

## Inspired Impressions! Ezine

November 2011

Volume 15

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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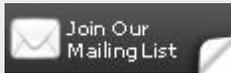
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### Welcome!

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

#### Would You Run into a Burning Building?



I recently heard an analogy that really resonated with me. Courage is a lot like a fire fighter. By human nature, we are not designed to want to run into a burning building; rather, we have an innate sense to run from it. A fire fighter, however, is skillfully trained in this area and must rely on the skills learned to keep him/her alive and do their job well. A fire fighter must draw from those acquired skills and apply them quickly and almost as if they were natural, when they are needed most and when they are filled with tremendous fear. Courage is not the absence of fear; rather it is acting in spite of it.

With Thanksgiving on the very near horizon, I am grateful for the courageous men and women who serve and protect us; whether they are fire fighters, police officers, or those who bravely fight for and defend our freedoms. It is because of these courageous individuals that we are able to enjoy this wonderful holiday with are dear family and friends in peace.

Just remember, gratitude doesn't mean anything unless it is expressed. Whomever you are grateful for this Thanksgiving Holiday, take a moment to express your gratitude to that special person. You both will feel amazing when you do.

## KEY

### Concept

## Juggling...the Art of Keeping All Balls in the Air

When you look in the mirror, what or who do you see? At times, I see someone who is trying to master juggling. When you look at this particular activity, you may think that the skill of juggling is in *catching*. However, *throwing* is actually the true talent. Where and how you throw the ball determines where it will come down. And when it does come down, jugglers do their best to simply touch the ball with the very edges of their finger tips to toss the ball back up into the air just as quickly as possible.

Does the act of juggling describe an activity that you practice often? Hopefully not, but unfortunately, we are feeling the need to manage so many different roles and responsibilities that it seems as though we need to finish one task just as quickly as possible and move onto the next one without even taking a breath. If you happen to see this reflection at times, you are not alone. You are experiencing what I refer to as "sporting 26 hats."

When I think of the many roles we play today, or hats we wear, I am amazed more of us don't simply lose it on occasion. Just think about it. I'm 100 percent certain that as you read this story, you could do cartwheels around my mere 26 hats; however, I'd like to share them with you to see if we happen to have any in common.

Let's see, I am an...author, business-owner, cleaner. I am a decision-maker, errand-runner, financial planner. I am a gardener, homework helper, and investigator. I am a juggler, karaoke singer, and listener. I am a meal-maker, nagger...oops, no I mean neighbor, and organizer. I am a planner, questioner, and relater. I am speaker, taxi driver and umpire. I am a volunteer, web-designer, and exerciser. Finally, I am a yard worker and after all of this, a ZEN-seeker. Can you relate?

If what I have described sounds too much like you, then you could likely use an uninterrupted break, a strong dose of levity, and a stress-meter that throttles back. When my life amps up and I start to feel like this, I choose to "LOWER" my stress using this simple reminder:

**L** = Laugh - Laughing is a natural stress reducer and it also makes life more fun.

**O** = Optimism - Look at things with an optimistic attitude rather than with a pessimistic view.

**W** = Workout - Exercise provides many healthy benefits, with stress reduction being only one.

**E** = Environment - Hang with people that energize you and positively influence your life.

**R** = Relax - Incorporate relaxation into each day; consider reading, walking, massage, hot bath, candles, playing with a pet, cup of hot chocolate, etc.

So if you have days when you look in the mirror and you see an overstressed, unfulfilled, and under-appreciated individual, consider taking up a new hobby or activity; one that is more relaxing than juggling is. Try something where you find happiness, joy and maybe even peace. It is amazing how much more wonderful life can feel when you are not focused on the next ball to catch or throw, or the next hat to put on.

## News to Share



### 3 New Products!

1. **The Perfect Pair of Jeans: Design Your Life to Fit You** - A new hard-cover book released November 5, that illustrates how to create the life you want to live - Dream it. Plan it. Live it.
2. **Monday's Motivational Message** - A minibuk filled with 52 weeks (1 year) of motivational messages designed to inspire.

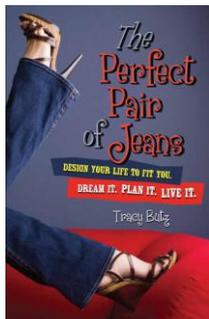
3. **Inspirational Movie - The Power of Personal Choice** - A professionally designed, short 4-minute movie, filled with beautiful images, inspirational quotes and an uplifting melody. ([PREVIEW](#) it below!)

**Check them all out below!**

## Inspirational Products ~ Perfect gifts or tokens of appreciation!

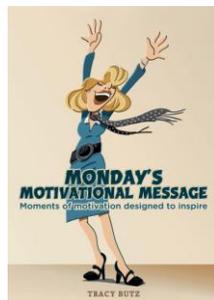
These inspirational products make perfect gifts or represent a special way to express appreciation to an individual or team. Say 'thank you' or recognize someone today!

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



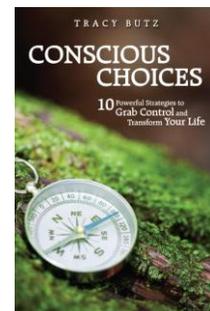
NEW Hardcover Book!

**The Perfect Pair of Jeans:  
Design Your Life to Fit You**  
\$18.95



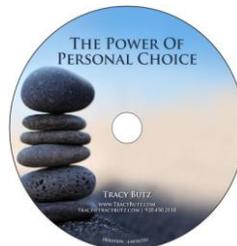
NEW Minibuk!

**Monday's Motivational  
Message**  
(52 weeks of inspiration)  
\$5.95



1st Book released Dec. 2010

**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).

## 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.

**December 26, 2011 - Private Client**  
"Candid Conversations that Drive Results"  
Oshkosh, WI

**January 12, 2012 - Private Client**  
"Candid Conversations that Drive Results"  
Oshkosh, WI

**January 18, 2012 - Apartment Owners & Managers Association**  
Keynote - "Conscious Choices: Powerful Strategies to Grab Control & Transform Your Life"  
Milwaukee, WI

**January 24, 2012 - Private Client**  
"Candid Conversations that Drive Results"  
Oshkosh, WI

**February 6, 2012 - Private Client**  
"Candid Conversations that Drive Results"  
Oshkosh, WI

**February 7, 2012 - Private Client**  
"Candid Conversations that Drive Results"  
Oshkosh, WI

**February 10, 2012 - Wellness Champion Meeting**  
Keynote - "Conscious Choices: Powerful Strategies to Grab Control & Transform Your Life"  
Dubuque, IA

**February 16, 2012 - Customer Service Event**  
Keynote - "Be the Architect for Your Life: Dream it, Plan it, Live it"  
Minneapolis, MN

**February 23, 2012 - Customer Service Event**  
Keynote - "Be the Architect for Your Life: Dream it, Plan it, Live it"  
Scottsdale, AZ



## 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: "When you are laughing, who are you with or what are you listening to?"**

- Kids
- Spouse or Significant Other
- Friend(s)
- Colleague/Co-worker
- Radio/Television
- Internet/You Tube
- Comedy Club
- Another Source

[Click Here to Respond Now!](#)

Below are the responses from last month's opinion poll to this question:  
**"What is your favorite dessert?"**

- 33% - Icecream - rich, smooth, cool & creamy, with irresistibly indulgent flavors
- 25% - Cheesecake - rich, luscious, sinful & decadent
- 25% - Brownie - warm with delicious carmel and chocolate drizzled atop
- 8% - Godiva chocolate - melts in your mouth
- 8% - Flan
- 0% - Cake - moist & fluffy with scrumptious sweet frosting
- 0% - Tiramisu - cake infused with rum, rich cheese filling, & drizzled with chocolate
- 0% - Pie - light fluffy pastry baked with sweet succulent filling

**MORE Inspirational Products ~ Perfect gifts or tokens of appreciation!**

**Inspirational Framed Prints**

\$15.95 each

[\*To see a detailed description of each print, click here!\*](#)



**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.*

**Tracy Butz**

Think Impact Solutions

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