



Happy Tuesday!

I'm fresh off travel and stepping back into "real life" again... you know, the version where your inbox multiplies overnight and your to-do list tries to fight you in the parking lot.

But this time, I'm coming back with a different mindset: re-entry without the rush.

Quick Reflection

One of the hardest parts of rest isn't taking it — it's returning from it.

We tend to come back and immediately try to:

- *make up for lost time*
- *reply to everything instantly*
- *say yes to every request*
- *sprint like we never paused*

And that is exactly how burnout sneaks back in, wearing a "productivity" hoodie.

*This year, my word is **discernment**, and discernment shows up loudest during re-entry:*

- *What actually needs my attention now?*
- *What can wait?*
- *What was never mine to carry in the first place?*

Leadership Insight: Discernment is a Re-Entry Skill

If you want to lead well after time away, here are three truths:

1) Everything feels urgent when you're overwhelmed.

Discernment helps you separate urgent from important.

2) You don't owe anyone instant access to you.

Just because you're "back" doesn't mean you're available for everything.

3) The way you return sets the tone for your next season.

Re-entry is leadership. Don't rush it.

Visual Reminder



Lead with love. Start with yourself.

Action Step for the Week

Before you jump into everything, do this:

Pick your "Top 3" for the week.

*Not 12. Not 27. **Three.***

Then ask: What can wait without consequences?

Let that be your boundary.

Community Spotlight

I've loved hearing your words of the year and what you're focusing on. A few that stood out:

- **Focus** *(and actually doing the things you keep saying you'll do)*
- **Connection** *(being intentional with people daily)*
- *And I just have to mention again - the most honest description of capacity I've heard in a while: "Squeezing 20 pounds of bologna in a one-pound bag."*

Whew. If that's you, you're not alone.

*If you haven't shared yet: **What's your word for the year?** Hit reply and tell me.*

Final Thought

Coming back doesn't require chaos.

You can return rested and still move with intention.

Re-entry isn't about catching up.

It's about choosing wisely.

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With appreciation,

Paula R Jenkins

Founder, The Live By Example Speaker

"Everything Begins and Ends with Communication."



LFS Consulting LLC, PO Box 118, Lake Villa, IL 60046

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