

## Episode 102: Phrases to NEVER Say If You Want To Be Successful

Hello Gorgeous Souls!

Welcome back to the Manifestation Babe Podcast!

The focus of today's episode comes off of the last episode, where I talk about how successful people actually talk. I hope the theme of that episode is now ingrained into your subconscious. The topic of the last episode is that words do not just describe your reality, they determine it. Today I am going to discuss phrases that I personally never say. I want to give you replacements to those very limiting and unfocused phrases. I hear people saying these negative phrases on a daily basis, multiple times a day. I want to show you how you can reframe these phrases in a creative way to create the reality that you want.

So why is this so important? Why is it so important that I record a podcast on phrases to never say if you want to be successful? Because your subconscious mind pays attention to every word that you say out loud. Firstly, it's important to know your subconscious mind pays attention to anything, whether it's said out loud or not. Every thought, every focus, even your surrounding environment. For example, you may rarely notice that your heart is beating, however, if your subconscious isn't paying attention to your beating heart, it will stop. So it's very good at focusing on everything all at once. It is constantly translating through 2.3 million bits per second of information surrounding you. It then converts and filters that information into 128 bits per second. This is because a person's conscious mind can handle 128 bits per second at once, while your subconscious mind can handle 2.3 million bits per second. That is why when I say you delete and distort a lot of your reality, you are literally having to delete so much of your reality, only keeping the most important 128 bits per second, all while your subconscious mind is constantly paying attention to what's important to you. If you think about it, when you think your thoughts that is one thing, but when you voice your thoughts that make them much stronger. When you say your thoughts out loud, your subconscious mind actually pays close attention, because those thoughts are now much louder. It's an alarm bell to your subconscious mind saying please pay attention to what I'm saying. Although I am giving the subconscious mind a persona figuratively, it is indeed a part of you. However, it listens to you and then translates whatever you say into truth. It thinks, why would you say something if there wasn't truth to it? Why would someone openly lie? That is why it's so important to be very careful around the language that you use. This is why you will never hear me say the following phrases. Although I have many phrases I never use, I am going to start with five today.

Today, I am going to give you a couple of reframing phrases I have personally used that help me come out of this lack mentality around what I say about my reality. What you say about your reality just perpetuates and creates more of it. Whatever your subconscious mind gets behind, you cannot help but manifest. So, if you really believe something like, "I can't afford that," and you keep saying it, then you will keep perpetuating that reality. Even if in that moment you do not have the money in your bank account, it does not mean you need to keep saying it. You can

say certain things where you are not lying to anyone or yourself, but you are giving yourself time to change your reality and manifest what it is you really want. Even if what you are speaking in the moment is not the truth, you are creating space to manifest what you want to be your Truth. At least you are not shutting down or shutting out your dreams immediately. So, I'm going to dive right into what phrases to never say if you want to be successful so you can understand what I am talking about.

**Phrase Number One: I can't afford that.** I don't think I've said this phrase in years. If you go around the world, streets, neighborhoods, and cities right now and just listen to how many times this phrase comes out of people's mouths, it drives me absolutely insane because it doesn't have to be a reality. It doesn't have to be the truth. You can choose to afford anything and everything that you want. All it comes down to is your money mindset. All it comes down to is your wealth consciousness. You can change, elevate, increase and attract whatever and how much you want. So instead of saying I can't afford that, I choose to say, "*I can't wait to create the income I want to afford that.*" Please feel free to borrow these phrases. I also say, "*wow, how can I afford that?*" Even simply asking that question is really powerful because it allows your subconscious mind to find new information for you on how you can afford it. "*I can afford anything I choose to afford.*" These are three phrases I interchange between. Also saying things like. "*I can afford anything that is a priority to me.*" These phrases are much more powerful than just shutting your dreams down. Why would you limit what you can attract or buy, or bring into your reality? The second phrase is one that I hear often and even from successful people. It drives me insane because even though someone has created wealth, I don't like seeing someone limit themselves.

**Phrase Number Two: That's so expensive.** It's funny that I am even saying it right now because I have not in years. Ever since I learned the implications of what saying that phrase does, I have not said it. It can put a cap on what you can afford. The Universe will grant you your wish and will make sure that this is always expensive for you. You and I will make sure that your income is always limited. Therefore every time you look at that thing that you want to buy, or that experience, it is going to be too much for you. You will never be able to afford it. Usually, you'll hear these two phrases together, as they go hand in hand. "*I can't afford that, and, that's so expensive.*" What I started to do, and what I do instead, is look at something and say "Hell, no, I'm not going to buy that for that much money". I don't just spend money freely because I respect it. I know how to use it. I have learned the rules of the game of money. I know that just throwing it around disrespectfully is not going to attract more into my life. It's not just about buying everything. Sometimes I'll look at something and say, "Yep, not gonna buy that," because I don't want to use my money on that. I think that it's way too overvalued. This is what I say instead. When I'm making a general observation, I always say, "*Wow, that's Luxury*", "*Wow, that's so premium*", or "*That's so high end*", I never say expensive. When it is a first-class seat that costs \$30,000 for a round trip, I do not say "*Man, that's so expensive, I can't afford that.*" Instead, I say, "*Wow, that's luxurious, premium, high end, or overvalued.*" Alternatively, I choose to purchase it at a price I feel more aligned with. Saying, "*That is way too overvalued,*" is easy to say. You can use this without your friends. You can use it when you literally don't want to spend

the money because you believe it's way too overvalued. I would say, "*That's overvalued and I choose to purchase it at a price I feel more aligned with.*" You are not lying. You are not being forced to buy something. You're sort of saying, *that's expensive*, but you're not limiting your f\*cking income. You are just limiting how much money you pay for that item. You're not limiting how much you can bring into your life. Can you see the difference? It is a subtle shift. Actually, with some of these, it's more than subtle, because you are changing your vibration. Every word that leaves your mouth, every thought, every feeling, every action, they are all vibrating at different frequencies. It is a much different frequency to say, "*That's overvalued*", and I choose to purchase it at a price I feel more aligned with, then, "*That's so expensive.*"

**Phrase Number Three: That's so hard.** Other variations of that phrase can be, "*I'm having a hard time, or, I'm struggling.*" For the purpose of this podcast, I'm going to stick with, "*That's so hard.*" Instead of saying that and creating a reality where something is really hard for me, I say, "*That's challenging.*" This is because I choose to release that struggle, and I choose to step in to ease. I say "*That's challenging, and I am more than up for the challenge*". This insinuates that you're going to overcome the hard thing anyway. It's a challenge and guess what Universe? I am more than up for the challenge. I am ready, I will overcome it. When you say, "That's so hard," and just stop right there, do you feel any motivation to take action? Do you feel any motivation to change? Do you feel any motivation to make a difference? Do you feel any motivation to choose a different thought? No. It's like a hard stop right there, *that's so hard*. Instead, saying something is challenging, and I'm more than up for the challenge, is so much more empowering. Another thing that you can say, "*How can I approach this with more ease?*" I say these phrases instead to make things easy for me because making something hard or easy is a choice. Also, asking questions like I did many times above is another way I approach things with more ease.

**Phrase Number Four: I wish I could do that.** It drives me crazy when I hear someone who has the same opportunities, abilities, gifts, and capabilities as I, say that phrase. They come into my world, my Instagram account, and see things that I am manifesting and experiencing, and they say, "Oh man, I wish I could do that". It reminds me that I could have been stuck in that story. I could have been stuck watching everyone else while saying, "I wish I could travel. I wish I could build a business like that. I wish I had a team like that." Instead, you can say, "I can do anything I set my mind to." Instead of wishing for something, I just kept telling myself, "I can do anything I set my mind to". So how am I going to set my mind up for it? I started focusing on the energetics behind how those people got there. It wasn't some sort of luck, it wasn't a different action they took that you are unaware of. It's just that they started thinking about things differently. They changed their mindset. So you can also say, "*I'm shifting my priorities right now.*" It might be turning off your Netflix, picking up a book, choosing to watch a webinar on how to start a business or enroll in a course. Sometimes you have to ask yourself, "Is it worth me spending my money here, instead of investing it into my future? Is it worth me spending and investing my time into a Netflix series that will always be online, rather than on building a business that opens up a huge avenue of abundance and resources?" A question could also be, "*Wow, how did you do that?*" It's important to get curious and ask others to help you. People

who are happy and fulfilled living their dream life, are not afraid to share it because they know that life is abundant and they want everybody to have an abundant life as well. They don't want them to have a piece of the pie because there is no pie. You do not just get to have a piece. We all get to have it all.

Okay, I have one last phrase for you ladies, regardless of your age. I'm 26 and I know I'm still so young, however, I hear this from people my age and younger.

**Phrase Number Five: This is aging.** In general, when I hear this, I just know that what it creates is more of what you keep saying. Another variation of this would be, *"Wow, I must be getting old now, this is what gravity is doing to my body. Oh my God, I'm getting old, or aging sucks."* I hear this from all different ages of women. It drives me crazy because guess how you're going to age when you say that? Your body will actually process the aging faster because you are telling your subconscious mind to do it. You're telling your subconscious mind, the things that you are complaining about. You are manifesting the things that you're complaining about. I remember in my old office when I worked my nine to five job, my co-workers were all women. Every day one of them would stub their toe or do something that is 100% normal and human and they would immediately say, "Man, I'm getting old", or "This is aging". I realize I'm still young, however the phrases I choose to say prevent me from aging any faster than I need to. So instead I choose to say, *"I am getting more and more youthful with each year that passes. This is the decade I feel and look younger than any previous decade. This is the year that I feel and look younger than any year before me. I have more energy now than I ever had in the years before me."* Age is just a number, I get to choose to look amazing my whole life. I get to take care of my body. I get to treat it with love, tons and tons of love. I get to be as vibrant, filled with energy, and limitless as I choose to be. I get to choose to run a marathon at the age of 90 if that's what I choose to do. So for all you women out there regardless of your age, start telling yourself this new story and you will feel so much better. How about we play a little game okay? Take a selfie of yourself right now, then take another selfie a year from today. The catch is though, you need to commit yourself to saying the above phrases every day for the next year, or you can even ask yourself a question every day, *"What can I do to feel younger today?"*

So I caught my friend and coach after we were finished having a session yesterday saying a negative phrase about her age. We were talking about some awesome skincare stuff that I've recently been loving.

She then said, "Oh, man, I have this imperfection on my face, I'm getting old now".

I immediately stopped her and said, "What the f\*uck did you just say? Hello?? NO. You are getting younger and younger with each year that passes. From this point forward, you feel so grateful for your youthful appearance. You have more energy, and more vitality and more youth with each day that passes."

“Kathrin, I freaking love you. Thank you for that reframe.” she said.

So wouldn't you much rather create that reality? Rather than the, I'm old, aging and everything is breaking in my body reality. I mean, which reality do you want? So whichever one you want, start focusing on it and stop complaining about the one that you don't want. If you complain, you're also attracting focus and energy into the reality that you don't want, the one that you are complaining about.

So those are my five phrases and I have many more! It's all about seeing the silver lining and creating the reality that you want with every single word, conversation, and thing that comes out of your mouth. Of course, this starts with your mindset that comes from your subconscious. When you get your subconscious in line with your mindset, then your language will be a lot more automatic. It works like a loop where you can start with the end in mind. Say the phrase that you want and believe the end result in your mind, and then eventually, with enough repetition, your subconscious mind then integrates it inside. What then ends up happening is the autopilot of your subconscious mind becomes these new phrases. So the power of reframing is really, really powerful. I think it's my greatest skill that I've ever learned and greatest skill that I've ever mastered. I think it's the most game-changing skill for you also to incorporate and master. Ask yourself how you can reframe everything in your life, every thought, every belief, every past experience, every challenge, every problem, and ask yourself how you can turn it into something that is always happening for you and not to you. No matter what your circumstances are currently, no matter where your current location is, your destination can be whatever it is that you want. So start saying the phrases that successful people say and stop saying the phrases that unsuccessful people say.

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I love and adore you so much and can't wait to connect with you in the next episode. In the meantime, go out there and manifest the magic.