



**Happy Tuesday!**

*It has been cold — not just here, but across the country. And if I'm honest, last week matched the weather.*

*It was an up-and-down week for me. My body clearly told me to rest — so I did.*

*Then, when I had a bit more energy, I honored what I could do... and what I couldn't. No forcing. No guilt. Just awareness.*

*That alone is leadership.*

### **Quick Reflection: Honoring What Is**

*We don't talk enough about how leadership requires listening — not just to others, but to ourselves.*

*There were moments last week when I felt strong and engaged:*

- *meaningful conversations with clients*
- *moments of clarity*
- *alignment with the work I'm doing*

*And there were moments where rest was the only right answer.*

*Both can exist at the same time.*

*Leadership isn't about powering through every moment. It's about knowing **which version of yourself** needs to lead that day.*

**Leadership Insight: Discernment Shows Up in the Small Choices**

*My word for this year is **discernment**, and I'm realizing it doesn't just show up in big decisions.*

*Discernment shows up when you ask:*

- *Do I need to push — or pause?*
- *Is this a yes right now — or just eventually?*
- *What does showing up well look like today, not ideally?*

*Discernment is quiet.*

*It's internal.*

*And it requires honesty.*

**Visual Reminder**



*Listening to your body is leadership.*

**Action Step for the Week**

*Before you commit to anything this week, ask yourself:*

*What do I actually have the capacity for today?*

*Then lead from there.*

*That's not lowering the bar — that's leading with wisdom.*

### **Community Spotlight**

*One of my favorite parts of this newsletter is hearing how it's landing with you.*

*Over the past week, several of you shared how the message about rest, recovery, and intention resonated — especially those navigating health, transition, and new seasons of self-care. One reader shared that this year is about being more chalant — leading with care and prioritizing themselves — and I **loved** that framing.*

*If you haven't already, I'd still love to hear from you:*

*What's your word for the year?*

*Hit reply and tell me — your reflections matter here.*

### **Final Thought:**

*We are all navigating seasons — some visible, some not.*

*Showing up intentionally doesn't always look the same day to day.*

*Honor where you are.*

*Trust what your body is telling you.*

*And let discernment guide how you show up — in **every** space.*

### **Newsletter Archives:**

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

👉 [View the Newsletter Archives](#)

With intention,

Paula R Jenkins

Founder, The Live By Example Speaker

*"Everything Begins and Ends with Communication."*

**PS:** *If you're new here — welcome. If you've been here a while — thank you. This space exists because of your honesty, reflection, and willingness to do the work.*

*#TrueLeadersCreateMoreLeaders*



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