

ACROSS THE TABLE · FREE GUIDE

Do It Scared: The 7-Day SHIFT

Seven days to tell thoughtful preparation from fear-driven delay and take one faith-filled step: Stand, Heal, Ignite, Fortify, Transform, take care of you, and start before you feel ready.

Built from Esther Jackson-Stowell's conversation with **Lady K, Kimberly Stewart**, speaker, author and creator of The SHIFT Method.

START HERE

Prepare thoughtfully. Then step before you feel ready.

Lady K went from minimum wage to running a company in three months, led a church and a Fortune 500 district while she was crumbling, and woke up at 406 pounds in a place God had not called her to. The way out was not a bigger plan. It was one honest step at a time, and a method she now teaches: SHIFT.

PREPARATION SOUNDS LIKE

How do I get my LLC?

How do I get my EIN?

What skill do I need, and where?

Steps you can go get this week

FEAR SOUNDS LIKE

I can't until I get the degree.

I need the proper microphone first.

I'll start when I feel ready.

Excuses you could start without

"It's excuses versus skills."

LADY K, ACROSS THE TABLE

Each day of this guide takes one letter of the SHIFT Method and one page of honest writing. Day six is the one Lady K would make you do first if she could: take care of you. She had a stroke in 2016 while driving her kids to school, because she was that out of tune with herself. Day seven is a stock-take, and the step.



1 DAY ONE · STAND

Name what God put in your hands.

Stand means being clear about your faith, your values and your responsibilities, and no longer wavering about what you were called to. Lady K: "He calls you to be Esther, me to be Kimberly. Other people aren't even going to understand the call." Write it before anyone else gets a vote.

THE QUESTION	YOUR ANSWER, IN ONE HONEST SENTENCE
What am I waiting to do? The business, the move, the book, the call.	
How long have I been waiting?	
What is my why? Not the bills. The kids, the neighborhood, the people you are called to.	
Who will not understand, and why that is fine?	

The morning question

Lady K's first move every day: get up and pray, then ask, "God, how do you want this day to go? You've already created all my days." Write today's answer here:

2 DAY TWO · HEAL

The forgiveness notebook.

"I began to write down everybody that hurt my feelings, disappointed me, discouraged me. My second grade teacher that didn't call my name. I wrote down everything."

LADY K

Four notebooks and a lot of crying later, she was ready to walk. You do not have to fill four. Fill this page, and if it needs more, buy the notebook. Forgiving on paper is a step; keeping it in your head is the delay.

WHO	WHAT THEY DID, OR DID NOT DO	WHAT I AM RELEASING TODAY

The daily version

Lady K prays it every morning: "I forgive everybody that could possibly hurt my feelings, disappoint me or offend me today." Say it before the day gives you a reason.

What it is for

"You have to sit with those things and say, God, you allowed all of this to happen to me, for me. What did I learn from it? How can I grow?" Not a grudge audit. A release.

3 DAY THREE · IGNITE

Sort the reasons: skill or excuse.

Take the thing from Day One. List every reason you have not started. Then do Lady K's sort: a skill is something you can actually go get (the LLC, the EIN, the permit, the training); an excuse is something you could start without (the degree, the perfect microphone, the right moment).

REASON I HAVE NOT STARTED	SKILL	EXCUSE	IF SKILL: WHERE I GET IT, AND BY WHEN

Skills: _____ Excuses: _____ More excuses than skills? That is fear-driven delay, and the thing itself, done small, is the step.

Esther's test, and the question after

She studied at home, took the exam on her own computer, got the score, and never went to law school, because the fear was only ever the test. "Then did you die? No, you're still here." What is the test you keep not taking? _____

Or let the free Preparation or Fear Check sort it and hand you the step: thebrokerstable.com/tools/preparation-or-fear

4 DAY FOUR · FORTIFY

Boundaries, habits, and a calendar reminder.

"If you need to set boundaries, you can't tell everybody yes. If you do, you'll start neglecting yourself." Fortify is the unglamorous letter: a routine, a schedule, a reminder. Lady K's own was a calendar entry that said "tell your children you love them today," because she was not doing it.

ONE BOUNDARY THIS WEEK	WHO I TELL, AND HOW

ONE HABIT THIS WEEK	WHEN (TIME AND PLACE)	THE REMINDER I SET

Get off autopilot

"You'll get in the car to go to the grocery store and wind up going to work." Fortify starts with noticing. Where did you go on autopilot this week? _____

Faith without works

"You can't just say I changed today. You have to work. Do something different. You still look the same." The habit is the proof.



5 DAYS FIVE AND SIX · TRANSFORM, AND TAKE CARE OF YOU

Keep going on the day you do not feel it.

Transform is consistency, and consistency is not feeling consistent every day. Lady K cried before pushing the TikTok live button for a year; the mornings she least wanted to do it were the ones that mattered. "It's okay to admit I don't want to do this today, and then still push the live button."

DAY	WHAT I DID ANYWAY	HOW I FELT BEFORE	WHAT HAPPENED
5			
6			

Day six: you first

In 2016 Lady K drove her children to school with the left side of her face gone numb, dropped off the carpool, and heard the Spirit say: if you do not go to the hospital now, you will not make it. She collapsed at the ER door. Her one practical step for anyone pulled in every direction: "You have to take care of you before you can take care of them. You matter."

TAKE CARE OF YOU	DAY 5	DAY 6	DAY 7
Five minutes that were only mine (prayer, quiet, a walk)			
The appointment I kept postponing (doctor, dentist, rest)			
Ate like someone who matters			
Said no to one thing			

7 DAY SEVEN · STOCK-TAKE AND THE STEP

One faith-filled step, with a date.

The thing from Day One: _____

The first real skill from Day Three, or the thing itself done small:

_____ By: _____

The SHIFT letter I keep working next week: _____



Lady K, Kimberly Stewart

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WEBSITE	ladykspeaks.org
THE BOOKS	The SHIFT Method, She Shifts, The 14-Day Devotional (Amazon)
SPEAKING	ladykspeaks.org/#booking
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