



Tracy Butz presents

CONSCIOUS CHOICES

Grab Control and Transform Your Life

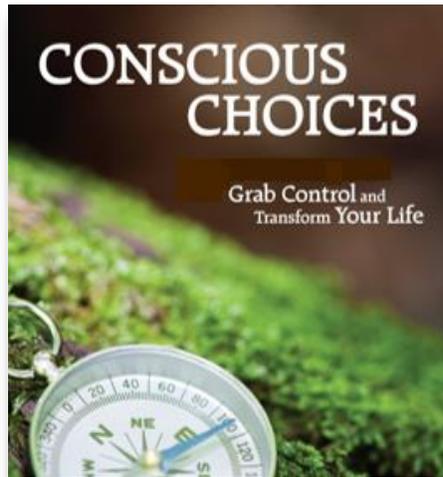
THE SPEAKER

Tracy Butz is an engaging, powerful and poignant speaker who captivates and inspires audiences. She brings more than 20 years of speaking experience from both large- and small-size audiences including the US Army, Motorola, Shopko, Plexus and Subway, just to name a few. Tracy speaks to and influences the lives of many through her keynotes messages, interactive and learning-focused workshops, books, DVDs and numerous other products.

As a coveted Certified Speaking Professional™ (CSP), Tracy holds the highest honor in the speaking profession, held by only 12 percent of speakers worldwide. It can only be earned by demonstrating exceptional speaking ability, outstanding business management, recognized ethics and integrity, and a proven track record of distinguished professionalism and success.

THE AUTHOR

Tracy loves to immerse readers with compelling content, powerful stories and vivid examples, as evidenced by her four captivating books— *HOLY COW!*, *Tame the Turbulence*, *The Perfect Pair of Jeans*, and *Conscious Choices*. In addition to writing books, Tracy frequently shares her insight through her blog, popular social media platforms, various industry journals, and has even been featured as a monthly magazine columnist.



THE MESSAGE

One of life's fundamental truths is, "What you choose is what you get." The choices that you make define who you are and also who you become. We can't change the circumstances of a situation; however, we can change our reaction to it and literally transform our lives. So grab control of your thoughts, because what you focus on becomes your reality. Consciously choose to align your thoughts and decisions

with what matters most to you and you'll likely attain the life you desire.

KEY TAKEAWAYS:

- Influence your choices and outcomes by altering your thoughts and perceptions.
- Achieve greater success by exercising more patience and self-discipline, and being truly committed to your goals.
- Transform your life by altering how you make decisions, especially when facing daunting challenges.