

THE BEERMAN BUILD

BEERMAN STRONG

FAITH · FUEL · FITNESS

9 Steps to a Stronger Mindset

A practical, faith-rooted guide for meeting everyday life with perspective, courage, gratitude and steady action.

FAITH · FUEL · FITNESS

USEFUL THINGS, *built from real life.*

BUILD FROM THE INSIDE OUT.

A Beerman Build · Beerman Strong guide created by Liz Beerman

THE

BEERMAN *BUILD*

BUILDING STRENGTH IN FAITH, MARRIAGE, LIFE & BUSINESS

A strong mindset is not forced positivity

Strength does not require pretending that everything is easy. It means acknowledging reality, making room for emotion and choosing the next wise step available to you. Some circumstances cannot be controlled, but support, perspective and small actions can change how you move through them.

Faith and action

Prayer can create space for honesty, wisdom and surrender. Practical action can follow: asking for help, resting, setting a boundary, completing one task or trying again tomorrow.

1 · Tell the truth kindly

Name what is difficult without turning the difficulty into a judgment about yourself. Try: "This is hard, and I can take one step."

Reflection

What is true right now? What would a kind response sound like?

2 · Choose your influences

Spend time with people and messages that encourage honesty, growth and wise action rather than comparison or shame.

Reflection

Which influence strengthens me? Which one drains me?

3 · Care for your foundations

Regular nourishment, hydration, sleep, medication routines, movement and rest can support clearer thinking. Adapt them to your health needs.

Reflection

Which foundation needs gentle attention this week?

4 · Focus on what is within reach

Separate what you can influence from what you cannot control. Put today's energy toward the first list.

Reflection

What is one action that is genuinely mine to take?

5 · Practice gratitude without denial

Gratitude can sit beside grief, frustration or uncertainty. Notice one good thing without demanding that it erase the hard thing.

Reflection

What can I appreciate while still being honest?

6 · Reframe setbacks as information

A setback can reveal what support, preparation or adjustment is needed. It does not erase previous growth.

Reflection

What did this experience teach me?

7 · Speak with purpose

Replace sweeping statements such as “I always fail” with specific language: “This attempt did not work; I can adjust the plan.”

Reflection

What sentence would be both accurate and constructive?

8 · Build small evidence

Confidence often follows action. Choose a commitment small enough to repeat and let consistency become evidence that you can rely on yourself.

Reflection

What can I repeat for the next seven days?

9 · Return to faith and community

You do not have to carry every challenge alone. Pray honestly and seek wise support from trusted people or qualified professionals when needed.

Reflection

Who can support me, and what could I ask for?

Your seven-day practice

Choose one small action from the guide. Keep it realistic and record what you notice.

Day 1: What I practised and what I noticed

Day 2: What I practised and what I noticed

Day 3: What I practised and what I noticed

Day 4: What I practised and what I noticed

Day 5: What I practised and what I noticed

Day 6: What I practised and what I noticed

Day 7: What I practised and what I noticed

Closing reflection

Strength is not the absence of difficulty. It is the willingness to return—to truth, support, faith and the next wise step.

Carry this forward

One thought I want to remember:

One practice I want to continue:

One person I can invite into the process:

This guide offers general educational and reflective information. It is not a substitute for medical or mental-health care. Seek qualified support when concerns are persistent, distressing or interfere with daily life.