

Change Your Mind

3 Steps to Recognise + Reframe Your Thoughts

by Kobi Pollock Coaching

Welcome

Hey beautiful woman,

If this landed in your hands, it's because you're craving something softer. Something steadier. Something *truer* than pushing, forcing, and running on empty.

You're craving a life that **feels slow, intentional, grounded and deeply lived**. Not slow as in *unmotivated*, but slow as in **self-honouring**.

We all have a *favourite flavour* of thought..... the story that shows up when life gets full:

"I'm not doing enough."

"I should be coping better."

"I'm falling behind."

These thoughts feel real because your brain has practised them over and over. But a practiced thought is **not a truth**.

SLOW Living teaches us this:

When we pause long enough to **notice** the inner dialogue, we get to *choose differently*.

This is also where Neuro-Linguistic Programming (NLP) supports us. Not by telling you to "just think positive," but by **re-patterning the automatic responses in your mind and nervous system** so new ways of thinking start to feel natural.

This guide will support you to:

1. Recognise the thought pattern
2. Slow down + regulate your body
3. Reframe with grounded truth

This is the beginning of **coming home to yourself**.

The SLOW Rewire Method

1. SEE THE STORY

When you notice tension, overwhelm, shutdown, or spiralling..... pause.

Ask yourself:

“What story is running right now?”

Not to judge it.

Simply to *witness* it.

SLOW = Self-awareness before action.

Awareness is a doorway.

We can't shift what we won't look at.

Your Reflection:

Write the sentence your mind is telling you.

Even if it feels messy or dramatic, let it be seen.

2. LAND IN YOUR BODY

Before we change the thought, we shift the *state*.

Your nervous system needs to feel **safe enough** to choose differently.

This is where the slowing comes in.

Try this simple grounding moment:

- Place one hand on your heart, one on your belly
- Inhale through your nose for **4**
- Hold for **2**
- Exhale slowly for **6**
- Feel your feet on the earth beneath you

Say quietly:

“I soften. I slow. I come home to myself.”

This creates space between **you** and the story.

3. OPEN TO A NEW TRUTH

From this grounded place ask:

“If I were being gentle with myself, what would I choose to believe instead?”

This is not forced positivity.

This is **truth spoken from the body**.

Examples:

Old Pattern	Slow Living Reframe
“I’m behind.”	“I move at the pace that honours my season.”
“I should be doing more.”	“My worth is not measured by productivity.”
“I can’t handle this.”	“I can take one small step with presence.”

Say the reframe **out loud**, slowly.

Your voice teaches your nervous system that you are safe now.

Reflect + Integrate

Use these as gentle evening / morning reflection prompts:

1. **What flavour of story shows up most for me when I’m overwhelmed?**
2. **Where in my body do I feel this story?**
3. **What happens when I soften and breathe into that space?**
4. **If I lived from slow, steady self-trust what would shift?**
5. **What is one small, loving action I can take today that aligns with who I am becoming?**

Take your time.

Let your answers arrive *like breath, not like force*.

The Next Step

This work isn't about becoming a new version of yourself.

It's about **remembering who you were before the world asked you to rush, perform, prove, or please.**

This is what I guide women into through **NLP, breathwork, nervous system support, and slow living integration.**

When we work together, you learn how to:

- Regulate your emotional responses
- Rewire unhelpful thought loops
- Build deep self-trust
- Live with ease + grounded confidence
- Create a life that feels like it fits *your* body, *your* needs, *your* values

This is a return. A remembering. A softening and a rising.

If you felt something shift reading this, that's your invitation.

Not to push.

Not to hustle.

But to **choose yourself gently.**

If you're curious about what other resources I have to support you or explore what working with me closer would look like you can book a free call here. [FREE CALL](#)

Or check out my website here: [Kobiolivepollock.com](https://kobiolivepollock.com)

With love, presence, and deep belief in you,

Kobi Pollock

Mindset & Wellness Coach • Breathwork • NLP

