

I Can Do Anything for Ten More Minutes

By Jane Birr, Author and Life Coach

Today's POWER SOURCE member profile, Kim Dodds, makes my Hall of Fame of people who elevate me in body, mind and spirit. I love her positive attitude and mental toughness as well as her focus on building strong relationships with God, family and friends. To be like someone, it makes sense to get around them at any chance you can get. So when Kim asked if I would like to join her for early morning runs because her children had piano lessons before school in my neighborhood, I had to say yes.

First you must know that Kim is an accomplished marathon runner and much faster than me. Second, I am not a morning person. I am not a night person either. My husband Tim says I have a small window in the early afternoon when I am pretty nice. As much as it pained me, I knew Kim was quality and that I needed to suck it up. Tim would wake me up and say, "Kim will be here in 10 minutes. I think you better get up now." I would lay there for five more minutes groaning like a beached walrus, fall out of bed into my gear, and slug some chocolate milk as I headed out the door. What a champion.

Needless to say, the runs were torture for me. But I loved to be with Kim. Kim knew I was dragging, and as successful people seem to do, she lifted me up. She did not lay it on me for being a slouch, point out how slow I was or harp on the negative effects of chocolate milk. At very timely points she would say for my benefit, "Boy, am I tired today, Jane. *But I know I can do anything for ten more minutes.* Let's keep running for ten more minutes Jane. We can do that."

Yes, we could. How inspiring. I knew I could keep putting one foot in front of the other one for ten little minutes. How about you? My experience tells me that I have moved for ten minutes before. Instead of being pulled down by the whole distance I was uplifted by knowing I could do the ten minute part. As guess what? After ten minutes I was usually out of what ailed me and could move on or I forgot about because of the conversation.

So what obstacle is in your way? How bad do you want to get to the other side? Let's learn from Kim to break our big problems into measurable pieces that fit what we know we can do. Ten minutes. What's ten little minutes? Or how about ten steps. I had to break it down into ten steps on a big uphill skiing the other day.

You can do anything in body, mind and spirit for ten more minutes. Give it a test run this week and see where it takes you. Thanks, Kim!



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!

<http://www.janebirr.com>

janiebirr@helloworld.com



<http://www.aiasportsperformance.org>

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