



POWER SOURCE

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

ISSUE 2 JULY 2004

IN THIS ISSUE

WELCOME

SOUL TALK

ARTICLE

"Holy Chitko"

BOOGIE BOARDING GRANNY

Member Profile

PLAY THIS GAME

FASCINATING FACTS

FOOD FOR THOUGHT

POWER QUOTE

SPREAD THE GOOD WORD

Powered Up, LLC

Jane Birr, Life Coach

info at: janiebirr@aol.com

1-920-433-9605

Newsletter design by

Teresa Kennedy

contact me at:

tesskennedy@yahoo.com



Jane Birr, Life Coach
Powered Up, LLC

WELCOME

Jane Birr, Life Coach

Welcome back to the Power Source monthly newsletter. What I want for you is what I want for myself—great health in body, mind and spirit. Not many people are inspired by average. Blah. Movies like Lord of the Rings, Rudy, Erin Brockovitch and The Passion are so darn motivating because we see the characters define what they want, dare to start the journey, struggle, get knocked down, and yet persist to achieve very worthwhile goals. You can too. Let's explore habits of success today and make it happen.

Have a great day!

Jane

SOUL TALK

"As a dog returns to his vomit, so a fool to his folly." ~Proverbs 26:11

When I was little, I found this passage in the Bible and thought it was so cool since it mentioned the word "vomit".

As I grew up, I started applying my vomit quote to different situations like:

- Why keep buying Ruffles if I can't resist them? That is like a dog returning to vomit. If I don't buy them, I can't eat them.
- If I find a man attractive and tempting and he is not my husband Tim, why would I keep thinking about him? Vomit and folly. Change the thought channel.
- If certain people bring me down, why do I hang around them? Vomit.

Establish boundaries or get new friends.

What vomit are you returning to time and time again? How does it taste? What are you going to do about it?





POWER SOURCE

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

PAGE 2, JULY 2004

HOLY CHITKO!

by Jane Birr

Most things that I learn come from hanging out with family at the buffalo farm and deer farm up north. Things like "Hey, what's coming out of that Buffalo's butt?" Squinting twenty five yards ahead, it looked like a deflated dirty pink balloon was making a rear exit. Over the next twenty minutes, we watched in wonder as the slimy balloon inflated and, lo and behold, a baby buffalo popped out. I guess we had our anatomy wrong. My brother John named the baby "Brownie" in honor of the butt comment.

Moving right along. Mom and I were out at dusk cruising the back roads of Armstrong Creek trying to spot a deer. "Hey Janie, let's turn down Chitko Road." Mom said with a laugh. You must understand, Mom and I are pretty straight-laced so saying modifications of "Chitko" is as close as we get to swearing. Here we were, at 81 and 40 giggling "Chitko" back and forth to one another like 2 squirrely pre-teens trying to get away with something. Such rebels. A deer bolting in front of the car snapped us out of our little swearing binge. The front left of the car just missed clipping the deer as it raced toward the freedom of the nearby field. One problem—an eight foot barbed wire fence barred its path. Doing it's best imitation of Olympic champion high jumper, our freedom dasher stopped on a dime and hurled himself vertically only to get caught on the top of the wire.

Not to be undone, he turned and fought and squiggled until he fell with a thud to the ground on the other side. With only a momentary pause, he struggled to his feet and galloped safely away with his head high. Mom and I were speechless. What a display. We could only turn to each other with our jaws open and shout "Holy Chitko!"

Flash forward to two weeks later. My big brother John, his son Jake and I were staring at the 100's of deer lazily chewing their daily provision of hay in the safe and secure eight foot barbed-wire pen of the deer farm. Yes, they are cool to look at, but there is a sadness to it as well. After some quiet time, Jake asked "Daddy, can't they get out?" to which John replied "Yes they can, Jake. They just don't think that they can."

What about you? Take a quick review of your own life from your key relationships, spiritual life, physical health and chosen career. What is going well?

see Holy Chitko, page 5





POWER SOURCE

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

PAGE 3, JULY 2004

BOOGIE BOARDING GRANNY

What will your life look like at 80? Today's member profile of success in action is my mom. I am so proud of her. Invest in your 80 and make wise choices today like mom has done. It sure pays off.

HABITS OF SUCCESS:

Physical: I walk at least 2 miles a day and get 8,000-10,000 pedometer clicks.

Strength: I do 50 push-ups and 100 sit-ups/day.

Flexibility: I stretch daily and can touch my toes on the floor behind my head.

Eating: I have never snacked between meals. If I eat two helpings, which I rarely do, I must read an extra chapter of the Bible.

Relationships: Married 58 years. I think Bill and I do very well. We get along because we are thoughtful of each other. Let's say he wants to do something and I don't want to, I do it anyway and vice versa. Plus, we both have our own interests. We strike a balance.

Spiritual: I go to church every morning, read my Bible everyday and spend a lot of time praying for my children, their friends and my friends. But most important of all, I make time daily to listen to God and talk to him. I try to do what He tells me to do.

WHAT IS IT LIKE TO BE 81?

Wonderful! I feel so free. I'm not on any medicine. I can do what I want to. I am definitely wiser.

WHAT ARE SOME HIGHLIGHTS OF THE LAST YEAR?

Janie, Susie and Elaine took me Bogie Boarding at Cocoa Beach. I said 'to heck with my hair' and tried it. The fun part was that the waves were so rough the girls had to hold me up to get me on the board. Then they let me go and I was screaming and laughing because it was so exciting. Last summer, I went with the kids to Noah's Ark. Janie was nervous to have me go on the rides and made me sit by the pool. Later, my 4 year old grand-daughter Emily said "Granny, take my hand. I'll take care of you." It was so much fun. We went down huge, dark water slides. I was screaming with fear and delight. Emily held my hand the whole time and told

see Boogie Boarding Granny, page 5



MEMBER PROFILE

NAME: Alice Bodilly, age 81

FAMILY: Husband Bill, 8 children, 17 grandchildren, 2 great-grandchildren..

PASSION: Jesus. I talk to him every day.





POWER SOURCE

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

PAGE 4, JULY 2004

PLAY THIS GAME

Want to move forward? Engage yourself and a friend in the following questions:

1. What do I really, really want?
2. Why do I want it?
3. What will it feel like to have it?
4. What will I be able to say about my self?
5. What will others say?

Congratulations. You have discovered your dream. Go for it! Now, let's turn the tables.

1. If you don't take action, what will it cost you now?
How about 5, 10 or 20 years from now?
2. What does that feel like?
3. What will you say about yourself then?
4. What will others say about you?

Congratulations. You have discovered your fear. Look it in the face. Fight like H-E double hockey sticks to make it not come true. Fight for your dream. Isn't it worth it?



FOOD FOR THOUGHT

Cut back 500 calories per day to lose 1 pound per week.

For example:

A handful of M&M's =
210 calories

A handful of chips =
160 calories

2 graham crackers =
140 calories

There's 510 calories. Nothing tastes as good as fit feels.



Here is an excellent resource. Log onto this website: www.usda.gov/cnpp

Click *Interactive Healthy Eating and Physical Activity Index*. Record everything you eat and check in to see how you measure up.

FASCINATING FACTS

- ◆ Your heart beats on average 100,000 times/day.
- ◆ In a single day, your blood travels 12,000 miles. That equals 4 U.S. coast to coast trips.
- ◆ In a lifetime, your heart will pump about 1 million barrels of blood- enough to fill over 3 supertankers.

POWER QUOTE

This one packs a punch. Say it when facing temptation to cave in on your goals.

"The question is not "Is it hard?", the question is "Is it worth it?"

Fight for what's worth it...overcome the enemy of "I don't feel like it."



POWER SOURCE

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

Page 5 July 2004

HOLY CHITKO, continued from page 2

Rejoice about it. But where are you penned in and chewing your hay like the rest of the pack? The comfort zone isn't really that comfortable, is it? Do you feel the itch to get out? You can, you know. People do. Think of the Chitko deer, fighting and kicking and doing what it takes to reach its goal. What is worth fighting for for you? Name it. Declare it. Tell a friend. Get it on the table. Isn't it time that your best self emerges? You can get out. People do hard things. Will it be easy? No. If it is, you're probably not thinking big enough. But think of the alternative: 5-10-20 or 30 years from now being in the same or worse spot than you are now. My hope for you is that you declare today as the day you step forward toward the worthwhile goal burning inside of you. Time to break from the pack and hop the fence. May your friends and family stare at you a year from now because of who you have become and what you have accomplished and shout with jaws dropped "Holy Chitko!"

BOOGIE BOARDING GRANNY, continued from page 3

me not to be afraid. I also went down the water rides at the Tundra Lodge with my daughter Connie but she didn't take as good of care of me and let me dump off. But recently, I went to see The Passion. That was the most exciting of all.

How can people make a great 80 for themselves?

- Must have a close relationship with God.
- Must exercise daily with Sunday off.
- Must discipline yourself. Don't do what you feel like. Do what is right.

GET POWERED UP

I have two coaching spots open for July. Want some help reaching your goals? E-mail me at janiebirr@aol.com and we can arrange a complimentary 30 minute session to discuss your situation.

HELP SPREAD THE GOOD WORD

Now that you have read the Power Source, let's hear from you. What is working for you in body, mind and spirit? What is not? Got a funny story to share? Pass it along.

Who do you know that would like to receive the Power Source? Please send me their e mail and I will write them, send them a copy and ask if they would like to be included in the mailing list. Contact janiebirr@aol.com.

Thanks for reading the July issue of the Power Source! Go make great health happen for you today.