



Happy Tuesday,

There's a lot of talk about confidence these days.

How to build it.

How to show it.

How to "walk in the room like you own it."

And while I understand the message, I think we often skip an important step:

clarity.

Because in my experience, confidence doesn't usually come first.

Clarity does.

Quick Reflection

Many people are not lacking confidence as much as they are lacking clarity.

Clarity about:

- *who they are*
- *what they want*

- *what matters most*
- *what they need to say*
- *and how they want to show up*

When those things are fuzzy, confidence feels forced.

That's when people overtalk, overexplain, second-guess themselves, or try to perform certainty they don't actually feel.

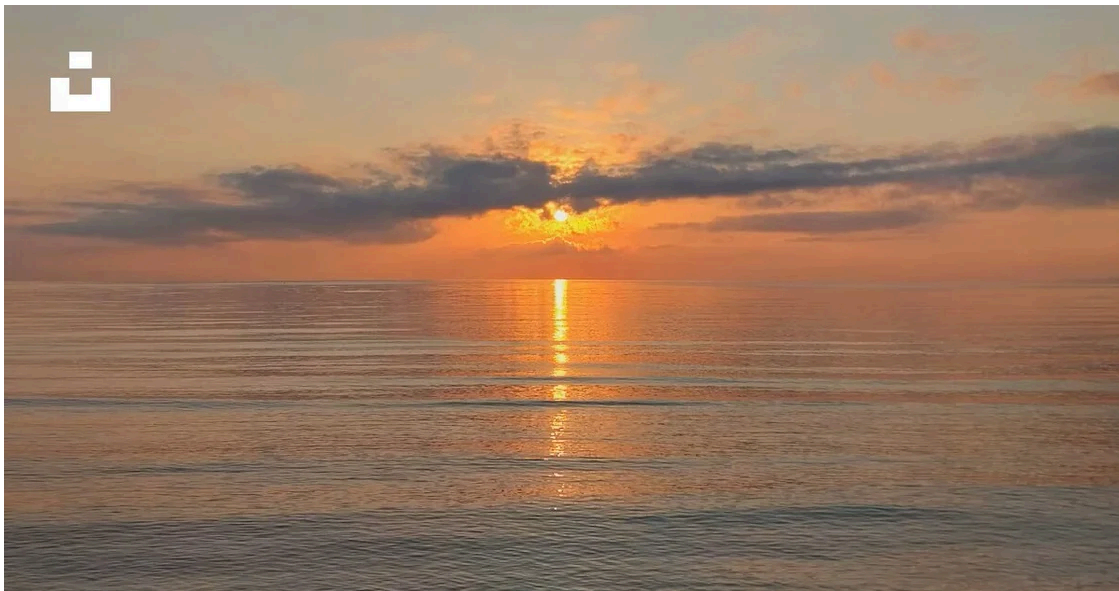
But when you get clear?

Your energy shifts.

You stop trying to convince everyone else.

You start leading from a grounded place.

Visual Reminder



Clarity creates confidence.

Leadership Insight: Clarity Comes First

Strong leadership isn't built on performance.

It's built on alignment.

When you are clear on your values, your message, and your direction, confidence has something real to stand on.

Clarity helps you:

- communicate more effectively
- make better decisions
- set stronger boundaries
- and show up with less apology

Confidence that comes from clarity is different.

It's quieter.

Stronger.

And a lot more sustainable.

Action Step for the Week

Ask yourself:

Where do I need more clarity right now?

Not more hype.

Not more pressure.

Not more pretending.

Clarity.

Then take one step toward it:

- *write it down*
- *talk it out*
- *ask the hard question*
- *or finally make the decision you've been avoiding*

One clear step changes everything.

Community Spotlight 

Your reflections continue to remind me why these messages matter. I love hearing from you. Respond back to me and let me know if this newsletter is providing value to you. Let me know what you like, what resonates, and what I can provide further to help you in your leadership journey. Reply back! And if you run into an issue, just email me at paula@lfsconsult.com

Thank you for continuing to share your words, your growth, and your reflections with me.

Final Thought

Confidence is not about being the loudest voice in the room.

It's about being clear enough to use your voice with purpose.

So this week, don't chase confidence.

Chase clarity.

The confidence will follow.

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With appreciation,

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"Everything Begins and Ends with Communication."



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