

DISCOVER AUTHENTIC LEADERSHIP

Leadership Unscripted



Happy Tuesday,

We're at the end of May.

And while many people wait until mid-year to reflect...

I want to pause now.

Because leadership isn't about waiting for the "right time" to reset.

It's about recognizing when one is needed.

Quick Reflection

At the beginning of the year, many of us set intentions.

Goals.

Focus areas.

Words that would guide how we show up.

And now here we are.

Not at the end of the year.

Not even halfway through.

But far enough along to ask:

Am I aligned with what I said I wanted?

Visual Reminder



"You can reset at any moment."

Leadership Insight: Awareness Creates the Opportunity to Reset

You don't need January to reset your life.

You need awareness.

Awareness of:

- What's working
- What's not
- What's draining you
- What's energizing you
- and where you may have drifted

Because drift happens.

Not because we're not capable...

But because life keeps moving.

And if we're not intentional, we start reacting instead of leading.

A Personal Check-In

My word for this year is **discernment**.

And if I'm honest, there have been moments where I've had to pause and ask myself:

- Am I choosing intentionally?
- Am I honoring my capacity?
- Am I aligned with what matters most?

That's the work.

Not perfection.

Awareness.

Action Step for the Week

Take 10 minutes and check in with yourself:

- What's working right now?
- What isn't?
- What needs to shift before June?

Then choose one adjustment.

Not a full overhaul.

Just **one** intentional shift.

Community Spotlight

I have to simply say THANK YOU. I am continuously grateful for the notes you send to me after this newsletter comes out. Whether it is someone who is responding for the first time or someone continuously telling me the value these bring. I have had some wonderful emails come through, and I will be sharing, but I just needed to say THANK YOU today because it makes a difference. Why? Because I'm tired, ya'll. Like for real. I am trying to get all the things done, and I need a moment! LOL! Your words keep me going! But I am resting when I need to, working to meet deadlines - because I have to, and enjoying life as I can. I hope you all are doing the same!

What I'm Up To

The Virtual Book Launch Link Is Here!

Last week, I told you the link was coming — and here it is!

I am so excited to officially invite you to the virtual launch celebration for my new book, *Show Up Like You Mean It: Living, Leading, and Speaking Your*

Truth.

The launch will take place on Friday, June 19, from 11:30 a.m. to 1:00 p.m. Central Time on Zoom.

This book has been years in the making, and I would love for you to be part of this special moment. During the launch, I'll share the story behind the book, read a few excerpts, talk about the key themes, and create space for reflection around what it really means to live, lead, and speak your truth.

The official book purchase link is not available just yet, but everyone who registers will be among the first to receive it when it is ready.

You can register here: <https://bit.ly/virtuallaunchshowuplikeyoumeanit>

Thank you for being part of this journey. This is more than a book launch — it is a celebration of showing up fully, honestly, and intentionally.

Final Thought

You don't need to wait.
You don't need a new month.

You don't need perfect conditions.

You just need a moment of honesty.

Pause.
Reflect.
Adjust.

Then keep going.

With appreciation,
Paula R Jenkins
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Founder, The Live By Example Speaker
"Everything Begins and Ends with Communication."

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