

Manifestation Babe™

Goal smudging  
LIKE A #BOSSBABE

THE MASTERCLASS FOR INGRAINING  
YOUR GOALS INTO YOUR  
SUBCONSCIOUS MIND SO THAT  
THEY CAN'T HELP BUT MANIFEST

by Kathrin Zenkina



# WELCOME, GOAL SMASHER!

- There's setting intentions... but then there's putting them into tangible action
- Ever felt like you had no control over your desires but WANTED that control?
- Wanted to see YOUR action steps outlined in front of you
- But also leave room for magic?
- You're in the right place ;)
- We're gonna work on setting ONE year goals to start you off

# WHO AM I?

- Master Mindset Coach, Success Strategist Author, LOA Expert & Creator of Manifestation Babe brand
- Have been helping women smash goals for 1.5 years now
- Achieved all of my BIG 2017 goals by July...
- Believes in the MAGICAL but also PRACTICAL side of manifesting
- Without action, the Universe waits. Intention + action = real life magic
- This training is about integrating the magical into the practical



# THE PROBLEM

- Women are creating VAGUE AF goals with no outcome
- They don't know what they want
- They never set the damn goal
- They don't take the action
- They don't involve the subconscious mind (the most AMAZING part of you) in the process
- Their goal isn't measurable (and never know if they are getting closer or further away)
- They set goals for OTHERS
- They don't know the steps
- They shoot too small

# THE SOLUTION

- Specify your outcome and get to know the inevitable last step RIGHT before you achieve it
- Write it DOWN
- Integrate it into your subconscious mind (process later)
- Specifying what must be done next month, next week, tomorrow, TODAY to achieve it
- Taking massive messy action

# CLARITY IS KEY

- When you're buying a car at the dealership, do you just choose ANY car and drive off with it?
- Or do you come with a make, model, color, # of doors, speed, turbo or not, etc?
- When you lack specificity, you get lazy (specifically SUBCONSCIOUS MIND gets lazy)
- Want more money + finding penny example

# WHAT IS YOUR OUTCOME?

- The key to success is knowing your OUTCOME
- And also asking yourself what YOU want (not what mom, dad, sister, brother want)
- If you were to take any area of your life (choose one) what would you want to be your ultimate END result?
- If it's money, what is the amount at the very last step?
- If it's health & fitness... what is the FINAL result you are going for?



# HOW DO YOU KNOW YOU HAVE IT?

- When you have your goal....
- What do you see?
- What do you hear?
- What/how do you feel?



# WHAT RESOURCES DO YOU HAVE/ NEED TO ACHIEVE THE GOAL?

- Do you know what you NEED to know, do, or obtain in order to achieve it?
- Do you know someone else who has already achieved this goal?
- What resources do they have?
- If you don't know, pretend you know, and see what comes up.

# SMART GOALS

- We've all heard the acronym SMART when setting goals
- The original acronym is so fucking BORING
- And demotivating (in my personal opinion)
- But it DOES have a point

# S

- Specific
- Sexy
- Simple
- See Yourself

# M

- Motivating
- Measurable (how do you know if you do or don't have it?)
- Meaningful to YOU
- Magical

# A

- Applicable
- Achievable (WITHIN THE TIME FRAME)
- Area of life

# R

- Realistic (AGAIN WITHIN THE TIME FRAME, not overall)
- Reassured (Are you SURE this is what you want?)

# T

- Timed (super important for subconscious mind integration)
- TOWARD what you want
- Transformative

# PUTTING IT TOGETHER

- Pick a date & time in the future (for example, one year ahead)
- On this date & time, what do you see? hear? feel?
- How did you achieve it? What resources did you have (to the best of your knowledge?)



# WHAT DO YOU FUCKING WANT?

- Many women are SO afraid of judgement
- Remember, these goals are YOURS
- You have EVERY right to dream big, tap into your divine abundance
- You can be/do/have anything you want
- If you had a genie sitting right in front of you and told you that you had unlimited wishes... what would you say you wanted?!

# THE OUTCOME IS UP TO YOU

- Your life is your responsibility
- Your progress in achieving your goal is UP TO YOU
- No one else is responsible for the action that you take
- What you see at the end result is a culmination of your intention + action (which is this goal setting process)
- You are at CAUSE, not effect in your life

# EXAMPLE OUTCOME

- I want over \$1M made in a single year
- I want to see this number in my bank account and I want to see us living in a different country at the time this happens
- I want to hear the sounds of Brennan congratulating me, my PayPal notifications going off constantly, and me typing an inspirational post of how I just had my \$1M year so that I can INSPIRE other women to have theirs as well
- I want to feel ECSTATIC, accomplished, excited, and overall happy

# RESOURCES I HAD ACCESS TO

- I am smart, intelligent, and really good at attracting money
- I have access to everyone in the entire Universe through the Internet
- I used my mind to write books
- I networked with every connection I have and will have and make sure to give back to them so that they are inspired to help me too
- I used my marketing skills to get my name and my work out there

# THE FORMAT OF THE GOAL

- Exact format comes from NLP training :)
- It is now \_\_\_\_\_
- And I have/am \_\_\_\_\_
- I know this because I see \_\_\_\_\_
- I hear \_\_\_\_\_
- I feel \_\_\_\_\_
- And I achieved this because I \_\_\_\_\_

# EXAMPLE GOAL

- It is now July 19, 2018 at 11:11 am and I have earned \$1,111,286.99 NET income through my online coaching, writing and speaking business, Manifestation Babe. I know this because I see the amount in my bank account, and I see the AirBnB confirmation of our next location booked as a celebration. I hear the congratulations from my boyfriend Brennan, and I hear the typing on my laptop as I share the incredible news with my audience so that I can inspire them. I feel so accomplished, so on top of the world, so inspired, and so fucking happy. I achieved this because I am extremely intelligent, a great networker, a genius at content creation, and I have helped SO many people reach their goals too.
- Notice the SMART in here?
- HOW AMAZING DOES THIS SOUND?!

# COMPARISON TO SHOW SHITTY INEFFECTIVE GOALS

- I have \$1M
- I want more money
- I am debt free
- I have extra money on top of my paid bills
- #SNOOZE

# CHUNKING IT DOWN

- If by July 19th, 2018 I will have \$1,111,286.99 NET in my bank...
- How much will I have earned in 9 months? \$800,000?
- 6 months? \$500k?
- 3 months? \$200k?
- 1 month? \$97k?
- 1 week? \$25k?
- 1 day? \$3k?
- And what can I do TODAY to take massive action on this goal? Create a new product or promote a current service?
- Make sure you have these steps OUTLINED in your own journal or goal setting space so that you know whether you are on track or aren't



# WHAT IF I'M NOT ON TRACK?

- Release pressure
- Understand the journey is a windy road
- Stay COMMITTED to taking action in the direction of your outcome regardless
- Where the magic happens is that your subconscious mind TAKES ORDERS
- It sees your goal as an ORDER and does EVERYTHING in its power to please you and get you there

# HOW TO VISUALIZE IT

- This is something NEW I learned
- Harvard student study where 50% who wrote their goals down did worse...
- When you visualize you USUALLY see the images THROUGH your eyes
- The KEY is to see YOU in the picture achieving it
- It shows your subconscious mind that YOU are involved in the final process...
- Subconscious mind doesn't know diff between real or imagined, so make it real with YOU in it

# PUTTING INTO THE TIMELINE

- Your subconscious mind stores all your memories past, present & future on a TIMELINE
- Your subconscious mind ALREADY has a memory for your future
- You can make sure you create the memory you WANT and put it into your timeline
- This ACTUALLY affects your subconscious mind!
- Any task you can give to your subconscious mind is less work for you
- You are literally PROGRAMMING the future to achieve your goal

# TIMELINE PROCESS

- Point to your future
- Point to your past
- Draw a line and put it down on the ground in front of you
- Stand over your timeline and face the future
- Now that you're oriented, follow my words & trust the pictures you see



# THE TIMELINE EXERCISE

- Close your eyes
- Follow along

# WHY I LOVE THIS PROCESS

- Getting certified in TIME Techniques has turned goal setting into an incredibly EMPOWERING process
- I am excited to set goals, and more importantly feel like they are REAL

# PUTTING IT IN YOUR VIEW

- Make sure you have your goal written somewhere where you can have it in your view at all times
- This will keep your subconscious mind focused on it
- Also give you a reminder consciously to take daily action

# EMBODIMENT

- When applying the LOA to goal setting, think of the version of yourself who ALREADY achieved this goal...
- How does she act? Think? Talk? Dress like? Do? Think like?
- Become her
- Embody her
- ACT AS IF
- Again, your SC mind doesn't know the difference between real or imagined



# TAKE MASSIVE MESSY ACTION

- Every time you receive a nudge to take action of some sort, TAKE IT
- Don't wait for perfection
- Perfect timing doesn't exist
- You will only learn from your action, not pondering on the "what ifs" of taking action
- Anytime you are stuck, remind yourself to become an MMA babe. Massive, Messy Action ;)

# CELEBRATE EVERY STEP

- Give yourself credit for every single step
- We don't celebrate enough & are HARD on ourselves
- The subconscious mind likes to be REWARDED & appreciated
- By saying "thank you" to every single step closer, you actually inspire the SC mind to keep working on your behalf to deliver everything you need to ACHIEVE the goal

# USE THE CHEAT SHEET AND CREATE YOUR FIRST 1 YEAR GOAL!

- Create your one year goal using the cheatsheet step by step process
- Write the finished product in a place where you can see it & check back in on it
- Keep track of your progress
- Chunk down your goal & keep yourself motivated through celebration
- Come back to the VIP group & share your accomplishment with us when you achieved it
- Also share your goal for extra accountability!!!!