SHE DID THAT

A SISTERHOOD MOVEMENT

*Women Empowering Women*

**ANTHOLOGY COMPANION**

# *Chapter Discovery Workbook*

## SHE DID THAT: AND SO CAN YOU

*Your Story. Your Lesson. Her Move.*

A guided workbook for contributors of the
She Did That Sisterhood Anthology

**A NOTE FROM YOUR CURATOR**

# Hi, Sis ♥

I am SO excited to bring this vision to life with you. This anthology isn't meant to be a book women read once and put back on a shelf. It's meant to be an experience you move through with a pen in your hand.

Each woman in these pages will share a defining experience, the turning point within it, and the wisdom she carries out on the other side. What connects every chapter isn't the shape of the struggle. It's transformation, and what we choose to do with what life teaches us.

This workbook exists to help you find that one story inside you, and get it down clearly and honestly. Once you submit your answers, we'll build the framework together that gives your story a strong arc and keeps the promise to your reader.

*She did that. Here's what she learned. Now, Sis, what will YOU do?*

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*With love,*

Maritza

*Your She Did That Curator*

HOW TO USE THIS WORKBOOK

# One Story, Clearly Found

This is Step One: your prework. It walks you from a memory to a clear, honest story on the page. Once you submit your answers, we'll work together on the framework that gives your chapter its arc and makes sure it keeps the promise to your reader.

Every chapter in this anthology travels the same path:




The workbook ahead:

1. **Finding Your Story**
   Brainstorm experiences you could write about.
2. **Choosing Your One Story**
   Narrow to the story that fits this anthology.
3. **Your Story**
   Write the experience in full, as it happened.
4. **Your Turning Point**
   Name the moment everything shifted.
5. **Your Lessons**
   Name what the season taught you.
6. **Her Reflection and Move**
   Write the questions and move for your reader.

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STEP ONE

# Finding Your Story

*Before you can choose it, you have to see it.*

Your chapter can explore any experience that changed you. Circle every theme below that stirs something. You may find your story lives at the overlap of two or three.

- ○ Reinvention
- ○ Motherhood
- ○ Relationships
- ○ Divorce
- ○ Loss
- ○ Entrepreneurship
- ○ Career Change
- ○ Identity
- ○ Boundaries
- ○ Courage
- ○ Failure
- ○ Success
- ○ Starting Over
- ○ Finding Her Voice
- ○ Choosing Herself

✎ Which of these experiences teaches me something I now live by?

✎ Which story, if I am honest, still has emotional charge when I think about it?

✎ Which experience would most help another woman see she is not alone, or show her a way forward?

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STEP TWO

# Choosing Your One Story

*The anthology needs one story from you, told well.*

This anthology exists so a reader finishes it examining her own life. That only works if your chapter is built around a single, focused story. Use these questions to test each experience from Step One before you commit.

- [ ] **This experience has a clear before and after. Something in me genuinely changed.**
- [ ] **I can name the exact moment it turns, not just the general season it happens in.**
- [ ] **I walk away with a lesson another woman can actually use in her own life.**
- [ ] **I am willing to tell this honestly in print, including the parts that are hard to admit.**

**THIS IS MY STORY**

In one or two sentences, name the story you are choosing to tell in this anthology.

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STEP THREE

# Your Story

*Set the scene. Let your reader stand where you stood.*

Write the experience you choose in Step Two as it happens, with the details, the stakes, and what it feels like from the inside. You will shape and trim later. For now, just tell it true.

- **Where are you, and what is happening in your life at that time?**
- **What is at stake for you, what stands to be gained or lost?**

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STEP FOUR

# Your Turning Point

*The moment everything shifted.*

- What is the exact moment, the decision, the realization, the word said or unsaid, when everything changes?
- Do you choose that turning point, or does it choose you? What do you do next?

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STEP FIVE

# Your Lessons

*What does this season leave you carrying?*

Name three lessons this experience teaches you. These become the wisdom your reader takes with her.

1

**LESSON 1**

2

**LESSON 2**

3

**LESSON 3**

6

STEP SIX

# Her Reflection and Move

*Turn your lesson into her mirror.*

Your lessons become an opportunity for another woman to examine her own life. Write three to five reflection questions that invite your reader to sit with her own story.

*Example: "Where in your own life are you waiting for permission you don't need?"*

1.

2.

3.

4.

**HER MOVE**

What is the one action you want every reader to take because of what this story reveals?

THE SISTERHOOD PLEDGE

# Your Story Is Found

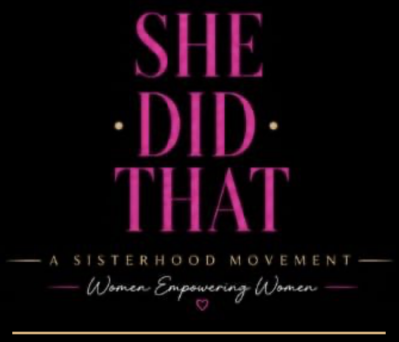
*I tell my story honestly. I name the lesson it gives me. This is my prework, offered in full. Now, together, we build the chapter it deserves.*

Signed,

.....

Date: .....

She did that. Now, Sis, what will YOU do?




*Your story leaves something behind*
*for the woman coming after you.*