



Tracy Butz

Inspired Impressions! Ezine

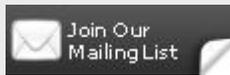
October 2011

Volume 14

As an inspirational and captivating keynote speaker, author and successful entrepreneur, Tracy Butz engages individuals and organizations, empowering them with innovative concepts and tools to become architects of their own lives.

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Welcome!

Welcome to Inspired Impressions!
 It's an informational monthly Ezine,
 with each issue designed for you, including:

- Personal insights and inspiration
- Relevant and timely information about one key concept
- Upcoming opportunities to connect
- Interesting business news to share



Insights & Inspiration

Design Your Life to Fit You



I thought I would share with all of you, the Introduction found in my new hard-cover book entitled, "**The Perfect Pair of Jeans: Design Your Life to Fit You.**" If you are interested, you are able to pre-order this book for 20% off the retail price through the month of October. However, this offer is only available on the first 100 books sold in October. (*Books ship 11/5/11*).

How can we draw a sketch, design a pattern, and then custom create the life we want to live? I believe we each need to design our life to fit us and who we aspire to be. In a world that expects so much of us, we must resist being blind to who we are and what we really need, and cultivate our authentic self.

We each have a personal calling that's as unique as a fingerprint. Discover what it is that you love to do, what your passions and desires are, and make decisions that are aligned with those dreams. Don't allow others to sketch *your* plan, have you cautiously trace someone else's pattern, or let life happen to you by default. Instead, choose to design your life to fit you. You may wonder how to begin drawing an outline. It's a great

question and the answer varies. However, the process is similar and not so difficult when you look inwardly, at what is most important to you in your life. Not your neighbor's life. Not your colleague's life. Not your best friend's life. This plan is personal, unique, and about you.

Let me illustrate what I mean on a smaller scale, yet with something most of us can relate to: the perfect pair of jeans.

There are countless styles, colors and treatments, meant for any age, gender, body type and taste. Dress them up, or dress them down. They are the most versatile pieces in your closet, a go-to wardrobe essential. You don't have to sacrifice comfort to look fabulous, either. When searching for the perfect pair, you'll know when you find them, as the fit is like no other.

Similarly, the qualities that are important to us when buying jeans can be as distinctive as a blueprint is when purchasing a home, with the quest for classy quarters having a far greater impact on our lives. Here we consider square footage, lot size, the number of beds and baths, room dimensions, architecture, closet and garage space. Both examples include redeeming qualities that define the essence of perfection uniquely for each of us - whether it is for that flawless pair of jeans we can slide into or that structure that feels and smells like home.

If you were able to create *the* perfect pair of jeans, custom designed for you, what would your pattern look like? For your home, what would your blueprint include? And for your life, what plan will you create, so you live it by design and not by default?

For those things that are most important to us, I believe we need to understand what our dreams and passions truly are and how we envision our life to be in the future. We then need to create a plan that has structure yet flexibility, so we accomplish the key goals in our lives that are of greatest value to us. Lastly, when we know what we aspire to and we have a plan to achieve it, then we simply need to live it. Live your life to the fullest, filled with love and passion, gratitude and grace, integrity and honor, and countless moments that are meaningful, extraordinary and memorable. Dream it. Plan it. Live it. [Click Here to Order Book!](#)

News to Share



3 New Products!

1. **The Perfect Pair of Jeans: Design Your Life to Fit You** - A new hard-cover book is available for PRE-SALE at a 20% discount for the month of October only!

2. **Monday's Motivational Message** - A minibuk filled with 52 weeks (1 year) of motivational messages designed to inspire.

3. **Inspirational Movie - The Power of Personal Choice** - A professionally designed, short 4-minute movie, filled with beautiful images, inspirational quotes and an uplifting melody. (Preview it below!)

Check them all out below!

Inspirational Products ~ Perfect gifts or tokens of appreciation!

These inspirational products make perfect gifts or represent a special way to express appreciation to an individual or team. Say 'thank you' or recognize someone today!

[For a description of these 3 books, click here!](#)



NEW Hardcover Book!

***The Perfect Pair of Jeans:
Design Your Life to Fit You***

PRE-ORDER in October
& receive **20% DISCOUNT!**
Orders ship November 5!

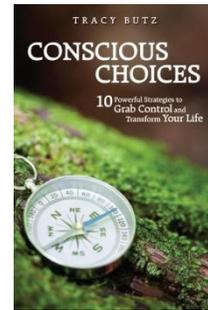
Special price: \$14.95



NEW Minibuk!

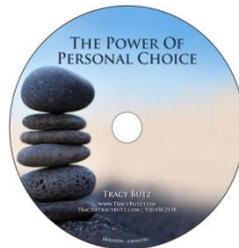
***Monday's Motivational
Message***

(52 weeks of inspiration)
\$5.95



***Conscious Choices:
10 Powerful Strategies to
Grab Control & Transform
Your Life***

\$16.95



NEW Inspirational Movie!

\$14.95

[To preview this movie, click here!](#)

A short inspirational movie that reinforces the importance of our choices and how they affect our lives. Filled with inspirational quotes and beautiful images accompanied by an uplifting melody, relax and enjoy this motivational experience (4 min).



Gratitude Can Change Your Life

Every day I take a few moments to appreciate who and what I have in my life. It is a time of reflection and acknowledging what is good around me.

Who and what are you grateful for?

Gratitude is described as "sincere appreciation for blessings or help we have received." I believe that if we are not taking the time to realize those precious people and things we are grateful for, we just may be taking them for granted. Only you know what is true for you.

For me, I find so many significant benefits to feeling grateful, that I couldn't let a day go by without it. Being thankful helps me in many ways and here I've noted a few:

- **The present is celebrated.** I'm not referring to a present in terms of a gift; rather, I am referencing living life in the present and in the moment instead of in rewind or fast-forward. I can appreciate a child's giggle, a corny joke, a sentimental quote, a warm gesture, a sincere smile, or a gentle touch from a loved one.
- **My degree of happiness dramatically increases.** Life doesn't seem so tough because I am focusing on the right stuff...what is truly important to me. This increases the positive thoughts and leads me to feeling happier.
- **I appreciate challenges more.** It may be a tough situation that I'm faced with, but when I work through it, I have such a huge sense of accomplishment. I become stronger and wiser when working through the challenge and now I know one more thing I *can* do. Think about times in your life when you have learned the most? My guess is that learning moment happened when you were faced with some type of adversity or challenge.
- **I make a difference.** Saying a simple "thank you" or demonstrating real appreciation may be the single act that changes a person's perspective. Maybe someone has just heard some devastating news or experienced a huge disappointment, and all he/she really needs is a small sign of hope or inspiration. Small acts of gratitude are never meaningless. People notice and appreciate back. Maybe not to you, but often they will ponder the experience and reflect on it, if only for a moment. But that is all it takes sometimes to make a difference in the life of another individual.
- **Gratitude breeds gratitude.** Just like hanging around "negative Nancy's or pessimistic Paul's" seems to multiply the cancer quickly, gratitude spreads just as fast when others experience it from us. Let's spread optimism, happiness, forgiveness and gratitude. We all benefit from it in countless ways.

If you haven't ever thought deeply about who and what you are grateful for, I truly hope you are inspired to now do so. I've also found it really helpful to write in a gratitude journal, daily if your schedule allows, which includes one small aspect that you are grateful for. This "Gratitude Journal" can be an excellent resource when you find yourself in a funk or struggling with something difficult.

If you are not quite yet feeling inspired to "Go for Gratitude," read the unknown author's words below and you likely will have the motivation you need to truly appreciate all your riches.

Be Thankful

Be thankful that you don't already have everything you desire,

If you did, what would there be to look forward to?

Be thankful when you don't know something

For it gives you the opportunity to learn.
Be thankful for the difficult times.
During those times you grow.
Be thankful for your limitations
Because they give you opportunities for improvement.
Be thankful for each new challenge
Because it will build your strength and character.
Be thankful for your mistakes
They will teach you valuable lessons.
Be thankful when you're tired and weary
Because it means you've made a difference.
It is easy to be thankful for the good things.
A life of rich fulfillment comes to those who are
also thankful for the setbacks.
GRATITUDE can turn a negative into a positive.
Find a way to be thankful for your troubles
and they can become your blessings.

~ Author Unknown ~

Opportunities to Connect

If you want to connect when I'm in your area, just let me know!
Below is a list of confirmed upcoming engagements.

October 13, 2011 - American Staffing Association's World Conference
Breakout Session - "Engage and Inspire Your Work Force"
New Orleans, LA

October 14, 2011 - Wisconsin State SHRM Conference (Society Human Resource Mgmt)
Breakout Session - "Candid Conversations that Drive Results"
Madison, WI

November 7, 2011 - Women Entrepreneurs' Speaker Series @ WCTC
Keynote - "Be the Architect for *Your Life*: Dream it, Plan it, Live it"
Pewaukee, WI

November 12, 2011 - Every Woman Expo
Keynote - "Conscious Choices: Powerful Strategies to Grab Control & Transform Your Life"
Appleton, WI

November 17, 2011 - Signature Service Event
Keynote: "Conscious Choices: Powerful Strategies to Grab Control & Transform Your Life"
Lansing, MI



Intriguing Input ~ an opinion poll for our readers



We would love to get your opinion, thoughts, feelings, ideas and input about one simple question each month! You can simply check one box to input your opinion, feeling, or reaction, while also having the ability to see the views of other people. *(All responses are 100% anonymous)*

We truly value what you think and want to read your intriguing input!

Question: "What is your favorite dessert?"

- Cheesecake - *rich, luscious, sinful & decadent*
- Godiva chocolate - *melts in your mouth*
- Cake - *moist & fluffy with scrumptious sweet frosting*
- Brownie - *warm with delicious carmel and chocolate drizzled atop*
- Icecream - *rich, smooth, cool & creamy, with irresistibly indulgent flavors*
- Tiramasu - *cake infused with rum, rich cheese filling, & drizzled with chocolate*
- Pie - *light fluffy pastry baked with sweet succulent filling*
- Something else

[Click Here to Respond Now!](#)

Below are the responses from last month's opinion poll to this question:

"Who has or had the biggest influence on you?"

100% - One or both of your parents!

0% - A present or past supervisor

0% - A mentor or teacher

0% - A friend or colleague

0% - Someone else

Helping you to create the life you want to live!

Transform your life, one choice at a time. Develop your team, one person at a time.

Evolve your organization, one solution at a time.

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