

Leadership Unscripted



The Leaders'
CREATOR
Marcia London



Happy Tuesday,

The Book Is Out. Now the Real Work Begins.

I thought once the book was out, I would exhale.

And I did.

For about seven minutes.

Then reality tapped me on the shoulder and said, “Cute. Now what?”

The website went live. The virtual launch happened. The support was beautiful. The messages, texts, posts, and encouragement have meant more than I can fully explain.

And now, after stepping away for a few days in Napa, I keep coming back to this truth:

The launch was not the finish line.

It was an invitation.

Leadership Insight

Leaders love the big moment.

The announcement.

The launch.

The retreat.

The new initiative.

The big meeting.

The “we are excited to share” email.

And those moments matter.

But the real leadership test usually comes after the moment.

After the applause.

After the announcement.

After everyone has logged off Zoom.

After the excitement quiets down.

That is when we find out if we are actually going to live what we said.

Showing up like you mean it is not about one brave moment. It is about repeated alignment.

*It is how you lead when people are watching and when they are not.
It is how you communicate when the conversation gets uncomfortable.
It is how you make decisions when the easy option is not the honest one.
It is how you honor your values when life, leadership, business, family, and fear all show up at the same meeting without an agenda.*

And let's be clear, they will.

From the Book

One of the reasons I wrote Show Up Like You Mean It is that I believe too many people are exhausted from trying to be who everyone else expects them to be.

- *The “strong one.”*
- *The “easygoing one.”*
- *The “professional one.”*
- *The “I’m fine” one.*
- *The “I’ll figure it out” one.*
- *The “don’t worry about me” one.*

Meanwhile, on the inside, they are tired, unclear, frustrated, overextended, or quietly asking themselves, “How did I get here?”

That is why this book matters to me.

Not just because I wrote it.

But because I lived it.

And because I know what it feels like to have your body, your spirit, your leadership, and your truth all trying to get your attention at the same time.

That is not drama.

That is data.

This Week’s Reflection

Showing up like you mean it requires you to pay attention.

To your words.

*To your **boundaries**.*

To your energy.

To your money.

To your leadership.

*To your **relationships**.*

*To your **communication**.*

To the version of you that keeps whispering, “This is not aligned anymore.”

So this week, I invite you to sit with this question:

Where am I showing up out of habit instead of intention?

- *Maybe it is in your leadership.*
- *Maybe it is in your communication.*
- *Maybe it is in your business.*
- *Maybe it is in your relationships.*
- *Maybe it is in the way you keep saying yes when your honest answer is no.*

Whew. Don’t blame me. I just show up here. (See what I did there?!)

Action Step

Choose one area of your life, leadership, or business where you need to show up more honestly this week.

Not perfectly.

Honestly.

That may mean having a conversation you have been avoiding.

It may mean asking for help.

It may mean admitting something is no longer working.

It may mean setting a boundary.

It may mean revisiting your values.

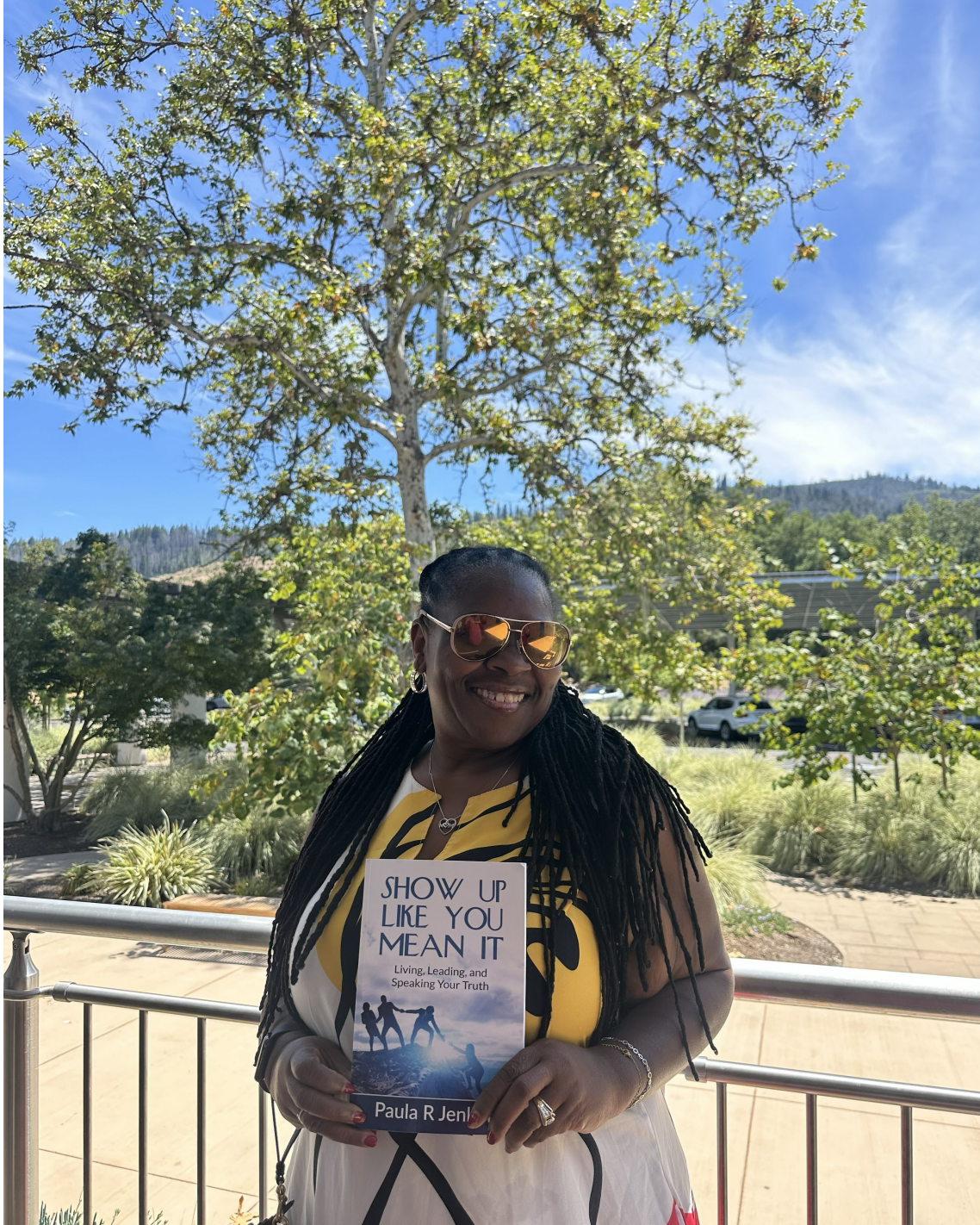
It may mean reading the chapter you already know is going to be in your business.

*You **do not** have to fix everything this week.*

But you can tell yourself the truth.

And that is a powerful place to start.

Visual Reminder



Post-launch pause in Napa — reflecting on what it means to live the message, not just launch the book.

Book Note

If you haven't grabbed your copy of Show Up Like You Mean It: Living, Leading, and Speaking Your Truth, this is a great week to do so at www.showuplikeyoumeanit.com

But don't just read it.

Use it. Highlight it. Argue with it if you need to. Then ask yourself what needs to change.

Show up. Do you.

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

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