



Week 3 Chat Files: Believe in Yourself • Protect Your Light • Be Present • Move Forward with Courage

♥ Opening Atmosphere

Week 3 of the SHEnergized POWER HOUR was filled with honesty, encouragement, laughter, vulnerability, and powerful reminders that we are stronger than we often realize. Women joined from across the country, including:

- 📍 Jacksonville, FL
- 📍 Daytona Beach, FL
- 📍 Pompano Beach, FL
- 📍 Columbia, SC
- 📍 Charlotte, NC
- 📍 Atlanta, GA
- 📍 Mableton, GA
- 📍 Dayton, OH
- 📍 Akron, OH
- 📍 North Richland Hills, TX
- 📍 Seattle, WA
- 📍 and more!

The evening immediately felt like family as SisStars greeted one another, celebrated birthdays, and embraced newcomers with love and encouragement

💬 **One-Word Check-In:** declarations that reflected where women currently are entering the session:

- 💎 Gratitude 💎 Blessed
- 💎 Encouraged 💎 Perseverance
- 💎 Thankful 💎 Peace
- 💎 Grateful 💎 Tired
- 💎 Grace 💎 Sciatica

The one word check-in reminded us that every SisStar arrives carrying different experiences, emotions, and challenges, but we all come together in a safe space where we can be authentic and supported.



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👤 POWERFUL AFFIRMATION

"I Am a Daughter of The King. Because I Am A Daughter of the King, I Am Beautifully and Wonderfully Made. Because I Am A Daughter of the King, 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 SisStar, and I Am Here for You!"

The affirmation set the tone for the evening by reminding everyone that our worth is rooted in God's love and that self-love empowers us to love and support one another.

💡 Chat Highlights & Key Takeaways

💡 Believe in Yourself

Several SisStars openly shared their struggles with self-doubt and confidence.

Powerful declarations included:

- "I need to believe in me."
- "I believe in me."
- "I am choosing to believe in me now."

The group encouraged one another to stop waiting for permission, stop shrinking, and begin fully embracing who God created them to be.

💡 Make Every Moment Count

SisStars reflected on the importance of being intentional.

Examples shared included:

- ♥ Spending quality time with family
- ♥ Preparing for retirement
- ♥ Calling someone you haven't seen in a while
- ♥ Taking care of yourself
- ♥ Sharing lessons learned with family and community
- ♥ Enjoying the present moment instead of worrying about what comes next

One of the night's most memorable reminders was: **"Life is a journey, not a destination."**



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💡 Protect Your Light

This topic deeply resonated throughout the evening. SisStars identified things that often dim our light:

- ✗ Negativity ✗ Stress ✗ Illness ✗ Envy ✗ Jealous people ✗ Fear
- ✗ Doubt ✗ Social media ✗ Reactive thinking ✗ Forgetting who God is and what He has already done

The evening's rallying cry became:

#ProtectMyLight ✨

SisStars reminded one another:

- Don't dim your shine for others.
- Remember who you are.
- Protect your peace.
- Guard your joy.
- Keep God at the center.

💡 Shine Brightly

Practical ways to let our light shine were shared:

- ✨ Smile at strangers
- ✨ Speak to people
- ✨ Send encouraging texts
- ✨ Pray for others
- ✨ Call someone who may be lonely
- ✨ Serve seniors and shut-ins
- ✨ Be present and intentional
- ✨ Offer kind words everywhere you go

One SisStar beautifully shared:

"You look better when you smile."

Another declared:

"Shine, Shine, Shine because we have something to shine about."



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💡 **Courage to Begin Again**

Several women discussed transitions and new seasons:

- 🌸 Retirement after 33 years
- 🌸 Changing careers after nearly 30 years
- 🌸 Returning to school
- 🌸 Becoming trainers and leaders
- 🌸 Prioritizing themselves in retirement
- 🌸 Reclaiming courage

Powerful declarations included:

"I AM STRONG."

"I AM CAPABLE."

"I AM UNSTOPPABLE."

"Believe so you can achieve."

💡 **Faith Over Fear**

The discussion centered around moving despite uncertainty.

Quotes that resonated throughout the chat included:

- 💛 "Steady wins the race."
- 💛 "One step at a time."
- 💛 "Faith and fear cannot reside in the same space."
- 💛 "If you would have stayed there, you wouldn't be here."

SisStars encouraged one another to stop waiting until everything is perfect and trust God with the next step.



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♥ SisStar Love in Action

The chat beautifully demonstrated what real sisterhood looks like when one SisStar shared:

"I deal with a disrespectful husband."

Another immediately responded:

"SisStar, me too."

The group responded with prayers, encouragement, and support.

When others shared struggles with caregiving, perfectionism, self-care, and self-doubt, SisStars reminded one another:

♥ "Breathe Sis, breathe."

♥ "Don't feel bad about taking care of yourself."

♥ "An empty cup cannot fill anyone else's cup."

✿ Collective Declaration

One of the most powerful moments of the evening came when nearly every participant declared:

"I Am For You, SisStar!"

The chat filled with:

♥ "I got you."

♥ "I am for YOU SisStars."

♥ "I'm for all 33 of my SisStars."

♥ "You are blessed."

It was a beautiful reminder that no woman is walking this journey alone.

🔥 Declarations of the Night

I Believe in Me. I Can. We Can. Greater Is Waiting.

I Am Strong. I Am Capable. I Am Unstoppable.

Protect My Light.

I Am For You, SisStar!



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🌸 Retreat Excitement

Excitement continued to build for the upcoming SHEnergized Retreat.

Participants encouraged one another to register, requested information, and even began planning activities, including the beloved:

👯 **"Shake Your Soul" dance session led by Arvella Tucker.**

💖 Overall Flow

Week 3 was a deeply affirming and healing evening. SisStars were reminded to:

- 💠 Believe in themselves.
- 💠 Protect their peace and joy.
- 💠 Be intentional with the moments that matter most.
- 💠 Stop postponing happiness.
- 💠 Walk courageously into new seasons.
- 💠 Release fear and embrace faith.
- 💠 Remember that greater is still ahead.

The evening closed with hearts full, spirits lifted, and many women expressing:

"I needed this meeting tonight."

And perhaps the most powerful takeaway of all:

🌸 **"You Are My SisStar, and I Am Here For You."** 🌸

WE RISE TOGETHER • WE GROW TOGETHER • WE WIN TOGETHER 💖