

Inspired Impressions! Ezine

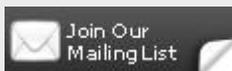
January 2012

Volume 16

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.

In This Issue

Insights & Inspiration
Key Concept
News to Share
Opportunities to Connect
Intriguing Input



Quick Links

[Monday's Motivational Message](#)
[Butz's Blog](#)
[Linkedin](#)
[Facebook](#)
[Popular Keynote Messages!](#)
[Tracy's Services](#)
[Live Video-clip of Tracy](#)
[Inspirational Gifts](#)
[The Perfect Pair of Jeans Book](#)
[Conscious Choices Book](#)

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

Discard Disarray, Dishevelment and Disorderliness



I recently read that 43 percent of Americans surveyed by a Boston Globe report described themselves as disorganized and 21 percent have missed crucial work deadlines because of disorganization. Nearly half of those surveyed said they also worked longer hours because of disorganization. So I say, "Throw away the disarray!" But how do we start, with so many stacks of stuff?

What has worked for me is to start small and begin by organizing your desk, ensuring everything has a place and it is put there. Next, move to your filing system and begin to put the files in a structured order that works for you. Try to touch a piece of paper only once. Go slow, but make a decision as to what to do with it and stick with it. One by one, piece by piece, you will make progress. Use left-over shoe boxes or other containers with covers/lids, and invest in adhesive labels and a black marker, so each is clearly marked.

Once you have tackled those two areas, expand to a bookshelf or another cluttered space that is not too overwhelming. By gaining small successes, you will feel more motivated to keep going and maintain discipline. Once you have one room organized, be sure you reward yourself appropriately. After all,

you accomplished a significant task, one that you have put off, and you deserve a reward or a mini celebration. Heck, make it a fabulous celebration...your own personal party! Okay, maybe that is overdoing it, but you get the point.

Key Concept



Uncertainty Can Render You Motionless

Do you find the unknown to be more difficult to deal with than the change itself? Years ago, the uncertainty I felt about potentially losing my job after a corporate buy-out left me feeling crippled, out of control, and quite anxious. I was scared about the obvious ambiguity and unfamiliar set of circumstances that I found myself in.

After trying to ponder what actions I could take to help me maneuver through the uncharted waters, I came to realize that I had a very low tolerance for ambiguity and uncertainty. I like many aspects of my world to be predictable and structured, to have a schedule, a plan, a path that makes sense. That is the left side of my brain working like a high speed engine.

When you feel helpless and are waiting for the ship to sink, stop worrying about the vagueness that haunts you. Your tolerance for uncertainty may muddy the view of your current situation, causing unwanted bias, negatively influencing you to react in a less than ideal way. Instead, calm your thoughts, take several deep breaths, and then understand that perspective prevails. Consider those things for which are clear and you have control over, as you can now focus your time and energy on systematically moving through them.

There are two distinct sides of our brain, where we need to exercise both when moving through high waves. Unlike the left, the right side allows for added creativity in our decision-making process, requiring us to courageously let go of our lack of certainties. So for those times in your life when you are searching for a beacon in the night, rely on what you know and use a methodical approach to working through it. For those aspects that leave you scared and feeling insecure because of the unknown swells that may be coming, realize the strength in letting go of a few of those.

The "power of the unknown" can either render you fearful and motionless or decisive and agile. It's all perspective and choice.

News to Share

A New Video!



I am so excited to share my new video with you entitled, "Be the Architect for Your Life: Dream it, Plan it, Live it! It was taped on November 7 at the Women Entrepreneurs' Speaker Series in Waukesha, WI, by an amazing videographer, Brandon Mueller of [Shoot. Edit. Deliver.](#) This was the second time I have connected with this women's group and just like last time, it was super fun & engaging. Here is a link to preview the six-minute *reel* of inspiration:



Tracy Butz - Women's Audience

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!](#)



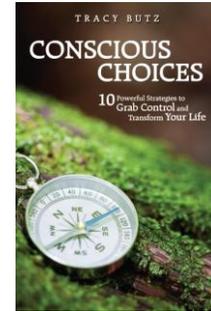
NEW Hardcover Book!

***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.

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 22, 2012 - Private Client

"Candid Conversations that Drive Results"
Raleigh, NC

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 do you do for fun?" [Click here to respond](#)

Below are the responses from last month's opinion poll to this question:
"When you are laughing, who are you with or what are you listening to?"

- 43% - Kids (tie)
- 43% - Spouse or Significant Other (tie)
- 14% - Friend(s)
- 0 % - Colleague/Co-worker
- 29% - Radio/Television
- 0% - Internet/You Tube
- 0% - Comedy Club
- 14% - Other (related to playing with pets)

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!](#)



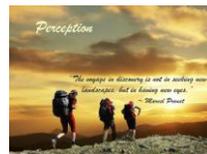
Results



Impact



Hope



Perception

Helping you to create the life you want to live!

Tracy Butz
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