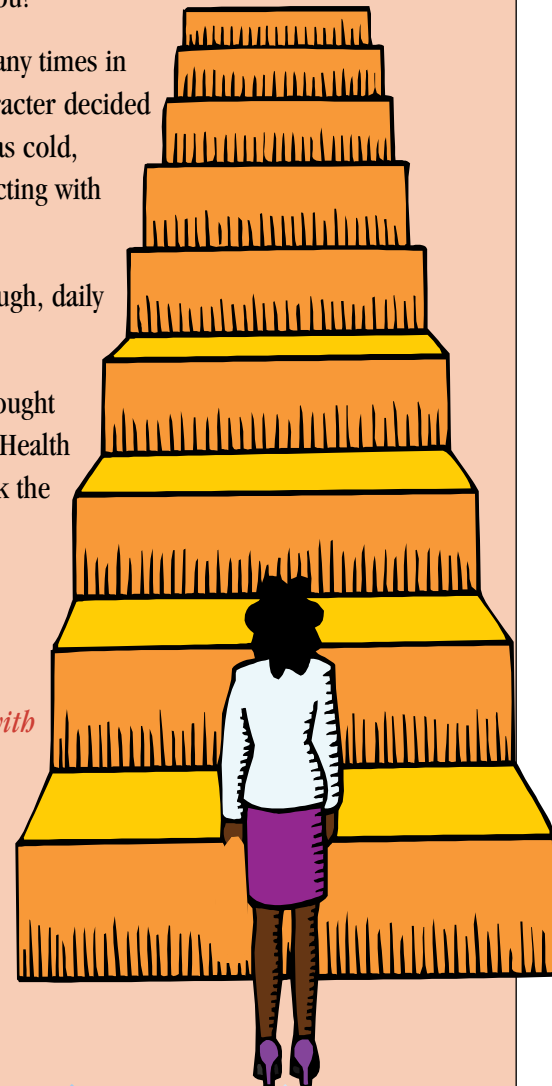
*If you don't want to get out of bed, just get it over with and get out of bed.*

*If you don't want to go to school, just get it over with and go.*

*Just get it over with.*

**Amen Emily!** Lost motivation? Just get it if over with and start.

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## SUCCESS STORY

### Paula Van Straten

All rise. Hands together. Let's give it up for our champion, Paula Van Straten who lost 110 pounds and is living fit, free and relaxed! Check out her inspiring story below:

#### PAULA, WHAT HAVE YOU ACCOMPLISHED?

I have accomplished a total transformation of myself physically and mentally. It was time to make a change and get myself healthy and whole. I have lost 110 pounds and can now shop in regular stores. I have physical endurance and muscles that I never knew existed.



#### THAT IS SO BEYOND COOL! HOW DID YOU DO IT?

The first thing to change was my attitude. I needed to be ready for a giant change and a commitment to continue no matter what obstacles got in my way. Then finding a life coach was an important step and that is when you, Jane, came into my life. You were a godsend and a critical factor in my success. You inspired me to continue on and do all the hard work when I didn't think I could do one more thing. Next, I needed to set lots of little goals and experience lots of little successes. So with determination and taking it one day at a time and one challenge at a time, I am a new woman.

#### YES! HOW DO YOU FEEL?

I feel great and I am so proud of what I have accomplished. I see myself as growing and continuing to develop all aspects of my life. Life has become a happy adventure and a journey with much joy. I have more energy and stamina. I work better and I play harder. I am very proud of me! I took charge and became the woman I wanted to be!

#### I CAN'T STOP SMILING FOR YOU, PAULA! WHAT HAVE YOU LEARNED ABOUT YOURSELF THROUGH THIS JOURNEY?

I have learned that the people in my life that love me are always there for me. I have learned to reach out and ask for what I need. I am more confident and assured of myself by running in to many challenges, facing them, and going beyond them. I have also learned that I can overcome incredible hurdles and traumas and wake up each morning smiling and ready for just about anything. I have more inner strength than I thought possible.

#### WHAT WERE YOUR BIGGEST CHALLENGES?

I think there were two challenges that I needed to overcome. One was the length of time that it would take to reach my goal. At times it seemed so distant and unreachable. It would have been so easy to give up. Jane, you were such a support during those

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## SOUL TALK

My eight-year old niece Emily spends time with me a few mornings a week and I take her to school. It is such a treat. We eat our breakfast and she teaches me some karate. Then she gets her allotted 20 M&M's and we take turns reading the Bible. I read this to her recently from Mark 6:56:

"Wherever Jesus went they laid the sick in the market plazas and streets and begged him to let them touch the fringes of his clothes. And as many as touched him were healed."

I said, "Wow...Emily, wouldn't that have been a freaky scene! You have no foot, then touch Jesus, and you have a foot!"



Emily replied, "Yeah Janie...like you didn't have an eyeball and then you touch Jesus and out pops an eyeball."

I said, "Emily, it would have been so awesome to live then and see all that."

Wise little Emily stirred my heart as she touched my shoulder and replied, "Janie, Jesus lives in you. He is touching you all the time."

## FOOD FOR THOUGHT

The National Weight Control Registry tracks behaviors of people who lose weight and keep it off. In a 2005 study reported in the May, 2007 IDEA magazine, the average person in the study lost 72 pounds and kept it off for over five years. So what are these people doing? Findings indicate they:

- Engage in approximately one hour per day of moderate-intensity physical activity
- Eat breakfast
- Eat a consistent diet throughout the week and weekend to avoid "loss of control" lapses
- Regularly monitor weight (daily or weekly)

**Key message: "Long-term weight loss success is a reality that people can attain with determination and watchfulness."**

You can, too. Just get it over with!

### Action Steps:

1. What personal health habit will you tighten up this week?
2. What effect will it have on your life this week and 5-10 years from now?
3. Just get it over with and do it!





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### Success... continued from page 3

times. I could always count on you to listen, empathize, help me set some more goals and get back on track. In addition, I had several physical problems (including a cervical disc fusion) and some pretty significant personal challenges. Those things always derailed me in the past. But having the support of my family, friends, and you made all the difference. I just kept bouncing back until I hit my goals. Sometimes the bounce took way longer than others, but I didn't give up. It was so worth the effort!

### AMEN TO THAT. CONGRATULATIONS, PAULA! THREE CHEERS FOR YOU.

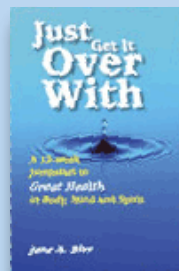
Do you need a jumpstart to great health in body, mind and spirit? Out of shape and sick of it? Contact me at [janiebirr@helloworld.com](mailto:janiebirr@helloworld.com) and let's go figure out how to get it done. Live like the man or woman you always wanted to be.

### Help...continued from page 2

#### Action Steps:

1. Where have I "lost motivation?"
2. How will applying "Just Get it Over With" consistently and persistently and doing what I don't want to do affect my life this week and one year from now?
3. Just Get it Over With and start!

For a copy of my book, "Just Get it Over With - A 12-week Jumpstart to Great Health in Body, Mind and Spirit" please go to [www.janebirr.com](http://www.janebirr.com). Order lots of them!



### CHECK IT OUT:

Logon to [www.janebirr.com](http://www.janebirr.com) and take advantage of these great health resources.

## 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.



Spread the word on **motivating** and **inspiring** great health... Send your friends to [www.janebirr.com](http://www.janebirr.com)... sign up on the home page under **Get Fit Now** to receive their monthly **Power Source** newsletter and monthly **Power Surge** video message.

### Just Get it Over With!

A twelve-week jump start to great health in body, mind and spirit. \$20, [www.janebirr.com](http://www.janebirr.com)

