

Tiny Habits to Feel Better, Fast

Practical NLP & Mind Skills
You Can Use Today



www.mindskillsmastery.com

with Karren Kerrisk

Welcome to Tiny Habits

If you've ever felt stuck, overwhelmed, or caught in old patterns, I want you to know—you're not broken. You just need better tools.

This free guide is here to help you feel better, fast.

Inside, you'll find simple, quick, real-life mind skills that you can start using today—no overhauls, no complicated systems, just tiny shifts that make a big difference.

Why Tiny Mind Shifts Work



When you practice small, daily shifts, your brain wires them in faster and your nervous system feels safe enough to change.

It's not about doing more—it's about repeating the right things often enough that they become second nature.

Quick Mind Skills You Can Start Today

These are the same simple tools I use with clients—and in my own life—to move through stuck moments and build emotional resilience.

Pattern Interrupt

Use it when: You're overthinking, worrying, or stuck in a loop.

How to do it:

- Clap your hands, tap your chest, or say aloud: "Stop. Breathe. Reset."
- You can also move your body, step outside, or focus on a completely different object for a few seconds.

Why it works:

This snaps your brain out of autopilot and gives you a chance to choose a new response.

Nervous System Reset

Use it when: You feel overwhelmed, anxious, or tense.

How to do it:

- Breathe in slowly for 4 counts
- Hold for 4 counts
- Breathe out slowly for 4 counts
- Hold for 4counts
- Repeat for 3-5 rounds
- Feel your feet on the ground, bring your attention to your breath



Why it works:

You can't shift your mindset if your body is stuck in panic.

Breathing calms your system so your thinking brain can come back online.

Self-Talk Shift

Use it when: You hear yourself using negative or limiting language.



How to do it:

- Listen for phrases like:
 - “I always mess this up.”
 - “I’ll never get this right.”
 - “I can’t do this.”
- Gently shift them to:
 - “I’m learning how to get this right.”
 - “I’m figuring this out.”
 - “I can do this, one step at a time.”

Why it works:

Your brain follows the language you give it. Shifting self-talk builds self-trust and emotional stability.

Habit Stack

Use it when: You’re building a new habit and want it to stick.

How to do it:

- Attach your new habit to something you already do.
- Example:
 - “When I make my morning coffee, I will have a glass of water.”
 - “After I put on my shoes, I will say my daily affirmation.”

Why it works:

Habit stacking makes new behaviours easier because your brain loves predictable routines.



Daily Mind Shift Journal Prompts

Use these quick questions to check in with yourself:

- Where did I practice a tiny mind shift today?
- How did I bounce back when I wobbled?
- What language did I catch and upgrade?
- Which pattern interrupt worked best for me?
- What's one habit I want to stack tomorrow?

Even 2-3 minutes of daily reflection helps you track your progress and build momentum.

You're Not Stuck. You're Rewiring.

Every time you use one of these tiny mind skills, you're building a more resilient, calm, and confident version of you.

You don't need to overhaul your life—you just need to repeat the right things often enough to make them your new normal.

I'd love to hear what's working for you! Message me anytime or tag me on socials with your favourite mind shift. Let's grow together.

THE FUTURE IS NOW!

MASTER IT!

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