

Just ^{get}_{it} Over With

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

by Jane Birr, Author and Life Coach

November, 2008

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Powered Up, LLC

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WELCOME

Welcome to the "Just Get it Over With" monthly newsletter where we motivate and inspire each other to great health. November is a month of Thanksgiving and counting our blessings. What are you so thankful for that you could do the happy dance? If you are thankful for a certain person in your life, do they know? What would the gift of your 100% focus and time mean to them this month? Would that gift make you feel happy and healthy as well? We all know that on the deathbed, family, friends and faith are what matters. Carve more than turkey this month. Carve out connection time for a key relationship this month, champ!

Persist.

Jane Birr, Life Coach



Jane

VICTORIES

*"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

***I lost 16 pounds** and plan on losing even more and getting even healthier!*

Samatha

All victories above came after taking Jane's 12 week on line "Just Get it Over With" program at www.justgetitoverwith.com. Check it out!

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!

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PERSIST AT PERSISTING

BY JANE BIRR

Would you describe yourself as a persistent person? And I don't mean seeing a crooked row of brownies and persisting and persisting until the row is even or the pan is gone. That would take effort and persistence, but not quite in the direction we are looking for as we motivate and inspire each other to great health.

I'm thinking Rocky as he gets up at 4:30 am morning after morning, downs some eggs, hits some beef and goes for his infamous run up the steps. Does he want to punch frozen cows? I doubt it. Does he feel like jumping rope each day? Probably not. I am sure he wishes he could just say "I'll do it later" and join Pauly for a drink. But that is not what champions are made of. As Forest Gump would say, a champion is what a champion does. So what does a champion do to stay motivated and get results?

In the book, "Life Coaching: A Cognitive-Behavioral Approach" author Michael Neenan describes the three key qualities of motivation as:

Direction - *knowing what you want to achieve*

Effort - *how hard you are trying* and

Persistence - *how long you continue trying.*

What do you want... really bad? To lose weight? Loose pants? A great marriage? The trip of your dreams? To love and be loved by God? What do you want? Neenan points out "we often want change without working at it-we like the idea of change rather than the actuality of struggling towards it."

Embrace the struggle, my friend! The struggle-the getting knocked down, the persisting through temptation, the making yourself proud, the taking of risks, failing and ultimately achieving-this feels better than anything can taste. Persist! It is so worth it and so are you.

See *Action Steps*, page 3



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ACTION STEPS

1) WHAT DO YOU WANT?

My 1 year goal is: _____

My three-month goal is: _____

My this month goal is: _____

My this week goal is: _____

My today goal is: _____

2) THINK OF SOMEONE YOU KNOW WHO KNOWS WHAT THEY WANT AND GOES FOR IT WITH HIGH EFFORT AND PERSISTENCE. WHAT ARE THEIR HABITS OF SUCCESS? _____

What could you do this week? _____

3) RANK YOUR EFFORT (1-10) YESTERDAY AND TODAY TOWARD YOUR GOAL AND WHAT YOU LEARNED. _____

4) AFTER 1 WEEK, RANK YOUR PERSISTENCE (1-10). _____

Repeat the following week and until you reach your goal and do the happy dance!

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SOUL TALK

Need a power shot to help you persist? Check this great verse out from the Bible. Put yourself in it and know you have the power to do what it takes to persist and reach your goals. God loves to join you and give you strength. Invite Him!

“So I run straight to the goal with purpose in every step. I fight to win. I’m not just playing around. I punish my body, treating it roughly, training it to do what it should, not what it wants. Otherwise, I fear that after enlisting others in the race, I myself might be declared unfit and ordered to stand aside.”

~1 Corinthians 9:26

POWER QUOTE

“I feel more confident about myself, which in turn leads to a happier way of life. I feel great-no doubt about that. So, no matter how hard it gets, just push through it and just get it over with!”

~Scott Mess

Check out Jane’s self study personal conditioning e-course at www.justgetitoverwith.com

FOOD FOR THOUGHT

Next time you grab for a bag of Fritos or a handful of chips take a quick check on the label to know how many calories in a serving and actually measure or count out 1 serving. After you pick yourself off the floor from the shock of how small a serving is, know that 100 extra calories/day = 10 pounds gained per year. On the positive side, 100 calories less/day = 10 pounds lost per year. Choose wisely for your best self of fit, free loose pants!



SHAPE UP FOR 2009!

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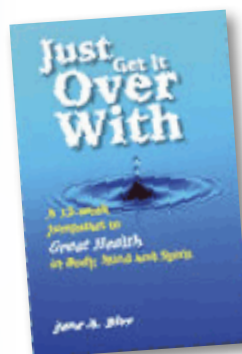
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