

# Just <sup>get</sup><sub>it</sub> Over With

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

by Jane Birr, Author and Life Coach

August, 2009

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## WELCOME

Welcome to the "Just Get it Over With" July Newsletter where we motivate and inspire each other to do great things! Today, I am celebrating the achievement of a Top 10 Life goal of buying a drinking well for the poor! It is so exciting and could not have happened without the many prayers and generous support of so many of you. Thank you so much! Here's to you going for it and experiencing the joy of living and achieving your goals for great and vibrant health in body, mind and spirit and inspiring so many others to do the same.

Have a great day, *Jane*

*Jane Birr, Life Coach*



## SOUL TALK

Thirsty? Check out this great thirst quencher that never runs dry:

*Jesus shouted out, "If anyone is thirsty, let him come to me and drink. For the scriptures declare that rivers of living water shall flow from the inmost being of anyone who believes in me."*

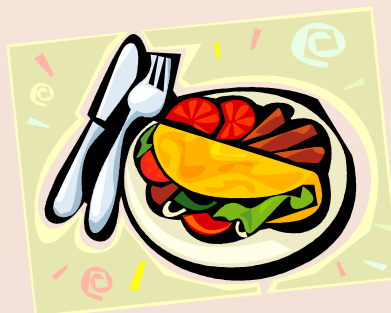
*John 7:37*



## POWER QUOTE

*"I am proud that I can now run one mile without dying. Running is fun!"*

*~Virginia Mangin*



## FOOD FOR THOUGHT

### Three Great Tips To Lose Weight

1. Stop after 1 helping
2. Stop after 1 helping
3. Stop after 1 helping

**Bonus tip:** Stop after one helping

**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](http://www.JustGetItOverWith.com).



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## ALL IS WELL WITH THE WELL!

BY JANE BIRR

Great news! The goal has been reached. The drinking well for the poor has been purchased! What would have taken me 3.7 years to do on my own by giving up Diet Coke and Cousins subs took only five months thanks to all your prayers, generous sacrifices and support. Now a community of 150 people will have a well providing them with 600 gallons of safe water a day. What a great trade-off!



*Jane purchasing the well*

### *Here are three things I learned along the way:*

**1** My initial prayer was “God, I want to know you more deeply.” Well, that sure happened! I saw God in the touching way friends, family and complete strangers rallied around this project. It showed me that I can focus on and get drained by the bad news such as the economy, fires, murders, or the fear of being hit by a melting polar ice cap or redirect and get energized by the good in people and how generous they are in helping those in need. They were like God with skin on to me. Very uplifting.

**2** I learned that I can turn the tables and beat the habit that had the strongest grip on me. That feels powerful! I honestly did not know how I could go one day with a diet coke. The pull was that strong. But I committed to myself, God and to you that I would not have another diet coke until I raised the money for the well. All \$5,390 of it. Many days waves and waves of temptation would hit very hard. I wanted to quit. But great advice pulled me through. My friend Kari challenged me on day one to keep a Diet Coke front and center on my kitchen counter. She said to look it right in the face instead of cowering and melting from it and say “Ha! I am better than you and stronger than you.” That strategy changed me. It allowed me to see this as a tough competition that I could win! I learned to love the game. Wave after wave hit and I stayed true to my word 100% of the time. Boy, did that feel good. So much better than anything could taste. I won and so did the community that will receive the well!

**3** I learned that now my pants are looser, PMS went from raging to insignificant, and my cholesterol dropped 38 points from 220 to 182. I also know that I am vulnerable to slip back to my old ways and need to start another commitment after a very short break. My eyes have been opened to appreciate my many blessings and help those in need versus being so self-focused. My gosh, how can I even whine about not having a precious soda when there are kids out there who are literally dying for a glass of water.

So raise your water glass! We did it! I encourage you jump in and experience all the pain, challenge, fun and many benefits that I have experienced with a game of your own. Know that you can look whatever has a hold on you in the eye and in God’s strength, and with your daily tough choices and the support of family and friends come out on top.

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## ACTION EXERCISE

**Engage** your workplace, friends or family in the greater good and check out [www.worldvision](http://www.worldvision). Look under gift catalogs for great ideas.

**Next up for me** is to restart my giving up Diet coke and Cousins subs and put that money towards basketballs and fishing poles for the poor. I could not imagine growing up without a basketball. It gave me so much joy. So it will be a fun sacrifice knowing 100 or 500 basketballs or whatever I soon decide will be in kid's hands. Me drinking a diet coke or a kid having a basketball? It's not even a choice.

I would love to hear what you come up with! Send to [janiebirr@gmail.com](mailto:janiebirr@gmail.com).



*The envelope containing the last \$ to reach goal: \$1000 from my brother John for honoring my commitment*

## VICTORIES

Help inspire other readers. Send your story to Jane at [janiebirr@gmail.com](mailto:janiebirr@gmail.com).

*What I learned most from your "Just Get it Over With" class is **perseverance**. Getting in shape - and STAYING is shape - is not something I want to do temporarily. It's not about dieting. It's really about a **life-style change**. I've learned it works best by taking little steps, and have learned not to get down on myself if it's a "two steps forward and three steps back" kind of week.*



*Scott and Mary Cleveland*

*There have been a few times where I was ready to throw in the towel and just say "I'm too busy for this - forget it and I'll try again next month"...but that would've been a big mistake. For me, the best thing I did was keep coming to class. Hearing that everyone has similar challenges - and learning how they (and you!) overcame them - has **helped me** tremendously.*

*I haven't met my goals yet, but I will! I look back to how I was living just a few short months ago, how **tired and listless** I'd feel by the middle of afternoon, how fat I felt in ALL my clothes and remember how frustrated I was - all the time! Now, I feel a LOT more energetic, I'm getting more comfortable with my clothing (still working on that waistline!!) and we eat a lot **healthier** than we've ever done. We plan our meals ahead and save money by doing that too! **I feel much better** about myself and my lifestyle and to top it off, it's helped me grow in my relationship with my husband because he's doing it with me!*

*To me, the key was setting little, attainable goals and just keep plugging away at them - and **don't give up**.*

*Thanks!*

*~Mary*

**Want to start a "Just Get it Over With" class to energize your worksite?**

Contact Jane at [janiebirr@gmail.com](mailto:janiebirr@gmail.com) or 920-433-9605 today!

More info at [www.JustGetItOverWith.com](http://www.JustGetItOverWith.com).

**Got friends, family or co-workers who could use a boost? Please refer them to [www.janiebirr.com](http://www.janiebirr.com) to sign up and receive future newsletters. Thanks for your help!**