



Inspired Impressions! Ezine

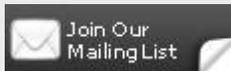
January 2013

Volume 25

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
- Interesting business news to share
- Upcoming opportunities to connect



Key Concept



A Compassionate Resolution

I have always viewed myself as a rather compassionate person. I try to be kind to others, express empathy, demonstrate genuine concern, and help others in need. In fact, I began my career in speaking to share my message with others in hopes of offering inspiration, support and real connection. However, have you ever paused and reflected on personal acts that were anti-compassionate?

This past holiday season, I was stunned by an experience, yet, I sat quietly, as a silent bystander, and by doing nothing, did something I now regret.

[Click here to continue reading!](#)



Bury Yourself in Bliss

When was the last time you buried yourself in something other than work? You know what I mean...immersed yourself in a fun and challenging hobby or interest. For many of us, the answer may sound something like this: "I can't remember that long ago!" or "That's a ridiculous question!" or "Wow...I don't know."

In December, I had the opportunity of having two full weeks off from work. Now, don't get me wrong, I love working, but taking a break from my business is a healthy thing to do. After date night with my hubby and treating our boys to several trips to the theatre and restaurants of their choice, I thought I'd get a little retail therapy for myself. After buying a few small self-indulgent items, I sat down and enjoyed one of my favorite treats-a small cookie smothered in creamy white frosting from the Original Cookie Company. Simply scrumptious!

As I watched all of the frantic people racing through the shopping malls trying to find that perfect toy or electronic gizmo to gift others, I realized I had roughly 10 days left over my break to do whatever I wanted to. I decided I was not going to fill my days with numerous to do's; rather, I was going to let the days happen without a list of scheduled appointments and tasks.

What I found was that this two-week break was incredibly relaxing. Life was spontaneous, fun, and far less stressful than past years. I decided to pass on writing my annual holiday letter to family and friends inside my Christmas card and also put fewer decorations up around the house. Instead, I scrapbooked a 2013 photo calendar, re-organized two rooms (which I like doing), gave myself a pedicure and a manicure, indulged in a couples massage with my hubby, had numerous get-togethers with friends, and learned more things I can do with my iPad. I am now hooked on putting puzzles together-what a super cool APP!

Beyond all of the fun activities I delighted myself with, I even enjoyed the time I spent shoveling snow! Really, I am not kidding! We recently had two significant storms here in Wisconsin and our snow blower decided it was a good time to stop working. As someone who cannot stand to be cold, I was the first person to bundle up, grab a shovel, and dig our way out. I enjoyed the fresh air, the physical exercise, and simply watching the snow fall. I actually had fun shoveling, which I honestly cannot vividly remember feeling from engaging this activity-at least since my mid-20's.

What I was reminded of over my break was that life is not a runway. It's not about how many things you can get done before taking off to do the next thing, but how much joy you feel along the way. Enjoy the experiences, the special moments, the precious gifts of time-with family and friends or simply by yourself. Relish the now-for we never know how long we have.

~In loving memory of my Mother, Lorraine Boury, who passed away on December 30, seven years ago.~

News to Share

NEW KEYNOTE Message!

With the recent launch of my newest book noted below, I am now offering a new inspirational keynote message entitled, "Tame the Turbulence: Avoid Losing It. Fly Through It." that nicely aligns with it.

Overview: In this hectic and chaotic world, we are constantly facing turbulent circumstances and feeling out of control, with stress considered by many experts, to be the number one health problem today. The undeniable daily demands on our time and attention can leave us feeling over-committed and overwhelmed. Instead, choose to become the pilot in your life and Tame the Turbulence! Tracy's practical applications will help you to live a more productive, balanced and meaningful life--one with less stress and greater success. You will walk away inspired to make positive, long-lasting changes, with enhanced insight, optimism and confidence.

[Click here to see all three keynote descriptions!](#)



NEW BOOK - Tame the Turbulence: Avoid Losing It. Fly Through It.

- Chapter 1: Undress Your Stress
- Chapter 2: Lighten the Load
- Chapter 3: Forget Perfect
- Chapter 4: Treat the Disease to Please
- Chapter 5: Sleep Baby Sleep
- Chapter 6: Workout Your Worry
- Chapter 7: Make it a Fundae!
- Chapter 8: Poise Over Pressure
- Chapter 9: Reflections Become Reality
- Chapter 10: Plan, Persevere and Prosper

[Click here to purchase this book for \\$17.95!](#)

eBooks for Tame the Turbulence, The Perfect Pair of Jeans & Conscious Choices.

My two top-selling books plus my new release are now available in an ebook format. Simply search by title or my name from any of the e-reader retailer's below and you'll be able to download them, each retailing for \$9.95. (*Online Retailers:* Amazon Kindle, Kobo, Baker & Taylor, Barnes & Noble, Gardner's, Sony, and iBookstore.)

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:

January 10, 2013

Leading an Engaged Workforce - (AM session)
Candid Conversations that Drive Results - (PM session)
Oshkosh, WI
Private Client

January 15

Engage & Inspire Your Workforce - OPEN TO PUBLIC!
Kimberly, WI - Liberty Hall
Fox Valley Chapter - Society for Human Resource Management (*open to members/non-members*)
Receive a complimentary copy of *Tame the Turbulence* book with registration!
[Click here for program overview & to register!](#)



January 17

Emotional Intelligence: The Impact of Thoughts/Feelings in Workplace - (AM session)
Conquer the Chaos: Stress Less Inside & Out - (PM session)
Oshkosh, WI
Private Client

January 29

Conquer the Chaos! Stress Less Inside & Out - (AM session)
Emotional Intelligence: The Impact of Thoughts/Feelings in Workplace - (PM session)
Oshkosh, WI
Private Client

January 31

Candid Conversations that Drive Results
Middleton, WI
Private Client

February 5

Clear, Concise & Confident Communication - (AM session)

Proactive Personal Development - (PM session)

Oshkosh, WI

Private Client

February 6

Proactive Personal Development - (AM session)

Emotional Intelligence for Leaders - (PM session)

Oshkosh, WI

Private Client

February 13

Emotional Intelligence: The Impact of Thoughts/Feelings in Workplace - (AM session)

Conquer the Chaos! Stress Less Inside & Out - (PM session)

Oshkosh, WI

Private Client

February 19

Proactive Personal Development - (AM session)

Clear, Concise & Confident Communication - (PM session)

Oshkosh, WI

Private Client

February 21

Candid Conversations that Drive Results

Neenah, WI

Private Client

February 25

Be the Architect for Your Life: Dream it, Plan it, Live it!

Darboy, WI

Fox Cities Chapter of Credit Unions

February 28

Candid Conversations that Drive Results (2 sessions & book signing)

Chicago, IL

[Click here for agenda and registration information!](#)

2013 NAMIC Commercial Lines Seminar

(National Association for Mutual Insurance Companies)

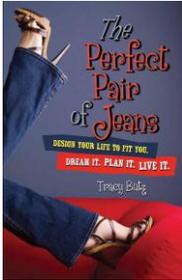
Inspirational Products ~ Perfect gifts or tokens of appreciation!

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!

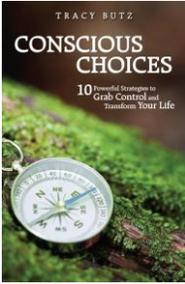
To purchase inspirational products - click here!



NEW! Tame the Turbulence
\$17.95



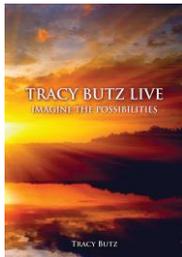
**The Perfect Pair of Jeans:
Design Your Life to Fit You**
\$18.95



Conscious Choices
\$16.95



Inspirational 4-min. Movie!
\$14.95
[To preview this movie, click here!](#)



**Live Keynote:
"Imagine the Possibilities"**
\$18.95



**Monday's Motivational
Message (Minibuk®)**
\$5.95

Moments of Motivation
Five Minibuk® Series (pix below)
\$29.75



To shop for and purchase inspirational products, click here!

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