



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

Last week, I spent a lot of time on the road. I drove to a speaking engagement, made it to appointments, handled the work waiting for me, and wrapped up my marketing intern's time with LFS Consulting.

By Friday, I was tired.

So I took the day off. I slept. I watched A Different World. I let the list wait.

That can be hard to admit when you run a business or lead a team. There is always one more email, one more decision, one more person who needs something from you.

But people can feel it when we are running on empty. We get short. We miss things. We say "I'm fine" when we are one small request away from losing our patience.

I have done that. I'm still learning to recognize it sooner.

How you show up matters. Sometimes showing up well means being fully present for a hard conversation. Sometimes it means recognizing that you need rest before you have it.

What would happen if, this week, you were honest with yourself about your capacity?

Maybe you can take a day off. Maybe you can move one meeting, ask for help, or tell someone, "I need to come back to this when I can give it my attention."

That is a conversation too.

Show Up. Do You.

Paula

Visual Reminder



A moment by the water earlier this month. I can be grateful for meaningful work and still need rest.

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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