

# 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

October 2010

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Powered Up, LLC

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Find **Just Get It Over With** on Facebook and check out my dream video and weekly tips to inspire your great health.

## WELCOME

Are you stuck? Do you need a kick in the pants for to motivate and inspire your own great health? Do you find yourself vomiting in the sewer of complaint? Enter Jenni Ulrich, one of my favorite people, to save the day! It's my hope that by reading her motivating story of getting a standing wheelchair we can all count our many blessings and dig deep like Jenni did to go for the goals that mean the most to our heart and inspire others in the process. Have a great day! *Jane*

*Jane Birr, Life Coach*



## VICTORIES

*Health is a decision. Living a fun and exciting life is a decision. Loving is a decision. Letting yourself be loved is a decision. Also, going-it-alone is not the right way to approach obstacles; my family is a big part of my life to, so I need to act that way.*

*Amanda Atwood*

*My victory is running 2.75 miles! I'm **so proud** of myself! It feels great!*

*Natalie Coffman*

*I have a different mind set. I feel more **carefree**. I learned that what I want and need is **important**. I am worth it.*

*Ashley Kuehl*

The victories above came from people engaged in Jane's program, "Just Get it Over With- A 12-Week Jumpstart to Great Health in Body, Mind and Spirit." Recruit a buddy and take it on-line or have Jane at your workplace. It's fun! What's your victory? Please send to [janiebirr@gmail.com](mailto:janiebirr@gmail.com).

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



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## STANDING TALL

BY JANE BIRR

What is possible for you? In today's feature, prepare to get inspired by Jenni Ulrich. I had the great pleasure of having Jenni in my 12 Week "Just Get it Over With" Personal Conditioning class at UW-Green Bay. Jenni unleashed her dream of acquiring a standing wheelchair and then worked through a ton of obstacles to get it. What are you willing to fight for?

### Jenni...how does it feel to stand for the first time in your life?

When you look down and you see the floor it was quite scary at first. But after I got over the fact that I am at "normal" height, I was flying high with a whole new world staring me straight in the face!

### What is different?

The difference is that people start seeing me as a fully capable person and not a person that they should feel sorry for. I now can stand up to be able to order food or go to a high counter and have a person see me and not sit there waiting to get assistance. I feel my self-esteem rising higher and higher and know there is no limit to what I want to do now. *dreams really do come true!*

### What did it take to get it?

This chair took a lot of hard work and determination. I had to jump through hoops and dive in and out of holes to find the one route that was going to lead me to my goal. I wrote over 120 letters to congressmen, senators, and even the president. Then I went to ADRC (Aging and Disability Resource Center). These people were the first to stand by my side and say yes, I need it, and we will find a way to get it to you. I do believe that the "Just Get it Over With" Personal Conditioning class I took with you, Jane, helped me to stay focused on my goal and to not give up through the ups and downs because there was so many times I just wanted to say, " Stop. I give up!" The class helped me to visualize the light at the end and help give me the strength to reach my goal. *thank you so much Jane!*

### You are welcome! Jenni, before achieving your standing chair goal, you entered the Bellin 10K race and made it to the finish line. What did you learn?

My physical and occupational therapists talked me into doing it. I was leery in doing it because 6.2 miles scared me a lot. But when my therapist said they will walk next me and never leave me, I felt better and was willing to do it. When I got to the starting line, I do admit I was wondering what in the world did I get myself into but I just told myself I got this far no turning back now, onward. It took me two hours to make the entire 6.2 miles and I had blisters all over my hands. One my therapists told me that she was so proud of me because I took a goal and reached for it and accomplished it all by myself with just a little encouragement from her. I was so proud of myself! I believe that is what helped the fire to grow inside me to know that if I do put something to mind, I can accomplish anything no matter how physically or mentally difficult it may be. *Anything is possible!*



See *Standing Tall* page 3

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## What advice do you have for others who are going for their goals?

Go for your dreams. Perseverance is key. Do not let others tell you that you can't do something because your heart is what tells you what you can do. Get others involved with your dream. They could possibly be the one to help from the road to the destination. And don't ever give up! No matter how far or hard it may be, the road will only make the reward that much more memorable.

## Your story just fires me up! Anything else?

Go for your dreams. Never give up. Stay smiling through the ups and downs because you never know who is watching and you just might spark a dream and a goal for someone else so get out there. Let's make a chain event!

## ACTION STEPS

- **Stretch** yourself. Sign up, train and do an event (walk, run, bike, poetry contest... whatever!)
- **Observe**, like Jenni, how the struggle changes and propels you to new heights.
- Event **ideas** at [www.runningintheusa.com](http://www.runningintheusa.com)

## FOOD FOR THOUGHT

Many people don't eat because they are hungry, they eat because of \_\_\_\_\_. What's in your blank? Stressed? Bored? Angry? Sad? Disconnected? Lonely? How about turning your attention toward healthy ways to get your needs met this week and every week versus taking it out on a bag of chips or some innocent chocolate? See what you notice. Here's to loose pants and a new you that risks rejection, asks for what you need and deals with tough issues head on instead of running to food for comfort.

## SOUL TALK

This passage reminded me of Jenni and her persistence through obstacles. It is my hope that you lean on these wise words and God's strong shoulder as you go for the goals that God has placed on your heart that are in line with His will. If your goals are not in line with His will, I pray that you can save yourself a lot of trouble and let them go!

*"I am pressed on every side by troubles, but not crushed and broken. I am perplexed because I don't know why things happen as they do, but I don't give up and quit. I am hunted down, but I know, God, that you will not abandon me. I may get knocked down, but I will get up again and keep going."*

*~2 Corinthians 4:8*

## POWER QUOTE

This quote is in huge letters on the wall of Karate USA where my Blackbelt instructor, Craig Johnson, helps so many people unleash their dreams and then work like heck to get them. Seeing it so often and so boldly displayed sure increases confidence that it is possible. I hope you, too, can:

**"Discover How Great You Can Be!"**

*~Craig Johnson, 6th degree Blackbelt*



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