

Janie's Vision

“The Joy of the Lord is my Strength”

Tank Fillers: 10 Things I Love To Do!

1. Play games and win!
2. Catch big fish
3. Warmth! Lay in sun . Hot showers
4. Speed Rush (bike 20mph, skiing,)
5. Be with Jesus. Pray. Read bible w friends.
6. Nap in sunbeam
7. Challenging & intriguing discussions
8. Laugh until guts hurt with family/friends
9. Be outside and enjoy nature. Quiet. Peace.
10. Hard, competitive workouts

My Mission and Key Values:

*I am here to **connect** with Christ in **love** and **obedience**.*

*In this strength, **I do what it takes** for great personal **health** and the health of my **key relationships**.*

*Through me, thousands are **motivated and inspired to great health** for the glory of God.*

My Strengths:

I am a child of God and a daughter of a King!

I am a creative, disciplined, fun, peace-filled woman of integrity.

Top 10 Life Goals!

1. **Blackbelt!** Did it! 2005
2. **Write a book.** Did it! 2005, 2006 Write three more
3. **Dive with sharks and dolphins.** Did it! Next: Whale Shark
4. Catch a **42”+ Musky** and **20+ Bass!**
5. Jet Ski past **20 +foot wave** in Hawaii. Live to tell about it!
6. **Buy a well for the poor.** 8-09! Life changing.
7. Kayak with **Killer Whales**
8. **Great White Shark Cage**
9. **Motivate and Inspire 1000’s** to great health. 5000 MSI. Buy retreat house/land.
10. **Invest** in 200 impoverished women to use their gifts to create a business/support family
\$2000, \$4000, \$6000, \$8000, \$10,000, \$12000, \$14,000, \$16,000, \$18,000, \$20,000!

Top 50 by 50!

Spirit

1. 10 fishing ponds/ poles for poor \$ 2,400
2. Help Shan buy home/farm \$5,000
3. 100 balls and \$1000 to Vapor Ministry
4. Cow for poor \$500
5. Safety for 30 exploited children \$3,000

6. Buy another well! \$5,390
7. Hole in Gospel book to 10 people
8. Go on a mission trip
9. Travel to Beth Moore live
10. Go to a great praise concert

Physical

11. Press 50 lb dumb bells 1x
12. Lake Superior trail run
13. Marathon relay with friends
14. Compete in a XC ski race
15. Sub 24 min pain free 5K

16. He Nis Ra 5-6-7 Laps
17. Stretch 23 inches
18. 1500 miles aerobic in a year
19. Mountain bike race
20. Golf par

Art

21. Paint Sassy Monkey fishing
22. Paint Sassy Monkey _____
23. Paint Sassy Monkey _____
24. Make stone table runner
25. Create stone wall

26. Take violin lessons
27. Go to creative writing class
28. 1 act plays with Christine
29. Enter intermediate Art Show
30. Create sculpture for wall

Fun

31. Surf!
32. Dolphin dive with kids
33. Whitewater raft/rock climb w Sharon
34. Dune buggy sand dunes
35. Kayak rapids

Fun

41. Ocean fish w Sharon
42. Drive Oregon coast
43. Bass fish w Zach
44. Scuba Carribean
45. Shoot a grouse

46. Fish from 9pm-1am
47. Dec 21-stay in PJ's
48. Football w friends
49. Ride a horse
50. Family paintball/golf

51. XC ski out west
52. 20 games ping pong
53. Sail a catamaran
54. Jump out of a plane
55. Beach w friends

Business

56. Write JGIOW...again
57. Write Generations
58. Write for Love of God
59. Course in Universities
60. Lead retreat w friend

Fall 2009 Goals

Stay Bendy, Get Record Strong and Fit, Create!

1. **1500 miles/year** by December 31
Good= 1000 (21 miles/wk) Sept 7!
Better= 1300 (28 miles/week)
Best = 1500 (35 miles/week)
2. **Press 50 lb dumbbells 1x**
Good = 40 lbs x 8
Better = 45 lbs x 5
Best = 50 lbs x 1
3. Strengthen hammy to **run again**
Good = 1 mile, Better = 2, Best =3
4. **Create new class material and PPT**
5. Help Shan **raise \$5000** for a home/farm for poor
6. **Church & QT:** 1 2 3 4 5 6 7 8 9 10 11 12
7. **Wellcoach:** 1 2 3 4 5 6 7 8 9 10 11 12
8. Have Friends for **dinner and laugh** 1 2
9. **Musky fish** with John and catch **42+!**
10. **1 act play** with Christine
11. **Paint Sassy Monkey fishing**
12. **Go to a neat concert/play** 1 2 3
13. **Pray w friends** 1 2 3

What's Gotta Go?

Dump TV before 10, telling Tim how much I ache, plastic water bottles and aspartame.