

Just ^{get}_{it} Over With

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

by Jane Birr, Author and Life Coach

July, 2008

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JUST GET IT OVER WITH

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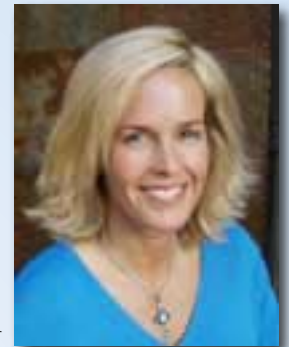
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WELCOME

Welcome back to the “Just Get it Over With” Newsletter where we motivate and inspire each other to great health. What keeps you stuck? Many times it is the routine of doing the same old same old everyday. Let’s ‘just get it over with’ and break free! I now declare today, “Try something new day.” I put my fork down after each bite for a whole meal (wow...you actually taste the food) and painted a smiling pig. Hey rut-breaker, tell me what you do at janiebirr@helloworld.com. Have a great day,

Jane Birr, Life Coach



Jane

VICTORIES

Check out this great tip from “Just Get it Over With” reader Sue:

*I have **lost** somewhere around **100 pounds**. I have pledged never to weigh myself again as long as I live. I think the **scale creates** too much opportunity for **guilt and failure**. Instead, I always have something in my closet that is too tight. Every Sat I try that item on. When it nearly fits, I purchase another item that's too tight.*

*My **goal** is to be ONE MORE size down THIS SUMMER and **MAINTAIN!** And the good news is that I can see the "**stop-losing-weight**" end-line and the start of the maintain-this-for-the-rest-of-my-life line.*

Sue

What is your tip or victory? Please share it to help motivate and inspire other readers at janiebirr@helloworld.com. Thanks!

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!

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UNSTUCK YOUR RUT!

BY JANE BIRR

Recently I took my 12-year old niece Shannon to Karate. When we were about to leave the sky opened and it starting pouring rain. I thought I even saw cats and dogs come down! I made a dash for the car and thought Shannon was right behind me. Not today. She sauntered along with her little smiling face turned skyward and mouth open trying to drink rain.

I yelled out in my stuck-in-a- rut voice, “Shannon, what are you doing? You are getting all wet.” She happily replied, “It is just water, Janie. Enjoy it! Besides, it makes your hair soft.”

I stood there in the rain and thought about it. Yes, it was only water. I am not the Wicked Witch (open to debate) and I don't think I melt. And it sure felt great to stop and enjoy it! I was going to take a shower anyway so who cares if I got wet? It made me think of all the rules we tell ourselves, such as:



It is **raining**. Stay inside. It is **snowing**. Stay inside. It is **too early** to walk. It is **too late** to walk. I **don't eat** that. I **don't do** that. I'll **do it later**.

Where does it leave us? Inside, bored and out of shape! Are you stuck in a comfort zone that is not even comfortable?

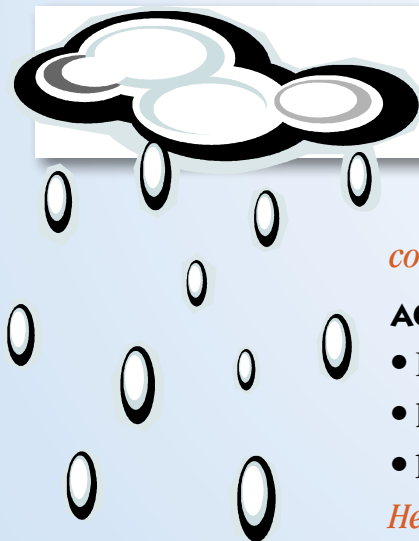
ACTION STEP:

- Identify what part of your life is in a rut.
- Brainstorm some fun ideas to try.
- Do it!

Here are some ideas.

I always told myself I **couldn't** paint. Boring comfort zone message. Then my dad taught me and now I just love to paint! Energizing action!

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SOUL TALK

I am reading a book with some friends called “It’s Not About Me” by Max Lucado. It’s not? What a revelation! My goal is to **change my focus from me, me, me** to God and to become more like this verse from Psalm 27: “The one thing I want from God, the thing I seek most of all is to live in his presence everyday of my life, delighting in his incomparable glory!” Any of you having luck doing just that? Tell me about it at janiebirr@helloworld.com

POWER QUOTE

“Adversity doesn’t build character, it reveals it.”

~Mike Pressler, Duke University LaCrosse Coach

FOOD FOR THOUGHT

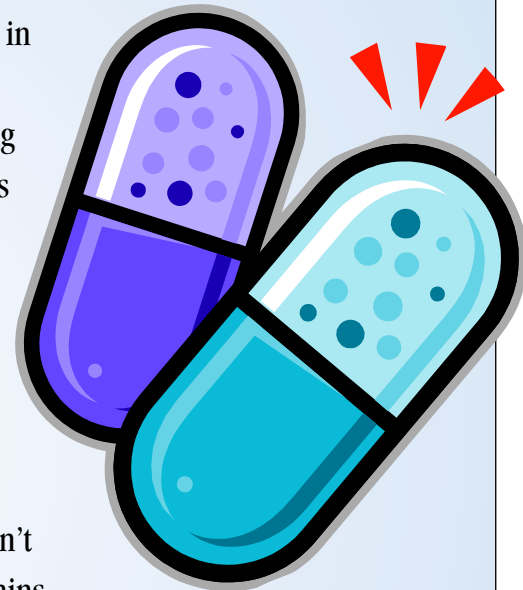
I am on a slow down mission. My mom is 85 and a healthy size 6 . I noticed at dinner that mom takes the least amount of food and always is the last one done. For the last two weeks, I have been putting my fork down after each bite, chewing, tasting and actively listening in conversation. My goal is to finish after mom one day.



Challenge: Put you fork down after each bite. Slow down. Enjoy your food and the conversation. Tell me what you notice at janiebirr@helloworld.com.

JANE RECOMMENDS

I never was a vitamin fan. I would pop a Centrum when I would remember, but that was about it. Then I met my good friend, Kristine, who has such a passion for health and is in great shape. She had me try the vitamins she takes and I have been taking them for the last 5 months. I didn’t change any variables in my workout routine. But then a funny thing happened. After years of a plateau, all of a sudden I made two of my personal strength records of all time. I am so fired up! At 44, I am getting stronger. I don’t know if it is the vitamins, but it is the only variable that changed. Kristine has all kinds of success stories.



If you want strong, happy cells, contact her at kjhopsperger@aol.com or review her site at www.johnandkristine.com. Here’s to your great health!

JohnandKristine.com

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Unstuck, continued from page 2

I was always **scared** to stay home alone. Boring comfort zone message. So I signed up for karate and now I am a stress-free black-belt! Energizing action!

What about you? What **one simple thing** can you do today to declare a jumpstart on your life? A walk around the block? Turning off the TV and playing Twister? Calling an old friend and planning a jet-ski day? Go for it! You might even get softer hair out of it.

PASS IT ON

FREE!
Five Keys
to
Looser Pants!

Free "5 Keys to Looser Pants" mini-course at www.justgetitoverwith.com. Take it with a friend and help each other to loose pants!

JUST GET IT OVER WITH

Do you dread exercising and spend more time putting it off than actually working out? Check out my good friend Marcia's great tips to break free!

Hey Jane,
"I was cleaning out my office closet and I found your book, **Just Get it Over With - A 12-Week Jumpstart to Great Health in Body, Mind and Spirit**. I started reading it.



My **main take-away** was this: Don't think about exercising. Just set a time and activity and don't think about it until it's time, and then **just go do it**. I ran 6 miles Saturday and spent a considerable amount of time thinking about it (and sort of dreading it). Once you get going, the pain of actually doing it is far less than the **anticipation of the pain** and boredom. So, **don't even think about it**. Just show up and do it! Your book is a reference to pick up every so often because each time you look at it you take away a new tip."

Thanks Marcia! Do you want to **Just Get it Over With** and **break free** to great health like Marcia? Check out Jane's book and 12-week downloadable self-study course at www.Justgetitoverwith.com.



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