

Inspired Impressions! Ezine

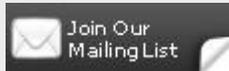
December 2013

Volume 35

As an inspirational speaker, captivating author and successful consultant, Tracy Butz engages individuals and organizations with actionable tools, empowering them to live more productive, passionate and purposeful 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
- A relevant key concept
- Interesting business news to share
- Upcoming opportunities to connect
- Inspirational products for you



Insights & Inspiration



Care Hard. Don't Hardly Care.

Let's say you know someone who isn't making the best choices these days. Maybe you feel as if you lost your ability to positively influence him.

Maybe you feel a sense of loss regarding the close relationship you used to have with her. Or maybe you have a loss of understanding and optimism for his future.

Even if any or all of these possible realities are true, remember that the need to feel cared about is universal. Choose to offer small acts of care and kindness to others, like a warm embrace, a soft touch, or a gentle smile. We all can benefit from a heartfelt expression of positive admiration or attention.

Question: Do you know what both happy and success people have in common? **Answer:** They have a similar method of decision-making. They make choices that give them strength and power over guilt and regret. Choose to exercise that powerful heart muscle this holiday season. Resist buying yet another gift with a bow, and instead, offer a gift from the heart. Choose to care sincerely and deeply. You both will likely be glad you did.

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

Empower others to be more productive, passionate and purposeful in 2014!
Use these actionable tools to further develop employees and also retain your valuable customers.

Enjoy a **35% discount** on this month's featured book: **Tame the Turbulence!**

[Click here for detailed information or to order online!](#)



This book is focused on applying strategies to reduce stress in the workplace and at home, including chapters such as:

- **Lighten the Load** - reclaim more control over your time
- **Poise Over Pressure** - learn how to enhance your self-confidence
- **Plan, Persevere and Prosper** - set and attain goals that matter most

All orders include a complimentary minibuk, "Monday's Motivational Message" (\$5.95 value). Start every week in 2014 with a dose of motivation.

[Click here for detailed information or to order online!](#)

Discounted price is \$11.65 (*instead of \$17.95*).
Offer good through December 31, 2013.

Key Concept



Decrease Your Stress Using Three "F" Words.

Are you over-worked, over-committed, and over-stressed? Unfortunately, if you answered "yes" to that question, you are not alone. In fact, stress is considered by many experts as the #1 health problem today. As stress accumulates, it can have extremely harmful effects on us like an increased heart rate, elevated blood pressure, and a weakened immune system, just to name a few. And it certainly doesn't help to scream, yell or shout profanities. Yet I do believe that three specific "F" words can greatly decrease stress.

Now, don't worry. The "F" words I am referring to are clean, relevant, and can be used anywhere. They are "fresh, friends and fun."

Fresh - When in doubt, consider or offer a fresh perspective. Sometimes taking an issue and considering an alternate way of thinking about it can make a significant difference. Is there another, more positive way to view the circumstance, one which wouldn't bring such a negative outcome? A new and fresh perspective may be a viable prescription for stress-reduction.

Friends - Sometimes family can add to our level of stress, depending on who that person is. However, friends usually represent those special individuals who we confide in, share our deepest concerns, and trust unconditionally. In my case, my best friend happens to be my husband, so the idea of family or friends certainly overlaps here. Allow your friends to help and support you during stressful times, just as you would do for them. If they offer, say "yes" instead of "no" and use those extra few minutes to catch your breath.

Fun - We all need to infuse more fun into each day! Even if it is only for five minutes, hopefully every day you can reflect on some aspect that you would declare as fun! If not, try a new hobby, watch the latest Bill Cosby comedic DVD, or search out funny you tube videos to watch. It doesn't really take much. Consciously choose to have fun every day and watch your stress level decline.

News to Share



I periodically write for NAMIC's Mutual INbetween publication. Here is my article for the October/November issue entitled, "Forget Perfect."

[Click here to read article!](#)



As you know I write a monthly column for *Women Magazine*, written for and about women of Northeast Wisconsin, serving them with helpful tips and insight. The **December** column is entitled, "Make Decisions Confidently." [Click here to read article!](#)

Opportunities to Connect

Please get in touch with me if you want to connect when I'm in your area or if you're interested in a similar program for your organization.



December 3

Keynote: Be the Architect of Your Life: Dream it. Plan it. Live it.

Wausau, WI

Holiday High Tea & Hanging of the Greens for YWCA of Wausau

December 6

Keynote: Embracing the Challenge of Change

Wisconsin Dells, WI

Wisconsin Association for Colleges and Employers (WI-ACE)

December 12

Keynote: Tame the Turbulence! Avoid Losing It. Fly Through It.

Neenah, WI

Private Client

December 20

Keynote: Tame the Turbulence! Avoid Losing It. Fly Through It.

Oshkosh, WI

Private Client

January 16, 2014

Inspiring Creativity & Innovation and

The Art of Small Talk and

The Eggsact Moment of Truth (team-building activity)

Oshkosh, WI

Private Client

January 21-22

Keynote: Candid Conversations that Drive Results

St. Pete Beach, FL

GenRe Winter Executive Forum

[Click here for more information or to register!](#)

Helping individuals and organizations live more productive, passionate and purposeful lives!

Tracy Butz

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