

Just ^{get}_{it} Over With

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

by Jane Birr, Author and Life Coach

November, 2009

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WELCOME

Welcome to the “Just Get it Over With” newsletter where we motivate and inspire each other to great health! It has been awhile since I have written so I hope all is well. I have been pouring myself into writing a follow-up book to “Just Get it Over With.” A fun and time-intensive project, indeed! I hope you find it helpful in a few months to inspire your journey to great health I don’t know what to call it, though. Any ideas? Today’s focus is on living life through our strengths instead of our weaknesses. What an energy shift! Enjoy!

Jane Birr, Life Coach



Jane

VICTORIES

“I lost 10 pounds. I have changed for the better and am happier and healthier!”

~ Amanda

“I have come a long way. I used to work out maybe once every couple of weeks. Now I work out 3-4 times per week!”

~Ashley

“I am proud of the fact that I can now recognize my negative thoughts and replace them with something better. I have more energy to do things!”

~Melanie

“I increased my bench weight by 40 pounds!”

~Ricky

“The biggest strategy I now apply to my life is to not let excuses rule what you are doing. I now workout 5 days/week after not doing much for over a year and a half.”

~Tim

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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LIVE IN STRENGTH!

BY JANE BIRR

Who are you in your weakness? Think about it. When you are at your worst, what thoughts stab you inside your head? Is it some combination of:

-
- ☹️ I can't do that
 - ☹️ I'm no good
 - ☹️ No one could love me
 - ☹️ I'm stupid
 - ☹️ I'm fat
 - ☹️ Why bother...I just fail anyway...pass the chips!
-



Ugh. How do you feel after reading that? Do you feel your eyes turning lifeless? Do your shoulders slump inward all defeated-like? Does your energy drain slowly like an infested wound or deflating balloon until you are all limp, ineffective and lifeless?

That is nasty. Feel the effects of living in weakness. And worse yet, how do others you live and work with feel when you vomit these weaknesses all over them? Ick...like spreading the swine flu!

ENOUGH! LET'S SWITCH CHANNELS.

Who are you in strength? Let the fireworks of opportunity and possibility start bursting with:

-
- 😊 I can do it!
 - 😊 I am a child of God!
 - 😊 I am greatly loved!
 - 😊 I am strong, persistent and full of joy!
 - 😊 I can do all things through Christ who strengthens me!
-



Wow...did you feel your eyes light up, shoulders go back and energy tank filling to the brim? Today, let's choose to live in strength.

Think of times in your life that you have overcome challenges. Tough challenges. But you persisted. You focused on what was worth fighting for. You engaged in the battle and surprised yourself on what you could handle. You inspired others with your zest, bravery, hope and ability to fail forward and get the job done. You are Rocky!

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Engage your great strengths today, friend. Choose, yes choose, to live, uplift and overcome in strength versus wallow in the defeat of weakness.

IN STRENGTH:

Go get your 2 mile walk in today!

Stop after 1 helping!

Do your push-ups!

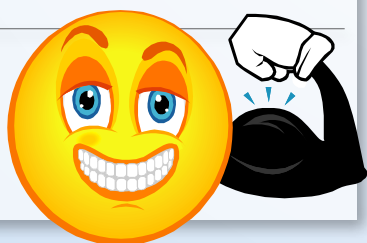
Call a friend or family member and re-connect!

Turn back to God...he loves you even though...

To your strengths!

ACTION STEPS

1. List your weaknesses.
2. List your strengths
3. Experiment for 30 minutes what it feels like to live in weakness and 30 minutes to live in strength.
4. Which do you like better?
5. Go to www.authentichappiness.org and find out your top five strengths. See how energizing it feels to live them!



FOOD FOR THOUGHT

A Web Md article (*Doheny, Aug 09*) made the following observations:

- ☞ The bigger the group of women, the more they eat!
- ☞ When a woman eats with a man, she eats about **552 calories.**
- ☞ When a woman eats with another woman, she eats **665 calories.**
- ☞ A group of four women eats **800 calories each!** (248 more than with a man)



Considering that most women need about **1,800-2,200 calories per day**, these small differences add up. I know we all get excited as women when we go out. But let's **SLOW DOWN**, chew, drink water or something. As you know, once past the lips, it's heading straight for the hips!

SOUL TALK

When you find yourself getting swallowed up in your own negative mind chatter and weaknesses, **STOP!** Switch channels and claim:

“The joy of the Lord is my strength!” Nehemiah 8:10

POWER QUOTE

Need a motivator? **Search Boundin'** on You Tube for this highly inspiring short Pixar film. My nieces Shannon and Emily and I have memorized it and use it frequently to help each other overcome fears and live life. Watch it everyday for a week and see how your mood and energy change!

“Bound, bound and rebound...and I think you can do it if you give it a try.”

~Jackalope

Say GOODBYE to Out of Shape and Sick of It!

GETFIT now!

www.janebirr.com

A
FREE 7-day
mini-course to
help you motivate and
inspire yourself to a
1-week strong start!

Got friends, family or co-workers who could use a boost? Please refer them to www.janebirr.com to sign up and receive future newsletters. Thanks for your help!