

Just ^{get}_{it} Over With

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

by Jane Birr, Author and Life Coach

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COMFORTABLE WITH ME, AGAIN!

Two Keys to Just Get it Over With and Claim Your Great Health Today



Not many of us wake up and say, “Boy, I wonder how I can feel like crap today!” Yet, with too little sleep... again, the third office food party and it is only Tuesday, and one more day of putting off a walk with ‘I’ll do it later’ it’s no wonder many of us are tired, crabby and screaming “My pants are too tight!”. Is it uncomfortable to be you? Did you disappoint yourself again today? This has got to end.

Well cheer up, friend! There is hope. Check out this note I received from brave warrior, Erica. Wouldn’t you love for this to be your story?

“HI JANE!”

“I just wanted to tell you about my new victories. I am feeling so comfortable with myself and with my image. **I keep exercise in my routine** weekly, although sometimes I don’t, but I don’t get down and I just walk or run longer the next time. I used to wear sweatshirts a lot because I didn’t like how I looked in t-shirts... and **lately I have been wearing whatever I want to!** Although I didn’t notice a drastic movement on the scale, I can see it in my clothes. I also changed my eating habits. I think it has been over two months that fries were on my plate! And veggies and fruits are in my cart every time I shop. **I get excited about my own little victories** and I love when people comment to me how good I look! I am going to step it up these last few weeks and can’t wait to see how much better I can be! Thank you”.

Erica Ebert

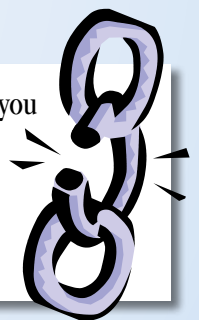
Standing ovation to you, Erica for making the tough daily decisions to change your ways and unleash your best self! Can’t you just feel the energy, passion and commitment in Erica’s words? Erica is now comfortable with herself and it is getting better each day. Who knows how great she can be and how many people she will inspire along the way? From now on she is Erica the Great!

Who are you inspiring with your daily habits?

Who is watching you and where are you leading them? Is it chains or freedom?

KEY # 1: Irritation. Evaluate your current condition in body, mind and spirit. Are you bothered enough to change? Are you uncomfortable being you? Do you sense a better version of you is just itching to get out?

KEY #2: Change. Make a simple plan like Erica did. Don’t confuse yourself with rocket science. Erica sent me her victory letter in week nine of taking my on-line 12 week **“Just Get it Over With”** Personal Conditioning Course. Check it out at www.JustGetItOverWith.com.



Bottom line? What is it going to be... tired, crabby, tight pants and uncomfortable in your own skin or energized, proud, loose pants and feeling like you again? How exciting! This is such a battle. Like Ali vs. Frazier, Rocky vs. Apollo or David Archuleta vs. David Cook. Let the fight begin. I am betting on the best version of you. Yes, you will get knocked down and yes this is hard. But get up. And get up again. Be and inspiration for you and those you love. Go make a victory today, champ.

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.

FREE “5 Keys to Looser Pants!” at www.JustGetItOverWith.com. Tell a friend!