



POWER SOURCE

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

AUGUST 2007

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WELCOME

Welcome back to the POWER SOURCE Newsletter where we motivate and inspire each other to great health in body, mind and spirit. Are you becoming a life-watcher instead of a life-liver because of low energy, aches and pains, being too busy or because you are out of shape? Don't let it happen, my friend! Get inspired by the courage and determination of today's success stories who are busting down their walls of fear and going for great health. You can, too. How about today? *Jane*

Jane Birr, Life Coach



VICTORIES - THE FOUNTAIN OF YOUTH!

People are having fun, feeling proud, and getting in shape and you can, too. Check out these inspiring victories!

"It is always rejuvenating to read the Power Source newsletter. I have now maintained my ideal body weight for about 4 years through ongoing positive changes. I am eating an average of 5 fruits and vegetables per day. The last time I had my cholesterol checked it was about 160. I have been doing more mountain bike races, and currently am 3rd in my age group for the WORS season-long race.

The best thing about being in shape is climbing hills on a bike. I am a very good hill climber because I now have 40 pounds less to carry up the hills than I used to. Thanks again for getting me started in the right direction." *~Tom*

"I subscribed to your weekly e-mails through your website and so far have either rode my bike or walked everyday and then I do 10 push up and 10 sit ups right away when I return. Thanks again!" *~Valerie*

"I was proud that I was able to go two weeks without fast food or beer. It was tough, but it felt good to know that I could accomplish my goal." *~John*

What's your latest victory?

Share and inspire by sending it to Jane at janiebirr@belloworld.com

Need a coach to motivate and inspire you to great health?

Contact Jane at janiebirr@belloworld.com



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SISTERS ARE DOIN' IT FOR THEMSELVES

Jane Birr

Remember the classic Aretha song with the tune, "Sisters are doin' it for themselves. Standing on their own two feet, and ringin' their own bell." Sing it with me! I have been humming it lately because so many women are around me have been telling me their wonderful stories about breaking free from the chains of average and going for great health in body, mind and spirit. Check it out for yourself:

Sarah is today's success feature and earned her Blackbelt a month ago. Sarah unleashed herself. I witnessed her break free from living like a timid girly-girl to a confident, strong, going-for-it woman who beat the heck out of me on her blackbelt test. Now she is heading to Africa on a missions trip. No stopping her!

Rolean is another 40-something who just got her blackbelt with her son. She broke boards like they were twigs and was tossing people around like rag-dolls. I was so impressed by her combination of grace and strength. Way to go, Rolean.

Carmen and **Sharon** are two friends of mine in their 30's and 40's and training for a 100-mile bike ride. 100 miles. It is hard to drive that far. I am so proud of them.

My idol **Louise** just celebrated her 64th birthday and is sizzling the pavement by regularly walking 4 miles at a 13:30/mile pace. That is hot! Great job, Louise. Lead on!

My sister **Kathy**, age 53, prayed to God to release her from living life constrained by fear and put her faith in action by living large and going down a 10-story high water ride at Noah's Ark. Wow...fear conquered! Way to live!

My **mom**, age 84, said to heck with just sitting around and went kayaking for two hours down a river. She had a blast and a great story to tell her friends.

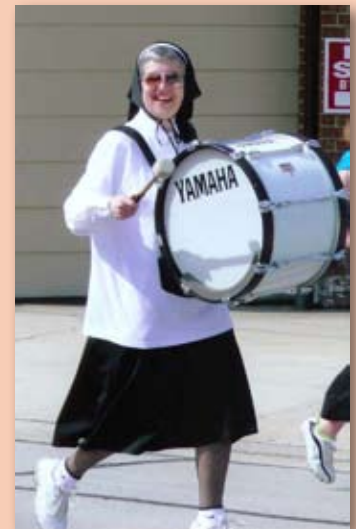
My 8-year-old niece **Emily** overcame her fear of tubing behind a fast motor boat and said, "Janie, once you just get it over with and fall you see that it is worse in your head than it really is. Falling is actually fun!" Now she is laughing and having a blast.

And lastly, **Sister Carol**, who is in her 50's, reports she is in the best shape of her life. The photo of her drumming just captures living life engaged and to the full versus sitting watching on the sidelines. Which is more fun to you?

"Sisters are doin it for themselves!" Indeed. I am just so inspired by these stories because they represent real women breaking through the wall of fear that holds so many of us hostage. It gives us examples of women of all ages breaking through the inconvenience of being fit and the vomit of excuses that can chain someone to average.

Sisters...and guys too, is it hard to be fit? Yes! Is it hard to break free? Yes! Is it a total pain to find the time and motivation? Yes! But let's ask different questions. Is it hard to be out of shape? Yes! Is it worth it to break free? Big Yes! Go for it!

Jane



ACTION EXERCISE: *I want to sing your praises in a future newsletter.*

1. What is one thing that you have always wanted to do? _____
2. Is it in line with your core values? _____
3. Well...do it! Live. When? With who? _____

Let me hear it! E-mail janiebirr@helloworld.com with what you are breaking free from and how great that will be. end me a picture once you do it. Live large, friend!



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SUCCESS STORY

Sarah Jane Worchester

Let's hear it for Sarah. Sarah overcame wimpy and beat the tar out of me during her Blackbelt test. Check out her inspiring story! What a winner.

Sarah, when did you start going for your Blackbelt and what motivated you?

I started in October, 2004. My kids and Brian signed up and I wanted to know what they were learning. I always wanted to be able to say that I earned a Blackbelt as an adult and a mom, but never thought I would have the courage to.

What obstacles did you encounter?

I have scoliosis. As a result, I was about as flexible as an oak tree trunk and often felt about 80 years old. I told my chiropractor that I always wanted to earn a Blackbelt, and he surprised me by saying there was no reason I couldn't.

Did you ever want to quit? How did you persist forward?

I didn't want to quit ever. But I didn't know if my back would hold out. The good news was that I was becoming much stronger. I would experience a severe back episode about once or twice a year instead of monthly. When I landed my first tornado kick I felt like I could do anything. Then I received a diagnosis for Lupus and also broke my toe. What is so unusual is that any one of these issues would have caused me to quit immediately under normal circumstances. But I had a God-given drive to complete my goal this time. I was focused and courageous. That is so unlike me!

What was your Blackbelt test like?

Training for the Blackbelt was tough. Once I had passed the running portion of the test, it was time for the skills portion. Lots of kicks and punches. Then it was time to demonstrate the self-defense portion of my test. That ROCKED! I trained for this part with my Blackbelt mentor, Jane Birr. She had me feeling very confident and prepared by test day. I just hammered Jane with some elbow strikes, knee strikes, kicks to the shin, and a thundering hammer strike to the back to finish her off. The audience was wincing and groaning in empathy for Jane. Ask Jane about the scar on her cheek. That was me, taking her down to a submission hold on the ground. I felt invincible!



Brian, Tori, Sarah Jane, and Sean Worchester



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I am proud of that scar! It signifies to me you just unleashing yourself and going for it. Sarah, getting a Blackbelt is not an ordinary thing for a mom to do. How did it feel to achieve that?

I cried when I got my Blackbelt and was able to hug my husband, who had supported me and cheered me on. My son, already a Blackbelt, volunteered to be my partner for the skills portion of the test. I'll never forget the pride on his face when he looked at me. My daughter and I trained together for our Blackbelt test 2-mile run, and received our belts together. How many Moms get to really share that moment with their daughters? These things are not a given, they must be worked toward and earned with sweat and effort.

How did this process change you?

I have confidence in achieving anything I set a goal for, no matter how scary or intimidating it may be. I also learned that I can push myself very hard--much harder than I thought by body could stand. Craig often responded to my physical fears by saying, "Just do what you can do. You can't do anything else. Do what you can do and it will be enough." This has always allowed me to push myself really hard, without pressuring myself. This is a much more positive approach to life. For me, pressure refers to fear of failure. Drive refers to focus on achievement.

What advice do you have for others who are thinking of going for a big goal but are not too sure about it?

- Get over your fear of failure, because true failure doesn't really exist. It is a state of mind that you will continually wrestle with.
- Find your team of supporters and enlist their help and advice regularly. Set small steps that will help you focus and achieve your goal. Always evaluate your goal and steps along the way, because you will always find a better way to proceed.
- I am a Christian, and couldn't achieve anything without God in the driver's seat. Lean on Him and His guidance. Sometimes he speaks very softly and in your voice, sometimes he bellows. Listen carefully.
- Finally, celebrate your progress and your courage with yourself and others—FREQUENTLY!





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SOUL TALK

I don't know where in the Bible this quote is from (please tell me if you know) but it came to me as I was writing this POWER SOURCE edition of breaking through fear. Check it out and use it strongly and boldly in the face of your next fear. Guess who will win?

"The Lord is my light and my salvation...whom shall I fear?"

FOOD FOR THOUGHT: PORTION SIZES

STOP! For one whole snack or meal stop! Practice 'mindful eating' which simply means tasting your food like it is the last time you will ever taste again. Savor it. Turn the TV off. Enjoy each beautiful bite.

POWER QUOTE

Fear... False Evidence Appearing Real.