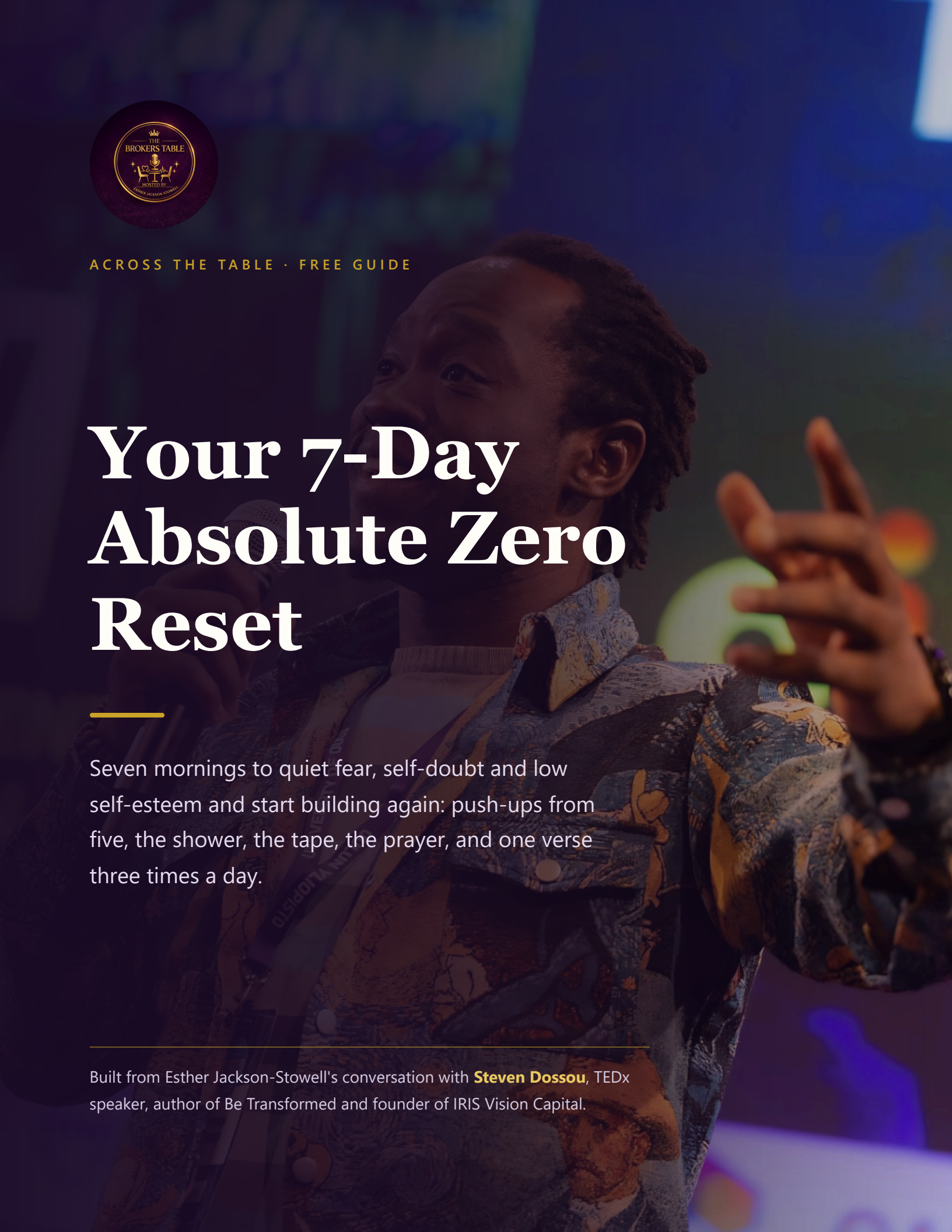


ACROSS THE TABLE · FREE GUIDE

Your 7-Day Absolute Zero Reset

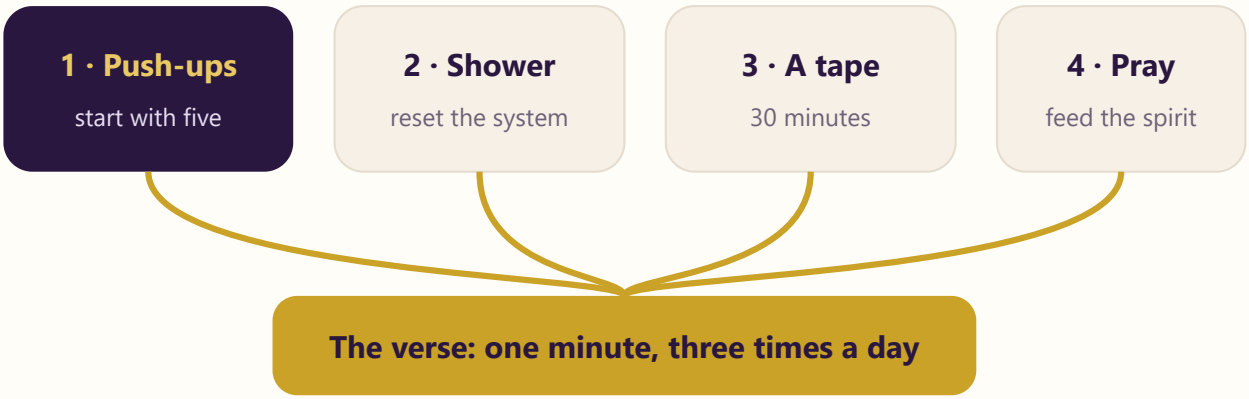
Seven mornings to quiet fear, self-doubt and low self-esteem and start building again: push-ups from five, the shower, the tape, the prayer, and one verse three times a day.

Built from Esther Jackson-Stowell's conversation with **Steven Dossou**, TEDx speaker, author of Be Transformed and founder of IRIS Vision Capital.

START HERE

You do not need a complex system.

Steven Dossou lost the company, sold the houses and the cars to pay the debts, and his fiancee left. In the dark room a friend called with three thoughts: know who you are, where you are from, and where you are going. Everything he rebuilt started there, with a routine simple enough to keep for a decade.



"We are all in the business of building our lives."

STEVEN DOSSOU, ACROSS THE TABLE

This reset gives you one page a day for seven days. Each day adds one push-up, one honest line of writing, and the same verse said out loud with conviction: I can do all things through Christ who strengthens me. You will not notice the five push-ups. You will notice the person who did seven days of them.



1 DAY ONE · KNOW WHO YOU ARE

Three thoughts for the dark room.

Before the push-ups, before anything, answer the three questions Steven's friend asked him. Write them by hand. "What you are going through right now does not have to define what you are going to do next."

THE QUESTION	YOUR ANSWER, IN ONE HONEST SENTENCE
Who am I? Not the title. Not the loss. Steven: a child of God first.	
Where am I from? The people, the place, the confidence they built into you.	
Where am I going? The one thing you are building, even from zero.	

This morning

- [ ] 5 push-ups (or 5 squats, 5 wall push-ups)
- [ ] Shower before the phone
- [ ] The verse, out loud, one minute

The verse

I can do all things through Christ who strengthens me. Philippians 4:13. Morning, lunchtime, before sleep. "Say it with your chest."

What I am rebuilding: _____

2 DAY TWO · NAME THE THREE DEMONS

The enemies outside can do you no harm if there are no enemies within.

Steven calls fear, self-doubt and low self-esteem the three toughest demons of mankind. Score the last seven days, 0 (never) to 4 (always). Add each column. The highest is the voice to work on first.

FEAR (MEMORY TALKING)	0 TO 4	SELF-DOUBT (ARRIVES WITH THE OFFER)	0 TO 4
When something new looks like a past failure, I pull back.		When an opportunity arrives, my first thought is: not for me.	
I replay what went wrong more than I plan what could go right.		I say yes out loud and talk myself out of it by bedtime.	
I avoid the call, the pitch or the ask because of last time.		I wait until I feel ready instead of starting small.	
I need to feel certain before I move.		I compare my chapter one to someone's chapter twenty.	
Fear total		**Self-doubt total**	

LOW SELF-ESTEEM (THE 2 A.M. VOICE)	0 TO 4
A voice tells me I am the one who does not belong in the room.	
I shrink my ask so nobody can say no.	
Praise feels like a mistake someone will correct.	
I describe myself by where I have been, not where I am going.	
Low self-esteem total	04

3 DAY THREE · FEAR LIVES IN MEMORY

Bitten by a snake once, you run from a worm.

"Fear, it really comes from a place of memory."

STEVEN DOSSOU

Something hurt once, and now anything that looks like it makes you fall back. The memory is real. The worm is not the snake. Separate them on paper.

THE MEMORY (WHAT ACTUALLY HAPPENED)	THE WORM (WHAT I AM AVOIDING NOW)	HOW THEY DIFFER

Thermometer or thermostat?

A thermometer reports the room. A thermostat sets it. Steven's test: do your actions this week match the circumstances, or the story God put in your blueprint? Write one place you will set the temperature today:

_____

This morning

7 push-ups. Shower. The verse. And one call, pitch or ask you have been avoiding, made before noon.



4 DAY FOUR · DOUBT IS NOT SELF-DOUBT

Answer the offer you keep delaying.

Doubting which dress to wear to the event is thinking. Doubting when you have been offered the chance to lead people, build a company or chase a dream is the demon, and it waits until you are back in your own space to talk. Steven got the call for a team of 200 at two in the afternoon and heard the voice at two in the morning.

THE OFFER OR OPPORTUNITY I HAVE BEEN SITTING ON	WHAT THE VOICE SAYS	MY ANSWER, TODAY

The two-line answer

Steven's reply to the 2 a.m. voices, out loud: "I can do all things through Christ who strengthens me. I did not come all the way here by magic. I went for it. I deserve this." Write your version: _____

This morning

8 push-ups. Shower. The verse. Then send the reply to the offer: "Yes. When do we start?"



5 DAYS FIVE AND SIX · THE TAPE AND THE LIGHT

Recondition the voice you listen to.

The young man told he could not dance had to fail a few times and be confirmed by outsiders before he believed it. Unwinding that takes repetition in the other direction: a sermon or a talk every morning that tells you who you are. Steven has more than 150 audios on YouTube at @stevendossou-actionman for anyone who needs a place to start.

DAY	WHAT I LISTENED TO (30 MINUTES, PHONE FACE DOWN)	ONE LINE I WILL CARRY TODAY
5		
6		

Day 5: tell someone

Esther's practice: when you see someone's light, tell them, because they often cannot see it. Who I told today: _____

Day 6: feed the spirit

Steven prays every morning, sometimes at three or four, depending on the season. We feed the body every day. Give the spirit the same ten minutes.

THE MORNING LADDER	DAY 1	2	3	4	5	6	7
Push-ups (5, 6, 7, 8, 9, 10, 11)							
Shower before the phone							
Tape, 30 minutes							
Prayer							

7 DAY SEVEN · STOCK-TAKE

What did you become this week?

Score the three demons again (page 4). Then answer Steven's point, not the goal but the process: _____

Fear _____ Self-doubt _____ Low self-esteem _____ Push-ups tomorrow: _____



Steven Dossou

Born in Togo, based in Helsinki. TEDx speaker (The Upside of Losing Momentum), author of Be Transformed, founder of IRIS Vision Capital and Sail Force Marketing, host of The Transformation Zone podcast. He has spoken in 15+ countries and trained 10,000+ people.

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Esther Jackson-Stowell

Host of The Broker's Table, where faith, family and money sit down together. Principal real estate broker, author and mother of four.

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