



# POWER SOURCE

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

DECEMBER 2005

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SPREAD THE GOOD  
WORD

Powered Up, LLC

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## WELCOME

*Jane Birr, Life Coach*

Welcome back to the POWER SOURCE. It's nice to be in touch with you again. I was buried in a hole writing a book, but now it is complete. Yes, victory! I hope you have an opportunity to read it. It is called, "Just Get it Over With," A 12-Week Jump Start to Great Health. Like you, I believe in living great health in body, mind and spirit, and inspiring others to do the same. Hopefully, *Just Get it Over With* will be a resource to help you and your family and friends get off to a great start for the new year. Please check it out on my new Web site [www.JaneBirr.com](http://www.JaneBirr.com) (Feel free to sign up for the free e-course available entitled, Five Keys to Looser Pants!). Help me out and tell everyone you know. Let's start a wave of great health.



Merry Christmas!

*Jane*

## JANUARY JUMP START

I believe in motivating and inspiring great health in body, mind and spirit. To prove it, I am offering a January and February special of

**5 Free "Bashing Through Barriers" Seminars!**

This \$300 value is great for the workplace or for a group of your family and friends to kick off the new year on the right foot. 10 people minimum, 45-60 minutes.

Contact me at [janiebirr@aol.com](mailto:janiebirr@aol.com) to claim a spot, arrange a time and make it happen.

Great health waits for no one. Make it happen today!



# POWER SOURCE

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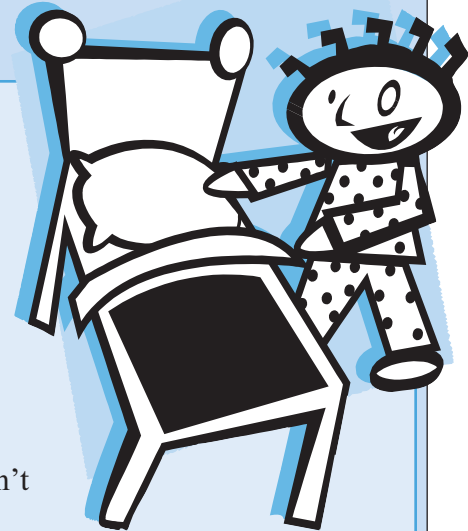
## YOU GOTTA WANT IT, OR YOU JUST DON'T HEAR IT

*Jane Birr*

As Christmas draws near, you probably are in the middle of your hunt for just the right gifts for your loved ones. "What would Johnny want?" you ponder. "Would he like this nice sweater and matching socks or an iPod? What about Aunt Erma? Is this the right pot holder for her?"

Did you ever find a super cool gift for someone, one that you couldn't wait for him to open, only to have him act ho hum about it? "How couldn't he like it?" you wonder. "What is wrong with him?" Could it be that his or her priorities and passions are different than yours? As 2006 and a fresh start to a new year approaches, think about what you want in body, mind and spirit? What is tugging at your heart?

Let's learn an important lesson from my 16-year-old niece Rita. Much to the dismay of my mom and older sister Theresa, I never took much interest in how to make a bed properly. I just didn't care how to fold the corners. I wanted to be outside playing basketball. Recently at the cottage, my mom tripped on my sloppily made bedspread, fell and slammed her head. I now had a reason to care. I enlisted the help of Rita who is great at basketball and bed making. When Theresa came in and saw Rita teaching me she yelled, "I tried to teach you that for years!" To which wise Rita said: "Mom, you gotta want it, or you just don't hear it."



What do you want?

I really want those I love to be healthy and take care of themselves. I care about them. I like to play with them, laugh with them and share life with them.

I want them around. I have read the studies. I know what will happen if chips, salsa and margarita chasers out-weigh 200-300 minutes of exercise a week and healthy salads. But what Rita teaches me and I hope she teaches you, is "you gotta' want it, or you just don't hear it." I can't want people to get healthy any more than they can want me to make a bed or knit a sweater. It is just not going to happen until it stirs enough in your heart to take action.

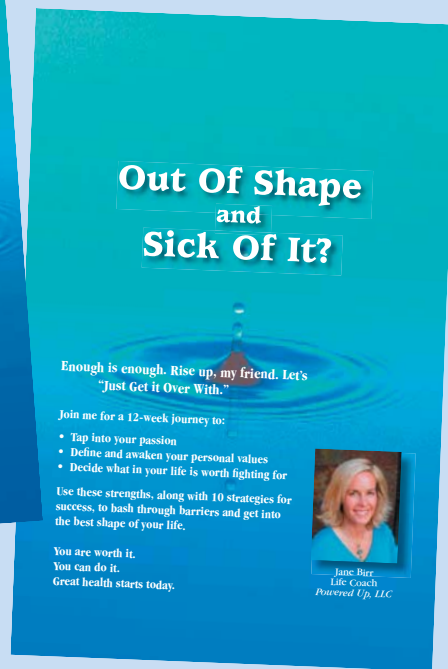
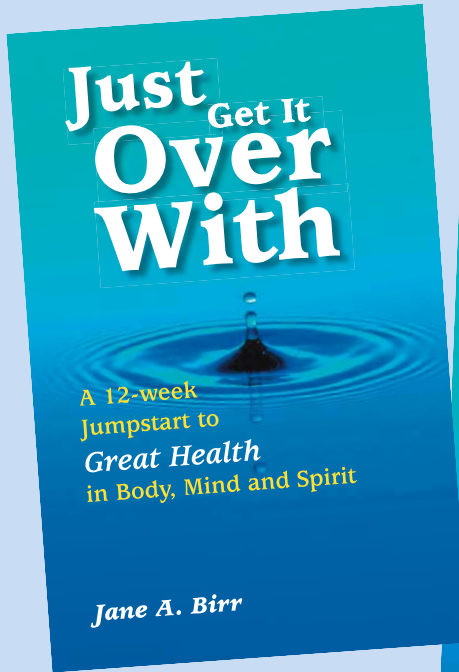
See *You Gotta Want It*, page 3



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*Want to Shape Up in  
Body, Mind and Spirit?*

Jane's new book *Just Get it Over With, A 12-Week Jump Start to Great Health* will get you started. Logon to [www.JaneBirr.com](http://www.JaneBirr.com) and click on BUY STUFF. Just \$19.99! What are you waiting for?

*You Gotta Want It, cont'd from page 2*

How about giving yourself a great gift? Pause right now and search your heart. Think about:

- What do you really want?
- What is it time for?
- What is the passion in your heart that is lightly tapping or pounding to get out?
- How can you take better care of yourself in body, mind and spirit so you have the energy to be a blessing to those you love?

I would love to hear what you come up with. E-mail me at [janiebirr@aol.com](mailto:janiebirr@aol.com).

Press on, my friend. Pursue your passions and your values. Fight for what it is worth to you. In doing so, you will lift up and inspire the many of us out there who need someone to show us that it can be done. What a gift!

Merry Christmas,

*Jane*



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## JANE'S TOP FIVE HOLIDAY SURVIVAL GUIDE

1. Wear your tightest possible pants so you don't eat so much. Bring a spare button in case you blow.
2. When you are ready to spew at loved ones, pause and remember how much your family really means to you. Start clicking your heels like Dorothy from *The Wizard of Oz* and say, *"There's no place like home. There's no place like home..."*
3. **Stop.** Stop shopping when you reach your allotted Christmas budget. Stop eating after one helping. Stop talking and listen. Stop complaining and start praising.
4. Think about funny things. When all keyed up, I just picture that I'm talking to people with my scuba mask on. Try it.
5. Remember that Christmas is about Christ. It is his birthday. He cares about you. What can you do to celebrate him?

My holiday commitment is: \_\_\_\_\_

## SOUL TALK

Here is a great gift:

"For unto us a Child is born; unto us a Son is given. And they will call him Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace."

*~Isaiah 9:6*

## WOMEN'S SELF DEFENSE CLASS

**Wednesdays, 6:30 PM.** Do you want to learn how to protect yourself from creeps and get in great shape in the process? Join me, Jane the Black Belt, for a fun class starting in January.

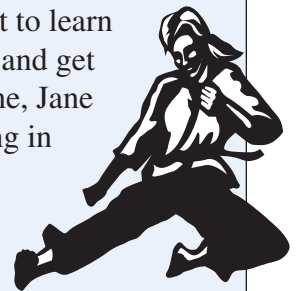
**Begins:** Wednesday, January 4th

**Where:** Karate America

1641 Commanche Av Green Bay, Wi 54313

**Cost:** \$56

Contact Craig at Karate America at (920) 405-9499 to sign up.



## 2006 VICTORY TOUR

A fresh new year approaches. What would make you beaming proud to accomplish for your::

Why?

Body:	_____	_____
Relationships:	_____	_____
Career:	_____	_____
Spiritual Life:	_____	_____
Fun:	_____	_____

Which one from above means the most to you? What is your plan to achieve it? Who can you ask to be on your victory support team? When will you start? Go for it!

