

GENESIS
A&E

GENESIS A&E

Women's Empowerment WORKBOOK

Equip | Empower | Elevate

A faith-based guide to help women discover
their God-given purpose and walk confidently
in every area of life.

www.genesisae.org | info@genesisae.org | (919) 627-1159

Welcome to the Genesis A&E Women's Empowerment Workbook

We are so glad you are here. This workbook was created with you in mind — the woman who is searching for more, pressing through hard seasons, and ready to walk boldly in the purpose God has placed within her.

Genesis A&E; exists to equip, empower, and elevate women through faith-based mentorship, education, and community. This workbook is an extension of that mission — a tool designed to help you grow spiritually, emotionally, and practically in six key areas of life.

Each section covers one of our monthly community topics. You will find Scripture to anchor your heart, reflection questions to stir your thinking, journaling space to process what God is speaking to you, and action steps to move you forward.

There is no rush. Work through each section at your own pace. Come back to it often. Share it with a friend. Use it in your small group. Let it be a companion on your journey toward becoming everything God created you to be.

You are not alone. You are equipped. You are empowered.

With love and faith,

The Genesis A&E Team

"She is clothed with strength and dignity, and she laughs without fear of the future."

— Proverbs 31:25

How to Use This Workbook

Getting the Most Out of Your Workbook

1. Find a Quiet Space

2. Pray Before You Begin

3. Be Honest

4. Take Your Time

5. Revisit Often

Growth is a journey. Come back to your answers over time and notice how God has moved in your life.

6. Use It in Your Community

What Each Section Contains:

- Scripture Anchor | ■ Reflection Questions
- 📖 ■ Journaling Space | ■ Action Steps

1

Identity in Christ

Teaching women who they are in Christ and how to walk confidently in God's purpose.

SCRIPTURE ANCHOR

"I can do all things through Christ who strengthens me."

— Philippians 4:13

Reflection Questions

1

2

3

4

My Thoughts & Reflections

☐ **Step 1:**

☐ **Step 2:**

☐ **Step 3:**

Renewing the mind and overcoming negative thinking through Scripture.

SCRIPTURE ANCHOR

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

— Romans 12:2

Reflection Questions

1

2

3

4

My Thoughts & Reflections

☐ **Step 1:** _____

☐ **Step 2:** _____

☐ **Step 3:** _____

Balancing faith, family, work, and personal responsibilities.

SCRIPTURE ANCHOR

"Teach us to number our days, that we may gain a heart of wisdom."

— Psalm 90:12

Reflection Questions

1

2

3

4

Write freely. There are no wrong answers.

9

7

■ My Prayer for This Area of Life:

Creating godly friendships, family relationships, and boundaries.

SCRIPTURE ANCHOR

"As iron sharpens iron, so one person sharpens another."

— Proverbs 27:17

Reflection Questions

1

2

3

4

My Thoughts & Reflections

☐ **Step 1:** _____

☐ **Step 2:** _____

☐ **Step 3:** _____

Training women to lead with wisdom, humility, and confidence.

SCRIPTURE ANCHOR

"She speaks with wisdom, and faithful instruction is on her tongue."

— Proverbs 31:26

Reflection Questions

1

2

3

4

Teaching mothers to lead their children spiritually.

SCRIPTURE ANCHOR

"Train up a child in the way he should go; even when he is old he will not depart from it."

— Proverbs 22:6

Reflection Questions

1

2

3

4

My Thoughts & Reflections

Monthly Habit Tracker

Month: _____ Year: _____

Habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Daily Bible Reading / Devotion																															
Prayer Time																															
Journaling																															
Exercise / Movement																															
Healthy Eating																															
Drinking Water (8 glasses)																															
Acts of Kindness / Service																															
Gratitude Practice																															
Connect with Mentor / Community																															
Personal Development (reading, learning)																															

Mark each day you complete a habit. Celebrate your progress! ■

Prayer & Goal Setting Page

My Monthly Theme / Word from God:

■ Spiritual Goals	■ Personal Goals	■ Relationship Goals

My Scripture for This Season:

Prayer Requests & Answered Prayers:

Prayer Request	Date	Answered? ✓

Notes & Personal Reflections

"Write the vision and make it plain." — Habakkuk 2:2

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.