



## Monday, June 1 | Week#1: Reflection & Action Worksheet

In Week 1 of our SHEnergized Power Hour series, we focused on the first five “ABCs of a SHEnergized Life”: **Accept the challenge, Be your best, Combine your words and actions, Dedicate your life to your dream, and Remember you can’t expect much if you give little.** We affirmed that we are **daughters of the King**, beautifully and wonderfully made, and that we don’t have to grow alone—God has given us **sisters and seasons** to walk with us. As you work through this assignment, **fully review the recap first**, then use these questions to move from **intention to implementation**: *name where God is stretching you, clarify what “your best” looks like right now, take one bold step toward your dream, and invest more deeply where you’ve been expecting a greater harvest.*

### 1. Check-In

1. **One word** for what you need in this season (motivation, clarity, peace, courage, etc.):
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### 2. Accept the Challenge (A)

2. What does **growth** look like for you **right now** (one word or short phrase)?
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3. What is **one area** God is challenging you to **step out in**?
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### 3. Be Your Best (B)

4. In this season, what does **“being your best”** look like for you?
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5. What is **one habit or distraction** keeping you from your best?
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### 4. Combine Words & Actions (C)

6. What is **one thing** you’ve been **saying** you’ll do that you haven’t started yet?
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7. What is **one concrete step** you will take **this week** toward it?

- My step: \_\_\_\_\_
- By (day/time): \_\_\_\_\_

**5. Dedicate Your Life to Your Dream (D)**

8. What is your **big/bodacious dream** in one or two sentences?

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9. What is **one way** you can **protect and prioritize** that dream this week?

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**6. Expect Little If You Give Little (E)**

10. Where have you been **expecting more without investing more** (pick ONE area)?

- Relationships  Finances  Time  Spiritual growth  Other: \_\_\_\_\_

Describe briefly:

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11. What will you **add or increase** this week in that area?

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**7. Sisterhood & Accountability**

12. Who can be (or become) your **accountability sister** for this journey?

Name(s): \_\_\_\_\_

13. What is your **focus word for this week**?

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