



Happy Tuesday, and welcome back to another edition of Leadership Unscripted.

Last week, we talked about listening to your body — and I heard from many of you that the message landed. That tells me something important: a lot of us are navigating full lives, full calendars, and full expectations... often without stopping to ask whether what we're doing actually fits our capacity.

So let's stay right there for a moment.

Quick Reflection

*One of the biggest lessons I continue to learn (and relearn) is this:
capacity is not constant.*

Some weeks, I feel strong, clear, energized, and ready to take on the world. Other weeks, my body, mind, or spirit says, slow down. And leadership — real leadership — requires listening to that message, not pushing past it at all costs.

Leading within your capacity doesn't mean you don't care.

It doesn't mean you're disengaged.

And it definitely doesn't mean you're weak.

It means you're self-aware.

Leadership Insight: Capacity ≠ Commitment

We often confuse commitment with overcommitment. They are not the same.

Here are a few truths worth sitting with:

- ***Your capacity will shift*** depending on season, health, stress, and life events.
- ***Saying yes to everything today can create burnout tomorrow.***
- ***Strong leaders adjust — they don't ignore the signals.***

When you lead within your capacity, you're not lowering standards — you're creating sustainability. And that matters not just for you, but for everyone connected to you.

Visual Reminder



Lead within your capacity.

Action Step for the Week

Take five quiet minutes and ask yourself:

- *What currently fits my capacity?*
- *What feels forced?*
- *Where do I need to adjust — even slightly?*

You don't have to overhaul your life. Just make one intentional shift.

Community Spotlight

I continue to be grateful for the messages you send — reflections about recovery, boundaries, purpose, and learning to show up differently. Your honesty reminds me that leadership is never just professional — it's personal.

If you haven't shared yet, I'd still love to hear from you:

What's your word for the year?

Reply and tell me — I read every message.

Final Thought:

Leading within your capacity isn't about doing less — it's about doing what matters well.

When you honor where you are, you lead with clarity instead of exhaustion.

Until next week, be gentle with yourself — and intentional with your energy.

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With appreciation,

Paula R Jenkins

Founder, The Live By Example Speaker

"Everything Begins and Ends with Communication."



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