



Happy Tuesday,

Last week, we talked about financial clarity.

This week, I want to talk about something just as important — and often overlooked:

**mental clarity.**

Because let's be honest... Many of us are not just busy — we're mentally full.

### Quick Reflection

You can have:

- the plan
- the strategy
- the goals

...but if your mind is cluttered, everything feels harder than it needs to be.

Overthinking.

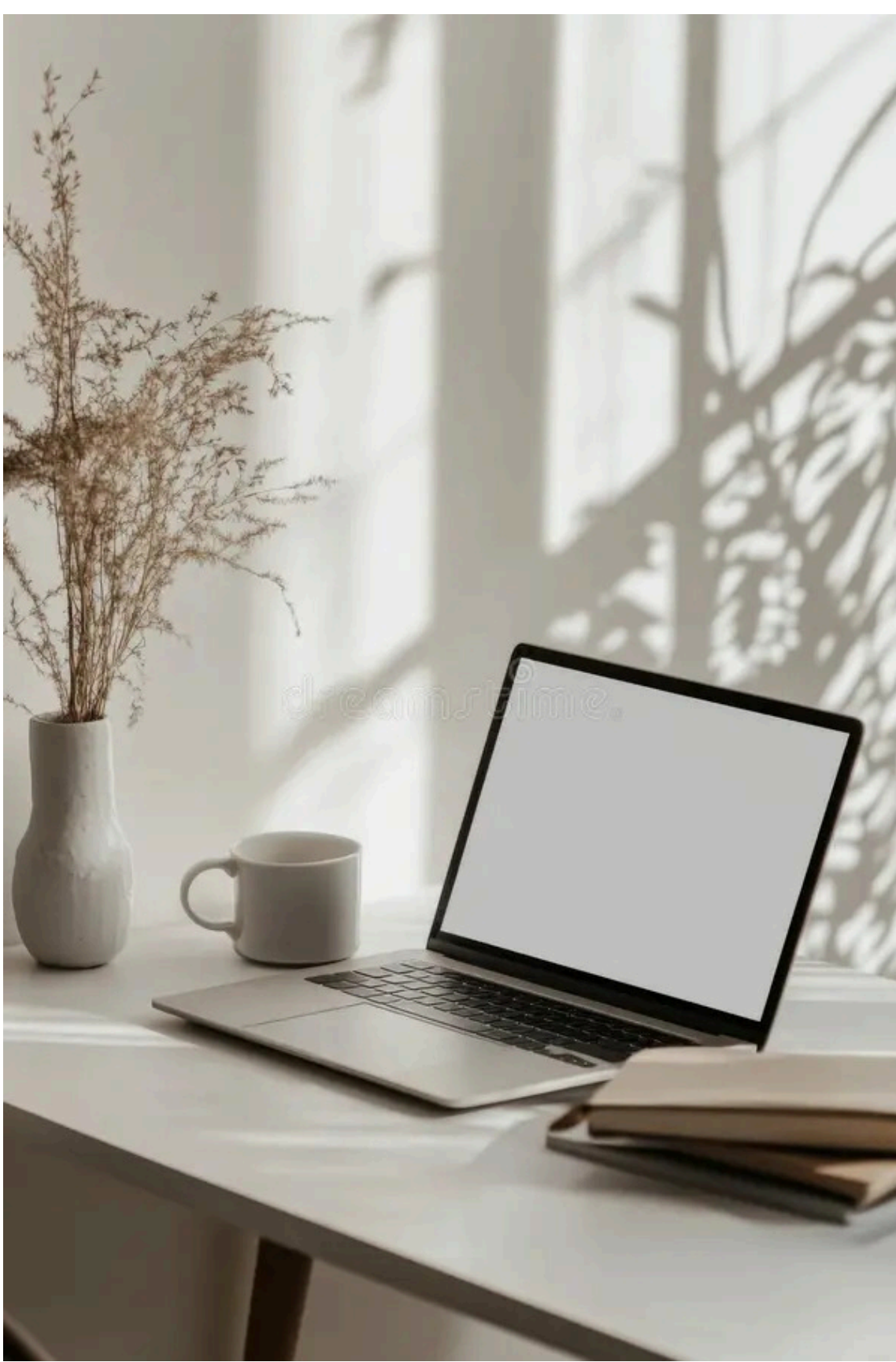
Second-guessing.

Replaying conversations.

Carrying things that were never yours to carry.

That kind of mental weight doesn't just sit quietly — it shows up in how we lead.

### Visual Reminder



**“Clear mind. Better leadership.”**

### Leadership Insight: Mental Clutter Creates Leadership Confusion

When your mind is full of noise, it impacts everything:

- your decision-making
- your communication
- your focus
- your confidence

You hesitate when you should move.

You react when you should pause.

You say yes when you should reconsider.

And over time, that creates misalignment.

Here's the truth:

**You can't lead clearly if your mind is full of noise.**

### What This Looks Like in Real Life

Mental clutter doesn't always look obvious.

Sometimes it sounds like:

- “I'll get to it later”
- “Let me think about it” (again... and again...)
- “I just have a lot going on right now”

And while all of that may be true...

It's also a signal.

A signal that something needs to be cleared, decided, or released.

### Action Step for the Week

Take 10–15 minutes this week and do a mental reset:

Ask yourself:

- + What am I holding onto that I need to release?
- + What decision have I been avoiding?
- + What keeps replaying in my mind that needs resolution?

Then take one step.

Not ten.

**One.**

Because clarity doesn't come from doing more — it comes from creating space.

### Community Spotlight

I continue to appreciate the messages you share — whether they're long reflections or simple responses.

Recently, readers have shared:

- “I LOVE getting your newsletters and am so thrilled for you and your business.”
- “Excellent newsletter... easy to read, connect with, and apply.”
- “Thank you for the reminders that we all need to hear.”
- “I just wanted to let you know that I genuinely enjoy reading these leadership unscripted newsletters!”

*That means a lot.*

*Because my goal each week is simple:*

*To give you something you can actually use.*

*Thank you for reading, reflecting, and continuing to grow alongside me.*

## **What I’m Up To**

*Wow! What a busy two weeks!*

- *I celebrated with a fellow entrepreneur her 6th year in business and got to meet some of my coaching clients in person for the first time!*
- *I had three speaking events in the past 7 days and this last one at the Maine Township Agency Day conference was stellar! The impact was felt - it was emotional - because everything begins and ends with communication truly resonated with those in the room!*
- *I also did a road trip to Nashville where my husband and I celebrated our goddaughter graduating from college!*

*What an extremely filled and fulfilling week!*

*Thank you to those who submitted your ideas about my book title. I even added 2 more options based on the feedback. If you hadn’t had a chance to chime in - please do!*

**Reminder:** *My book is going to be about living and leading authentically. My ask is, would you take 60 seconds and take this survey ([click here](#)), to let me know what title resonates immediately, that may get you to pick it up? Thank you in advance for helping me out!*

## **Final Thought**

*You don’t need more information.*

*You need more clarity.*

*And sometimes the most powerful thing you can do as a leader is not add more...*

*...but remove what no longer serves you.*

*Make space.*

*Then lead from there.*

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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