



*Happy Tuesday!*

*This week feels like a special one for a few reasons. Valentine's Day is right around the corner. My birthday is this Friday (2/13). And it also marks **eight years** since I started LFS Consulting.*

*That combination has me reflecting — not just on love in the romantic sense, but on how love shows up in leadership, in work, and in how we treat ourselves.*

*Because here's the truth:*

***How you lead is deeply connected to what (and who) you choose to care for — and how much you try to carry.***

### ***Quick Reflection***

*Lately, I've been thinking a lot about capacity, focus, and connection — themes many of you have echoed back to me.*

*Leadership isn't about squeezing everything in. It's about discernment. It's about knowing when to push forward and when to pause. It's about honoring your limits instead of pretending they don't exist.*

*Love in leadership doesn't always look soft. Sometimes it looks like:*

- *saying no*
- *protecting your energy*
- *finishing three priorities instead of ten*
- *choosing rest over grind*

*That kind of love is powerful.*

### ***Leadership Insight: Love requires discernment***

*If you're trying to lead well — at work, at home, or in your community — you can't pour into everything equally. You have to choose.*

*Discernment asks:*

- *What actually deserves my energy right now?*
- *Where am I forcing things that don't fit?*
- *What would it look like to lead with respect for myself?*

*Because leadership without boundaries isn't love — it's exhaustion.*

**Visual Reminder**



*Lead with love. Start with yourself.*

**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**

*Your responses this past week say it all:*

- *"I'm focusing on completing three priorities a day — and being satisfied with that."*
- *"My word for the year is connection. I want to be intentional about it daily."*
- *"Trying to squeeze 20 pounds of bologna into a one-pound bag."*
- *"Body is tired of being tired."*
- *"Great stuff!!! Sooooo proud of you."*

*Different words. Same message.*

*We are learning — together — how to honor our limits and still lead well.*

*Thank you for trusting me with your reflections. This community matters..*

### **Final Thought:**

*As I celebrate another year of life and eight years in business, I'm reminded that sustainability matters more than speed. Leadership isn't about doing everything — it's about doing what matters with intention.*

*This week, lead with love.*

*Start with yourself.*

*And give yourself permission to choose wisely.*

### **Newsletter Archives:**

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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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