



Inspired Impressions! Ezine

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Speaker · Author · Consultant

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 and fun products



Insights & Inspiration



"The Secret to Happiness!"

Did you know that your external world only predicts 10% of your happiness?

90% of your happiness is based on how your brain processes your world.

Also according to psychologist and author, Shawn Achor, 75% of job successes are predicted by your optimism levels, your social support and your ability to see stress as a challenge instead of as a threat. [Click here to watch video now!](#)

Key Concept

KEY Concept

"How to Become an Expert"

Have you ever known someone who wants to get rich quick and tries every scheme out there in hopes of finding that magical pill? Well, achieving success, earning a respectable reputation and becoming an expert are never attained easily and certainly not overnight. In fact, it takes a tremendous amount of discipline, perseverance, and a lot of practice. I believe the antidote is five-fold: Plan, prepare, practice, perform, and persist.

As you may know, success doesn't usually lie in natural ability; it takes deliberate practice. According to Malcolm Gladwell, he says it takes 10,000 hours or 10 years of practice to be world-class, specifically at cognitively demanding tasks. But to help put this concept into perspective, let's consider something you want to incrementally get better at this year.

In your quest to improve and to continue to enhance your skill, deliberate practice is necessary. Try, try harder, and try even harder again. And in case you think setting the bar low for yourself will help, you actually are wasting your time if you are engaged in routines you already know. This action does nothing to help you take your skill up a notch. Experiment with new techniques and develop new skills to help master your craft. Play outside of your comfort zone. Design exercises, projects or tasks to push you toward growth, not mediocrity.

Lastly, seek out an accountability partner. Just like with exercising, it is almost always easier to stay on your plan when you realize you will be connecting with him/her in the near future to share stories, discuss issues, or relish in one another's success.

Decide what you are most passionate about and where your innate skill lies and practice it relentlessly. Stay true to who you are and never give up. Before you know it, you will have developed into an expert for which others seek out.

Is This YOU...

Something for
EVERYONE! "Is This You?"

Get more sleep or this may be you...



Experience or Memory?



What's More Important...Experience or Memory?

The experiencing part of ourselves lives in the present.

The remembering self keeps score, maintaining the story of our life.

Let's work through an example together. Let's say you are going out to eat at a restaurant with your spouse or friend. You order an entrée that appears really appetizing and when it arrives, it looks, smells, and tastes even better than you had envisioned. As you are approaching your final savoring mouthfuls of your delicacy, you notice a long, black hair mixed in the sauce that your perfectly prepared entrée has been basking in. You immediately begin to feel ill and disgustingly state, "My entire meal (or night) has just been ruined!"

Your meal or night hasn't been ruined; rather, you enjoyed eating your meal for the last 25 minutes. You leave the restaurant and continue to relive seeing the hair in your entrée, causing you to remember feeling ill.

The experiencing self was happy. The remembering self...not so much.

To learn more about this concept from Daniel Kahneman, [click here to watch the video clip now.](#)

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.



March 7

Conquer the Chaos! Stress Less & Achieve More

Iron Mountain, MI

2015 Women's Wellness Day

March 10

Conquer the Chaos! Stress Less & Achieve More

Shawano, WI

SAYPRO - Shawano Area Young Professionals

March 11

Embracing the Challenge of Change *and* Clear, Concise & Confident Communication

Appleton, WI

Private Client

March 13

The Essentials of High Performance Teams

New York, NY

Private Client

March 19

**Professional Impressions *and*
Enhancing Group Dynamics**

Oshkosh, WI
Private Client

March 25

**Inspiring Creativity & Innovation *and*
The Marshmallow Challenge**

Oshkosh, WI
Private Client

April 21

Be the Architect for Your Life: Dream It. Plan It. Live It.

Green Bay, WI
Private Client

April 23

Embracing the Challenge of Change

Green Bay, WI
Private Client

Inspirational Products ~ Perfect 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.

**Choose from one of the following three books:
Conscious Choices, Tame the Turbulence or The Perfect Pair of Jeans!**



[For a description of each book, click here.](#)

10 beautiful designs to choose from, each with an inspirational quote to provide daily inspiration!
Each print is framed in a 5" x 7" decorative black frame.



[Click here for more information or to purchase several to say "thank you" to your team today!](#)

Applicable tax and shipping/handling fees are additional.

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

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