



Happy Tuesday, and Happy Thanksgiving Week!

This one's coming from a place of honesty: I missed last week's newsletter.

Between grading for my students, finishing my Goldman Sachs program work (graduating in TWO weeks in New York—yes, I'm excited!), and the everyday demands of life and leadership, I hit a wall. I was tired. Overloaded. And I had to make a decision.

So, I took my own advice. I paused.

Quick Reflection

A few weeks ago, I wrote that sometimes *the most productive thing you can do is stop*.

Well, that message found me again.

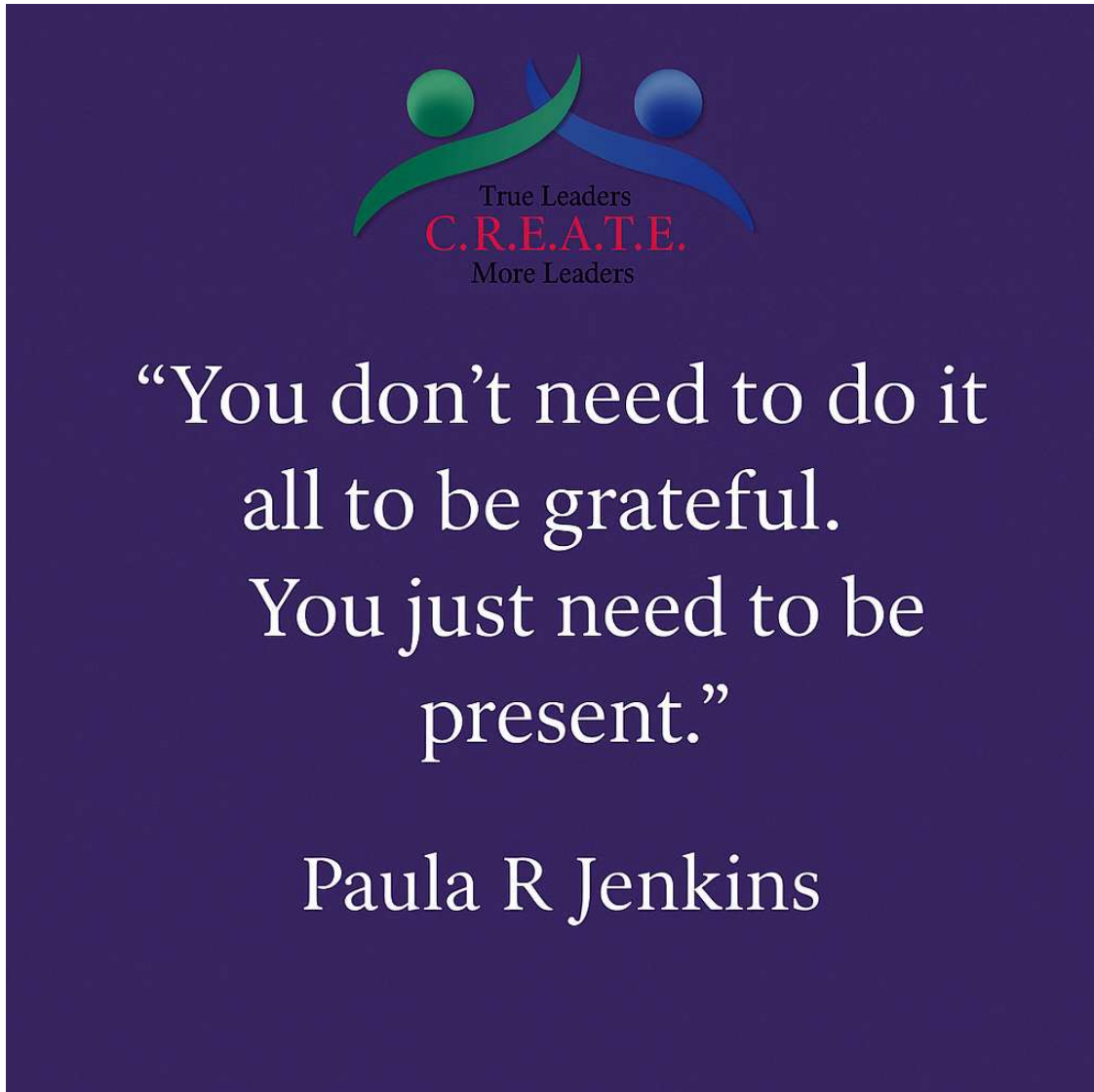
And the truth is—leadership isn't about doing it all. It's about recognizing when you've done enough. It's about giving yourself grace to rest without guilt and the wisdom to know when to slow down.

This week, as we head into Thanksgiving, I'm feeling grateful—not just for the big things, but for the ability to stop, breathe, and regroup when life gets heavy.

Gratitude isn't only for others—it's also for **you**. For your resilience, your growth, your ability to keep showing up even when you need to pause.

Leadership Insight: Gratitude in All Seasons

Visual Reminder



Gratitude Reminder

Here are 3 Ways to Show Gratitude to Yourself

1. Be Grateful for Your Growth

Every season—busy or calm—teaches you something. Even exhaustion shows you where to build better boundaries next time.

2. Be Grateful for Grace

We're all juggling more than we admit. Grace allows space for imperfection

and renewal. Give it freely—to yourself first.

3. Be Grateful for the Pause

Stillness isn't weakness. It's a sign of wisdom and trust. Trust that things will get done in their time, and that you're still enough even when you're not producing.

Action Step for the Week:

As you move through this Thanksgiving week, make gratitude personal.

List three things you're grateful for about yourself—not your job, your title, or your goals—***you***.

Community Spotlight

Your messages always remind me that this community *gets it*. Recently, one reader texted:

"Okkkkkk!!!!!! This spoke to me this morning. You are spot on! Sometimes the most productive thing you can do is stop."

And another wrote:

"Reading your newsletter was a good use of my very limited time. The information is easy to understand and apply. Thank you, Paula."

Those words mean so much—because they remind me that the pause resonates beyond me. We're all learning to lead with grace together.

What I'm Up To:

- It's a full season, and I'm practicing what I preach—slowing down, celebrating small wins, and preparing for an incredible close to the year.
- I'm also preparing to graduate from the **Goldman Sachs One Million Black Women: Black in Business Program** in just two weeks! 🎓

This journey has been humbling, inspiring, and a reminder that growth takes both grit *and* grace.

Final Thought:

Gratitude. Grace. Growth.

That's the trio I'm carrying into the end of this year. And I hope that you'll carry it too.

As you gather, rest, and reflect this week, remember:

You don't need to do it all to be grateful. You just need to be present.

Wishing you rest, joy, and peace this Thanksgiving.

Newsletter Archives:

Have you missed a newsletter? You can now find all past editions here:

👉 [View the Newsletter Archives](#)

With appreciation,

Paula R Jenkins

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"Everything Begins and Ends with Communication."



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