



Happy Tuesday,

Can I let you in on a little secret?

There are very few moments in life when we feel completely ready.

Ready for the promotion.

Ready to start the business.

Ready to have the difficult conversation.

Ready to launch the project.

Ready to become the leader others need us to be.

Most of us spend a lot of time waiting for confidence to arrive before we act.

But what I've learned over and over again is this:

Confidence rarely comes before action.

It usually comes because of it.

This past week, I had the privilege of watching my daughter graduate from college.

And while seeing her walk across the stage was special, what impacted me most happened before and after the ceremony.

The president of the college knew who she was and thanked her for her work as an orientation leader.

One professor wanted to meet me personally to tell me how wonderful she was.

Another stopped to congratulate her and share how much she had enjoyed having my daughter in his class.

As a parent, there are moments that make your heart swell.

This was one of them.

Because what they were describing wasn't her GPA.

It wasn't a title.

It wasn't an award.

They were talking about who she is.

A kind human being.

Someone who helps others.

Someone who shows up for her friends.

Someone who refuses to participate in mean-girl behavior.

Someone who makes people feel seen.

And it reminded me that leadership often has very little to do with position and everything to do with impact.

Leadership Insight

One of the biggest myths we tell ourselves is:

"I'll do it when I'm ready."

But the truth is that many of the most meaningful moments in our lives happen before we feel ready.

We grow into them.

We learn through them.

We become because of them.

My daughter didn't become the person people celebrated last week overnight.

She became that person through thousands of small choices over the last several years.

Showing up.

Helping others.

Doing the work.

Leading from wherever she was.

And isn't that true for all of us?

Action Step

Think about one area of your life where you've been waiting until you feel ready.

Then ask yourself:

What would happen if I took the next step anyway?

Not because I'm confident.

Not because I have all the answers.

But because growth often happens after we move.

What You're Teaching Me ❤️

One reader recently shared:

"Excellent advice, Paula. What I've had to do is reflect on the emotions, fears, and blocks that have caused me to resist speaking up when conflicts occur during meetings."

That reflection stayed with me.

Often the thing holding us back isn't a lack of ability.

It's the fear, uncertainty, or story we've attached to the situation.

Awareness is often the first step toward courage.

Thank you for continuing to share your reflections with me.

Visual Reminder

SHOW UP LIKE YOU MEAN IT

Living, Leading, and
Speaking Your Truth



Paula R Jenkins

“Leadership is measured by impact, not titles.”

What I’m Up To

This is launch week!

After years of writing, revising, editing, and preparing, my book:

*Show Up Like You Mean It: Living, Leading, and Speaking Your Truth
officially launches on June 19.*



*You can learn more, register for the virtual launch celebration, and follow the
journey at:*

www.showuplikeyoumeanit.com

*To everyone who has pre-ordered, shared a post, encouraged me, replied
to a newsletter, or supported this journey in any way—thank you.*

I appreciate you more than you know.

Final Thought

Leadership isn’t built in one big moment.

It’s built in the small choices we make every day.

The choice to show up.

The choice to help.

The choice to lead.

*The choice to take the next step before we feel completely ready.
And one day, often when we least expect it, those choices become our
legacy.*

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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