

Just ^{get}_{it} Over With

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

by Jane Birr, Author and Life Coach

December, 2008

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JUST GET IT OVER
WITH

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WELCOME

“Fear Not!” The angels said this to the shepherds quaking in their sandals 2000 years ago on the first Christmas morning and it is still good advice today. Do you find fear binding you and choking you off from reaching your goals? Fear not! Or feel the fear and blast through it anyway toward your best in body, mind and spirit. Like my friend Christine recently said “I know I will feel better when I’m there... it is getting there that stinks!” Getting there means facing fears and obstacles. Ughh. But what do you want really bad that you are willing to pay the fear-blasting price for? Now there is a great gift to unwrap!

Merry Christmas!

Jane Birr, Life Coach



Jane

VICTORIES

Does anything taste as good as victories feel? Check out the victories these winners are racking up!

*“I went from sitting around on the computer to **running 20 miles a week!**”*

Alex

*“I have **saved over \$1000** in the past three months after developing a budget and sticking to it!”*

Stephanie

*“I have **gained 10 pounds of muscle** and learned ways to overcome obstacles and just get it done!”*

Billy

What is your victory? Please send it to janiebirr@helloworld.com

Need help getting victories? Jane guides you for 12 weeks in her self-study personal conditioning class called “Just Get it Over With!” 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.

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ATTACK FEAR

BY JANE BIRR

I recently went to Boston for a conference where several of my American Idols of my profession along with 500 Harvard Ph.d's and M.D's who were present. My goal was to walk up and say "hello" to three of my idols. I admitted my goal to a friend and she said "Of course you are going to say hello! What is wrong with you? You can do more than hello!"

Of course I am capable of saying hello. Watch this... "Hello!" One problem... I was scared to death to say it to my idols. You know the feeling when fear grips you. Your stomach gets all wavy, your heart races and your eyes bulge. Most of us then shrink, go in our cave and give up on our goals. How disappointing.

Like many of your fears, mine are illogical. They make no rational sense. Yet they are so real. My fear had me. I bolted when I had the opportunity to say hello. Darn! It hurts to fail, doesn't it?

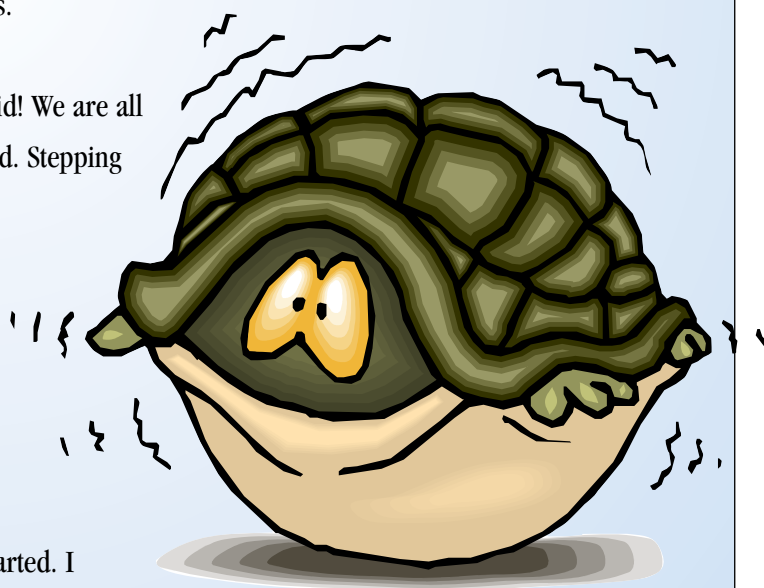
Then an interesting thing happened. One of my idols name is Margaret Moore. She was the one who organized the huge conference I was attending. Margaret is Big-Time... a home-run hitter. Yet, when Margaret got up to talk to a pre-conference group of 70 coaches, she admitted how nervous and scared she was. She was especially nervous to open the conference Friday and talk to the 500 big brain-cell Harvard people and share her ideas.

Then it hit me. If Big League Margaret is afraid, then everyone is afraid! We are all afraid to be exposed, afraid to be vulnerable, and afraid to be rejected. Stepping out scares our pants off! Does that hit home for you?

Yet some, like Margaret, have a vision they are fighting for that is more important than the fear of the moment and they blast through to go get it. Now that is courage and I saw it in action. What is worth fighting for for you, champ?

The next day I was in the lobby five minutes before the conference started. I turned and who do I bump into but Margaret. I didn't have time to be scared to say hello because she looked me in the eye, smiled and gave me a big hug as she said "Jane, I am so glad to finally meet you!"

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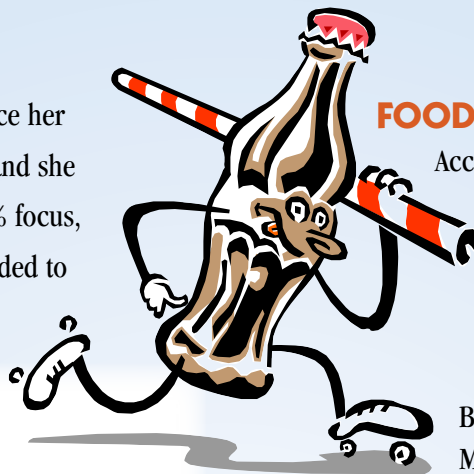
Oh, my gosh! Here this woman is about to face her biggest fear and kick off a huge conference and she stops and takes the time to give me her 100% focus, love and attention. I learned everything I needed to right there.

1. Have a **big vision!** Know what means the most to you in your life and go get it.
2. **Face fear** and go through it anyway. Courage!
3. Treat people, no matter who they are or how inconvenient the time, with **attention, kindness and love.**

I am inspired. I saw a courageous warrior in action fighting for her dream. I will dare to dream again, even though I have failed a thousand times. I will stop blowing people off or rushing through them. I will overcome my fear of looking people in the eye and even of hugging them because it feels so good and special to receive that kind of love.

How about you? Are you in? Let's rise up, wake up our dreams and fight like heck through our fears. Along the way, let's see how many people we can make feel special. What a fun game! And yes, a scary game at times. But such a worthwhile game. Let's do it. Thank you, Margaret the Courageous, for living your dream and being so kind along the way.

Check out Margaret at www.coachmeg.com



FOOD FOR THOUGHT

According to Lisa Young, PhD (www.portionteller.com), portion sizes have increased tremendously since 1960. Check it out:

	1960	2000
Bagel	2-3 oz	4-6 oz
Muffin	2-3 oz	5-7 oz
Coke	6.5 oz	20 oz

Main point: How much you eat matters! Cut it in half. Slow down. Taste it. Enjoy it...just not too much of it.

SOUL TALK

Next time fear gets its ugly grip on you and you are about to chicken out in your workouts, relationships, at work or in standing up for God, think of this verse and who it is who walks beside you. In this power, bash through fear and just get it over with!

“Be bold and strong! Banish fear and doubt! For the Lord your God is with you where ever you go.”

~Joshua 1:9

POWER QUOTE

“Don't run away from problems, run into them! If something is bothering you, don't put off fixing it. The longer you wait the more awkwardness builds and you feel uncomfortable. Face your problems right away and get them resolved!”

~Marcy Dixon

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~Margaret Moore
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