



Episode 143: My personal practices for keeping my mindset in...

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SPEAKERS

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Kathrin Zenkina 00:14

Welcome to the Manifestation Babe Podcast. My name is Kathrin Zenkina, and I'm a manifestation expert, master mindset coach, and a multiple seven-figure entrepreneur. I'm obsessed with helping you achieve everything that you once thought was impossible. If you're looking to massively uplevel your life, your finances, your relationships, your productivity, and success, you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself to be, do, and have anything that your heart desires. Think of this podcast as your weekly dose of mindset development to help you maximize who you are and where you're going. Leave it to me to provide you with tools, resources, strategies, and teachings that you need to manifest a reality wilder than your wildest dreams. I know we're about to have so much fun together, so thank you so much for pushing play today. And now, let's begin. Hello gorgeous souls, and welcome back to the Manifestation Babe Podcast. I hope you guys are staying healthy, staying well, and having an amazing day today. I have just finished an epic breathwork session where I just released so much, and now I feel on top of the world. So, guys, if you're not doing your breathwork, go ahead and listen to episode #134 with Samantha Skelly, because it has changed the game. My goal is to get you to a point where you're annoyed by me saying that you need to do breathwork, because I'm going to keep bringing it up. It is that magical. So, I switched up my morning routine recently. It's been a game-changer for me. This podcast inspiration is actually coming from a breathwork session that I did

yesterday. I want to share with you guys my personal practices for keeping my mindset in tip-top shape. I know that I've been talking a lot about my practices and sharing some of my morning and evening routines, and how I've been switching them up as the months or years go by; I find myself needing different things, or I find myself in a different place in my life, where, for instance, my mornings are busier, and sometimes my mornings are freer. I don't know if that's even a word - free-er. Or my evenings are pretty busy, or my evenings are pretty open. It just depends on where I am in my life that determines my personal practices. I've been talking a lot about that in the past, where I mentioned that there is no perfect practice. Anyone who tells you that this is going to be the morning practice for you, that it's going to turn you into a millionaire, is lying. It is bullshit. You know why? Because every single person has a unique soul signature or energetic imprint, in which one practice might work for someone, but for you and the way that it resonates with you, could be completely different. For you, you might absolutely hate meditating for an hour every single morning. Maybe meditation is an evening activity for you. For someone else, maybe meditation is a morning activity, and for them, they have to do it for an hour a day. For someone else, it's like 10 minutes, or 15 minutes, or 20 minutes. You guys get my point. And so, I really want to start this podcast episode off with the fact that these practices are always going to change - and especially as circumstances change - like the circumstances that we're currently finding ourselves in as a mass population, as a society, as all human being stretched across the earth - we're finding ourselves in circumstances that we have never really found ourselves in before. So, of course, circumstances are going to change our personal practices. For me, I have found myself needing a lot more than I normally do. When I'm on my A-game in life - meaning my external circumstances are fantastic - I find myself maintaining my mindset at about... I don't know, my morning routine might take about 15 minutes, and my evening routine might take 15 minutes, and then I just do stuff in between that keeps me maintaining my mindset in tip-top shape. When my external circumstances look a little uncertain and I don't really know what's going on, it feels a little off, or I feel like there's inner work - like deep inner work - that I'm doing; because it comes in waves; sometimes you are going to be riding a smooth wave, and sometimes life is going to hit you with a rougher wave, and you're going realize, "Shit, that just came up and I really need to work on that" I don't know about you, but for me, I've been facing some rough waves. And so, my personal practices have been a lot more in-depth and a lot more stretched out. I've been doing a lot more throughout the day to keep myself in that shape. I don't know if I ever really shared this before, but how I even got introduced to the concept of personal development and inner work was actually - besides my experience with The Secret and some law of attraction books when I was 16 - if you guys do remember my story, or maybe you don't. I don't know, maybe you're a brand new listener, or maybe you've been listening to me for about a few years. I discovered the book The Secret when I was 16 years old, and I was kind of on and off with the law of attraction, up until college. It was in college when I came about the

world of online business. In my MLM company that I signed up with, my upline - who is now my best friend, Stephanie Burgos - she told me, and basically everyone else in this online business and this industry, would always say, "Your results in your business are a direct reflection of how much personal development you do. The level of success that you achieved is in direct proportion of your mindset." I remember being pretty warmed up to the concept of mindset. I remember being pretty warmed up to the concept of reading books that put me in a positive space, because I discovered the law of attraction through *The Secret*, and ever since then, I thought, "This feels so much better than me reading my textbooks. Hell yeah, I want to read these kind of books. This is way better than Harry Potter - no offense to Harry Potter. I would just much rather read incredible books to help me be the best version of myself and create a fantasy kind of life in real life, than get caught up in an actual fantasy." So, I'm all about the nonfiction personal development books, even though there's nothing wrong with fiction. I just find myself really disinterested in fiction because I don't feel like I need to escape from my life, and I don't feel like I can't create this fantasy-level kind of life in real life; where I can basically write the script, the novel, or the book of my life, however it is that I want it to be. I am now the author. And so, for me, nonfiction is very attractive. And so, back in the day - and if you don't believe me, just asked my friend, Stephanie Burgos, because she's a witness to all this. Back in college, I used to do - I don't know how, you guys, but this goes to show you how much time we have in our day that we are not conscious of when we constantly say, "I don't have time for that." As they say, we have as much time in the day as Beyonce. Look up any successful person that you admire; you have the exact same hours, minutes, seconds, and milliseconds in the day as they do. And so, this really taught me about how much time I would waste thinking that I don't have time, because in college, I would commute to my university. It was about an hour and a half away from my house - I don't know why I decided to do this crazy thing. This is what we do when we want to save money; when we are coming from a "broke" consciousness, we go out of our way to save every single penny we can. I was very against taking out extra loans. In exchange, I basically created this situation where I was living at home with my parents to save as much money as possible - which I do not regret. However, I could have probably created a little less hectic of a life if I had chosen to just rent a place by campus. But you know what? The situation that I created for myself in my parents' house is exactly what led me here. So, in the end, everything works out for a reason. So, then I would have an hour and a half drive back; and then I would have my mornings; I would have my evenings; I would have my in-between classes; I'd have my lunch. During those times, I would listen to personal development books. I would not veer off from my personal development books. I did so much mindset work, it was insane. That's what really built the foundation for me. You see, mindset is a muscle. You have to take this muscle to the gym. What I find most people doing is - Oh, what I wanted to mention, is that I literally used to do an Audible a day. I would listen to Audible books, and I would consume almost a book, if not a book a day. I

would use my entire commute to university, my entire commute back, and then in between classes, I would always have headphones in. "I'm listening to my mindset work because I want to be successful." So, that was such a powerful association for me because that's exactly what got me to where I am today. That was the initial shaping of this foundation. And so, your mindset is something that you have to take to the gym. If you think about it, let's say that you want to build a ton of muscle; you want to go out there and be like Arnold Schwarzenegger. Let's just pretend. So, you go to the gym, and what most people do is they go to the gym for seven days in a row, or they go to the gym for 10 minutes a day, for a few months, and they expect themselves to look like Arnold; or they expect themselves to be shredded; or they expect themselves to have all this muscle mass. Think of your mindset. This is the comparison that I'm making - is to your mindset. A lot of people think that by day seven, they're going to look amazing, or they're going to feel amazing; that they're going to have all their shit together by day seven; when, in reality, it might take six, 12, 18, or 24 months to build that foundation. But once you have that foundation - and let me tell you, the fastest way to build a foundation is not just by reading books. I think books are awesome. They're a great start for many people, but I think that books are more of a maintainer, than they really are something that's going to inspire you to jump into action. What I mean by that is not a knock at books - because, obviously, I read books like crazy. It's because it's so easy for you to put down a book and never stay accountable to what the book wants you to do. It's so easy for you to say, "Awesome, that sounds great, I might do that later," versus a live event; versus a course that literally forces you to sit down, open up the prompts, put the inner work into action, and take action steps off of whatever the course teaches us. There are different levels of how we can do mindset work. I think that courses, live events, coaches, Masterminds, group coaching, and all of that stuff is kind of like the Express Freeway for getting that mindset in tip-top shape and becoming successful. I think that books are really great at maintaining. I think that when you've built the foundation, then what you do is you maintain it. You maintain it with books; you maintain it with going to events, not as often as you before, but you still go to events because you want to brush the dust off; you collect some dust, and then you start to wonder, "Why am I starting to fall back into old patterns? Maybe I should go to that event again." And you go back and you realize, "Fuck yeah, I already knew all this. Awesome. Yes, I got this. Cool, I'm ready to go home and ready for action." And so, once you have that foundation, it becomes so much easier to maintain it and build upon it if you so choose. My personal practice today is about maintaining; it really is about keeping my mindset in tip-top shape so that I am thinking at the highest level, so that I have beliefs that serve me, and so that I'm not procrastinating. Just a funny story, guys: after my breathwork session today, this morning - literally half an hour ago - I was - actually, no. It was during my journaling session. I thought, "Hmm, maybe I will just record my podcast episode tomorrow. Maybe I should just take the day off;" which is so funny because that's what I said yesterday. So, I had put

off this podcast episode until today - because this idea really came to me yesterday. And then I thought, "Oh my God, that sneaky perfectionism bastard. That sneaky procrastination bastard. That procrastination is coming from perfectionism. And, again, as my friend Sam Brown says - if you haven't listened to episode #129, go ahead and do that because she talks about how procrastination and perfectionism are strategies to avoid shame around you feeling like you're not enough; around you feeling like you might fail; around you feeling like something isn't good enough. Something that you might produce is not going to be good enough, and so you're avoiding feeling bad about yourself. You're avoiding some sort of feeling, some sort of negative emotion, which - guys, emotions are part of the human experience, and all they are is just a vibration going through your body. That's all emotion is. It's just energy in motion and all energy is vibration. It's just vibration moving through your body. That's all it comes down to. We work so hard to avoid vibrations, it's ridiculous. All it is, is just energy. And so, I literally wrote down in my journal, "Haha, Kathrin. No, you're going to record the episode today because you are no longer a perfectionist. You do things because you commit to doing things. You are in integrity with the highest version of yourself. And so, if you decide to do something, you're going to do it. Whether you completely lose your train of thought, you cough, fart, and sneeze in the middle of the episode, it doesn't matter. You're going to record it and you're going to upload it." So, that is funny. That is why we keep doing this work, you guys. That is why no matter how successful you are, you're either building a foundation or maintaining a foundation. If you do not maintain, what ends up happening? Even Arnold Schwarzenegger, if he stops working out for 10 years, he's going to lose his muscle mass. He's going to build up some fat. He's going to lose his strength. He's going to lose his hardness. It's just a fact of nature and life. And so, if you're not maintaining, then you've got to maintain. And so, all these principles, especially the ones that I teach inside of MBA - because MBA really is everything I know about everything you need to know about manifesting your dream life. I don't put any fluff or BS in there. I only put what you actually need to know, and what works. Everything inside of MBA is a compilation of all the spiritual principles that have grown me into who I am as a spiritual being in human form today. This is the foundational of the foundational work that's shaped me, to where all I do now is build upon that foundation, and also maintain it. So, it's the very foundation of my mindset muscle. From that, what I do an order to maintain it is, first of all, every time I relaunch MBA - which today is the last day to sign up. If you know that MBA is the program for you to help you build this foundation - because, trust me, all my past students come back to me every single round and they say, "Kathrin, I am able to handle any challenge in my life, now, because of the principles that I learned inside of MBA. I know, without a shadow of a doubt, that I can be, do, and have anything that I want. And guess what? Because of the spiritual principles inside of MBA, I manifested this, this, and this." And so, every time I relaunch, I'm think, "I need to go back and I need to keep that muscle fresh. I need to keep refreshing it, reworking it, and I need to keep that foundation steady.

On top of that, what I've recently been doing - and some of my personal practices - are, for instance: number one most important to me, right now at least, is breathwork. If you haven't listened to episode #134, with Samantha Skelly, where she dives into what breathwork is, definitely go back and listen to it. She also gives you a sample of how to do it, and just from that 90-second sample, you can get a taste of what's possible in a 30-minute session. In the episode, she dives into what it is, why it's beneficial, and how it works. I've actually been doing her audios as part of my morning practice inside of her six-week program, which I will link for you in the show notes. I believe it's www.pausebreathwork.com/MBjourney, or something like that. She gave you guys a special link, so that's very easy to find. I will post that in the show notes for you. So, I've been doing that. It's been really great because my studio that I normally go to has closed down, and I need some virtual breathwork help. It's way more fun to have a guide who helps you through it. I love this practice so much, that I'm actually going to become a facilitator in it by the end of the year. So, it's amazing. Every time I do it, never feel more crystal clear in my life than after doing breathwork. I started doing it in the morning, but I used to do it at night. What I found, though, is that at night, I would get so many ideas and so much clarity around something that I've been working on, that I couldn't help but write it down in my notes, and by the time the next morning comes around, I'd kind of forget. There would be no juice behind my ideas. Usually when it's in the moment, you're like, "I have to do that, I have to say that, I have to change that, I have to rewrite that, I have to edit that, I have to create this." You're just on fire because you have juice behind you. And so, what I started to do, is I started to do it in the morning. The ideas that flow out of me are ridiculous; they're insane. I have crystal clear clarity. For instance, I've been working on a little side project for you guys that I want to share with you. It's going to be free; it's just something you download. It's really awesome. It's really going to help you keep your mindset in tip-top shape for the next 30 days, because I'm turning it into this 30-day thing. I've been working on it and kind of taking myself through this process, and I realized, "Oh my God, this makes sense. Delete number four, put number five after number seven, and then change this to this." And it's just so clear; and on top of that, this podcast episode was brought to you by breathwork. So, I can't recommend it enough. Another thing that I do to maintain is what I'm talking about - my new journaling prompts that you'll get to have soon. This has been the best way to start my day. It is a collection of reworking and releasing any thoughts that don't serve me, and then really focusing on what will serve me. It helps me really tap into being the creator. It puts me in a creator mode, and it really helps me tap into understanding that I am the creator of my own reality, where nothing outside of me needs to change in order for me to have everything that I need. Everything that I need is already within me. I created essentially 12 short prompts, and I'm reworking through them. Every single morning, I wake up, I go through them, I go through the practice, and I think, "Oh my god, this is so good." It just gets me off on the right foot. Right after that, I do breathwork. It's just amazing. I'll give this to you

guys soon. I'll make an announcement in a future podcast, and all you're going to have to do is download it. It's going to be a 30-day journal where every single morning, you just take yourself through these 12 prompts. I know it sounds like a lot, but I promise you it's very short. Some questions are very short, like they require one sentence. Some require a bit more, but it's so good. The next thing I've been doing is a 30-minute meditation. However, what I've done instead of doing it in the morning, is I started doing it in the evening. I started setting an intention that has been so freakin' powerful for me, which is, I set an intention every evening to channel divine wisdom from source. I set the intention to channel divine wisdom from source for myself, or for my students and audience. Something that I've also been doing is I actually got into this thing called Tachyon Illumination Rods. I don't know if you've ever heard of it. I'm going to link this in the show notes just so that you can go on the website and see for yourself. I might also, by the time this podcast goes live, have a discount code for you. I reached out to the company and said, "Yo, these things are changing my life and I would love to share this with my audience." I already told my friends to get them, and they all got them, and they said, "Whoa, Kathrin, this is incredible." I'm like the spokesperson of the Tachyon Illumination Rods right now. I initially heard of them from Shaman Durek; I don't know if you guys are familiar with him. He's really awesome. I started using them, and essentially what they are - and I'll just read this straight from this insert that comes with my Tachyon Rods, which is - "Tachyon is a subatomic particle that moves faster than the speed of light. Tachyon infuses physical matter with spiritual light. Tachyon Illumination Rods will penetrate your energy field with spiritual light, aligning and balancing your chakras and increasing your ability to heal." And all you do, is you just hold them in your hands, and you set an intention for what you want the rods to do. I always tell my rods, I say, "Spirit of Tachyon -" and I learned this from Shaman Durek - "Spirit of Tachyon, thank you for putting me into a deep, deep meditation for the next 30 minutes and opening me up to channel divine wisdom directly from source for myself, or for my students. I am now open and ready to receive. Thank you, thank you, thank you." And then, boom. It's instantaneous. I go into the deepest meditation, that I've never been able to access unless I've already been sitting there for 30 minutes. If you've ever done a long meditation, it takes at least 30 to 45 minutes to really get so deep that you don't hear, smell, or feel anything; it's like you're levitating at that point. Tachyon takes me there immediately - It's insane. Just a couple of others pointers about Tachyon, here, on the insert as well is other ways that it can help you. For instance, it says, "To enhance intuition and psychic abilities," which totally helps with that I've noticed. "Helps clear and balance chakras." Anytime you feel you need a boost in energy - anytime I'm done with a podcast, a livestream, or doing anything where I've done a lot of talking and energy output, I will take my Tachyons, and I will set the intention for them to infuse me back with all the energy that may have lost, and all the energy from source to help me fill my cup back up, and it works instantly. "Anytime you feel you need a boost in energy; to enhance meditations; for magnified manifestations; to

help with sleep; to help any area that needs healing; great for neuropathy or circulation issues when used by feet." I actually sleep with them and they really help keep my hands warm. I don't know if you have circulation issues like me, where your hands and feet are always cold. Just by holding on to them or keeping them near my body - like near my feet or my hands while I sleep - I've stayed really comfortable and warm at night. "To help protect your energy field and ease anxiety." It's great for empaths. "To enhance all healing modalities when placed in client's hands; for soothing animals and kids." And the best part, also, about these things is that they are self-regenerating, so you don't ever have to cleanse them; so you don't ever have to smudge them, or anything like that. You can actually share them with as many people as you want, and it will never take on someone else's energy, which I think is awesome. And then, on top of holding my Tachyon Rods, what I've been doing is I've been putting on a sleep mask so that I can deprive myself of all visual senses. You know sensory deprivation? So, I like to put sleep mask on for extra focus. It really drops me in so much faster. I personally like to do it in complete silence, but if you have some noises people in your house right now - which you totally might - you could always turn on nature sounds, or you could put your headphones in and turn on some music that makes you feel good, or even do a guided meditation. Now, the next practice that has really been helping me stay in tip-top shape is one that I've already mentioned, but it's so good. I can never stop mentioning it. Emotional Freedom Technique, also known as EFT, also known as tapping. It's my best tool for anxiety. Anytime I have anxiety, this is my go-to, on top of anything else; breathwork as well, but EFT is just faster. Breathwork could be a 30-minute session; you don't always have time in the moment; maybe you're struggling with anxiety in the middle of something; maybe it's something that hits you in the middle of the day. You can just whip out your tapping. Essentially, what tapping is, as I've explained in some previous episodes during the four-day Faith Challenge - if you missed that, basically, tapping is also known as psychological acupressure. If you've ever heard of acupuncture, where they put needles into your body on certain meridians and certain points. Tapping basically comes from the same thinking and the same science, where if you simply tap on the points along the energetic meridians in your body, you will be able to release stuck emotions or pain in the body. How most stuck emotions, anxieties, limiting beliefs, or disturbances come from these energetic disturbances. When you have stuck energy, what you do when you tap is not only release the energetic blockages, but you're also sending a signal to your brain to relax. So, it's going right to the part of your brain that controls for stress, and you're just telling your brain to chill the EFF out. This is a non-negotiable tool that I teach to my MBA students and I show them specifically how to use this tool for eliminating charged limiting beliefs. If you think about it, limiting beliefs are beliefs that are charged. They come with some sort of negative emotional charge, where anytime you think of this thought it's limiting you in some way and it's keeping you stuck and it's really something that's bothering you. So, when you do this process, you're able to remove not only the negative charge from the limiting belief, but once you

eliminate the negative charge, it is then neutralized; and once it's neutralized, then you're able to easily and effortlessly flip it and reframe it into something positive and something that's going to serve you. And so this is why I teach EFT, specifically for limiting beliefs, inside the program; and also give you guys access to my Tapping Into Massive Wealth Program which is all about your top seven deeply ingrained financial beliefs that I find that most people have. You use this process to free yourself off of that. When you do that, you just not only feel better, but you're able to actually believe the new beliefs that you are training your mind to believe and think, because there's no longer an emotional charge getting in the way of you holding on to this new belief. A couple of other things that aren't necessarily practices, but in terms of things to do, but more so tips that really helped me, especially during this time and especially if you have anxiety, is to stay the frick off of social media first thing in the morning. I made a mistake twice this week where I got a notification - and I've had my social media notifications off for years now, just because it's insane. It's insane to have all your fight-or-flight mechanisms to go into effect over social media notifications. That's what happens. We get dopamine hits every time we have a notification, or we have a like, or have a comment. We have become addicted to the likes and comments, and social media platforms know that. If you've never noticed this before, something that Instagram actually does, is it groups together your likes and comments so that when you go on the app, instead of showing you like, "You got 1 like" at a time, or "You got 1 comment," at a time, it will actually group them together, so that you will see that you have 10 likes, and it all happens at once. "Whoa, 10 people liked my picture." It's just an automatic dopamine hit. Depending on your mindset at the time that you go on social media, it can either fuel your dopamine levels, where you are having a great time on social media, but as soon as you get off, you get those withdrawals. Those withdrawals send you back to social media, where you're mindlessly and aimlessly scrolling and looking around, counting your likes and comments. Also, when you see something that might trigger you, then that's putting you into fight-or-flight, causing you anxiety. You'll think, "Why did I see that?" If you get a negative comment, or someone posted something about you, or whatever it is, you'll think, "Why did I do that?" It just sends you into this downward spiral. So, I find that unless my mindset is in tip-top shape for the day, I will not go on social media. I made that mistake twice this week, because I got a notification from someone sending me a funny meme from Instagram, and in order to for you to see it. you have to actually go to Instagram. I then got distracted, and then next thing I know, 20 minutes passed and my anxiety is building up. I realized, "Wait a second, I didn't take care of myself first; I didn't work my muscle first; I didn't log on with intention; I just aimlessly logged on here." And this is nothing against social media. I think social media is brilliant. Social media has helped me build my business and connect with many incredible people. Social media has connected me with all of you guys. If you're following me on Instagram - which if you aren't, it's @ManifestationBabe; very simple, just like the podcast - I think it's awesome. However, we are not doing it as intentionally as we

should. So, that's a tip right there. Don't go on social media first thing in the morning. Another thing that I've been thinking a lot about, especially since we have a lot of time on our hands right now, is to be a contributor, a collaborator, and a creator - not a consumer. Now is the time when we have so much time on our hands and things are uncertain, that we are very susceptible to take on and tune into what everyone else is doing. We become consumers rather than contributors, collaborators, and creators. The question we should be asking ourselves is, "What gifts do I have to offer to the world?" I've really gone away in recent years, and now especially so important, from watching what everyone else is doing and instead tuning really deeply into what I want to be doing. It's so easy to catch yourself, especially when you don't have your mindset in order and especially when you have a lot of time in your hands and you're being unintentional - it's so easy to catch yourself looking at what everyone else is doing, and setting goals based on what someone else on the internet accomplished, rather than asking myself, "Is this really what I want? Or is this something that I saw someone else accomplish that I think looks and sounds nice. It looks awesome and people are very happy for them. I want that feeling, so I'm going to set that as my goal." I've caught myself doing that a couple of times in recent months, where I would set my intentions in my journal of what I want to achieve, accomplish, and create. And then I realize, "Wait a second, I don't actually want that. That's not me. That's just not who I am, and that's okay. I'm very proud of who I am." My version of success does not have to look like someone else's version of success. Especially with people who don't have their mindset in order - people who don't do their inner work, ego work, or trauma work, and project a lot of things on others. It's so easy to be a consumer and a destroyer. When you're a consumer and a destroyer, what that looks like is tearing other people down, or envy, or jealousy, or leaving negative comments, or destroying someone else's work. Destroying someone else's creation is sometimes much easier than creating your own, especially if all you're doing is consuming. All you're doing is wasting time at that point. The way I look at the times right now is that now is really the time to share hope, faith, inspiration, and love with other people. How can you collaborate, create and contribute what you want to see in the world, rather than consuming what everyone else is doing? If you want your own strong mindset, this is absolutely key, otherwise, you take on everyone else's viewpoints, opinions and beliefs, and you don't even know who you are. I catch myself doing that a lot, where I realize, "Wait a second, is this really what I want"? I have to think about it sometimes. "Is it because this is someone else's opinion? Someone else's belief? Someone else's viewpoint? Someone else's perspective of how life works? Or is this actually what I want?" And then my last and final tip on keeping your mindset in tip-top shape is to find an expander to show you what is possible. An expander is someone who has already accomplished, created, or manifested something that you want for yourself. They're kind of like your energetic role model. They're not someone you copy; they're not someone that you just live and breathe 24/7; they're someone who makes you say, "Damn. What she's doing, she's killing it. She is showing me right now what is possible

for my life," or "He is showing me right now what's possible for me. My current expander - and I'll share with you guys someone who I love on a deep level who I don't even know her in person - is Brooke Castillo of the Life Coach School. If you guys aren't following that podcast, I highly recommend it. It's really awesome stuff. I'm just in love with her. I love and respect her work and think she's a phenomenal coach. She's a phenomenal leader. She's an expander for me because she's someone who runs a 25 million-dollar company, with the goal of creating a 100-million dollar company. Guys, 25-dollar million company means that she is generating \$25 million in revenue per year... per year! Her goal eventually is to turn that into \$100 million a year, and I have the exact same goal. I see Manifestation Babe turning into a 100-million dollar company. So, she's just been an expander for me because, first of all, she has zero worries with just about anything getting in her way. She's just so certain and confident; she has zero worries about the current economy. She is focused on creating, collaborating, helping, and creating. She's so sure of herself and I love her confidence. I love that she's inspiring other people of what's possible for them too, as she's unapologetically going after her dreams and goals. And so, for me, she's been a huge expander. I highly suggest and recommend you guys to find an expander, whoever it is, to continuously remind you of what's possible. Anytime you have doubt, just go back to your expander and ask, "What would Brooke do in this situation?" That's what I always ask myself. "What would Brooke think of that? Would she get caught up in this? Would she not do this, or would she do this?" Even filtering some things through that filter is huge, because then you say, "I aspire to be someone like Brooke Castillo. If she wouldn't do that or think that way, then I have to think twice about why I'm choosing to do that, and why I'm choosing to think that way." Again, it's not about trying to copy or be someone who you're not, or think of that person as the template of success and of how things should be. It's just a nice model and framework for you to have where you can check yourself before you wreck yourself, if you know what I'm talking about. So, do you guys have any practices that you're currently loving? I just shared mine. I want to ask you, what's keeping your mindset in tip-top shape at this time? Right now we're kind of limited; we're limited from seminars, events, and retreats. I had to postpone my retreat - I really love my retreat, but, unfortunately, we can't go because first of all, borders are closed; second of all, I don't want to risk anyone getting sick. So, there are lots of reasons why we can't go to the retreat. But, for me - and for all of you guys, actually. Your options are books and courses right now. Books, courses, and hiring a coach, or going into a group coaching program. If you're looking to build a strong foundation for your mindset based off of everything that I've learned in the last decade of what's made my foundation really strong, to where you can overcome any challenge and manifest whatever you want into your life; the Manifestation Babe Academy officially closes tonight at midnight. So, this is the last reminder you're going to get, and this is 100 percent the last round of the year. I know I said that last round, but I swear we did not expect to do this. In fact, launches aren't necessarily something we just throw together as a team. It actually takes a lot out

of my team, and so, my team has to really set everything aside in order to be committed to answering your questions, to make sure you guys are enrolled, to make sure that you are in the right place at the right time, and to make sure you have access to everything, and helping me with anything that I need around opening and closing a launch; so, we definitely - I swear to God - did not expect this. But we have decided that coming from service is way more important for us, and instead of taking a break right now that we would have all been taking, it's so much more important for us to serve you and to help you build that foundation. So, in order to enroll, go to ManifestationBabeAcademy.com. You can also swipe up on the show notes, and that's where you will find the Tachyon Rods. You'll also find Samantha Skelly's program for breathwork. You'll also find, of course, the Manifestation Babe Academy. And now, if you guys loved this episode or enrolled into the Academy, please take a screenshot of you listening to this episode and share your biggest takeaways with me on the 'gram; or if you enrolled inside of MBA, take a screenshot of your enrollment. I'd love to see it and welcome you. I'd love to celebrate. I've been catching as many of you guys as possible and sending you a message, because I love welcoming every single soul who says yes to themselves in the Academy. I think it's such a big deal to say yes to your soul and yourself, because we are not conditioned to do that in our society. We're conditioned to put ourselves last; we're conditioned to say no to our truest desires; we're conditioned to believe that everything we want is just a fantasy. And I'm here to tell you, your fantasy can be real freakin' life. I love you guys so freakin' much. I have so many more podcasts coming your way. I'm on fire with this thing. I'm going to keep doing my breathwork. And I will catch you in the next episode. Mwah. Bye. Thank you so much for tuning into today's episode. If you absolutely loved what you heard today, be sure to share it with me by leaving a review on iTunes so that I can keep up the good stuff coming your way. If you aren't already following me on social media, come soak up the extra inspiration on Instagram by searching [@ManifestationBabe](https://www.instagram.com/ManifestationBabe), or visiting my website at ManifestationBabe.com. I love and adore you so much, and cannot wait to connect with you in the next episode. In the meantime, go out there and manifest the magic.