

Breaking Free from Blah

By Jane Birr, Author & Life Coach

Do you ever find yourself stuck? Maybe it is not even stuck, but more of a neutral. It is not a bad place, but not a real good place either. You wouldn't write home about it. If you described it, it would be a boring story. It is a blah zone. Vanilla. Get the picture? Are you there right now in body, mind or spirit? What does it feel like to you?

All I know is that I am there, I have been here for too long and I don't like it. I feel itchy. After the awesome day in October of achieving a Blackbelt and the very rewarding day in December of completing my first book (check out "Just Get it Over With. A 12-week Jumpstart to Great Health at www.janebirr.com) I gave myself a much needed physical and mental rest.

But that was all over six months ago. How long has it been for you? I am finding that this land of no clear goals to shoot for and make me rise up and be my best is starting to bore me. I enjoyed the rest for awhile but now I am growing sick of it. It feels like a white wall. Being winded on my bike or unfocused in my head is getting old. What is getting old for you?

I know I can't use the excuse of, "I'm still resting from my Blackbelt test" any longer just as you probably can't use "I just had a baby" anymore as your grown child is asking for the car keys. Is it time for you? If yes, and you are as sick of the blah zone as I am, please answer the questions below and share them with a buddy or with me. I would love to hear them as we inspire each other to great health.

1. What area of your life are you ready to bust out of blah?
2. What is it time to do?
3. What obstacles will your face?
4. What personal strengths will you use to overcome the obstacles and grow stronger?
5. What will you commit to do today?

As my trainer Jason (who is the best trainer on the planet...jasonh@prevea.com) says, "If you aim at nothing, you can be guaranteed that you will hit it." Enough is enough. I'm getting out. How about you? Rise up, my friend. Wake up your passion. Stir your heart again. Go for great. It's time, isn't it? Live and inspire great health.



Jane Birr is a life coach and the author of the book, **Just Get it Over With: A 12-week Jumpstart to Great Health in Body, Mind and Spirit**. Her passion is to help you motivate and inspire yourself to great health through motivational seminars, on-line courses, and individual and group coaching. Let's unleash your dreams and passions and get you in the best shape of your life so you can live fit, free, energized and with loose pants versus overwhelmed, crabby, drained and with tight pants! Your great health in body, mind and spirit starts today!
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