



Happy Tuesday, \${UD:FIRST_NAME}!\$!

Whew.

I looked up, and somehow summer was over.

I would love to tell you that I spent the entire summer relaxing, enjoying summertime Chi, and sitting somewhere with my feet up.

That would not be the truth. And you know how I feel about the truth.

This summer was full. Full of celebrations, travel, speaking, teaching, learning, writing, coaching, service, meaningful connections—and some lessons I did not necessarily request.

In May, I celebrated my goddaughter’s college graduation in Nashville, delivered a keynote for Agency Day, completed another semester teaching personal finance and introduction to business, and facilitated an all-day executive team retreat. I participated in a high school book-club discussion, attended United Way’s Leaders Day, continued coaching clients, attended networking events, and hired a summer intern.

June brought one of the proudest moments of my summer: watching my daughter graduate from college in Santa Clara, California.

It also brought one of the biggest professional milestones of my life: I became a published author.

After five years of writing, rewriting, questioning, pausing, and continuing, Show Up Like You Mean It: Living, Leading, and Speaking Your Truth officially entered the world.

There was a book launch, a Juneteenth book signing, the first recording session for the audiobook, two gatherings with my own book club, and the opportunity to sign books and connect with phenomenal women at The Links, Incorporated’s National Assembly in Detroit.

And somewhere in there, I flew from Detroit to San Francisco for the first of two trips to Napa.

The original plan was to rest.

Let’s just say the intention was there. 😊

July included another trip to Napa with my daughter and her friends to celebrate her graduation, the Jack and Jill of America National Convention in Baltimore, a half-day leadership workshop for a client’s senior leaders, and the NEA conference in Bloomington in my newer role with the adjunct faculty association.

I also recorded nearly ten podcast conversations over the summer, celebrated the 50th issue of this newsletter, participated in Kasey Brown’s Brick by Brick program, and learned that I will be receiving an award from the college where I teach. More to come on that one.

There were fundraisers, volunteer responsibilities, client sessions, committee work, book conversations, reunions with entrepreneurial friends and accountability partners—and two moves involving my daughter.

Two.

This summer taught me that my daughter is incredibly resilient.

It also taught me that I do not enjoy moving anybody. Ever. My goodness, that is hard work.

A Full Summer Does Not Mean an Easy Summer

The pictures may show the travel, celebrations, stages, smiling faces, and accomplishments.

They do not show everything.

By August, I was exhausted. My body was tired. I experienced health challenges that stopped me in my tracks, made me more aware of my limitations, and forced me to put some things into perspective.

I also heard “no” many times this summer.

Some organizations said no to me. I also said no to people, opportunities, and organizations—and that was equally important.

*My word for 2026 is **discernment**, and I have needed every bit of it. Discernment has reminded me that every opportunity is not my opportunity. Every invitation does not require a yes. And just because I am capable of carrying something does not mean I am supposed to carry it.*

That lesson will follow me into the fall.

Support Does Not Always Look the Way We Expect

Writing and publishing a book taught me something else: support looks different from different people.

Some of the support I expected did not come in the way I imagined it would. At the same time, encouragement came from people and places I did not anticipate—and I am deeply grateful for it.

There were moments of joy and moments of disappointment.

But disappointment should not stop us from showing up.

The truth is, I have had a lot happening that I have not shared publicly. The people around us may be carrying things we cannot see, too.

That is why the check-in matters.

The phone call.

The text.

The email.

The simple message that says, “You crossed my mind. How are you—really?”

You may not be able to fix what someone is experiencing. You may not even know what they are carrying. But taking a moment to let someone know they have not been forgotten can go a long way.

Everything begins and ends with communication—and sometimes the most meaningful communication is simply letting another person know, “I see you.”

What I Am Carrying Into the Fall

As I prepare for three speaking engagements over the next three weeks, I am thinking carefully about how I want this next season to feel.

I want to use my time more intentionally.

I want to engage with people who genuinely want to grow.

I want to use Show Up Like You Mean It as a platform to help people live and lead more authentically.

I want more doors to open for me to speak, teach, and carry this message into organizations and communities.

I will continue doing the work. I will ask for referrals. I will ask for help when I need it. I will say no when discernment tells me something is not aligned. And I will make room for rest before my body has to demand it.

Most importantly, I will keep showing up.

Not because everything went according to plan.

Not because every person supported me in the way I expected.

Not because I have unlimited energy or all the answers.

I will show up because I remain committed to living, leading, and speaking my truth.

And I hope you will, too.

Visual Reminder



Graduations, stages, recording sessions, reader connections, and becoming a published author—a summer filled with milestones, lessons, and more movement than I expected.

A Question for You

Before rushing into the next season, take a moment to ask yourself:

What did this summer teach me—and what do I want to carry forward differently?

Do not only count what you accomplished. Consider what you learned about your capacity, your relationships, your needs, your boundaries, and the way you want to show up next.

That reflection may be more valuable than the list of everything you completed.

A Few Updates

- [All In](#) is back! Cassandra and I have returned for another podcast season of honest conversations about entrepreneurship, life, and everything that happens behind the scenes.
- I am preparing for three speaking engagements over the next three weeks and look forward to sharing more.
- My book [Show Up Like You Mean It: Living, Leading, and Speaking Your Truth](#) is available now. It is also a meaningful resource for book clubs, leadership teams, employee groups, and organizations ready to have honest conversations about authenticity, communication, and leadership.
- I have already been booked for two events in 2027. If your organization is planning a leadership retreat, conference, or professional-development experience, now is an excellent time to begin the conversation. [Schedule a Leadership Conversation](#)

If you know an organization that would benefit from my message, I welcome the introduction. Referrals remain one of the most meaningful ways you can support my work - feel free to send an email introduction to paula@lfsconsult.com

Until next time, remember: leadership is a choice—and how you show up matters.

Show Up. Do You.

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

P.S. Know someone who would enjoy one honest leadership conversation every Tuesday? Forward this email and invite them to join our Leadership Unscripted community.

*If someone forwarded this newsletter to you, I'd love to invite you to join our community. Every Tuesday, Leadership Unscripted is one conversation designed to help leaders communicate with more confidence, authenticity, and emotional intelligence. **Click here to subscribe***

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LFS Consulting LLC, PO Box 118, Lake Villa, IL 60046

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