

POWER  
PLAY  
BOOK



**TABLE OF CONTENTS**

**INTRODUCTION**..... 3

**THE GAMEPLAN**..... 4-5

**POWER PLAYS WITH GOD**..... 6-21

**POWER PLAYS IN YOUR PERSONAL LIFE**..... 22-25

**POWER PLAYS IN YOUR RELATIONSHIPS**..... 26-31

**POWER PLAYS IN BUSINESS**..... 32-35

**RECAP**..... 36-37

# INTRODUCTION

Hey Friend,

Welcome to the Power Playbook – prepare for a transformative journey I’ve crafted with you in mind. I am honored that you saw fit to join me on this road to power, and I am ready to take you behind the curtains and share what my journey to power has taught me thus far.

The Power Playbook goes beyond the pages of my book Power Moves. It is designed to inspire action, evoke emotion, and create a sense of uplifting community among women who seek to step into their power in every aspect of their lives. Every page is filled with potent wisdom and practical exercises that will equip you to step into your divine potential. This playbook is your trusted companion, preparing you to immerse yourself fully in Power Moves or to serve as an enriching complementary piece to dig even deeper once the book is released.

Together, we will explore how to harness God's power in our lives, seize control of our individual paths, build enriching relationships, and make impactful strides in our professional lives. Every page will serve as a stepping stone towards fulfilling your dreams, highlighting each adversity not as an end but as an opportunity to rise even stronger.

Remember, this is a journey of transformation, and like all transformative journeys, challenges will surface. But do not fear, for within you lies a wellspring of strength and determination waiting to be powerfully brought to the forefront. In times of doubt, look within and draw courage from your victories, for you have triumphed before, and friend, you will triumph again!

Step into this journey with an open heart, welcome each challenge as an opportunity for growth and trust in the power of God's plan for you. The time for change is now. Are you ready to make your ultimate Power Move?

With Power,

*Sarah Jakes Roberts*



# THE GAME PLAN

My fellow **power player**, this isn't just a guide; it's a clarion call to ignite your confidence and become a force. It's time to boldly step into your power and transform from the inside out. To help you do so, I have broken this guide into four accessible segments: your spiritual well-being, self-fulfillment, interpersonal connections, and professional growth.

The first quadrant, **Power Plays with God**, is your spiritual compass. Here, we delve into your sacred relationship with our Heavenly Father, focusing on faith as your cornerstone. Unleash the transformative power of your belief, discover practical exercises to enrich your spiritual practice, and align with your divine purpose.

## POWER PLAYS

**Power Plays in Your Personal Life**, our second quadrant, is your personal revolution. This phase is a journey inward, where you confront your fears, shatter the stronghold of self-doubt and take bold strides towards self-fulfillment. You will be equipped with strategies to reclaim your power, live authentically, and actualize the life you desire.

**Power Plays in Your Relationships**, the third quadrant magnifies your relationships with yourself and others. I'll walk you through practices that cultivate healthy relationships, set empowering boundaries, and require you to communicate effectively. Each relationship is a mirror and a teacher in your growth journey, and I'll guide you as you come face to face with the reflection.

Finally, **Power Plays in Business** is your professional powerhouse. Get ready to seize the reins of your career, step up as a leader, and navigate the challenges in your professional journey with grace and resilience. This section offers powerful strategies to help you leverage your skills, make strides toward your goals, and succeed professionally.

# THE GAME PLAN

At the end of each section, you will find the opportunity to dig deeper with **My Power Play** - a space just to journal, explore affirmations, and further hone your power. Let's use this space to tap into the infinite power God freely gives.

I hope this Power Playbook sparks inspiration and compels action, reminding you of the strength within you. Get ready to join an inspiring community of women dedicated to spiritual growth and personal development.

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**REMEMBER, YOUR POWER IS WITHIN, WAITING TO BE UNLEASHED. IT'S TIME TO MAKE YOUR POWER MOVES! ARE YOU READY? LET'S DIVE IN.**



# POWER PLAYS WITH GOD

Hey Friend,

What better way to grow deeper with God than to jump into a 7-day devotional? As you go through this week, make time to quiet the noise and spend intimate time with Him. If you've ever questioned your worth or felt like you've been rendered powerless, these devotionals are crafted just for you. In our time together, we'll uncover the power of belief, the courage to choose boldly, the transformative act of fully surrendering to God, and the strength to be courageous in the face of new seasons.

Day by day, we'll delve into the essence of power moves that go beyond the surface and touch the core of your being. It's about rediscovering the strength in being authentically you, trusting God to fortify you, and stepping out with renewed confidence into every encounter.

Let's tap into the power within, embrace authenticity, and release our unique gifts into the world. I believe these devotionals will not only be a source of inspiration but a catalyst for transformative change.

Let's get started!

With Power,

*Sarah Jakes Roberts*

THE ONLY WAY  
ANY OF US CAN  
TRULY STAY

POWERFUL

IN THE WAY THAT  
MATTERS THE  
MOST IS TO STAY  
CONNECTED TO  
THE  
ALL-POWERFUL,  
ALL-KNOWING,  
AND  
EVER-PRESENT  
GOD.

*Sarah Jakes Roberts*



## DAY ONE: POWER MOVE

# BELIEVE DIFFERENTLY

### ROMANS 8:28

*The systems that leave you stagnant and ashamed are only rendered powerless when a stronger, more powerful belief is introduced. That new belief creates an opportunity for a healthier, more powerful system to emerge.*

For starters: “God loves me whether I am in a relationship or not.” “God loves me whether I am successful professionally or not.” “God loves me whether other people like me or not.” These statements are opportunities to believe differently, but until our choices reflect what we believe, we will not experience change.

I did not grasp the belief that I am loved, valued, and worthy of maximizing my life with ease. It is a truth that requires me to see beyond what I think about my messy insides and dare to believe that where I see mess, God sees material. As Romans 8:28 says, “And we know that all things work together for good to those who love God, to those who are called according to *His* purpose.”

Though it is not an unfamiliar scripture, a component of it was highlighted to me in a new way. The word that stands out the most to me is **know**. Too often, we quote this scripture but mentally replace the word know with think, wish, or hope. There’s something to be said about being in a relationship with God long enough that you move from uncertainty about how things work together to **knowing** they will.

I have learned that God is so holy that even the messes I make along the way in pursuing His purpose cannot contaminate His holiness. That’s not just my truth either. It’s yours too. When I fall into the trap of inadequacy because of my negative belief system, I must remind myself that God did not run out of grace when I messed up. When I trust that I am loved beyond measure, it breaks me out of the system that cripples me. There is a power waiting to be released in you today that is rooted in the knowledge that you are inescapably loved, valued, seen, and adored.

If you can grasp this as truth, it will grant you the courage to change what you believe about yourself and what is possible in your life.

# RESPOND

**HOW CAN EMBRACING THE BELIEF THAT YOU ARE UNCONDITIONALLY LOVED EMPOWER YOU TO MAKE POSITIVE CHOICES IN YOUR LIFE?**

**PRAYER:  
GOD, HELP ME TO KNOW AND TRUST THAT YOU ARE WORKING IT ALL TOGETHER FOR MY GOOD. AMEN.**



## DAY TWO: POWER MOVE

# CHOOSE BOLDLY

### ESTHER 4:13-16

You can't withstand the consequences of defying a system without a powerful mission. I'm reminded of Esther in the Old Testament. She was a beautiful young woman who had survived by denying her Jewish heritage. Even when she was chosen to be the concubine of the Persian king, she maintained her disguise.

It wasn't until she was made aware of the persecution of her people that she had some tough decisions to make. What I like about the story is that Esther did not immediately grab her cape and run in the direction of destruction. She had legitimate concerns about the consequences of revealing her identity.

Once Esther weighed her options, she chose to break out of the system that had offered her peace and to align with the path that would require her to stand on truth. Esther was not God's only option for liberation, but she was her family's only option.

Ultimately, Esther chose power over the illusion of peace and became a force. You'll have to do the same: to start questioning whether you've chosen an illusion of peace that requires you to stifle your authenticity.

Esther was informed that her illusion had an expiration date, and she could wait for it to all come apart or dare to move. God can't infuse strength into anything built on a lie. It's only in the dismantling that we are able to build our lives again with the structural integrity that transforms things for our entire community.

You don't have to choose between being a strong friend and a delicate lover or pick whether you'll shatter ceilings or make homemade bread. You can be the life of the party and a pillar of wisdom. You don't have to relegate power to one expression while diminishing the fullness of your identity. Esther was the queen of Persia and a Jew. Until those truths learned to coexist, liberation for herself and her community would stay out of reach. She unlocked power, changed mentalities, and learned something about herself when she broke the covenant with comfort.

Now, that's the kind of power move I want to experience.

# RESPOND

**IN WHAT AREAS OF YOUR LIFE DO ILLUSIONS OF PEACE HOLD YOU BACK, AND HOW CAN YOU BREAK FREE AUTHENTICALLY?**

### PRAYER:

**GOD, PLEASE SHOW ME WHERE I HAVE ALLOWED AN ILLUSION OF PEACE TO KEEP ME FROM ACTING IN BOLDNESS AND FAITH. AMEN.**



## DAY FOUR: POWER MOVE

# TAKE COURAGE

**JOSHUA 1:6–7; EPHESIANS 6:10**

God said to Joshua, “Be strong and of good courage, for to this people you shall divide as an inheritance the land which I swore to their fathers to give them. Only be strong and very courageous, that you may observe to do according to all the law which Moses My servant commanded you; do not turn from it to the right hand or to the left, that you may prosper wherever you go” (1:6–7).

Right before God gave Joshua this command, He let him know that one season had ended and a new season was beginning. Joshua, who was the assistant to the deceased leader, was being positioned to take command. In order for him to shift from servant to servant-leader effectively, he would need a new set of values.

Joshua had been a trusted, loyal servant, which means he must have placed value on serving his leader with intention and dedication. Now that he would lead, Joshua heard God say that his success would depend on being strong.

The Hebrew word for strong is *châzaq*, *khaw-zak'*, and its primitive root means to fasten upon; to seize. As a part of his new value system, Joshua could no longer value being an obedient servant but rather a relentless leader fastened to the promise that God had given.

Unpacking the book of Joshua reveals that the territory promised to Joshua's people would be contested many times. There were moments when the people he'd been tasked to lead were frustrated and overwhelmed by the magnitude of their opposition. If Joshua didn't learn how to seize he could not teach those he was influencing how to do the same. Alternatively, if he did not demonstrate strength, his values could be swayed, and he would surrender to the whims of the people instead of leading them with confidence.

If you truly believe that God is all-knowing and all-powerful, then when you lean into His vision for your values, you are being positioned for what will grant you access to the version of yourself with the most power for the task at hand. What you value determines how you show up, and how you show up determines what doors are open to you.

# RESPOND

**REFLECT ON THE VALUES THAT GUIDE YOUR ACTIONS. ARE THEY ALIGNED WITH COURAGE AND STRENGTH FOR THE JOURNEY AHEAD?**

**PRAYER:  
GOD, WOULD YOU HELP ME FASTEN ON TO THE COURAGE; YOU ARE FAITHFUL AND GOOD TO PROVIDE, WHICH WILL SUSTAIN ME TODAY. AMEN.**



## DAY FIVE: POWER MOVE

# BREAK OUT OF THE BOX

### PSALM 139:14

Our world is designed to reduce us into particular categories. When people meet you, many of them are trying to determine what type of person you are. Once they've identified those assumptions—shy, fashionable, athletic, smart, clumsy, funny, forgetful, moody—they build walls around you and expect you to stay in the category they understand.

One of the greatest gifts I've given myself is the freedom to be the complex woman God's created, the one who is "fearfully and wonderfully made" (Psalm 139:14). I'm funny and serious. I am brave and afraid. I am powerful and insecure. I am who I was, who I am, and who I am becoming. If you're honest, I think you'll admit to being complex too.

It is crucial for you to fully comprehend the reality of your inheritance of power through your relationship with Jesus. When you refuse to live within the box that people have relegated you to, you force relationships that are as fluid as the power you flow in. If a person is going to be connected with you, they're going to have to be able to move and flow as you do. Any relationship that requires you to be stagnant will frustrate you because their connection feels like a restriction at a time when pursuing freedom has become your passion.

Pursuing that passion is not always easy, of course. You have a lot going on, and you're not always going to get it right. There will be moments when all you can do is pray for the grace to survive the day. In those moments I want to challenge you to get innovative with your prayers.

For example, when you are in the thick of it, take the time to pause and size up your responsibilities, but instead of turning to another person to help you, choose to ask God, with specificity, to send His spirit to remind you who He has created you to be and to guide you in the places you fear depletion. My prayer goes through the roof when my capacity does not measure up to the responsibilities at hand. Those are the moments when I get to pray and ask the Holy Spirit to fill my cup and order my steps. I pray you turn to Him and let Him fill yours as well.

## RESPOND

**WHERE DO SOCIETAL BOXES CONFINE YOU? HOW CAN EMBRACING YOUR COMPLEXITY CREATE MORE FLUID AND EMPOWERING RELATIONSHIPS?**

**PRAYER:  
GOD, THANK YOU FOR MAKING ME UNIQUELY, FEARFULLY, AND  
WONDERFULLY ABLE TO PURSUE THE PASSIONS YOU HAVE  
PLANTED IN ME. AMEN.**



## DAY SIX: POWER MOVE

# FEAR LESS

**MATHEW 25:14–30; LUKE 12:32**

In Matthew 25, Jesus shares a story, or parable, about “the kingdom of heaven.” A master had three servants, each of whom he gave “talents,” which is translated as “bags of gold” in the NIV.

The servants were expected to multiply their talents through investment. Two of the three were successful. The one who failed was not unsuccessful because of a lack of effort. He was unsuccessful out of extreme caution. He did not want to risk losing what he’d been given and determined that at least returning what he had was better than losing it altogether.

I believe the principle Jesus was sharing here is a deep one. I perceive that He was teaching us about the risks we must be willing to take to be fruitful in spreading the revelation of the kingdom of heaven. The concept that power is not reserved for a select few but is freely given to anyone willing to be led by the Spirit of God is not just a good idea—it’s a revelation. The reality that your past does not define you and that Jesus doesn’t just look past your flaws but literally looks right at them and still thinks you’re to die for, is a revelation.

This parable shows us that the kingdom of heaven is like a master, God, who gave His servants, us, something too valuable to keep to ourselves. If you know that you have come from God, but you keep it within because you’re afraid to fail, you are allowing what God has given you to bow down to fear. Perhaps fear has been sitting on the throne of your life for so long that you’re forcing your anointing to bow down to it. The lesson that we glean from the man who hid his talents is that Jesus does not want us to hoard what we’ve been given.

God can’t multiply what you won’t sacrifice. The man with the talents was so afraid of failing that he missed an opportunity for multiplication. When the other servants proved that they could take what they’d been given and multiply it, they showed their master that they could endure the vulnerability that comes with risking failure.

## RESPOND

**CONSIDER THE RISKS YOU AVOID DUE TO FEAR. HOW CAN EMBRACING VULNERABILITY LEAD TO A MORE FRUITFUL AND IMPACTFUL LIFE?**

**PRAYER:**  
**GOD, PLEASE GUIDE ME BY YOUR SPIRIT NOT TO HIDE AWAY WHAT YOU HAVE PROVIDED TO ME BUT TO MULTIPLY IT FREELY AND GENEROUSLY TO OTHERS. AMEN.**



## DAY SEVEN: POWER MOVE

### GIVE IT AWAY

**MATTHEW 10:7-8; PSALM 37:26**

Spreading power does not have to involve you sharing from your deepest wounds. You would be surprised how your norm could empower someone else. Taking the time to make sure a person knows financial tools, communication tips, or time-saving practices that have helped you can serve them.

As a woman I find few things more powerful than another woman sharing with me how she's growing her hair, taking care of her skin, or finding time to practice self-care in her busy world. I won't even get into how we can serve one another when we share childcare contacts or educational ways to keep them busy while we take time for ourselves.

The advantage of being in community with one another is that we have an opportunity to shorten the learning curve by sharing our experiences.

Subconsciously, many of us have been engrained to believe that there can only be one of us in a space. Dismantling this paradigm helps us to be active participants in creating space for the next wave of people to come. Jesus did what only He could do, then He got twelve disciples and gave them power, too, because the depravity of the world was so great that even as powerful as Jesus is, His impact would be multiplied by others.

When Jesus gave them a charge, among the many things He said, this stood out: "Heal the sick, cleanse the lepers, raise the dead, cast out demons. Freely you have received, freely give" (Matthew 10:7-8). Considering the strict systems of separation by class and ethnicity at the time, Jesus must have understood the human proclivity to absorb power for personal gain instead of spreading power for the uplifting of many. His warning gives us perspective on how we should respond to the opportunity to elevate another soul.

When God has granted you the ability to be powerful on Earth, it is not diminished by another person stepping into their power. You must become an advocate with a mindset that says we need as many people to win as possible so that we can shine with brilliance into dark places. Lavishly share the hard-earned lessons you've learned with the people who are just starting off.

## RESPOND

**REFLECT ON THE POWER OF SHARING. WHAT KNOWLEDGE OR EXPERIENCES CAN YOU GENEROUSLY GIVE AWAY TO EMPOWER AND UPLIFT OTHERS?**

**PRAYER:  
GOD, LEAD ME TO PEOPLE AND PLACES WHERE I CAN SPREAD  
YOUR POWER TO OTHERS WHO NEED IT. AMEN.**



## MY POWER PLAY

### JOURNAL PROMPT BANK:

1. How has my understanding of being unconditionally loved by God transformed the way I see myself and my actions?
2. In what situations do I need to choose boldly over maintaining an illusion of peace, and what does that choice look like for me?
3. What beliefs about my own limitations or inadequacies am I holding onto that I need to lay down at God's altar?
4. Reflect on the times when you've needed courage to step into a new season or challenge. How did leaning into God's strength make a difference?
5. Identify areas where societal expectations or boxes have limited your expression or actions. How can breaking free from these enhance your authenticity and power?

### AFFIRMATION BANK:

1. I am deeply loved and valued by God, and this truth empowers me to make bold, life-affirming choices.
2. God's grace is sufficient for me, even in my messiness, and His strength is made perfect in my weakness.
3. I lay down my burdens and beliefs of inadequacy at God's altar, and I receive His power and strength in exchange.
4. I am courageous, standing strong in the face of new seasons and challenges because I am backed by divine strength.
5. By refusing to fit into societal boxes, I live authentically as the complex, unique being God created me to be.

RESPOND

WRITE ONE AFFIRMATION FOR YOURSELF THAT RELATES TO THE TOPIC OF CONNECTING WITH THE POWER GOD FREELY GIVES.



## POWER PLAYS

# IN YOUR PERSONAL LIFE

Welcome to the heart of your transformation, where the real work begins - in the depths of your personal life. Here, we will go beyond the surface to explore the profound impact of accessing your inner power.

The introduction and the first two chapters of Power Moves lay the groundwork for a deeply personal exploration. I am giving you exclusive access to that portion of my book before it is released. From here on out, we'll call this early exclusive the guided sampler.

The guided sampler is complemented by videos from me, myself, and !! I want to give you exclusive access, a sneak peek behind the scenes that will give you deeper insights into the book. Here, you will find valuable resources and practical tips aimed at bolstering not only your mental but also your physical health. I will draw upon insights and strategies that are not only from my personal experiences but also from my profound conversations with other women navigating their paths to empowerment.

This section of the Playbook is designed to be interactive. At the end, I've provided journal prompts and affirmations for deeper reflection. By interacting in this section, you are taking important steps toward harnessing your personal power. Remember, the journey to empowerment is both internal and external, requiring attention to the mind, body, and spirit.

GUIDED SAMPLER



IF YOU'RE GOING TO MOVE IN POWER, IT  
WILL DISRUPT THE ECOSYSTEM OF  
YOUR WORLD, BUT IT DOES NOT HAVE  
TO DESTROY IT.

*Sarah Jakes Roberts*



## MY POWER PLAY

### JOURNAL PROMPT BANK:

1. Reflect on a recent moment where you felt powerless. What beliefs or circumstances contributed to this feeling?
2. How does maintaining your physical health contribute to your sense of empowerment?
3. What mental health practice can you incorporate into your daily routine to enhance your inner strength?
4. Identify a goal that seems unattainable. What small steps can you take today towards achieving it?
5. When was the last time you truly listened to your body and your mind's needs? What did they tell you?

### AFFIRMATION BANK:

1. I possess the strength within me to overcome any challenges that come my way.
2. My well-being is a priority; I commit to nurturing my mental and physical health daily.
3. I am deserving of my dreams and capable of making them my reality.
4. Each step I take in caring for myself amplifies my inner power.
5. I listen to my body and mind with kindness and respect, understanding they are the pillars of my strength.

RESPOND

WRITE ONE AFFIRMATION FOR YOURSELF THAT RELATES TO THE TOPIC OF HARNESSING YOUR PERSONAL POWER.



## POWER PLAYS

# IN YOUR RELATTONSHIPS

Welcome to the nexus of our Power Playbook, the chapter where we stitch our hearts and souls together—Power Plays in Your Relationships. In this section lies an invitation to traverse a path where the equilibrium of love and esteem in each of your relationships acts as your guiding light, be that with family, friends, or your partner. **Acknowledging our relationships as the reflection of our essence, we realize they paint the canvas of our lives and beings.** With this truth cradled in our hearts, we shall explore together how to address our emotional sore spots tenderly and how to refine our communicative skills, standing firm in the conviction that our most profound strength emerges from our openness to be seen in our truest forms.

I've gathered a list of resources ranging from articles that take a deep dive into psychology to poignant narratives of metamorphosis and sermons of my own. We are set to unravel the intricacies and beauty of relationships and their healing power. We will immerse ourselves in works that uncover the naked complexity of our connections, acting both as mirrors reflecting our innermost selves and as windows offering us a view into the experiences of others.

Your decision to walk this path with me will enrich your capacity for meaningful communication and deepened connections.

Before we start, I want you to promise me that you will hold fast to compassion for yourself and extend a warm welcome to vulnerability, regarding it as a cherished companion. The core of true empowerment begins within; hence, cultivate patience and kindness towards yourself as we progress on this enlightening expedition. Now, hand in hand, we step forward.

YOUR BREATH IS  
EVIDENCE THAT

POWER

IS STILL  
ACCESSIBLE TO  
YOU.

*Sarah Jakes Roberts*





## ENGAGE AND PONDER:

- Psychology Today: Embark on the empowering act of genuine listening—beyond mere auditory processing. **The Art of Listening: How Open Are Your Ears?**  
[LINK](#)
- Psychology Today: Construct bridges over divides with the aid of empathy. **How We Can Communicate Across Differences and Build Bridges**  
[LINK](#)
- Johns Hopkins University: Discover the twelve foundational stones for robust, affectionate relationships. **12 Elements of Healthy Relationships**  
[LINK](#)
- APA: Immerse yourself in the science elucidating why friendships stand as the elixir to our souls. **The science of why friendships keep us healthy**  
[LINK](#)
- HardinLife.com: Explore the transformative power of cultivating relationships that offer emotional healing and growth. **Are Your Relationships Healing-Relationship?**  
[LINK](#)
- National Library of Medicine: Acknowledge the profound impact of familial ties on our overall well-being. **Family Relationships and Well-Being**  
[LINK](#)
- Sit in on a heart-to-heart between SJR and PT regarding the dance of love in **Love and Balance with PT and SJR**  
[LINK](#)
- Allow Brené Brown to lead you through the transformative wonder of vulnerability in **The Call to Courage on Netflix.**  
[LINK](#)

Friend, here's to our blossoming! As we deploy, the power plays in our relationships to sculpt a world rich with love, comprehension, and earnest connections. Are you ready to turn the page? **Together, nothing can hinder us.**

REST IS

BETTER

THAN  
REGRET.

*Sarah Jakes Roberts*





## MY POWER PLAY

### JOURNAL PROMPT BANK:

1. Reflect on a recent interaction with someone close to you. Did you practice active listening? How did the interaction make you feel, and what could be improved?
2. Think about a time when being vulnerable felt particularly challenging. What fears or beliefs held you back? How can you approach vulnerability differently in the future?
3. Consider the relationships in your life that feel most fulfilling. What qualities do these relationships share, and how do they contribute to your well-being?
4. Recall a conflict or misunderstanding with someone important to you. With the benefit of hindsight, how could empathy have changed the outcome?
5. Write about a moment when someone else's vulnerability deeply affected you. How did it influence your perception of strength and connection?

### AFFIRMATION BANK:

1. "I am empowered by my capacity to listen with an open heart and mind."
2. "Vulnerability is my strength, not my weakness."
3. "Each day, I choose empathy to bridge the gap between myself and others."
4. "I am worthy of deep, fulfilling relationships that nurture my soul."
5. "My communication reflects my love and respect for myself and others."

RESPOND

WRITE ONE AFFIRMATION FOR YOURSELF THAT RELATES TO THE TOPIC OF VULNERABILITY AND ITS IMPACT ON ALL YOUR RELATIONSHIPS.



# IN BUSINESS

## **SJR'S BLUEPRINT FOR ENTREPRENEURIAL SUCCESS**

While I may not have asked for this path, I am working to accept that God saw fit for me to be an entrepreneur. I was never the girl who wanted to build a business from the ground up, yet here I am, laying the foundation for Woman Evolve brick by brick with God guiding my hand. I am in constant awe of how God chooses to use Woman Evolve as a beacon of light for women around the globe. It is an honor that I do not take lightly. This section offers a lens into my world of entrepreneurship, highlighting the significance of leadership, the navigation of industry challenges, the importance of work-life balance, and the power of support networks. Following these insights and leveraging the resources provided can illuminate your path, inspiring a similar trajectory as you step into your own power in the world of business.

In the dynamic arena of business, every entrepreneur's journey offers a unique narrative, rich with insights and strategies that can guide the aspiring and the established alike. Check this section out for key lessons and resources that will inspire and empower your goals related to business success, no matter your professional path.

## **DEVELOPING LEADERSHIP SKILLS**

Leadership is not just about guiding others but also about inspiring them. I like to say that I embody a leadership style that is fostered by empathy, clarity, and empowering others. Resources like Harvard Business Review offer numerous articles and case studies on leadership in various contexts, presenting an invaluable tool for anyone looking to hone their leadership skills. As you set out to grow professionally, dedicate one hour weekly to reading articles related to your field of interest.

## **NAVIGATING CHALLENGES IN MALE-DOMINATED INDUSTRIES**

The challenges of navigating male-dominated industries are complex, yet my approach is to do my best to own my authentic voice in every

# IN BUSINESS

room I enter. For women in similar fields, Lean In by Sheryl Sandberg provides relatable insights and strategies to thrive in male-dominated environments.

## **STRATEGIES FOR WORK-LIFE BALANCE AND SELF-CARE**

Achieving a work-life balance is a key component of professional success. I want to emphasize the importance of self-care as the foundation of productivity and creativity. The Mindful Magazine is a resource packed with strategies for integrating mindfulness and self-care into your busy life, enhancing both personal and professional growth.

## **SUPPORT FOR ENTREPRENEURS**

The entrepreneurial path is fraught with hurdles, but the right support network can make all the difference. I would NOT be where I am today without being able to lean on my community for support, sharing experiences, and gaining insights. Websites like Entrepreneur.com offer many resources, from articles on the latest in entrepreneurship to forums that foster community engagement.

The essence of this section lies in understanding that the entrepreneurial path is a personal and collaborative journey. It invites us to lead with empathy, face challenges with confidence, maintain balance through self-care, and seek strength in community. By highlighting these core principles alongside practical resources, the intention is to guide and support you as you carve out your own path in the world of business.



## MY POWER PLAY

### JOURNAL PROMPT BANK:

1. Reflect on a leadership quality you admire in a leader. How can you embody this quality in your entrepreneurial endeavors?
2. Write about a challenge you've faced in a professional setting that tested your resolve. How did you overcome it?
3. List strategies you can employ to enhance your work-life balance. How can these improve your productivity and personal well-being?
4. Consider the support network you currently have for your business ventures. What gaps do you see, and how can you fill them?
5. Think of a recent business decision you made. Reflect on the process and outcome. What did it teach you?

### AFFIRMATION BANK:

1. "I am capable of leading with empathy, strength, and vision."
2. "Every challenge in business is an opportunity for growth and innovation."
3. "I prioritize self-care, knowing it is the bedrock of my success."
4. "I am surrounded by a support network that empowers and uplifts me."
5. "My entrepreneurial spirit is guided by authenticity, resilience, and purpose."

RESPOND

WRITE ONE AFFIRMATION FOR YOURSELF THAT AFFIRMS A PROFESSIONAL GOAL YOU HAVE FOR YOURSELF.



## RECAP

Hey Friend,

And just like that, we're coming to the end of the Power Playbook. I want you to pause for a moment, breathe deeply, and recognize the strength and growth you've harnessed along this path. You've embarked on a profound exploration into the corners of your soul, the intricacies of your relationships, and the depth of your entrepreneurial spirit, guided by the Power Moves at the heart of our shared journey.

You've engaged with the divine, learning to lean into your faith as the source of your empowerment. In the solitude of your personal reflections and the openness of your interactions with others, you've bravely faced vulnerabilities, cultivated empathy, and learned the art of active listening. In the entrepreneurial sphere, you've encountered challenges and opportunities alike, each serving as stepping stones toward your vision of success.

This path was not chosen lightly. It demanded courage, vulnerability, and ultimately your willingness to make **Power Moves** in every aspect of your life. Remember, the Power Playbook is not merely a guide but a companion to the deeper exploration you will find within the pages of Power Moves. It is designed to align with and enhance your understanding and application of the principles laid out in the book. To fully realize the empowerment you seek, I encourage you to engage with Power Moves in its entirety, allowing it to further guide your steps toward power.

Friend, our strides are not small. They are the bold steps of a soul awakening to its full potential, eager to make Power Moves in every chapter of life. It's a testament to your resilience, your unwavering spirit, and your commitment to growth.

As you move forward, know that you carry within you the light of transformation, the warmth of community, and the strength of your convictions. May these resources, the insights shared, and the affirmations guide you as you continue to carve out a path marked by wisdom, love, and unparalleled success.

This is not the end but a glorious beginning—a beginning that promises not just growth but a flourishing of your soul, your relationships, and your endeavors. With arms wide open and a heart ready to leap, step into this new chapter of your life with confidence, grace, and the power to move mountains.

Here's to you, to us, and to the many **Power Moves** that lie ahead.

With Power,

*Sarah Jakes Roberts*

