



Episode 164: The EXPERIMENT that BLEW UP my business, bank a...

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SPEAKERS

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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 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 are having an amazing day, wherever you are. Today, unfortunately, our air conditioner stopped working, and apparently it stopped working in the entire building. We are brand new to this building, so we don't yet know exactly what to do or who to go to. We had a maintenance person come in, but long story short, it is currently 80 degrees in my office as I'm recording this; and it's 100 degrees outside in LA today. I swear that's at least what it feels like. So, I'm really happy that you can't see me on camera right now because I am literally sweating. I'm feeling so grateful today, not only for air conditioning when it works the fact that we even have air

conditioning - I just feel so privileged to have air conditioning - but also that we have people who know how to fix it; and the fact that we have such a thing as a podcast microphone, where you don't necessarily need to see me in order to hear me. So, this is an episode that I'm really excited to record. I've talked about this many times, but I realized that I don't have a specific podcast dedicated to it. Whenever I get interviewed, or whenever people want to hear my story, this is a story I tell. It's very enmeshed and entangled into everything that I share around how I built Manifestation Babe, how I came across manifestation, or how I made manifestation work for me. I received a lot of questions, and I know that so many of you have been waiting for this episode. I got so many requests since I talked about this last on my story. I always forget that every single week, there are new people who come and follow me; there are new people who come across the podcast, and there are so many questions. So, I want my podcast to be an archive of all my wisdom. That's my goal. By the time that I leave this planet, I want my podcast, my Instagram, and any of these places where I share my content, to be an archive of everything in my life that I feel is relevant, in order to share with you stuff that you can apply in your life, to improve your life. And so, I wanted to put this in the archive officially, and dedicate an episode to the experiment that blew up my business bank account and life in a single year. So, for anyone right now, who's wondering, "What experiment? What are you talking about, Kathrin?" Well, I'm going to be talking about something that is more subtle than you think. It's not anything in particular that I did, but more so the decision that I made, and the energetic impact - what it created energetically, which then manifested into the physical, for me, in a single year in my life. This is not even something recent, but it is a mindset that I still operate from today. I shared on my Instagram Stories a couple of weeks ago how, right now, I started another experiment. It's been fascinating so far. This is something that I do - sometimes I'll do these specifically for my launches - where I go into a seven-day experiment, or I go into a 24-hour experiment. Sometimes I just need a bit of courage or just a little kick in the ass, and I will do a 20-second experiment where I challenge myself to make a decision, to say something, or do something that I normally wouldn't do, but know is going to help me grow. So, this is very useful to do in your life, when you are so used to being comfortable with where you are. In order to get to where you want to go, you have to face that discomfort. There's a lot of faith that's involved. There are a lot of discomforts involved. There's a lot of believing in the unseen. I want to share this story with you guys because this is something that you can actually do and fall back on. It's a way of being that will help you stick with it. If you stick with it, you will get the results; if you don't stick with it, then, unfortunately, nothing's going to change. So, I'm going to share with you an experiment that I, quote-unquote, embarked on between 2016 and 2017 - I would say about May of 2016, and the, quote-unquote, end date was May of 2017. It literally put me on the trajectory that I'm on right now and helped me go from living on my grandma's couch to my very first apartment in LA; going from making \$9,000 in all of 2016, to 600K

in my business in the following year; going from about 500 followers - I don't remember some of these numbers, this is just off the top of my head. So, there's a lot more that happened, but these are the things that stand out. These are estimates that stand out in my head right now. So, it was going from about 500 followers on Manifestation Babe's Instagram, to about 40K within a year; as well as quitting my 9 to 5 job. There is so much more, but these are the main things. These are pretty big things. These are life-changing results. This all happened for me in a single year. I call this my "One-year Experiment," and this is also what I called it back then when I first tried it. I was very conscious of what I was doing; it was a very conscious decision. So, let me share the story of how I even came up with this, or where this decision came from. Shortly after moving into my grandma's house and living on her couch - because she didn't have a bed or a bedroom for me. I don't know if you guys even know the backstory behind my grandma's couch: when I moved to LA I definitely could not afford living in an apartment, and I knew that. I came to LA with no real plan. My plan was to make my dreams come true, but that was so ambiguous; it could be anything. I started Manifestation Babe at the time, but I didn't go full into it because I was still running - or at least trying to save - a failing MLM business. By failing, I mean that I was losing passion for it. So, that was pretty much my part in it. I just wasn't putting as much love and passion into it. So, of course, the results weren't going my way. It was also scary because, here I am; I just said no to medical school, so that's out of the question; I don't have, quote-unquote, a real job, or what people consider to be a real job. People still, to this day, will literally comment on my ads on Facebook or Instagram posts saying "Get a real job." If a real job means whatever it is that it means to you, then I don't want any part in it. If this can be my job, then this is going to be my job, it's amazing. I don't want a real job, I want to fake job; this fake job is awesome. So, I didn't have, quote-unquote, a real job; I barely had any money; I was \$15,000 in debt at the time because I had just invested into Tony Robbins. There was just a lot going on. So, when I moved to LA, my only plan was to figure this thing out. I went with so much faith. I moved out of my parents' house - it was my first time in the real world, but I knew that I couldn't afford living on my own, so I moved in with my father. Now, I have updated you guys since then that I don't have a relationship with my father, to this day. I haven't had a relationship with him since pretty much this whole incident happened. The details don't matter, but the point is that I started living with my father; I lived in a spare bedroom. The whole situation felt very Cinderella-like, and I did not feel welcome, whatsoever. Then, one day, I snapped. It was about two weeks into living with him. I just snapped. I gathered all my stuff, I put it in my Jetta - that's what I drove at the time. I actually did get a job at this time. So, I got a job, then I snapped, then I packed up my car, put everything in my car, I called my grandma and said, "Grandma, do you mind if I move in with you for just a bit until I figure things out?" She said, "Of course!" So, I moved in with her. I remember unloading my suitcases and my clothing in her living room, because that's the only place I had. I slept on her couch for about five months. You know how people have storage places in the living

room? That was my closet. And behind her closet was my library; that's where I had my books, various items, and my belongings. That's pretty much how I lived. And so, I was feeling very lost at the time. I was feeling angry with my father for not treating me like I'm his daughter - "I'm his family. The fact that I'm living with my grandma now is even worse of a situation. I don't even have any privacy." It just felt so daunting, the whole thing. Around that time, I was growing Manifestation Babe with no intention yet on making it this full-time thing. I was just figuring out what I want to do. I knew that coaching was something that was sticking out to me because, as I mentioned before on how I became a manifestation coach with my Beachbody business, that was basically what I was doing. What I do today is literally what I used to do back then. And so, it was no different. It was just that I didn't realize that I can monetize things outside of fitness; I didn't realize that there was a world of business that existed for me, at least outside of the multi-level marketing world. There's nothing wrong with multi-level marketing - I think it's a cool business model and that it gives people such a doorway and an opportunity into starting their business - but it really limited me. I really wanted to do the mindset stuff outside of fitness and I didn't know of such a thing because nobody was doing it around who I surrounded myself with. And then I tell that whole story in that podcast, I'm not going to go into it. And so, around this time, I was using the law of attraction; I knew about manifestation; I have been teaching people how to build a vision board. But there was, of course, parts of me that still doubted it, because I was like, "Look at my freakin' life. How does this actually work?" I know that it works because I've seen it with various things, like travel deals that I've manifested; or the fact that I did come to LA (LA's been on my vision board for a while). Various things would manifest, but others wouldn't. I get a lot of people ask me questions, like, "Kathrin, I'm so good at manifesting deals and discounts, but I'm having a hard time manifesting money." I was pretty much the same way. I was really good at manifesting small things here and there, but I would never believe that I can actually manifest large sums of money or a successful business. Not just a successful business, but something beyond - like 10K, 20K, or 30K a month. So, on my grandma's couch, I remember journaling and scripting out of frustration. I wrote, "This is going to be my ideal life one day. This is what I choose to believe. I know I sound crazy, even to myself, but this is what it's going to be. This is where I'm going to live. This is how much money I'm going to make. This is what my business is going to look like. This is how much I travel - I travel to a new country or city every single month." All of this stuff that I literally scripted back then has manifested, by the way. But, at the time, I thought, "This is just something I'm making up again." I had no proof that something so epic could actually come into my reality. I was scrolling on Instagram that night - as most people do when you're chilling, and you got the 'gram open and you're scrolling and scrolling. I think I was on hashtag motivational quotes (#motivationalquotes) because I needed some motivation. Ironically - as I tell the story of my investment in the Tony Robbins events, and how it was that investment that set me off on this whole journey of uncertainty. Things got way worse

before they got better. And so, it was very ironic that it was me seeing a Tony Robbins' quote that got this whole ball rolling. The quote said, "Live as though your prayers have already been answered." It was a classic picture of Tony, doing his "Aaaah!" If you ever been to one of his events, do you know how he stretches out his arms, opens his chest, and starts yelling like a maniac? Yeah, that's what I mean. So that was the picture of him, and on top of it, overlaid, it said, "Live as though your prayers have already been answered." And for some reason - even right now I'm getting them - full body chills. I knew I had to pay attention. I already had my spiritual awakening by then - I was already seeing signs, getting nudges, and things were unfolding for me. So, I knew that I had to pay attention to this, and I did. I remember thinking - I can coach myself in my head; my head is a whole encyclopedia, sometimes. I know that some people need to write things down; some people need to talk things out. For me, I could accomplish a lot inside my own head. That's just how I operate. Anyway, I started painting this whole scenario and asking myself questions of, "What would actually happen if I live this way?" And so, I weighed all the pros and cons. "If I do, I may succeed. If I succeed, I guess I'll have my dream life. But what's actually going to happen if I fail? What is the worst that can happen?" I think that a lot of people ask themselves this question, because a lot of people are more afraid about the worst thing that can happen than the best thing that can happen. They get stuck in thinking about the worst that can happen. And, of course, they don't even go for it or take the risks, because they're constantly focused on the worst. What I realized in that moment - and what I actually want to share with you guys today, I had another download about this today as I was making some notes for this podcast - was that, first of all, I was already living my worst-case scenario. I was already on my grandma's couch. I know that it could get worse - and I felt very grateful and privileged that I have a grandma who had a place for me with a couch. But in my life and my experience, that was the worst-case scenario. I just knew that, if anything, I could fall back on this plan. For a download that I had today, I was thinking, "If you're on your grandma's couch, it's very easy to think that you're already living your worst-case scenario. For some people, that's a rock bottom moment. But, Kathrin, what if you're not at a rock bottom moment, but you want to take your life to the next level?" What I realized today as I'm sitting here in this beautiful, gorgeous apartment, is that I am so proud of manifesting and I literally have been working on manifesting this for the last six months. I will create a podcast episode on how I manifested it and the story behind it, just to give you guys another story into why it's so important to hold the faith. As I'm sitting here, I'm thinking, "You know what? Wherever you are currently, you've already energetically played that game." What I mean by that is that you're a vibrational match to where you are right now. So, let's say that you want to build a 100-million-dollar company, but currently you have a 10-million-dollar company; you already live in a mansion, but you want to live in a bigger mansion; you already fly First Class, but you want to fly in a jet. Some people, when they ask themselves, "What's the worst that can happen?" they immediately imagine themselves having nothing. For some reason, that's

where they think that they can go if they take the risks behind what it takes to go to that ultimate next level. But what people don't realize - and I think it's so important to note, because I don't hear about this often - is that wherever you are currently, you've already figured out how to get there. Let me give you another example. Let's say that you're already making 50K a year, you live in a one-bedroom apartment in a beautiful city, you have a dog, and you have a fiancée, husband, or wife. Things are really comfortable, but you would like so much more. I think that so many people forget that where you are currently, you will always figure out how to get back there. You're already there right now. Vibrationally, your soul has already imprinted on the vibration that it's going to take for you to get there. So, let's say you take a risk where you invest in a business, and the business flops. You potentially lose everything, but you still know how to get back to that place of making 50K a year, living in a one-bedroom apartment, having that spouse, or having the dog, or whatever it is in your life that you want. Going on that trip to Hawaii or Mexico, or whatever it is. I know I'm taking such a huge sidestep and going on a tangent right now, but I think it's important to mention that this is something that I didn't realize until very recently. Where you currently are is your worst-case scenario. So, it is only up from here, even if, temporarily, there is something worse that happens. This means that even if, temporarily, you have to downsize or something happens where you do lose something, you know how to get back to where you currently are. From that point, you can always build on that foundation. That didn't make sense to me until today. Again, I'm having full body chills as I'm saying this, and that is my confirmation for something that I'm downloading from source, or that the source is telling me right now. There really is nothing to be afraid of. No matter what happens, no matter how your life journey unfolds, the worst that's going to happen is right where you are right now. How freeing does that sound? It's only up, up, up. The better it gets, the better it gets. The best is yet to come. That's why I so hardcore believe in that; because I have experienced it so much by now. So anyway, going back to my story. What's the worst thing that can happen? Grandma's couch. So, for the next 12 months, I thought to myself, a year is very easy to imagine because we are so used to New Year's Eve and setting these one-year intentions. That's essentially what we do; we think about our resolutions, our goals, intentions, or manifestations. And so, I thought to myself for the next year or 12 months, what if I lived my life as if my prayers have already been answered? What if I lived my life as if my success was inevitable? Just to clue you guys, my favorite affirmation that I use to this day, that guides my life, came from this moment. You guys want to know the origin of this? I know that James Wedmore - if you guys don't know James Wedmore, he's one of my really good friends now. He was someone who interviewed me for his podcast; then became my mentor; then he became one of my really good friends/mentor, who I look up to a lot. He's really awesome. And he actually came up with it himself, too! We always joke with each other, "Who took it from who? This came up for me alone, I didn't see anybody talk about this. So, James, did you take it from me?" We always have a joke about it. But

anyway, this is the origin of my "Success is inevitable." I know that James and I both live our lives according to this affirmation. If this is not your belief, I highly recommend you borrow this belief, because it is going to change your life. "My success is inevitable and I'm always on the right path." Repeat after me, right now, out loud, please. "My success is inevitable and I am always on the right path. My success is inevitable and I'm always on the right path." Within that moment of me thinking "What if I lived my life as if success is inevitable? As if every single move I make, from this day forward, is actually in my favor? That everything that I scripted about is going to come true no matter what? What would my life look like? What if -" and, again, these are questions I kept asking myself within that moment, right before I made this decision for real; right before I committed to this 100 percent. I remember asking, "What if I lived my life, as if the law of attraction was absolutely real? What if I had no doubt about it at all? What would happen if I suspended all of my doubts for just a single year of my life?" And I thought to myself, and this is the perspective that I chose. I thought, "If I live up to 100 years old, potentially, what is one year?" One year is just a blip. It is something that one day I'm going to look back on, and it's just going to be this part of my life. So, if I played this game and I failed - I called it at the time "if the universe dropped me on my head." I don't know why that spoke to me, but I would say, "If the universe drops me on my head, I'm already here. I've already been dropped on my head. Here I am, on my grandma's couch. I can just quit." I can then know, for an absolute fact, that the law of attraction is a bunch of bullshit and only works for those who are lucky. But if I succeed, then I can just keep playing the game. I can always come back and keep playing the game. When I realized that I really have nothing to lose and that a year is just a blip in the matrix, as I call it and as many call it - then why not actually go for it? And so, I did. I just decided. I don't even know the date that I decided this - I should go back and figure it out so I can put a date on it - but I played the damn game. And so, what happened that year - and I think it's so important that you guys listen to this story and stay very focused on this. This is important because most people think, when they hear my story, that the next day I became a millionaire. But it wasn't like that at all. So, what happened in the totality of the whole year? Well, first and foremost, I suspended all disbelief. I didn't give any of my doubts the time of day. I did so much ego work that year. If you guys want to know why I know so much about the ego and how to keep it calm and out of your way, it's because this is where I put that shit into practice. I don't teach anything that I have not yet embodied. I don't teach anything that I don't believe myself. I don't teach anything that I haven't tried myself. Everything I teach you guys on my podcast is literally just me teaching things from my life. And so, I learned a lot of my ego work by doing the ego work. I didn't give any of my doubts the time of day, and I made every decision for my higher-self. This is where my Manifestation Babe Academy and Rich Babe Academy process comes from - it is literally from this year. A lot of my teachings come from everything that I learned - from actually "being" the work; not just talking about it, not just reading about it, but actually suspending all disbelief, putting

aside all of my doubts, keeping myself in alignment, and knowing that my current location was not my final destination. I know I've mentioned before to ignore your current reality, but I don't want you guys to see that as spiritual bypassing. I was always aware of my current reality. I teach inside my Academy that it's very important for you to understand what your current location is. It's very important to understand what specifically needs to be shifted and what needs to be done in your shadow work, and so on. But it's also knowing at the same time that your current location is not your final destination. I kept putting my intentions out there, while taking the massive inspired action daily, and really listening to my intuition. Again, a lot of what I know about intuition comes from this year, because I really had to force myself to listen. You know what happened? From that day, for the next six months, nothing amazing happened for a while. This is a key part of the story because, remember, I dedicated myself to 12 months. What would the average person living their life from their ego do in this moment? A lot of people give themselves a set time - like, let's say 12 months - and then when nothing happens in six months, they say, "Well, it didn't happen the first six months. Even though I set the timeline of 12 months, this is not going happen." People forget that the universe works in the 11th hour. I always teach you guys that the universe works in the 11th hour, because, again, I learned a lot this year: about myself, my strength, my mindset, the law of attraction, and manifestation. This is where I discovered the 12 Universal Laws that I teach. So, this is how I created this multi-dimensional and multi-layered aspect of manifestation that isn't just "love and light" and "focus on what you want." There's so much more to it, but you have to really embody yourself in the work to understand it. This is what I hope each and every single one of you, when you listen to my podcast episodes, actually applies them. That's why I try to make these as applicable as possible. That's why my Academies are created from being actionable and applicable, because that's how you're going to learn. You're not going to learn just from listening to my voice; you're going to learn from actually doing the things that I encourage you guys to try out for yourselves. So, if I didn't make this decision, then just imagine waiting six months for nothing to happen. What would that do to you? I just had to keep reminding myself, "12 months, 12 months, 12 months; just trust, trust, trust." I did this until New Year's Eve, between 2016 and 2017. Here's what happened. This is how I knew that shit was working. This is my very first sign. Again, May 2016 is when I started the experiment; December 2016 is when the first major thing happened. That's not to say that little things didn't happen; it was just that I didn't have any major proof. So, I was supporting Brennan and I at this time. Long story short, we moved in together around October. We lived in my Step Grandma's apartment because she ended up getting really sick. She ended up moving up to Washington with my parents. Her condo, which my grandparents now live in, was empty. My mom offered Brennan and I an opportunity to deepen our relationship and move into that condo for a couple of months. I'm so grateful for that. That was our very first step into having our own place, before we actually moved into our own space that we were proud of and that we actually paid for. So anyway, New

Year's Eve; Brennan saved up all of his money from his catering jobs. Because he didn't have a job, I was supporting the two of us, and he was catering. We first lived separately, then we moved in together. I supported the two of us. He took me to Las Vegas for our anniversary. Our anniversary - even our wedding anniversary - is now New Year's Eve. So, our dating anniversary was New Year's Eve; and then, we got married in Costa Rica in 2018 on New Year's Eve, which was awesome. And so, it's a very special day for us. New Year's Eve is a special day in general, for me. As someone who loves intention setting, it's like the whole world, all of a sudden, becomes Manifestation Babe, and everyone's excited about their life again. So, he saved up all his money and he took me to Vegas for our anniversary. I was stoked. I was so excited because we hadn't spent any money for the longest time. Brennan and I were so broke, you guys. We were finally going to experience a taste of the life that we want. So, we went to Vegas and I decided to have my third launch around that time. Now, keep in mind, I'm mentioning my third launch; my first two were very quiet, maybe one or two people purchased, although I was expecting for some reason to have at least 50 sales in each one. This just goes to show you that your first few launches do not judge your entire business. Now we have much bigger launches, and we have like multiple six-figure launches - almost to the million mark, but not yet. I'm still working on manifesting that. I am manifesting that to happen here in 2020. But, again, most people give up after their first two launches don't necessarily work out. So, this is another lesson that I hope you guys take. This is now my third launch, and I still excitedly - because I'm in my experiment of suspending all disbelief - put up a pre-sale right at New Year's Eve and just had the faith that it would work. Even if it were my third launch, I had faith that people were going to buy this time and that people wanted this program; that I had value to give; people wanted to learn from me; and things were going to happen. As Brennan and I were checking in for our hotel in Las Vegas, as soon as we got there, guess what happened? My PayPal started to go off. And it went off. 72 hours later, as we were driving home back to LA, I made about \$5,000 in a single weekend. I was blown away because I went from never seeing more than \$1,000 a month in my business, to this in a single weekend. This was the thing I needed to help me contain myself in that suspension of disbelief. The following month I made 7K; then 11K; then 15K; then 22K; then 40K; then 80K; then 100K in a month; and so on and so forth. Everything shifted. It was like I hit the Tipping Point. I talk a lot about the Tipping Point in my programs. I tell my students that you have to keep going until you hit the tipping point. When you hit the tipping point, it's like a snowball that continues. I pretty much snowballed for the next six months of the experiment. It was all of my work and belief that it was going to happen, and that it's happening. All of a sudden, I put enough energy out there into the universe. I became the version of myself who's already successful in that process, and then boom! Because I held the faith and stuck with the experiment, even when it looked like it wasn't happening. So, moral of the story: hold the faith until you die. But seriously, though, I want to ask you a very important question. This is going to determine the difference between those who get

results and those who don't. Are you willing to go six months, or more - because it could be more; this is just my story and my example. It could be more: it could be nine, it could be 10, it could be 11 months, it could be even longer. You might go through the experiment and still not hit your tipping point. But are you willing to do this? Are you willing to go without results, and still suspend all disbelief in exchange for your dream life? If you had zero things show up in your reality that you intended on for a long time, would you still hold the faith, or think that it was bullshit the entire time? That is what separates those who get results and those who do not. It is 100% the trust factor; trusting that your success is inevitable, no matter what. Remember that you, first and foremost, don't gain anything from giving up. I hope you guys know that. There is no gain from giving up and there is no gain from doubting. There's a difference between the people - and I've seen many of these, and I laugh every time. I'm not coming from a spiteful place, but why even bother thinking this way? There's a difference between the people who write articles - you see the articles about how "manifestation is just wishful thinking and it's a bunch of BS" - and those who actually live it, knowing that there are powerful forces beyond them that are working in unison with them in their favor. The people who are dead-set on believing in the law of attraction and manifestation are like that, because they know that it works. It's because they live it. The people who are busy writing articles about how it's wishful thinking, how it doesn't work, and how it's a bunch of BS are the people who gave up, unfortunately, when they didn't get results right away. I think the biggest misconception - and I've talked about some misconceptions around manifestation lately on the podcast - is that this is a quick fix. That this is the secret to becoming a millionaire overnight, and it's not at all. There is inner work galore to do. There is a lot that is at play. It's not always easy. It's simple, but it's not always easy because we're human beings and we have egos that constantly tell us all this BS that is not serving us. We are taught in our society that the system has been created to shut ourselves off from our own innate wisdom, intuition, and higher-selves. So, no shit that we continue to doubt ourselves. No shit that we continue to believe that we're not good enough. We're essentially sitting in our traumas forever, because we're not taught how to let them go or how to release them. We're not taught to believe in ourselves. We're taught to shut down our dreams. We're taught to just go after something more realistic. That's what's messing us up. People who give into that paradigm - which, you know, used to be me; I'm not saying that I'm exempt from any of this. You guys know, especially if you've been listening for a while, I share a lot of my stories around failures, how I still struggle and I still have challenges, and so on. My life wasn't always rainbows and butterflies. It's just very interesting how some people go on to give up and then teach others that it doesn't work. I would much rather be the person who never gives up, who makes it work, and then teaches others how to make it work, too. And so, with that being said, Now it is your turn. What is your experiment? Are you going to do a one-year experiment, too? If so, what are the parameters of this experiment? I want you to mark your calendar right now. Put it on your calendar. Declare today to be your first

day. Declare what your life is going to look like, one year from now. Suspend all disbelief, and fucking go for it. It's very simple, but it's a huge decision that your future self is going to thank you for - not just in this lifetime, but in many lifetimes to come. And I just want to remind you that whatever you release and create in this lifetime gets passed on to future lifetimes. It gets passed down generationally, and it also gets passed down energetically into other lifetimes. You're actually going to make your other lifetimes easier. Of course, every lifetime comes with its own challenges - if you believe that we have multiple lifetimes. I believe that we not only have past lives, but we're also experiencing future lives right now. We're also experiencing parallel lives. This is a multi-dimensional universe, and there's a lot going on. The only reality that you're experiencing right now is the reality that you're in right now. There are other realities that exist at the same time, and there are other versions of you who are experiencing other realities. But the one that you're conscious of at this moment is this one. Imagine the things that you can create, let go of and inspire in this lifetime; that's going to assist, not only everybody in your life currently, but your children, your generation passed down, or even your adoptive children, or children that you mentor, or anybody who you consider family. It's not just your family that you share DNA with. I come from a very blended family; my grandma has gone through two divorces; her mom has gone through two divorces; my mom has gone through two divorces. And so, I have family members that I have no blood with whatsoever. I think I have three blood family members that I'm aware of at this moment, and everyone else is by marriage. So, it's not just your blood family; it's everybody that you're going to impact, because that's how interconnected we all are. So, it's a simple but huge decision. Once you've decided, you have to act like it the whole way. I'm curious to hear from you, did this inspire you to try this? And are you ready to start your own experiment? Let me know by tagging me on Instagram. Take a screenshot of this episode, as usual, and then tag me. I'm @ManifestationBabe on Instagram, and then just declare your one-year experiment. Declare today to be the day, and what you expect your life to look like one year from now. Don't forget the commitment that you made every single day, because I promise you, next week, something is going to come up that is going to make you want to doubt. Trust me. Your ego is going to rear its head up into your own mind and say, "Hello, but what about this?" And you're going to say, "That's cool, that doesn't matter. I'm still going to believe." So, the universe is always listening. I love you guys so much. Also, don't forget that the doors to the Business By Design program - which I'm super excited about. It's a game changing program that literally transformed my business. It's opening on June 22 and I have a ton of incredible Manifestation Babe style bonuses that you guys get. I think there's at least \$5,000 to \$10,000 worth of bonuses that you get just by signing up through our link, because, yes, I am an affiliate to one of my good friend's programs, and I trust him so much, so I know that you're going to be in the right hands to learn how to scale your online business with my mentor, James Wedmore. So, you can get on the waitlist right now. Truthfully, I don't know when exactly this podcast is going up. I hope by

then that either the waitlist is up, or the doors are open - and you better get in. So, it's ManifestYourBusinessByDesign.com. And, who knows? Maybe building a successful online business is part of your one-year experiment. You just never know. So, check out the show notes as well for any other important links that I have to share with you right now, and I will catch you guys in the next episode. 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, 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.