

# Jane Birr's 2011 Goals

## Physical (Fit, Free, Strong & Bendy!)

### 1. 1,600 miles!

Good = 1000/yr (21 miles/wk) 250 m/quarter  
Better = 1500/yr (30 miles/week) 375 miles  
Best = 1600/yr (32 miles/week) 400 miles

### 2. 100 times lifting weights

Winter: 25 Spring: 25  
Summer: 25 Fall: 25

### 3. Stretch 365 days in a row!

Winter: 92 Spring: 92  
Summer: 92 Fall: 92

## Spiritual (Fill and Be Filled)

1. Gather Friends 12x for Prayer
2. Raise \$5,000 for Well for Poor
3. Go to Beth Moore in Minneapolis
4. Go to church 52x
5. Listen to 4 Beth Moore Series 1 2 3 4
6. Listen to 4 Greg Laurie Series 1 2 3 4
7. Share Campus Crusade sheets w \_\_\_\_\_

## Connect/Fun With Family and Friends

1. Paint Sassy Monkey riding whale and \_\_\_\_\_
2. Go to Wicked and Jersey Boys
3. Friends over for Cards 1 2 3 4
4. Friend Floor Hockey Night
5. Family to Noah's Ark
6. Ironman in a Week (Swim 2, Bike 114, Run 26)
7. Trail run <24 5K
8. Ice Fish Snow Shoe Clay Pigeon 45 inch Musky
9. Price my 13 Dream Trips. Pick one. Go!

## Business

1. Class to 30, 60, 100 people
2. Finish Hall of Fame Habits book
3. Find how to sell books on ipads/kindles
4. Write For the Love of God Shape Up Now!
5. Read 20 books
6. 12 Wellcoach Classes Vision to Marg. Go to Conference

## Remember my Strengths!

I am a child of God and a daughter of a King!  
I am a creative, fun, disciplined, uplifting woman of integrity.

## Top 4 Goals for Winter 2011 (January 1- March 31)

1. Physical: Stay fit and Free! 400 miles, 25 weights, 92 Stretch
2. Spiritual: Get a Herd! Invite friends for pray 1x/month
3. Connect: Have fun! Price Dream Trips-Pick 1, Floor Hockey Night, Wicked
4. Business: Motivate + Inspire Finish Hall of Fame Habits Book Class to 20

# Janie's Life Mission and Goals

## Mission:

I am here to **connect** with Christ in **love** and **obedience**.

In this strength, **I do what it takes** for great personal **health** and the health of my **key relationships**.

Through me, thousands are **motivated and inspired to great health** for the glory of God.

## Tank Fillers: What I Love To Do!

2. Play games and win!
3. Catch big fish.
4. Warmth! Nap in sun. Hot shower.
5. Speed Rush (bike 20mph, skiing,)
6. Be with Jesus. Pray. Be prayed over.
6. Be touched, loved and held.
7. Challenging & intriguing discussions.
8. Laugh until guts hurt with family/friends.
9. Be outside and enjoy nature. Quiet. Peace.
10. Eat a Mini Chicken Cousins Sub and Diet Coke

## Top 10 Life Goals

1. **Blackbelt! Did it! 2005**
2. **Write a book. Did it! 2005 and 2006** Write three more!
3. **Dive with sharks and dolphins. Did it! Dive with Whale Sharks and Mantas. 4-10. Incredible!**
4. Catch a **45"+ Musky** and **20+ Bass!**
5. Jet Ski past **20 +foot wave** in Hawaii.
6. **Buy a well for the poor. \$5,000 Did it! 8-09! Life changing. 4-10 Did it again!** Let's go for 10!
7. Kayak with **Killer Whales**.
8. Scuba in a Cage and see a **Great White Shark**
9. **Motivate and Inspire 1000's** to great health. 5,000 MSI. Buy retreat house/land.
10. **Rescue Slave Girls. \$5,000** through World Vision. Small Business Loans to 50 women.-\$5,000

## Spirit

1. **10 fishing ponds/ poles for poor \$ 2,400**
2. **Help Shan buy home/farm \$5,000 11-09!**
3. **100 balls and \$1000 to Vapor Ministry**
4. **Cow for poor \$500**
5. **Pray w Friends 12x/yr**
6. **Go on a retreat by myself**
7. **Share Campus Crusade sheets w \_\_\_\_\_**
8. **Golf Outing for well or slave girls**
9. **Travel to Beth Moore live**
10. **Go to a great praise concert**

## Physical

11. **Press 50 lb dumb bells 1x 11-09!**
12. **Trail run! 10 mile Reforst 10-10**
13. **Marathon relay with friends 5-10!**
14. **Compete in a XC ski race**
15. **Sub 24 min 5K**
16. **He Nis Ra 5-6-7 Laps**
17. **Stretch 23 inches 6-10! 23.25**
18. **1500 miles/yr 12-09 1600! 12-10!**
19. **Do an adventure race**
20. **Golf a 37! 5-10 36, 35**

## Top 50 by 50!

### Art

21. **Paint Sassy Monkey fishing 12-09**
22. **Paint Sassy Monkey riding whale**
23. **Paint Swine Flew 2-10**
24. **Make stone table runner 10-09**
25. **Create a Mosiac**
26. **Take violin lessons**
27. **Go to creative writing class**
28. **1 act plays w Christine- The Drama!**
29. **Enter intermediate Art Show 3-10**
30. **Create sculpture for wall**

### Fun

31. **Surf!**
32. **Dive Georgia Aquarium w Shan/Em**
33. **Whitewater raft/rock climb w Sharon**
34. **Dune buggy sand dunes**
35. **Kayak rapids**
36. **Drive a race car**
37. **Whistler with Tim**
38. **Zip line/whale shark w J&K 3-10!**
39. **Golf Timberstone**
40. **Spa weekend**

### Fun

41. **Ocean fish w Guide**
42. **Drive Oregon coast**
43. **Bass fish w Guide**
44. **Scuba Carribean**
45. **Shoot a grouse**
46. **Fish from 9pm-1am**
47. **Dec 21-stay in PJ's 09**
48. **Riverboard w Sharon**
49. **Ballroom Dance lessons**
50. **Family paintball/golf**
51. **Dog Sled!**
52. **20 games ping pong**
53. **Sail a catamaran**
54. **Meet new great friend/s**
55. **Golf Overnight w Chr.**
56. **Write JGIOW...again**
57. **Write Hall of Fame H.**
58. **Write for Love of God**
59. **Books on I pads.**
60. **Lead retreat w friend**