



SIS, YOUR NEXT LEVEL STARTS HERE –
THE EMPOWERHER 5-DAY SHIFT.

WORKBOOK

- A Guided Shift from Waiting to Walking in Purpose

BY CHANELLE COLEMAN

WELCOME

Hello Gorgeous.

Welcome to Sis, Your Next Level Starts Here – The EmpowerHER 5-Day Shift.

These pages are your personal invitation to pause, reflect, and step boldly into the future God already planned for you. Over the next five days, you'll release what no longer serves you, gain fresh clarity, and take simple, strategic actions that move you from hesitation to execution.

This isn't just a workbook—it's a faith-fueled jumpstart for the woman who knows there's more and is ready to claim it.

Chanelle Coleman

ABOUT ME

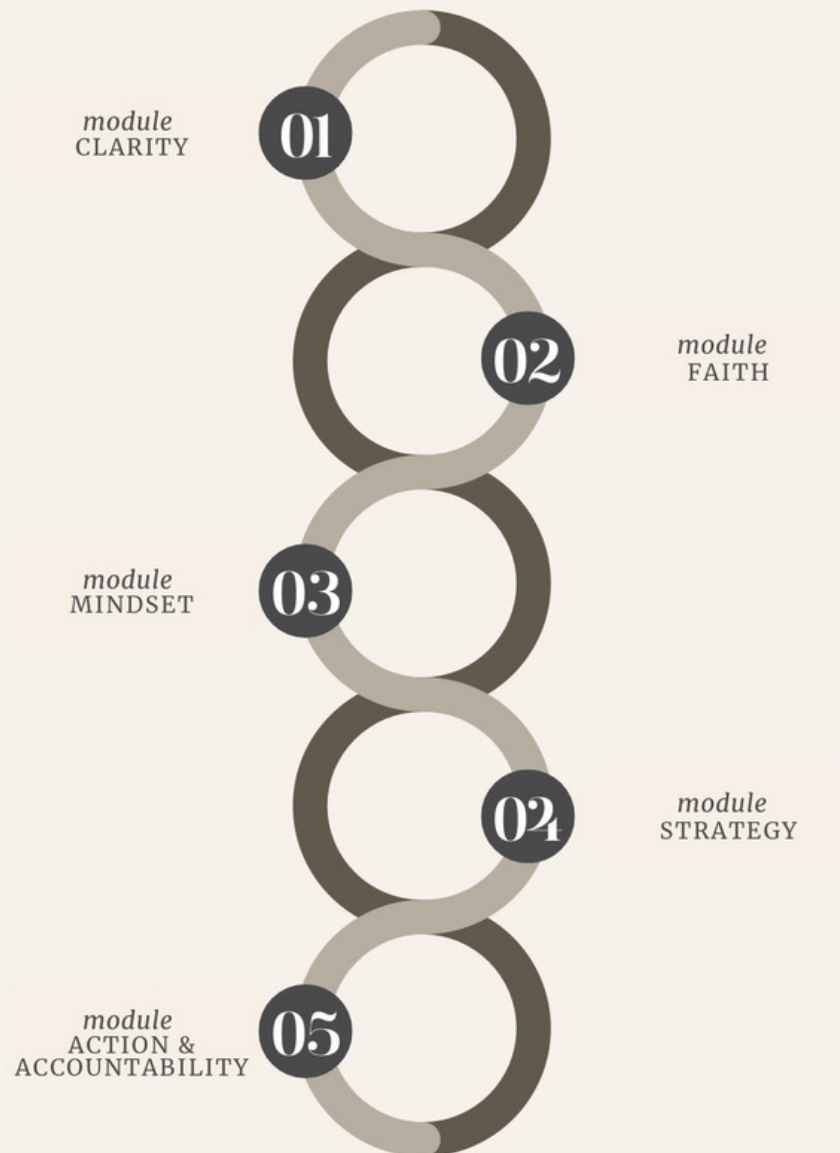
I'm Chanelle Coleman Wesley—speaker, author, and EmpowerHER strategist. I know what it's like to pick up the pieces after life deals a set of life-altering cards. My own seasons of pain and detours became the training ground for my purpose, and now I help women trade fear for faith and excuses for bold action.

Around here you'll hear me say things like, "Sis, get your foot off your own neck," because I've had to do it myself. Through my books, coaching, and live events, I create spaces where we laugh, heal, and take bold next steps toward the future God already planned.



Sis, Your Next Level Starts Here

5 STEP ROADMAP



CLARITY

Day 1 – CLARITY SHIFT
Theme: Call It What It Is
Devotional Thought



Sis, you may feel delayed, but heaven is not silent. Sometimes the place where you feel most stuck is the very ground where God is shaping your next assignment. We avoid it because purpose often hides behind pain, and naming the pain forces us to look at what we'd rather cover. But hear me: the fire that tried to break you is the same fire that forges your calling.

Your scars don't disqualify you—they certify you. Jeremiah 29:11 declares that God already knows the plans He has for you—plans of peace and not of evil, plans to give you hope and a future. Every delay is development. Every heartbreak is a classroom. Clarity begins when you stop running from the wound and call it what it is. Name it, and you'll start to see the assignment God is revealing behind the scenes.

CLARITY

Day 1 – CLARITY SHIFT
Theme: Call It What It Is

Reflection Prompt

Identify one area of your life where you feel delayed, restless, or heavy.

- What keeps resurfacing in this area?
- Where have you tried to cover pain instead of confronting it?
- How might God be using this very space to equip you to help someone else?

Daily Affirmation

Today I choose bold action, knowing that obedience opens doors.

Scripture

Jeremiah 29:11 (KJV)

“For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end.

Day 1 – CLARITY SHIFT

Theme: Call It What It Is

[illegible]

FAITH SHIFT

Day 2 - FAITH SHIFT Theme: Fear Has to Move

Clarity is powerful, but it also exposes the next step—and that's where fear likes to show up.

Fear whispers that you're unqualified, underprepared, or too late.
It tells you to shrink, to second-guess, to stay quiet.
But faith speaks louder.

Hebrews 11:1 reminds us that “faith is the substance of things hoped for, the evidence of things not seen.”
Faith isn't waiting for proof; faith is moving because God already gave the promise.
The enemy doesn't fight what isn't a threat—so if fear has been loud, it's only because your next level is close.

Sis, fear may knock, but it doesn't get to unpack its bags.
Every “what if” is an opportunity to trust the One who knows the end from the beginning. Your job is not to predict the outcome; your job is to obey the next instruction. Fear cannot stay where faith takes up residence. Too scared to move? Move anyhow.



FAITH SHIFT

Day 2 - FAITH SHIFT Theme: Fear Has to Move

Reflection Prompt

List three fears—big or small—that keep you from moving forward.

Be honest. Name them without apology.

Examples: fear of failure, fear of judgment, fear of not having enough resources.

Action Step

For each fear you listed, pair it with a truth or Scripture that cancels it.

- Fear of failure → "I can do all things through Christ who strengthens me." (Philippians 4:13)
- Fear of rejection → "If God is for me, who can be against me?" (Romans 8:31)
- Fear of lack → "My God shall supply all my need according to His riches in glory." (Philippians 4:19)

Write these faith statements on a sticky note or phone background and speak them aloud every morning. Every time fear tries to rise, respond with the truth you've already declared.

Daily Affirmation

My fears have to find a new address—faith changed the locks, and fear doesn't even have the key.

FAITH SHIFT EXERCISE

Fear loses its grip when you call it out, confront it with truth, and move anyway. In this exercise you'll name the fears that keep knocking, replace each one with a promise from God, and choose a bold action to prove that faith—not fear—has the key to your future.

How does fear show up?

Fear shows up in disguise. Where is it trying to sneak into your life right now? Write down the specific fears—big or small—that keep knocking, and describe how they make you hesitate or hide.

Expose the Lie

"For each fear you listed, what truth or promise from God cancels it? Write a declaration that starts with: 'Even though fear says ____, God's word says ____.' Speak it out loud as you write."

Movement is Medicine

"What bold action can you take this week while fear is still talking? Describe one next step you can make with shaky knees, and how taking it will prove that faith—not fear—has the key to your future."

MIND SHIFT

Day 3- MINDSET SHIFT

Theme: Get Your Foot Off Your Own Neck

By now you've named the place where you feel delayed and told fear it has no key—but here's the hard truth: sometimes the biggest obstacle isn't the devil, the doubters, or the delay. It's us.

We sabotage our own progress with second-guessing, perfectionism, and rehearsed excuses. We pray for open doors while leaning against them. We wait for a sign when God has already given an instruction.

Romans 12:2 urges us to be "transformed by the renewing of our mind," because transformation starts in the thought life long before it shows up in the timeline. Sis, a renewed mind refuses to replay failure. A renewed mind stops asking permission to be who God already called.

This is the day you take your foot off your own neck.

No more shrinking to make others comfortable.

No more letting old stories dictate a new season.

Your mind is the steering wheel of your next level—turn it toward destiny and refuse to circle the same block.



MIND SHIFT

Day 3- MINDSET SHIFT

Theme: Get Your Foot Off Your Own Neck

Reflection Prompt

- Where have you been standing in your own way—through thoughts, habits, or patterns?
- What repeated thought do you need to evict so purpose can move in?
- Which new thought aligns with the life God has already promised?

Action Step

Write a replacement statement for every self-sabotaging thought you identify.

Example:

- Old Thought: "I'll never be ready."
- Replacement: "God equips those He calls, and I move while He provides."

Speak each replacement statement three times today—morning, midday, and night—until your mind hears a new story.

Daily Affirmation

"I release every thought that limits my destiny. My mind is renewed, my purpose is clear, and I refuse to stand in my own way."

MIND SHIFT

Day 3- MINDSET SHIFT

Theme: Get Your Foot Off Your Own Neck

(Use the space below or a journal page. Don't edit—just write honestly.)

This image shows a full page of blank, white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

STRATEGY SHIFT

Day 4-STRATEGY SHIFT

Theme: Nothing Changes If Nothing Changes



By now you've named the place of delay, told fear it has no key, and started renewing your mind.

But revelation without movement is just information. God gives strategy to those willing to act.

James 2:17 reminds us that "faith without works is dead." Prayer opens the plan, but action builds the promise. Sis, God will supply the vision, but He won't take the step for you. Obedience is your move. The shift you're praying for is waiting on the move you're resisting.

You don't need a full blueprint to start—you just need to work the next instruction. The Red Sea didn't part until Moses stretched out his rod. Doors didn't open for Peter until he stepped out of the boat. Your miracle is motion-activated.

This is the day you decide that staying the same is no longer an option. Every small act of obedience is a vote for your next level. Strategy isn't just planning—it's the discipline of putting faith into motion.

STRATEGY SHIFT

Day 4- STRATEGY SHIFT

Theme: Nothing Changes If Nothing Changes

Reflection Prompt

- What is one clear instruction you already know God has given you?
- What action have you delayed because of fear, doubt, or waiting for perfect conditions?
- Which resources or connections are already in your hands that you haven't used?

Action Step

Write three specific moves you can take in the next 7 days that align with your calling.

Example:

1. Make the phone call you've been avoiding.
2. Release the book.
3. Schedule the meeting or book the class.

Circle the one you will do today—and commit to it.

Bold Declaration

Look yourself in the mirror and say it out loud:
Playtime is over. Get up—let's go, girl.

STRATEGY SHIFT

Day 4- STRATEGY SHIFT

Theme: Nothing Changes If Nothing Changes

Get Up Girl, Let's Go.

This is where you turn strategy into movement.

In this exercise you'll choose one meaningful goal for the next 30 days, sharpen it with the SMART framework (Specific, Measurable, Achievable, Relevant, Time-bound), and break it into weekly checkpoints and daily actions.

By the end, you'll have a focused plan that's small enough to start today but strong enough to create real momentum—and a clear path you can track every single week.

Step 1 – Choose Your 30-Day Goal

Prompt:

"If I could accomplish ONE meaningful thing in the next 30 days, what would it be?"

- Write your goal in one clear sentence.
- Make it specific (not "get better at finances" but "save \$300" or "draft the first chapter of my book").

Step 2 – Make It SMART

Use the SMART checklist to sharpen your goal.

- Specific: What exactly will you achieve?
- Measurable: How will you track progress?
- Achievable: Is it realistic in 30 days?
- Relevant: Why does this matter to your purpose?
- Time-Bound: What is the exact completion date?

STRATEGY SHIFT

Day 4- STRATEGY SHIFT

Theme: Nothing Changes If Nothing Changes

Get Up Girl, Let's Go.

Write your finalized SMART goal below.

Step 3 – Map Weekly Milestones

Break the 30-day goal into four weekly checkpoints.

Prompt:

"What must be true at the end of Week 1, Week 2, Week 3, and Week 4 for this goal to be complete?"

Example (for writing a chapter):

- Week 1: Outline chapter sections.
- Week 2: Write 500 words per day.
- Week 3: Complete full draft.
- Week 4: Edit and format.

Step 4 – Identify Daily or Bite-Sized Actions

For each weekly milestone, list small daily tasks you can track.

Prompt:

"What simple actions can I schedule each day to stay on pace?"

Example: write 250 words daily, schedule one brainstorming session, research supporting material.

STRATEGY SHIFT EXERCISE

Get Up Girl, Let's Go.

Step 5 – Faith + Accountability

Prompt:

“Who or what will keep me accountable for these steps?”

- Identify a friend, coach, or reminder system.
- Write a short faith declaration (e.g., “God equips me to finish strong within 30 days.”).

Daily Affirmation

“I plan with wisdom, act with discipline, and trust God to multiply every faithful step over these next 30 days.”



SMART Goals



When setting goals, make sure it follows the SMART structure. Use the questions below to create your goals.

S	<u>Specific</u> What do I want to accomplish?	
M	<u>Measurable</u> How will I know when it is accomplished?	
A	<u>Achievable</u> How can the goal be accomplished?	
R	<u>Relevant</u> Does this seem worthwhile?	
T	<u>Time Bound</u> When can I accomplish this goal?	

ACTION & ACCOUNTABILITY SHIFT

Day 5- ACTION & ACCOUNTABILITY SHIFT

Theme: Faith + Works Won't Work Till You Work Them

You've gained clarity, faced your fears, renewed your mind, and mapped your strategy. But here's the truth that separates dreamers from doers: faith and works won't work until you work them.

James 2:17 declares that "faith without works is dead."

Faith opens the door, but action walks through it.

Prayers set the plan in motion, but obedience gives it legs.

God can supply vision, resources, and timing—but He will not take the step for you.

Heaven releases the blueprint; your movement builds the miracle.

Sis, this is where you prove that your faith isn't just words.

Every small action—every email sent, plan executed, meeting scheduled—is a testimony that you believe what you prayed.

Accountability isn't punishment; it's protection.

It keeps your purpose from dying in a notebook and your destiny from being delayed by distraction.



ACTION & ACCOUNTABILITY SHIFT

Day 5- ACTION & ACCOUNTABILITY SHIFT Theme: Faith + Works Won't Work Till You Work Them

Reflection Prompts

- Where have I been waiting on God when He's actually waiting on me?
- What single action can I take today that proves I trust His plan?
- Who can walk with me over the next 30 days to keep me focused?

Action Step

1. Lock in an Accountability Partner or Group.
2. Share your 30-day SMART goal and schedule a weekly check-in.
3. Commit to a First Move within 24 Hours.
4. Choose one immediate action—make the call, send the email, order the supplies—and write it down.
5. Set Your Review Rhythm.
6. Add weekly reminders to track progress and celebrate small wins.

Daily Affirmation

"Faith + works won't work until I work them.
I act on what God has already approved, and every step I take proves that I trust His plan."

LIFE GOALS

FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU NEED IMPROVEMENT. TAKE THE TIME TO REFLECT ON THESE, AND WRITE A GOAL FOR EACH CATEGORY.

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
<i>FAMILY</i>			
<i>FRIENDS</i>			
<i>WORK/ SCHOOL</i>			
<i>BODY</i>			
<i>MENTAL HEALTH</i>			
<i>SPIRITUALITY</i>			

ACTION & ACCOUNTABILITY SHIFT

Day 5 - ACTION & ACCOUNTABILITY SHIFT

Theme: Get Your Foot Off Your Own Neck

Empowered Sisters 30-Day Accountability Challenge

Your First 30 Days Are Free—Bring a Sister with You!

You've completed the 5-Day Shift—now it's time to stay in motion together. I'm opening the doors to the Empowered Sisters Accountability Group, a paid community designed to keep you consistent and moving toward your goals.

For a limited time, I'm waiving the first month's fee so you can experience the power of this tribe for FREE.

Here's what's included:

- **Weekly Sunday Goal-Setting Calls** – celebrate wins, set new targets, and get real-time coaching.
- **Weekly Goal Check-Ins** – midweek nudges and encouragement to keep your promise to yourself.
- **End-of-Month Strategy Session** – measure progress, refine your next steps, and plan your next 30 days.

Normally \$19.99/month, your first 30 days are completely free. If you love the community (and we believe you will), you can continue your membership for just \$19.99 each month after the free trial.

Invite a Friend

Growth multiplies in community. Bring a sister with you and experience what happens when strategy meets sisterhood.

[Claim My Free 30 Days + Invite a Sister](#)

Sign up today: shesaidyestoherself@gmail.com



“
Everything you
want is on the
other side of fear.
Go get it.

Chanelle Coleman
Wesley



WANNA LEARN MORE?



To see if we can work together to find a path that works for your unique situation, let's schedule a free consultation.

SCHEDULE A FREE CALL

Send me a direct message via Facebook Messenger Chanelle Coleman Wesley to book your free call.