



## Monday, June 1, 2026 | Session RECAP

Monday's **SH**Energized Sisterhood She Power Hour was created as a **space to exhale**—a place where women who've had long days and long weeks can breathe, be inspired, be motivated, and be reminded:

- **You are not in this by yourself.**
- You came here looking for *something*—motivation, encouragement, connection—and this space is designed to pour that into you.

This is a **for-her-only** experience, built for **women of faith** whose spirituality is the foundation of who they are. The intention: that by the end of this hour, every woman feels **better, more empowered, and more ready to grow** than when she logged on.

### Identity, Energy, and Affirmation

#### Adjective Name Exercise

We began by getting to know who was “in the room.”

Everyone was invited to change their Zoom name (or say it out loud) to:

#### Adjective + First Name

(e.g., *Ready Roxy, Victorious Valerie, Courageous Courtney, Delightful Debbie, Effervescent Elizabeth, Memorable Michelle, Luminescent Lauren...*)

This exercise reminded us:

- You **define yourself**.
- Your name can carry **affirmation, energy, and intention** every time you're called.

#### Superhero Pose & Daily Affirmation

We then stepped into the “**superhero pose**”—standing strong and tall like Wonder Woman or Superman—and spoke an affirmation out loud together:

- *“I am the daughter of a King.”*
- *“I am beautifully and wonderfully made.”*
- *“My Daddy loves me. Because my Daddy loves me, I love me.”*
- *“Because I love me, I am free to love you. You are my sister, and I am here for you.”*

This set the tone:

- **Identity before activity** – who you are comes before what you do.
- When you love yourself, you are free to **love, support, and uplift** others.



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### The SHE Power Chant

We tapped into the unique **power of “she”**—the specific strength women carry individually and exponentially when we’re connected:

**P O W E R – Roxy’s got that SHE power!**

P O W E R – *[insert your own name]*’s got that SHE power!

The message:

- **Women have a power like none other.**
- When **like-minded women connect**, that power becomes **combustible and unstoppable.**

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### The Mission of SHEnergy & SHenergized SisStarhood

Roxy shared the **mission of SHEnergy**, founded in 2012:

To **energize, educate, emotionally engage, and empower women** to take their lives to higher levels of excellence through **mutually beneficial alliances.**

Key principles:

- We can do **more together than we can alone.**
- This is about **spirit, mind, and body**—optimal wellness, not just “getting by.”
- This is a **sisterhood**: a group of women who meet weekly (Sunday mornings) to be **encouraged, equipped, and empowered.**

SHEnergy is:

- About **connectivity over isolation**
- About **community over competition**
- About **growth over stagnation**

Roxy repeated a foundational truth throughout:

“We are either **growing** or we are **slowing**—there is no standing still.”

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### The ABCs of a SHenergized Life (A–E for This Session)

The core framework of the evening was the **ABCs of a SHenergized Life**—a philosophy that undergirds SHEnergy. For this session, we focused on **A–E**:

#### **A – Accept the Challenge**

- **Growth begins** the moment you decide your **potential is greater** than your present situation.
- You are either **growing or slowing** in every role:
  - As a mother, daughter, employee, entrepreneur, leader, friend.
- Stepping out on faith **requires courage**, but the reward is a life of **purpose, impact, and fulfillment.**



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### **A – Accept the Challenge Reflection prompts:**

- What does **growth** look like for you **right now**?
- What area is God **challenging you** to step out in?
- What **comfort zones** are keeping you from your next level?
- Who can support and encourage you as you **accept the challenge**?

### **Women in the chat honestly shared:**

- “I’ve stopped dreaming. I’m just surviving.”
- Roxy affirmed: **This space exists to keep the dream alive and to remind you — you are not alone.**

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### **B – Be Your Best**

“You were created **on purpose for a purpose.**

Being your best isn’t about **perfection.**

It’s about **intentionally becoming** all that God called you to be.”

- God is **perfecting** you so that you can **perfectly fit the purpose**, not become a perfect person.
- Your best is:
  - An **act of obedience** to God.
  - A **gift of inspiration** to someone else.

### **Reflection prompts:**

- What does **your best** look like **in this season**?
- How are you showing up for yourself **mind, body, and spirit**?
- What **gifts and talents** are you under-using?
- What **habits or distractions** are keeping you from showing up as your best?
- Who can hold you **accountable** to be your best consistently?

### **Roxy emphasized:**

- **Know your value and your worth.**
- Name your strengths out loud: speaking, writing, mentoring, loyalty, accountability, etc.
- This is **not arrogance**—it is **clarity** about how God has designed you.

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### **C – Combine Your Words and Actions**

“It’s not enough to just **talk about it** – you’ve got to **be about it.**”

“Change happens when your words move beyond your lips and into your life.”

- Many of us have things we’ve been **saying** we’ll do for a long time.
- God is **waiting in your obedience**—He’s close, but He won’t move until you do.
- When **words and actions align**, transformation follows.



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### C – Combine Your Words and Actions Reflection prompts:

- What is **one thing** God has placed on your heart that you've been saying you'll do?
- What has been **holding you back**?
- What **one step** can you take **this week** to move forward?
- What would change in your life if **your words and your actions were consistent**?
- Who can walk beside you as an **accountability partner**?

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### D – Dedicate Your Life to Your Dream

"If your dream doesn't make you a little nervous, it might not be big enough."

- Your dream **didn't start with you**; it was **placed in you** for a purpose.
- God expects you to be a **good steward** of what He's given you:
  - Your dream,
  - Your vision,
  - Your calling,
  - Your seat at the table (many of which are still empty).

### Roxy modeled transparency:

- She shared that **this very Power Hour** is her stepping more fully into the **purpose God has given her**—to empower **thousands of women** across the nation.
- She admitted she has done similar work for others and carried many responsibilities, but God is now calling her to **own and walk boldly in her own assignment**.
- Every woman on this call is now **part of that bodacious vision**.

### Reflection prompts:

- What **bodacious dream** has God placed on your heart?
- What steps can you take to **protect** that dream from doubt, distraction, and delay?
- What **sacrifices** might be necessary to move closer to it?
- How does your **dedication** honor God and His purpose for your life?
- Who can **pray with you**, support you, and help you stay **committed**?

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### E – Expect Little If You Give Little

"You want a lot, you gotta do a lot."

"Every seed you sow—time, resources, energy, faith—produces a harvest."

- Life operates on the principle of **sowing and reaping**.
- Many of us **expect more** than we are truly **investing**.
- God is **not limited**—but we often **limit Him** by the smallness of what we commit.



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### E – Expect Little If You Give Little Reflection prompts:

- Where have you been **expecting more** without **investing more**?
  - In relationships?
  - Finances?
  - Time management?
  - Spiritual growth?
- What small habits, mindsets, or **excuses** are limiting your harvest?
- What one area is God asking you to **sow more** into this week?
- How can you be more **intentional** with your time and energy?

### Again, Roxy reminded:

- You are **not alone**. You can and should lean on **sisters and accountability partners** as you increase your investment.

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### Generations & Seasons of Life

Roxy introduced the idea of “**seasons of life**” and celebrated each age group:

- **Springtime Sisters** – a season of **growth, discovery, building, and becoming**.
- **Summertime Sisters** – a season of **confidence, productivity, leadership, and impact**, often while walking through the **fire**.
- **Harvest Time Sisters** – a season of **wisdom, influence, purpose, and abundance**.
- **Winter Time Sisters (1 & 2)** – seasons of **reflection, treasured wisdom, enduring strength, and generational leadership**.

Each season:

- Has its **own challenges**,
- Its own **beauty**,
- And its own **responsibility to the others**.

The message:

- No matter your age, **God calls you to excellence in your season**.
- We are a **generational ministry**—older women pour into younger, and younger women bring fresh insight and energy.



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## Community, Connection, and Accountability

Throughout the session, Roxy stressed:

- **What happens in the She Power Hour stays in the She Power Hour** – this is a space for “**butt naked**” **honesty** and real transparency.
- The chat was used as a **live accountability board**:
  - Women shared which letter (A–E) spoke most to them.
  - Others shared why (stopped dreaming, need consistency, need to act, etc.).
- Everyone was encouraged to:
  - **Choose an accountability partner**
  - **Connect privately in the chat**
  - **Follow through** on at least **one concrete step** this week.

Roxy also:

- Invited women to **share their business links, websites, and social media**, so we can **support each other’s work**.
- Emphasized that **personal, spiritual, and professional development** all matter:
  - Sunday is for worship and spiritual growth.
  - This space is for **personal and professional “grow better.”**

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## Key Takeaways Roxy Named for the Group

1. **You accepted the challenge to grow.**  
Growth begins when you **say yes to yourself**.
  2. **You committed to being your best.**  
Your gifts are needed; the world is ready for you.
  3. **You combined intention with action.**  
Consistency, not talk, creates transformation.
  4. **You dedicated your life (again) to your dreams.**  
Your dedication today becomes your **destiny tomorrow**.
  5. **You connected with powerful, purpose-driven women.**  
You are not alone. This sisterhood is real and available.
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## Retreat & SHenergized 25 Vision

Roxy shared a **larger vision** that this Power Hour is part of:

- An upcoming **SHenergized Sisterhood Retreat** in January— not just a conference, but a **spiritual and holistic experience**:
  - Healing and release,
  - Sunrise devotionals,
  - Beach bonfire renewal,
  - Generational celebration,
  - Spirit, mind, and body restoration.
- The **SHenergized 25**:
  - A select **network of 25 women leaders** who will help **spread the vision** of SHEnergy and the retreat.
  - Women who will **organize, invite, and inspire** other women to attend.
  - An opportunity to **expand impact**, forge **strategic relationships**, and **grow personally and professionally**.
- This is a **bodacious, God-sized dream** she cannot and will not attempt alone.
- She is believing God for:
  - At least **100 women registered by June 30**,
  - A full SHenergized 25 team,
  - And a movement of women across generations who commit to **grow better together**.

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## Closing: One Word & Prayer

To close, Roxy invited every woman to choose **one word** to carry into the week—words like:

- **Encouraged, Empowered, Obedience, Hope, Best, Diligent, Determined, Challenged, Action, Consistency, Committed, Courage...**

Then **Luminescent Lauren** closed in prayer, and Roxy:

- Thanked every woman for showing up.
- Affirmed that their presence fuels her commitment to live out her own purpose.
- Repeated her hope that this wasn't just a "nice event," but an **activation**:
  - A push to **accept the challenge**
  - **Be your best**
  - **Combine your words and actions**
  - **Dedicate your life to your dream**
  - And remember: **expect little if you give little**—so **pour in, show up, and sow deeply** into the life God has called you to live.