

Episode 145: Download my personal 30-day journal for massive momentum, motivation & magic

Kathrin Zenkina

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Welcome to the Manifestation Babe podcast. My name is Kathrin Zenkina. And I'm a manifestation expert, master mindset coach, and 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, then 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 the tools, the resources, the strategies, and teaching 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.

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Hello gorgeous souls and welcome back to the Manifestation Babe podcast. I hope you are all happy, healthy, and well, and continuing to stay safe at home with your loved ones, or if you're alone, at least connecting to those you love on the interwebs, the Zooms, or the Facetime. Speaking of zoom, my elderly neighbor discovered the platform recently and I officially can no longer record anything from my office. She has meetings with her friends all day, every day with the volume plugged into the speakers loud enough for me to literally join in on the conversation, which is why I'm recording this episode from my bedroom currently. So today's episode isn't really an episode, I'm sure you can pick that up just by looking at the length of this episode, and knowing me, and knowing that there's no way that I talk in that short of a time period. It's more of an announcement telling you where you can download my 30-Day Journal that's been changing my life currently, and everyone else's, who's already gotten their hands on it. So I told you guys in an earlier episode that initially, I was feeling so much anxiety throughout the night with the pandemic starting in February before it got really bad. And I'd be waking up at about two in the morning, three in the morning, five in the morning, in sheer panic mode, having panic attacks and then needing to calm myself right back down just so I can go back to sleep. And it took me a few weeks to finally have this duh moment where I'm like, "Kathrin, have you been protecting your energy while you sleep?" Obviously, I haven't been and I've essentially just been allowing my soul to have absorbed the collective consciousness throughout the entire night, and what emotions are currently present in the collective consciousness? Well, it's anxiety and panic, make sense right? After I figured out that peace, which I know 25,000 of you are going to DM me right now asking me to make an episode on protecting your energy, which I totally can, but just so you guys have something in your pocket right now, all you got to do is say a prayer of protection before you go to sleep. It's a super easy and simple intention that you set, and what I like to do is I literally like to say, "God, angels, universe, energies of the highest good, thank you for protecting me from all outside energies that aren't mine, and don't belong to me. Thank you for keeping me clean, clear, and pure as I sleep through the night and give my body rest. Amen." So that'll solve the empathic energies, but what about

your own anxiety? Especially the anxiety that you're feeling right now, well that's where this journal comes in. It's called "The Morning Manifesters Journal for Massive Momentum, Motivation, and Magic," I know it's a mouthful, don't ask me why the name is so long, all I'm going to tell you is that the name is super fitting. I've been using this journal over the last few weeks and it's been such a game-changer for me in starting my day right and keeping my mindset on track. This in addition to my breathwork practice has been such a game-changer, it's essentially game over. I shared with you guys in Episode Number 143 my personal practices for keeping your mindset in tip-top shape. And one of them I said was this journal that I was in the process of creating, and the process of working through, so I finally finished it and I finally made it accessible to all of you, so all you need to do is go to manifestationbabe.com/morningjournal and download it from there. Super easy peasy manifestationbabe.com/morningjournal, and then you could also just swipe up on this episode and the show notes should have that link in there as well. In the journal I've essentially incorporated dreamwork, thought work, belief work, and manifestation work, and I'm super curious to hear how it helps you start your day off right and the amazing things that you're going to manifest just by using this journal. So go ahead and download it, it's completely free, manifestationbabe.com/morningjournal, and then tag me on Instagram when you're done with the first few entries because I'm super curious to hear your feedback and your thoughts. How did you feel afterward? What's your favorite prompt? Do you like the layout and the process? I love hearing from you babes. And with that being said, I'm going to get you right to it. So please stay safe, healthy, happy, enjoy the journal. And I will catch you all in the next episode. Mwah, bye.

Kathrin Zenkina

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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 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 following [@manifestationbabe](https://www.instagram.com/manifestationbabe), or visiting my website at manifestationbabe.com. 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 some magic.