

The Courage to Build

A PRACTICAL GUIDE TO TAKING THE NEXT STEP



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The future you want doesn't start with a leap. It starts with a moment.

A small one. Small actions don't just create results. They create identity.

A moment where you decide: *My desire outweighs my fear.*

Question	Your planning
<p>Start With What You Want</p> <p>Don't overthink this.</p> <p>Write down something you want to build, change, or pursue.</p>	
<p>Why This Matters (Optional)</p> <p>You don't need a perfect answer—but if you have one, write it.</p>	
<p>Make it Small</p> <p>You're not solving the whole problem, just starting it. What is one small step you can take? Make it so small it feels almost too easy.</p>	

<p>Minimum Action Rule</p> <p>If you don't feel like doing the full step, you still move. What is the smallest possible version of this step?</p> <p>Example: Open the document, email one person, do five minutes of research.</p> <p>Small action builds momentum. Momentum builds clarity.</p>	
<p>I'll Try: Build Your Starting Moves</p> <p>You don't need to know everything. You just need a few things you <i>can</i> do. Write down 3-5 actions that feel small, doable, and within reach. Not the big plan, just what you already know how to do. These small steps are an act of belief. You're trusting that the next step will reveal itself.</p>	
<p>Give it a Deadline</p> <p>I will complete my first step by:</p>	

<p>Create a Reminder</p> <p>Set an alarm or a calendar reminder. Reminder date:</p>	
<p>Anticipate Resistance</p> <p>You will encounter resistance.</p>	<p>List what might stop you:</p>
<p>Plan for It</p> <p>If this happens, I will do this instead:</p>	<p>If → I will</p> <p>If → I will</p>
<p>Build your Support Network</p> <p>Write down 1–3 people you trust. Tell them your goal. Ask them to check in. Saying it out loud makes it real.</p>	

<p>When Doubt Shows Up</p> <p>Someone might:</p> <p>question your idea, laugh, not understand.</p> <p>Or you might: doubt yourself, feel behind, talk yourself out of it.</p> <p>This is normal. The key is to decide in advance how you'll respond.</p>	<p>When doubt shows up, I will:</p> <p>Pause and notice it (not react immediately).</p> <p>Remind myself why this matters.</p> <p>Return to my smallest next step.</p> <p>What will I tell myself instead?</p> <p>Examples:</p> <p>"They don't see it yet."</p> <p>"I'm learning."</p> <p>"This is part of the process."</p>
<p>Move When You Feel Stuck</p> <p>You don't need to think your way forward.</p> <p>You can move your way forward. Movement changes your state. A new state creates new thoughts.</p>	<p>When I feel stuck, I will:</p> <ul style="list-style-type: none"> ● Walk outside ● Go to the gym ● Do yoga ●
<p>Shift Your State</p> <p>Sometimes progress comes after rest - not after pressure. Rest is not quitting. It's part of the process.</p>	<p>Other ways I'll reset:</p> <ul style="list-style-type: none"> ● Journal ● Call someone ● Take a break ● Watch something inspiring ●

<p>Mantras</p> <p>Mantras are a powerful tool for overcoming doubt. Say it when:</p> <ul style="list-style-type: none">• you feel stuck• you feel doubt• you want to quit	<p>Choose 1–2 that resonate—or write your own. Examples:</p> <ul style="list-style-type: none">• “Something good is happening.”• “If it’s possible for one, it’s possible for me.”• “I’ll try.”• “This is part of the process.”• “I can do all things through Christ who strengthens me.”•
<p>Track Small Wins</p> <p>You don’t need perfection. You just need progress.</p>	<p>What did I do this week to work towards my goals?</p>
<p>Who Am I Becoming?</p> <p>Small actions don’t just create results.</p> <p>They create identity. Identity is what carries you through the hard parts.</p>	<p>By doing this, I am becoming:</p>



Build a Vision You Can See: Before something becomes real, it has to feel real.

Small actions don't just create results. They create identity.

Prompts:

- What does this look like?
- How does it feel?
- Who am I in that version of my life?

Action:

Create something you'll see daily. Use clippings from magazines, print outs, pictures. Get creative. Post it where you can see it daily.

You're not just imagining the future.

You're starting to believe it.