



# POWER SOURCE

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

VOLUME 2, ISSUE 2 FEBRUARY 2005

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## WELCOME

*Jane Birr, Life Coach*

Welcome February. The month of love. What do you love to do? Who do you love to be? Cars don't run without gas and it seems to me that I run out of zip, as you probably do, unless I fill my tank regularly with what I love to do. What do you love to do? When did you do it last? When are you going to do it next? Let's fill our tanks this month as we pursue great health in body, mind and spirit.

*Jane*



*Jane Birr, Life Coach*

## LET'S GET PHYSICAL

The bad news is that two out of three of us are overweight or obese. The good news is that one out of three of us are not. John Hampson, a student in my Personal Conditioning class who recently lost 10 pounds, shares this insight with us:

“Some people say that life isn't worth living if you can't enjoy it, so they eat junk food and lay around all day. But I say you can enjoy life by exercising and being healthy, too. Was it hard for me to give up McDonald's and other junk food? Yes, but it was worth it. Was it hard for me to give up games and most TV? Yes, but it was worth it. It is much more satisfying for me to do my homework that to play games and waste my life away. It is much more rewarding to exercise and eat right

then just let my body deteriorate

further. Life is hard, but it is definitely worth it.”





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## WHAT I LOVE TO DO

*Jane Birr*

What makes your eyes light up? What puts a big smile on your face? When do you find you are really content and at peace? When are you fully alive? What makes you so excited that you just jump up and shake your butt?

Many of us are running on empty. Are you? With so many responsibilities and “to dos” we rush from one fire to another and are just happy to make it to bed. Give, give, give seems to be the order of the day with not a lot of get. With nothing left in the tank we give those that we love the most our worst and our weight loss and exercise commitments get sliced as fast as we can even-out a row of brownies.

Ready for plan B? Take two minutes right now and capture what winds your heart. What puts energy in your tank? What does it feel like? Who do you like to do that with?

When will you do it next? Here are a few on my list. Please feel free to e-mail me yours:



I Love to:	How it feels	Who I like to be with	When next?
Play triple solitaire	Invigorating	Husband Tim and Mom	Sunday afternoon
Nap in a sunbeam	Peaceful/warm	Myself	Tues 12:30-12:45
Laugh with friends	Lively	My buddies	Thursday, 8 p.m.
Hang with God	Better than chocolate	God	Tomorrow a.m.

When I start feeling burned out, usually it is because I am running low on my Top 10 things that I love to do. How about you? What I notice too, is that most of my Top 10 doesn't cost much. But it sure has value. I don't have to pay to use the sunbeam, but I sure leave refreshed. It doesn't cost me anything to play triple solitaire, but the memories are priceless. A Cousins sub with my friend Cindy or Barb cost less than \$4, yet the time connecting and laughing with them gives me life and renews our friendship.

So, your mission, if you choose to accept it, is to make your Top 10 and live out one item on it this week and see what it does for your life. Fill 'er up!



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## WHAT ARE YOU WEIGHTING FOR? JODI HOTZ

My niece Jodi is going out on a limb and declaring she is going to lose weight and get in shape once and for all. She has named her journey "What are you Weighting For" and has committed to check in with us monthly so we can see her progress and cheer her on. Let's go, Jodi!

### How come you are doing this, Jodi?

I have never considered myself actually "fat"; just a little voluptuous, you know, extra curvacious. Others may say I look fine, but I know otherwise. I know what I weigh and I know what I look like underneath these clothes and it isn't pretty. Recently, my sweet seven year old daughter Sydney has made comments like:

"Mommy, is there a baby in your tummy?" and  
"Mommy, are you sure there isn't a baby in your tummy?"

### Cute kid. What did that do for you?

That was it. I was done. I knew it was time. No more excuses. No more, "it's not going to happen; this is just the way I am built." The next week, I started my new look on life. Goodbye Flubber, hello Hot Mama.

### What are you doing?

I joined Weight Watchers. I bought healthy snacks such as graham crackers, apples and yogurt and even drank 60 oz of water (now that is just unheard of for me). Surprisingly to me, I even "worked out." I did 90 sit-ups and a moment or two of "aerobic activity". Hey, it's a start, right?

### How did it feel?

It felt really good. Granted, my new outlook on health has just begun, but I figure it is about time. I owe it to myself and I owe it to my children. As Sydney says, I know I am still beautiful no matter what I look like or what size I am, but I also know that my thoughts, feelings and lifestyle affect my kids every day. So every day I will challenge myself, my thoughts, my attitude and my excuses. I will challenge myself and my family to live a healthier lifestyle; after all don't we owe it to each other?

As I start my new journey, I will remember: Take pride in how far you have come. Have faith in how far you can go. I will have faith - faith in me, faith in my abilities, and faith to be a positive example for those around me. Really, this is not just about weight, it is about positive attitude, and taking responsibility for my



## MEMBER PROFILE

Jodi Hotz	Age: 32
Husband	Jeramie
Children	Sydney Zach

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*Member Profile, continued from page 3*

actions. It's about taking a stand in all that I stand for. I have to love myself before I can fully love others. I finally overcame the hurdle myself. I have been my worst enemy all along. I finally realized I wasn't worth "weighting" for any longer. To encourage Jodi or give her feedback, she can be reached at [jhotz@wi.rr.com](mailto:jhotz@wi.rr.com).

*Jodi makes and sells beautiful jewelry on her website, [www.oursignaturedesigns.com](http://www.oursignaturedesigns.com).*

## SOUL TALK

Are you living in a Faith Zone or a Safe Zone?

## POWER QUOTES

We spend our time on what we value. Give me your calendar and I'll show you what you value.

"We need to dictate to time...not time dictating to us."  
*Bob Mc Ewan*

## HELP SPREAD THE GOOD WORD

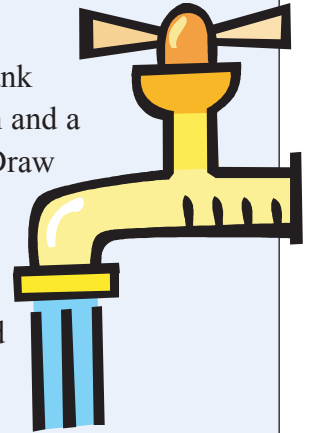
Thanks for reading the POWER SOURCE. Please feel free to forward it to friends. If they would like regularly receive the POWER SOURCE, please have them send me their name and e mail address, and I will add them to the team.

## ONE-ON-ONE

Need help with a plan to shape up in body, mind and spirit? Contact me to arrange a 30-minute complimentary consultation.

## PLAY THIS GAME

Think of yourself as a big water tank with a faucet on the top pouring in and a drain on the bottom pouring out. Draw a picture of it. As you know, too much going out leaves the tank empty. Too much going in floods the tank. A balance between in and out seems to keep things running smoothly. What scenario describes your life?



### Activity:

1. By the faucet, list things that fill you up and give you life.
2. By the drain, list that things that suck you dry.
3. This week, plan one thing that gives you life. Note the impact.
4. This week, plan to rid yourself of one thing that sucks you dry. Note the impact.
5. Repeat weekly if you find it to be of value.

