

Inspired Impressions! Ezine

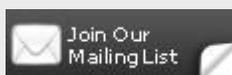
June 2012

Volume 19

As an inspirational speaker, captivating 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



Key Concept

The Most Useless Word in the English Language

In one of my most requested programs entitled, "Candid Conversations that Drive Results," I share a technique about how to correct a situation when you have inadvertently said something that has caused hurt feelings. The strategy involves apologizing and correcting the misunderstanding, focusing on the true intent of your message. When practicing this method, one key point is that we should avoid using the word "but" following your apology. Why? Because after you say sorry and quickly follow-up with a "but," you have now managed to void your apology and often appear worse from the other person's perspective.

Far better choices over the word "but" which has a negative connotation, includes the words "instead", "rather", potentially "however" (depending on the circumstance) or simply pause.

Let's say you've recently become frustrated with your boss about him/her changing priorities and defining what is the most



important one. Your emotions came out and you likely said things in a way that you wished you would have said differently. Here is one way to correct the situation quickly:

"I am very sorry for letting my emotions get the best of me. My words were inappropriate and out of line." (*apologize*)

"Please know I wasn't trying to be disrespectful, (pause), I was frustrated with the change in priorities. Could we please take a few minutes to talk about this?" (*correct misunderstanding; focus on intent*)

So the next time you think it may be a good idea to apologize to avoid damaging a relationship, remember to keep the 'buts' (not Butz) out of your vocabulary.

Insights & Inspiration



A Contagious Habit worth Catching

Earlier today, my youngest son asked me to please take him to McDonald's to buy him a smoothie, just as we began to drive home in the opposite direction. I replied to him in a quick and assertive tone, "I need to get home and get back to work; I've got some tight deadlines I have to meet."

As I looked over on my son's face, I saw a sad and disappointed look which made my heart ache. He is such a sweet and amazing boy, and if that reason I spit out was true, wow, it is pretty bad if I can't take three minutes out of my life to buy my son a cool, refreshing beverage. As I entered the round-about, I quickly decided to do a full loop and head back toward the restaurant. He asked, "Mom, where are we going?" I replied with a smile, "to McDonald's of course." "You are *the best!*" he replied. I am always astonished at how big parents are in the eyes of their children and how such small random acts of kindness are truly appreciated.

The interesting thing is that an amazing feeling came over me when I shared where we were going after departing from the circular intersection. My son was certainly happy, but I was elated. Joy is one of those emotions that definitely goes both ways...from sender to receiver and receiver to sender, all in a matter of seconds. That small gesture not only created a moment of shared delight, but it also helped alter my mindset and got me out of my short-term funk.

So how do we live our lives infused with more habits of happiness and less ruts of negativity?

I have found that we all have times in our life where things go wrong, where they don't go as we had obviously planned, and they may even lead us down a horrible, unwanted path. But those of us who choose to be positive and look at life from an optimistic lens, make conscious choices about how we respond to situations, rather than automatically reacting to the circumstances before us.

I have a saying that I am known for: "I don't have bad days; I may have unfortunate moments through a day, but not everything that happened to me during a particular day was bad." I continually challenge myself to consider one, two or even three things that occurred that were good on a day that was unusually physically tough, emotionally draining, or just simply difficult to handle. This *happiness habit*, as I refer to it, is one that I choose to follow and live by daily.

I believe that we each have the power to control our reactions, attitudes and intentions. But if we see ourselves as victims of circumstances or events, it is probably impossible to stay positive, even with our strongest intent. Don't give into the victim mentality. You are worth more than that. You deserve as much happiness as anyone else. But just because you deserve it, doesn't mean you will automatically get it. As with anything that is worth having, happiness is a habit that takes conscious thought and steadfast self-discipline. Simply put...work hard at it and you are more likely to reap the rewards. After all, I would choose a life filled with passion, purpose and positive people over one that is depressing, pessimistic, and consumed with negative naysayers, every single moment of every single day. My hunch is that all of us would.

Life is short. Enjoy the simple pleasures all around us and within each of us. Relish the feeling of the warm sun on your skin and the cool gentle breeze through your hair. Offer a hand to someone unexpectedly, even if it means five minutes out of your day. Surprise someone special with a tasty treat, and adore the large grin you see from ear to ear.

Choose to spread happiness, as if it were a contagious habit.

News to Share

New Book Coming Soon!

I will be completing and then submitting my manuscript in the next thirty days for my second Minibuk, scheduled to be available for purchase in August! This book will be similar to *Monday's Motivational Message*, yet with a slight twist. Stay tuned for exciting details and the exact release date!

Monday's Motivational Message - Now an audio-offering!

Start your Monday or work week with a motivational message from Tracy Butz, designed to positively influence you with a moment of inspiration. In addition to being able to read it, you can now listen to this short message too! ["Click here to listen to Monday's Motivational Message entitled, "Move Forward with Intention"](#)

New Live Keynote Presentation Available on DVD!

"Imagine the Possibilities" is an inspiring keynote message, I am no longer presenting, now *only available on DVD* for \$18.95.

Imagine the Possibilities

Who do you want to be? What do you want to do? What lies ahead in the next chapter of your life? In this inspiring keynote message, Tracy Butz will share creative and empowering ideas to help you create the life you want to live. Discover insightful strategies based on three of life's fundamental truths:

1. What you believe is what you achieve
2. How you react defines your path
3. You can do anything, just not everything

Imagine the possibilities that stand before you. They are endless, undefined, and within your reach.

[Click here to purchase this DVD!](#)

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, scheduled in the next several weeks:

June 28, 2012 - "Clear, Concise & Confident Communication"

Private Client
Oshkosh, WI

July 10, 2012 - "Emotional Intelligence: The Impact of Feelings in the Workplace"

Private Client
Oshkosh, WI

July 11, 2012 - "Emotional Intelligence: The Impact of Feelings in the Workplace"

Private Client
Oshkosh, WI

July 12, 2012 - "Emotional Intelligence: The Impact of Feelings in the Workplace"

Private Client
Oshkosh, WI

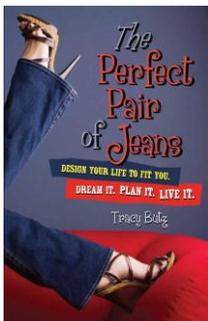


Inspirational Products ~ Perfect gifts or tokens of appreciation!

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!

[To purchase inspirational products - click here!](#)

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



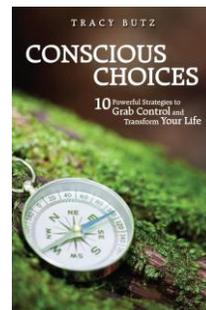
NEW Hardcover Book!

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



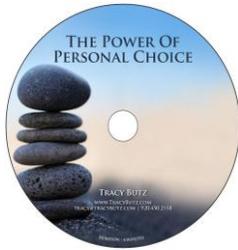
NEW Minibook!

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



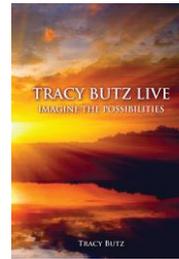
First Book!

***Conscious Choices:
10 Powerful Strategies to
Grab Control & Transform
Your Life***
\$16.95



Inspirational Movie!
\$14.95

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



Live Keynote-"Imagine the Possibilities"
\$18.95

To shop for or purchase inspirational products, click here!

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!](#)



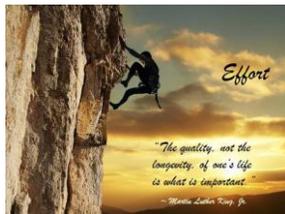
Results



Impact



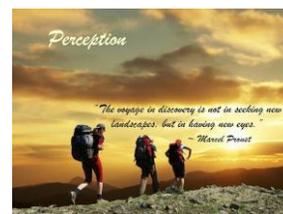
Hope



Effort



Empowerment



Perception

Helping you to create the life you want to live!

Tracy Butz
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