

Inspired Impressions! Ezine

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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
- Upcoming opportunities to connect
- Interesting business news to share



Insights & Inspiration



Don't Be a Doormat--*You Deserve Better than That!*

Personal boundaries, the space around you that gives you a clear sense of who you are and where you're going, are triggered when you choose to allow someone or something into it. For many, the difficulty may start innocently enough with genuine and generous attempts to make others happy. But this seemingly harmless passion to always be "nice," to put others first and to compulsively please others even at the expense of your own health and happiness can rapidly spiral into something far-reaching physical and emotional consequences. So how do people get *here* and how can they get out of *there*?

Personal boundaries can become weak or essentially nonexistent over time, which is often referred to as being the proverbial "doormat." I have seen this happen to friends and colleagues, through small, repeated doses of self-doubt, feeling overly vulnerable, being unclear about their feelings and what they want and need, and/or struggling with loneliness, distrust, anger or control. Those who continue to struggle with intensely

pleasing others often say yes to most requests because they may fear rejection, they inherently will do anything they can to avoid conflict, and they tend to tolerate disrespectful treatment often because they feel it is justified in some way. Simply put, life doesn't have to be this way and everyone deserves more than that.

So how do we set healthy boundaries? I believe it starts by knowing what you like, need, want, and don't want, and then thinking and acting in a way that is closely aligned. That doesn't mean you live your life without compromise or flexibility; you just don't give into the demands and unrealistic expectations of others. Following are some thoughts and actions that lead to healthier boundaries:

- Having a strong sense of identity.
- Respecting yourself.
- Be respectful of others.
- Forgive.
- Accept accountability. Share responsibility.
- Be able to say no
- Expect mutual benefit in relationships.
- Welcome feedback.
- Refuse to take on the problems of others.
- Find rewards and recognition for yourself.
- Celebrate the successes of others.

I realize that making brave choices isn't easy. Actually admitting how you feel to yourself and others may be one of the hardest things you'll ever do. Yet I have found that after feeling a little guilty at first, you likely will eventually feel and be much happier, more liberated and a lot stronger.

Key Concepts



Nightmares or Dreams?

*An excerpt from my new book entitled,
"Tame the Turbulence: Avoid Losing It, Fly Through It"*

It was a Friday on a fall day years ago, when I signed the mortgage papers as the owner of a brand new three-bedroom ranch-style house that was built for me. As a single woman, I was repeatedly told that I didn't want to go through something like this alone, but I was certain I really did. How is it that some feel they know what is best for you?

As I unlocked the door to my new home, it was the most amazing feeling ever! From the flooring, to the carpet, to the fireplace, to the molding, to the counter tops, to the hardware, to the cabinets, and so on. All of my hard work selecting what I wanted to have in my house. Soon the appliances were being delivered and then the moving company drove into my driveway, taking most of my belongings into the basement so that I could move them up and place them right where I wanted them, as time and energy permitted.

This day was so exciting! After all, owning a home is the American dream. I had proudly reached a milestone that many wish for. I truly felt humbled and blessed.

After a long, exhausting and emotional day, I finally ran out of oomph about 9:30 p.m., retiring to my comfy bed, which felt so good to my aching muscles. I slept like a rock and endured another lengthy, overly-fatiguing day. As I crawled into bed on night number two, it began to rain, with strong thunderstorms expected. I awoke several times throughout the evening, from loud thunder and lightning, and rose on Sunday morning about 6:00 a.m. to begin another day of unpacking.

After about ten minutes or so, I was looking for a specific item, and determined that it likely was stored among most of my belongings, still remaining in the basement. I turned the light on and proceeded to walk down the steps. As I made it about halfway down the staircase, I gasped, not believing my eyes. My basement was filled with roughly six to eight inches of water, with a steady stream still flowing in through primarily one of the small windows. With unimaginable feelings of disbelief and despair, I sat down on one of the steps and began to weep, hearing the sump pump working continuously.

After ten minutes or so, I knew crying wasn't going to solve anything. So I brushed away my tears and began to formulate a plan. I placed four phone calls: one to my friend who drove right over; the next one to the builder, where I left a message; the third one to a restoration crew who said they would be there within sixty minutes; with my last call made to the realtor.

My friend, Sara, arrived with two pairs of rain boots, and we proceeded down the stairs to reveal the devastation and try to reclaim all that we could. Following her down the steps, it was like the next minute happened in slow motion. She stepped into the water, took a few steps, and screamed, "Oh my God...the breaker!" It was an absolute miracle that she wasn't electrocuted. The electrical power breaker must have switched off all electrical current to the basement, with the lights being on a different circuit. We knew how lucky we were. How quick our lives could have been so different. Everything after that pivotal moment was immediately put in perspective. That's not to say it was easy to deal with, but certainly easier than it could have been.

After the restoration crew arrived, I began to scoop out floating baby pictures, hand-made keepsakes, and precious mementos, being overtaken with sadness and loss. My dream had turned into a nightmare, in less than forty-eight hours. After losing so many personal items, how does one make sense of a tragedy like this?

It was determined that the sump pump was hooked up incorrectly, with the water flowing back into the window-well, instead of into the street. The crews were also behind a bit and didn't finish back-filling the dirt up to the edge of the house. But because they didn't want to delay the closing of my loan which turned the ownership over to me, allowing me to move in as scheduled, they promised they would return Monday morning to finish the job. The lack of backfill acted as a moat for the heavy rains to accumulate, which made for the perfect storm. Moreover, even though I had sump pump coverage, I didn't have flood insurance, which is what this situation demanded. Flood insurance in Wisconsin?

Finally after weeks of enormous suction hoses, commercial-grade fans, construction crews, cleaning teams and endless hours of drudgery, my house was back to a new normal. The fresh, new smell had vanished, replaced by a damp aroma. Nonetheless, the ordeal was over, with the builder thankfully paying most of the expense.

In dealing with unforeseen negative circumstances, how do you turn your thoughts from a victim mentality, with feelings of anger and hopelessness, to something completely different? Yes, there is no question that I felt tremendously grateful that Sara wasn't injured or worse. Yet, how do I overcome the disorder and chaos that kept running through my mind?

First, I knew that my thoughts and attitude help determine the path and ultimately the outcome of my life. Did I want to continue to live this nightmare or would I rather move through this pain as quickly as possible, and get back to living my dream? The choice was obvious; and once I embraced it emotionally, the rest of me followed.

I am a strong believer in affirmative self-talk. I think it paves the way for a positive, successful and meaningful life. I believe it shapes our moment-to-moment thoughts and influences our choices, greatly impacting events and outcomes.

Let's say I wake up on a Saturday morning and these are the words I use: "Today I need to drop the kids off at basketball practice by 9:00 a.m., then I have to pick up a prescription at the pharmacy, I have to pick up a few things for dinner from the grocery store, followed by needing to make a quick stop at the bank, having to then pick up my dry-cleaning, making sure I next unload and put away the groceries at home, and finally I must race back to the gym to pick up the kids by 11:00 a.m." Does this language sound familiar?

What I've just done in this example is use demanding statements on myself, which opens me up to a lot of opportunities to say irrational things to yours truly, creating a highly stressful situation; not only for me, but for those loved ones that are hanging out with me plus anyone else that comes into contact with me. Would you like to spend a Saturday morning like this with me? I wouldn't even want to spend it with myself.

When you use demanding statements, you create a scenario of "what if" in your head, saying things like, "What if I don't get this done?" or "What if I don't get there in time?" or "What if this?" or "What if that?" This is when you really begin to spiral wildly out of control. Can you relate?

What I recommend is to stop the vicious cycle of negative self-talk. Acknowledge when you hear yourself say either aloud or in your head, "have-to," "must," or "need-to" statements. Then replace the needs, musts and haves with preferences, desires, and wants, stating "want to" or "would like to" instead. What if you don't pick up the prescription today? What if you don't make it to the bank? What if you're late picking up the kids? It's not what you wanted, it may even lead to some consequences, but in the overall scheme of things, it isn't as awful as it may seem and you can likely live with it just fine.

In addition to replacing some of the language we use, we can also enhance our self-talk in other ways. Here are a few terrific tips...just for you:

- **Wake up fifteen minutes earlier.** Take this extra time to look your best. Go the extra mile to ensure you look and feel like a million bucks!
- **Go to the grocery store before work and buy a \$6.99 bouquet of fresh flowers.** Put them in a glass of water and enjoy them for several days to come.
- **Jam to your favorite songs.** Do this on the way to work and on the way home.
- **Take fifteen minutes to clean your desk or workstation.** This may mean putting piles of paperwork into file folders, tossing some stuff you don't really need, or grabbing some paper towel with a cleaning solvent. It is so nice to work or hang out in a clean and orderly space.
- **Take a nice colleague out to lunch.** Doing something unexpected for someone else always makes us feel wonderful.
- **Indulge in a sweet treat.** After you handled a particular task that you have either avoided or didn't look forward to, reward yourself! Treat yourself to something you find pleasurable. Reward yourself right away because you deserve it.
- **Read a quick passage from the inspirational series entitled, *Moments of Motivation*.** Open up one of my small motivational books and enjoy an uplifting and optimistic message that hopefully brings a smile to your face throughout the day.

As Earl Nightingale has said, "It's our attitude in life that determines life's attitude toward us." How true that statement is. You just may be amazed at how others will respond to you. Choose to make your day a positive and joyous one. After all, it is far better than choosing to make it a sad or self-deprecating one.

"1 + 5" New Books!

All six books will be available very soon, being able to pre-order them at a discounted rate. Watch for September's ezine, as the pre-order information will be included in it!

TAME THE TURBULENCE! Avoid Losing It, Fly Through It *10 Maneuvers to Stop Stress from Spiraling Out of Control*

Description: In this hectic and chaotic world, we are constantly facing turbulent circumstances and feeling out of control, yet yearning for the ability to live more balanced, productive, and meaningful lives. The reality is, though, we do have significant control over much of the negative stress we endure. By learning and adopting captivating maneuvers outlined in this book, you'll be able to stop stress from spiraling out of control and better prevent, reduce and cope with stressors you encounter.

- Chapter 1: Undress Your Stress
- Chapter 2: Lighten the Load
- Chapter 3: Forget Perfect
- Chapter 4: *Beauty Sleep* Secrets
- Chapter 5: Workout Your Worry
- Chapter 6: Make it a Fundae!
- Chapter 7: Poise over Pressure
- Chapter 8: Nightmares or Dreams?
- Chapter 9: The Disease to Please
- Chapter 10: Plan, Persevere, Prosper

MOMENTS OF MOTIVATION - Five Minibuk Series

Five minibuks are in a brand new series entitled, "Moments of Motivation." One book has been created for each day of the traditional work week. Here are the titles in the series:

- **Moments of Motivation: 52 Methods to Make Mondays Magnificent!**
- **Moments of Motivation: 52 Tools to Make Tuesdays Terrific!**
- **Moments of Motivation: 52 Ways to Make Wednesdays Wonderful!**
- **Moments of Motivation: 52 Tips to Make Thursdays Therapeutic!**
- **Moments of Motivation: 52 Fashions to Make Fridays Fantastic!**

This series is similar to *Monday's Motivational Message*, including an inspiring message for each week, but now you won't have only one message per week on Monday's. You can now read a "Moment of Motivation" for every day you are at work.

Opportunities to Connect

If you want to connect when I'm in your area, just let me know!
Below is a list of upcoming engagements, scheduled in the next several months:

September 10, 2012 - "Candid Conversations that Drive Results"

Grafton, WI
Private Client

September 13-14 - Women's Summit

Columbus, OH
Private Venue

September 18 - "Conscious Choices: Grab Control & Transform Your Life"

Grapevine, TX
NAMIC National Convention

September 20 - "Candid Conversations that Drive Results"

Eau Claire, WI
Society for Human Resource Mgmt (SHRM) - Eau Claire

September 28 - "On-Boarding New Employees"

Pewaukee, WI
Waukesha County Technical College (WCTC)

October 4 - "Engage the Lion's Share of Top Talent before They're Endangered"

Wisconsin Dells, WI
Wisconsin State SHRM Conference

October 8 - "Conquer the Chaos! Stress Less Inside & Out"

Berlin, WI
Private Client

October 10 - "Getting Unstuck in Times of Change" and Team-Building

Green Lake, WI
Private Client

October 26 - "Building an Effective Mentoring Program"

Pewaukee, WI
Waukesha County Technical College (WCTC)

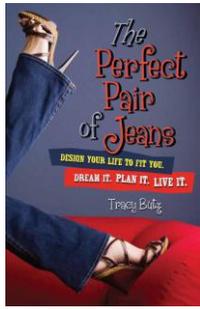


Inspirational Products ~ Perfect gifts or tokens of appreciation!

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!

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



Hardcover Book!

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

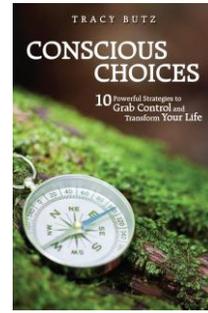
\$18.95



Minibuk!

**Monday's Motivational
Message**

(52 weeks of inspiration)
\$5.95



First Book!

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

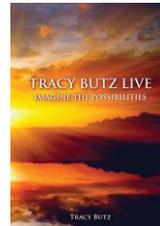
\$16.95



Inspirational Movie!

\$14.95

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



Live Keynote - "Imagine the Possibilities"

\$18.95

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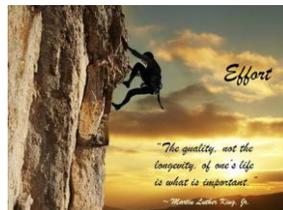
Inspirational Framed Prints

\$15.95 each

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



Hope



Effort



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