



Happy Tuesday!

We've just closed Black History Month.

And we recently lost a pioneer — Rev. Jesse Jackson Sr.

Regardless of where people land politically, one thing is undeniable: he used his voice. He stood for something. He moved rooms. He mobilized people. He understood influence.

*Leadership is not about agreement.
It's about courage.*

And as we move toward International Women's Day on March 8th, I can't help but think about legacy.

*The leaders who spoke.
The leaders who marched.
The leaders who pushed doors open.
The leaders who didn't wait to be invited.*

We stand on their shoulders.

The real question is:

Who will stand on ours?

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: Legacy Is Built In Real Time

We often think of legacy as something we leave behind.

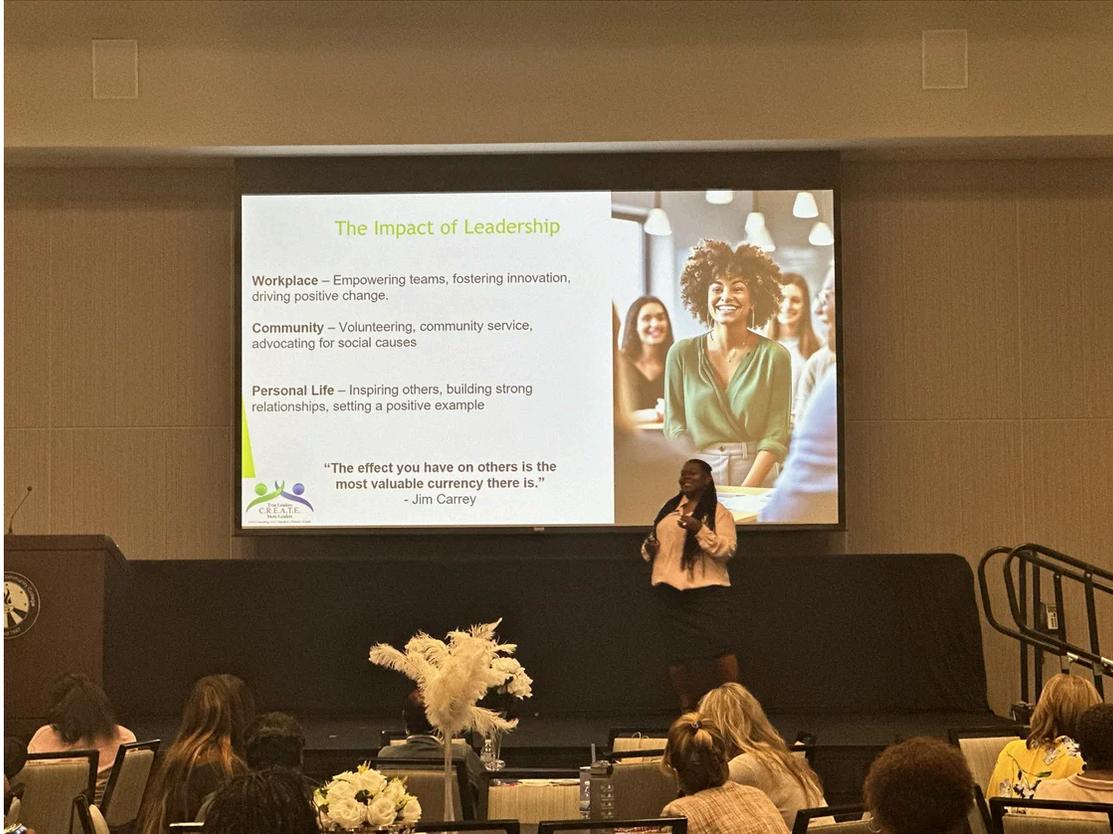
But legacy is created in how we show up daily.

It's in:

- *The rooms we choose to enter*
- *The conversations we choose to have*
- *The truth we are willing to speak*
- *The people we elevate*

*You don't have to be a civil rights icon to leave impact.
You just have to be consistent and courageous.
Leadership requires voice.
Silence may feel safe — but it rarely moves anything forward.*

Visual Reminder



Legacy is built in how you show up.

Action Step for the Week

Ask yourself:

- *Where have I been shrinking?*
- *What conversation have I been avoiding?*
- *Who needs my voice in this season?*

And in honor of International Women's Day:

Support a woman this week.

Amplify her work.

Share her name in a room she's not in.

Recommend her.

Celebrate her.

That's leadership too.

Community Reminder

This community continues to remind me that growth is happening in real time.

One reader shared recently:

"My word for the year is connection. I want to be intentional about it daily."

Another said:

"I'm focusing on completing three priorities a day — and being satisfied with that."

Legacy isn't always loud.

Sometimes it's built in disciplined focus.

Sometimes it's built in an intentional connection.

Keep doing the work.

Final Thought

Leadership is not just about where you're going.

It's about who you lift.

It's about what you stand for.

It's about whether your presence makes space for others.

We stand on shoulders.

Let's be worthy of being stood on.

Newsletter Archives:

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

 [View the Newsletter Archives](#)

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

[Unsubscribe](#) [Manage preferences](#)