



# POWER SOURCE

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

FEBRUARY 2008

## IN THIS ISSUE

WELCOME

SUCCESS STORY  
IS IT YOU?

ARTICLE  
DA 'NILE...NOT JUST A  
RIVER IN AFRICA

VICTORIES

FOOD FOR THOUGHT

SOUL TALK

POWER QUOTE

Powered Up, LLC

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### WELCOME

Welcome to a great opportunity to rev up the best version of your self in body, mind and spirit and surprise the socks off yourself on how great you can be in 2008! Here is to a year of focusing on your key values, getting rid of what is slowing you down and motivating and inspiring yourself and those you love to great health in body, mind and spirit. Why not you? Why not now? Make it happen, champ!

*Jane Birr, Life Coach*



*Jane*



### SUCCESS STORY

Who do you know who is **a living example or a work in progress of great health?**

Recommend them or yourself to me at [janiebirr@helloworld.com](mailto:janiebirr@helloworld.com) with the subject "success feature" so I can feature them in a future newsletter to help motivate and inspire us all to great health! All shapes, sizes and abilities are welcome.

### HABIT OF SUCCESS

**What is your best habit** in body, mind or spirit? E-mail it to me at [janiebirr@helloworld.com](mailto:janiebirr@helloworld.com) and I will share them all in upcoming newsletter to help motivate and inspire each other to great health!  
Thank you!



# POWER SOURCE

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PAGE 2, FEBRUARY 2008

## DA' NILE...NOT JUST A RIVER IN AFRICA

*Jane Birr*

238. The judge, or in this case a nurse, wrote my cholesterol number on a piece of paper and handed it to me. My jaw dropped. 238. Two points away from high risk. A jolt ripped through me. You know the feeling when you get bad news. I put my hands to my clogging heart. How can this be? Oh...it be, alright. Da'Nile was no longer a river in Africa. Denial about the mass quantity of butter and mayonnaise that I was practically injecting into my veins could hide no more. 238. Guilty as charged.

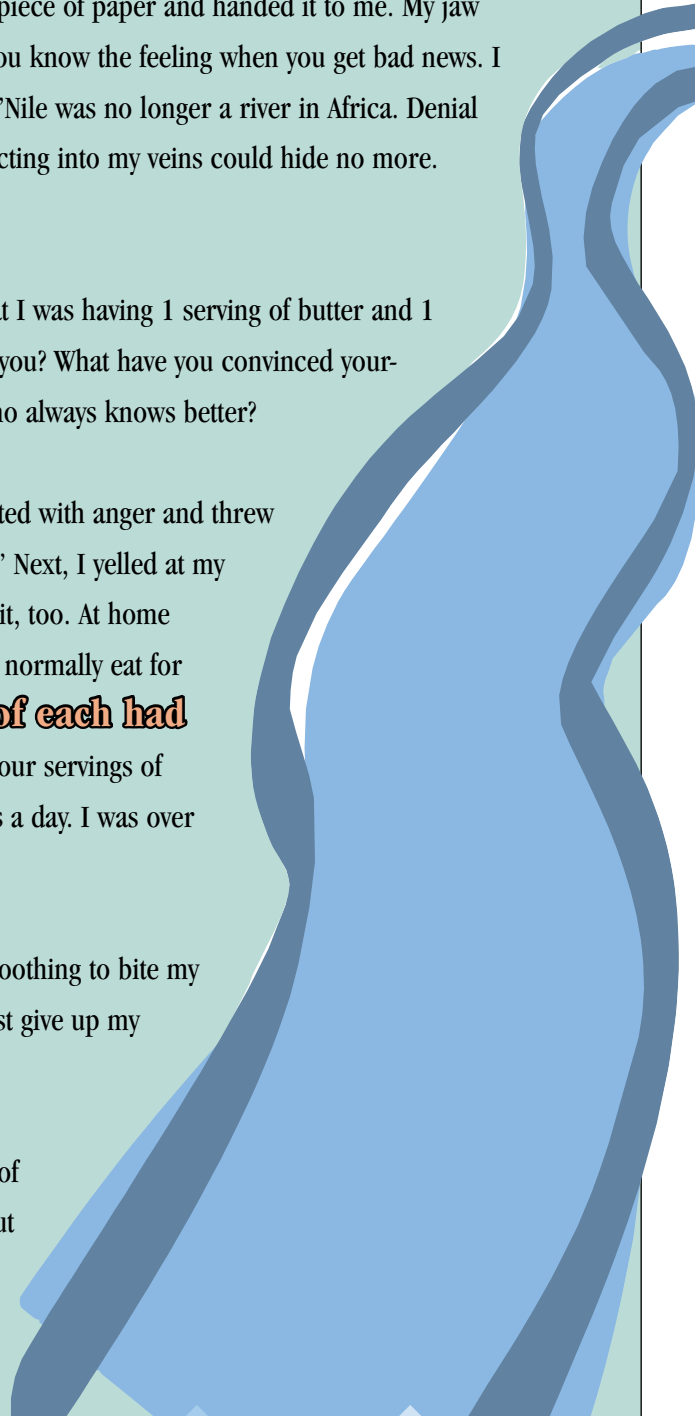
**What are you denying?** I had convinced myself for two years that I was having 1 serving of butter and 1 serving of mayonnaise per day. What a joke! And I knew better. What about you? What have you convinced yourself to be true against the better judgment of the little voice inside of you who always knows better?

When faced with bad news, I did the typical stages that most of us do. I started with anger and threw my 238 results at my mom for making me take the "stupid cholesterol test." Next, I yelled at my dad for heaping butter on everything he eats and he was to blame why I do it, too. At home alone, I faced reality and took out a measuring spoon and measured what I normally eat for butter and mayo in a day. What I had convinced myself was **1 serving of each had ballooned through the years** to three servings of butter and four servings of mayo totaling 61 grams of fat. I am only supposed to have around 55 grams a day. I was over my fat budget and didn't even eat anything else yet!

Next came sadness. I love butter and mayonnaise. It comforts me. I find it soothing to bite my bread and have the warm butter drip down my chin...Ahhh. And now I must give up my lover? What a bummer. It really made me sad!

Next was reality. Fine. I'll do it. **I want to live.** I made my new rules of being able to have either 1 serving of butter or 1 serving of mayo a day...but not both. No more than 10 grams. And I must use a measuring spoon and it can't be heaping. I know all my tricks...do you know yours?

*continue on page 5*





# POWER SOURCE

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

PAGE 3, FEBRUARY 2008

## VICTORIES - THE FOUNTAIN OF YOUTH!

*Check out what these winners are doing. Way to motivate and inspire great health!*

"Hey Jane, I landed 4 of 4 spin kicks, in front of everyone! They felt good, fast, and solidly balanced! That rocks! I also **achieved a personal best** 33 push-ups in 30 seconds! You weren't there to celebrate with me, so I am celebrating with you on e-mail. *Sarah*

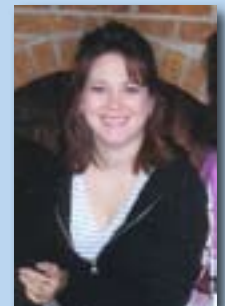


"Hello Jane. **I am now down 35 pounds** after 28 weeks with Weight Watchers. I started at 222 pounds when you spoke with us at Cellcom, and am now down to 187 pounds. It really hasn't been that difficult, and I feel so much better. More energy, better outlook, etc.

One goal I wrote down on that worksheet you gave us at Cellcom was to fit in 36" pants comfortably. Well, I'm there! I feel great wearing 36" pants loosely instead of 38" pants pinching me. What a reward! The changes have been gradual and I sometimes I forget what it was like to be 35 pounds heavier, falling asleep on the couch after eating the whole pizza, having no energy to get through the day, squeezing into tight fitting clothes, feeling down, feeling fat and embarrassed all the time.

I still have lots of room for improvement, but have come a long way from where I was, too. **Thank you for helping me get started on the journey.** *Nathan*

"Janie, I just want to let you know that I am defined and refined to start off my 2008! I am down 14 pounds, **the lowest weight I've been at in 8 years!** 146! I've changed my eating habits and have buddies here at work to keep me on track. It feels so good. Annoying, but good to have my pants fall off! Talk about loser pants, or is it loser pants? HEHE! Also, we are as a family, members of a new church in our town that we LOVE! We are connected and feel spiritually back on track! I know I have a long way to go both physically and spiritually but I am on the road to the Super Bowl, baby! I am refined and defined!" Jodi



**Red Rover Red Rover...send your victories over to [janiebirr@helloworld.com](mailto:janiebirr@helloworld.com).**



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PAGE 4, FEBRUARY 2008

## SOUL TALK

After years of struggling with food and the hold it had on her life, a client of mine discovered this recently:

***"Food is not God. Jesus is."***

Look at your key habits and thoughts.

- ❶ What is the god in your life?
- ❷ What is the evidence?
- ❸ How is that working for you?
- ❹ How would your life be different if you let God be God and food be food?

## FOOD FOR THOUGHT

***"We are most lovable not when we are pretending to have it all together...but in our raw and imperfect humanity."***

*Matthew Kelly 7 Levels of Intimacy*

Matthew goes on to note the Great Paradox:

1. We long to be known and loved for who we are.

**But...**

2. We fear rejection so we don't reveal ourselves... leaving a big void of intimacy.
3. Many of us try unsuccessfully to fill the void in an unhealthy way with food, alcohol, shopping, sex, pornography, drugs, ect. How is that working?
4. To fill the void and experience true intimacy, risk revealing your true self.. warts and all.

*Note from Jane: Great book! Check it out!*

## POWER QUOTE

Oh happy day. It's budget to actual day! Be brave today and actually measure your actual serving sizes, calories and fat grams compared to what is recommended for you. I sadly discovered what I was convincing myself was 1 TBS of butter and 1 TBS of mayo was actually 4!

Fat grams: 1 tbs of butter = 7 fat grams  
1 tbs of mayo = 10 fat grams

I know I need about 1,800-2000 calories a day and about 55 fat grams. I was over budget! And clogging!

What about you? Be an investigative reporter on your habits for 1 day this week and have a friend do the same.

***Check out [www.mypyramid.gov](http://www.mypyramid.gov)*** for good information. Check back with each other with what you learned and what you will commit to do about it. Enjoy!

## ***Out of Shape and Sick of It?***

**Just Get it Over With!**

*Personal Conditioning Class*

**Put an end to:**

Tight Pants! ☹ Drained, Tired and Low on Energy ☹ Crabby from Unmet Goals...Again ☹ Frustrating and Uncomfortable Rolls of Fat ☹ Dread of Swimsuits and Photos ☹ Looming Health Risks ☹ Poor Example for Kids ☹ Low Confidence

***Wake Up!***

**Enough is Enough!**

*Special introductory price of just \$149.*

**Check it out today at**

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



# POWER SOURCE

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

Page 5, FEBRUARY 2008

## *Da Nile, contunied from page 2*

Next was creating a tracking system, which I did, and having accountability buddies who were there with tough love:

“Jane...cry me a river, build me a bridge and just get over it already.”

“Jane...you were really eating all of that? What are you, an idiot?!”

“Jane...e-mail me once a week on how you are doing with your new 1 tbs/day rules and in three months you are getting your cholesterol re-taken. Got that?”



*Jane needs to eat more fish!*

Well, ***I lived in denial long enough*** and now that three weeks have gone by and I have survived the transition to new habits week, I am actually glad I made the switch. I feel better. My pants feel a bit looser. It has been a great lesson for me in how even though I know the truth I can make myself justify otherwise if it suits me. As if dunking my cauliflower into the mayonnaise jar wasn't enough of a clue! I know I will get to 180. That is where the best version of myself lives and that is where I belong. I will do what it takes...as painful as that may be in the short run.

So what about you? Are you overestimating how much exercise you really get? Underestimating your portions and snacks? Denying that calories count when you even- off the row? Hiding your late night eating from others? Thinking that eating doesn't count if you are stressed, tired or in need of love? Pretending that the words you just spewed at your spouse or your kids didn't hurt? Da'Nile is not just a river in Africa, my friend. Where will these habits lead you in 1 year, 5 years or 20 years from now?

Join me. ***Take a hard truth-filled look at your habits*** in body, mind and spirit today. Just get it over with! I am right there with you struggling forward. I know how much it hurts. But a champion called the best version of your self wants out! Rise up, look at your challenge right in the eye, get mad and cry for a bit if you have to, but then flush it and move on to victory! Fight for a very worthwhile person...you!

### ***Action steps***

1. The moment of truth. Get real. What habit are you living that is not the best version of you?

\_\_\_\_\_

2. What is the effect of it on your life now and 10 years from now?

\_\_\_\_\_

3. What do you love about this habit? \_\_\_\_\_

4. How can you get that need met in a healthier way? \_\_\_\_\_

5. What would the best version of yourself do right now? \_\_\_\_\_