

## Episode 29: Help! I'm Feeling Uninspired!

Welcome to the Manifestation Babe podcast. My name is Kathrin Zenkina. And I'm a master mindset coach and success strategist for entrepreneurial babes just like you. I absolutely love helping you uplevel your life, your business, your finances, and helping you see the infinite potential within yourself to be, do and have anything that you want. It is my duty and obsession to give you the tools, the resources, strategies and teaching, you need to manifest the reality of your wildest dreams. Think of this podcast is your daily dose of personal development to maximize your impact, your influence and your income. If you're ready to get you're asked to take to the next level then you've come to the right place. I hope you enjoy today's episode. Now let's begin.

Hey gorgeous souls. It is Kathrin from manifestationbabe.com, and I am here to talk all about inspiration with you guys. So not gonna lie, in the last, I want to say two weeks, I've been feeling a little bit uninspired and for the creative person and a person who thrives off of creativity, who has a creative business, whose business really thrives off of that creative flow. In the past, this would have been a tragedy, I would be stressed out and I'm not going to lie that this has been one of my biggest lessons in 2018. So far it is how to let go of this need to be in constant inspirational flow. And I feel like I hit an epiphany. Finally, in the last couple of days that I want to share with you guys. In the past couple of days, I finally surrendered and let go and just stopped caring about the fact that I don't feel as inspired about my business and my content, as I typically do. And it's not like I am posting a bunch of crap or not posting at all, I am still being myself. I'm still being raw, authentic, real, but it's like, more of the feeling behind my work if you get what I'm saying. It's kind of like I feel like there's a purpose behind it, but it's almost like I can't really feel it at this moment. I don't know if I'm making sense, but I know that if you have been where I am right now, you totally get what I'm talking about. It's almost like you don't wake up feeling light and refreshed and excited. It feels like a little bit of a heaviness, like it's time to take a little bit of a rest, you know, experience some relaxation and rejuvenation, it's time to curl up with a good book, it's time to receive some inspiration in return instead of giving it. So really what I'm talking about is if you're a coach, or if you are a motivator, or if you're someone who really relies on that inspiration flow, yes the inspirational flow, to be able to inspire others. This is who that this episode is for. Okay? So the epiphany that I reached in the last couple days, and my mind really likes to work with metaphors. And I can't say I'm the only one because I know that, based on all of my research and all my learnings around the subconscious mind and how it works. Just to give you a bit of a backstory, the subconscious mind or at least the background, the subconscious mind is as old as seven years old and so anytime you tell a story or a metaphor, or you use some sort of analogy or a very simple example that a child would understand. If you can break down manifestation law of attraction into a format that literally a seven year old child can understand or any content for that matter. That is when your subconscious mind is really going to understand it and absorb it on another level. So that's how my mind works. That's how I learned best is when I can break something down into an example that's just so simple. There's no way that it wouldn't make sense. And so this morning, actually, I looked up the word inspire because I asked on Instagram, how many of us are feeling the way that I'm feeling. How many of us are feeling a little bit uninspired right now and are kind of

freaking out about it because it's something that we rely on. And I want to say about 70% or 60 at least More than half of the people said, Yes, I'm feeling uninspired, please help me. I need this podcast. And so here I am recording it. And I looked up the Latin root, or the Greek root, or whatever it is, I looked up inspiring Google and what I came across made so much sense for me because all of a sudden, it matched up against my epiphany very clearly and very nicely. So I don't know if this metaphor is gonna make sense to you today, to make sense to you at all, but just bear with me and listen up because I think that this metaphor will reduce a ton of stress for you. And understand that as nature is cyclical, so is inspiration, so is your workflow. Everything is a season, everything's either in a season or it's cyclical, and so there really is nothing to be afraid of. So inspiring. To inspire means to breathe or to breathe into that is pretty much what I picked up from many random sources, like Wikipedia and dictionary and dictionary on whatever all the different pages that I went to, there is always a definition that to inspire means to breathe into. And so what I collected from this is that when we're inspired and we're creating, we are giving that energy we are using this energy that comes from within us. And we are giving that energy to the universe, giving that energy to other people giving that energy to our clients, to our customers, to our followers, to people all around us, you know, especially those of us who are service providers and service givers. When we are in flow and inspired, we are giving that energy away. We are breathing out and we're breathing out so that we can take that energy and manifest something. Manifests our ideas, manifest or words or thoughts or feelings into our reality, so we're in inspiration mode. We are creating, we are giving that energy to the universe so that we can manifest. Now, when we feel uninspired, which might be you right now, which has been me the last couple weeks, it's because at some point, when you breathe out enough times, you have nothing left inside your lungs. There's a point where you've breathed out all that you can exhale. And now you need to inhale, you need rest, you need to receive, you have given so much and now your cup is empty. Obviously, you're feeling it, that lack of inspiration, that lack of creativity is a sign that you've given all you got at this moment in time and so you need that silence. You need that rest, you need that rejuvenation, to feel inspired again. So this is a time when you should rest. And I know that especially you boss babes, workaholics, all of you who just love your work are obsessed with what you do. You're changemakers, your transformational list, you know that you were put on this planet to change the world. You know that your work is part of your life purpose. You guys have the hardest time, and trust me, I'm one of you. Feeling uninspired, you feel like you are failing, you feel like you're a failure, you have a hard time resting because you feel like if you rest and let go, the inspiration might never come back. But just like when you exhale, you must trust that instincts kick in. Inspiration is going to kick in and you have to inhale again. And then you're going to exhale after you've inhaled enough, right there comes a point where it's time to exhale. There has to be that cyclical flow of oxygen and carbon dioxide, there has to be that cyclical flow of energy or air or whatever it is, however it is that your mind is connecting this analogy or metaphor however it is going with it. And know that you know when you give out you have to take in or when you take in you have to give out. And so this is a time when it's okay to rest and let me tell you, I can be a crazy person when it comes to my work just because I love it so much. I'm obsessed with it. And so I can sit behind my laptop. And I'm not saying that this is normal. I'm not saying that this is a standard. I'm not saying that this is advised. But I can literally be behind my laptop for 12 to 16 hours a day. Especially when I'm in workflow mode, especially when I'm really feeling creative

and inspired. You're not going to take me away, you're not going to take my laptop away from me because I am just creating and creating and loving it and that's okay. Because when I feel that way I allow myself to work, now, when I'm not feeling that way, which has been the last couple weeks, I will work about two to three hours a day and honestly depends if I have meetings, if I have clients and you know, these priorities that are on my calendar that I have to meet in order to live up to my own standards of how I show up to my business, how I show up to my work. So obviously, I have a couple hours of work that I need to do per day. But outside of that, when I'm feeling uninspired. This is a time when I read books, or I'll even watch The Bachelor or The Bachelorette or I'll watch Shark Tank. This is a great time to watch some Netflix shows and go out and right now. I'm in Mammoth actually learning to ski because I will be on a ski trip with Tony Robbins and his platinum partners in a couple weeks. So I'm kind of like alright, I got to learn how to ski you guys. I can't just show up on the mountain and plop face down because that's a little bit embarrassing. And so I'm in Mammoth right now. And it's okay, I'm gonna go ski, I'm gonna go explore the mountain, I'm going to learn a new skill, I've been talking a lot with my friends, you know, either on a zoom call or a FaceTime, or actually seeing them in person. I'm devoting more of my energy to rest and relaxation and stuff that doesn't require me to work. And in the past, I used to have some trouble with this, I still have a lot of resistance around letting go and around allowing myself to feel uninspired and around you know, taking in that energy that the universe is asking me to take in by resting and rejuvenating and just allowing myself to do nothing. It's okay even if you do nothing for a couple weeks, I want to remind you it is okay. And if you are feeling a ton of resistance and are having a really hard time around letting yourself relax, I have to ask you a question and I have to give you a bit of a journaling prompt and some homework to do after you're done listening to this podcast because this is stuff that I had to do myself and I know that this is a huge possibility and I know that it might exist. Do you have some sort of subconscious belief underneath this lack of inspiration, lack of creativity and especially the resistance you feel around it that says money or a reward or whatever it is that you receive from your creativity in your work? That money or award only comes from active hard work, and that you must deserve it in order to feel okay with it. Is there some sort subconscious mind, subconscious belief underneath, that's telling you that if you stop working or if you allow yourself to rest, the money is going to stop coming, or the accolades are going to stop coming or the recognition is going to stop coming or, you know, the clients are going to stop coming, or the customers or the followers or whatever it is, whatever you use to measure your success, whatever metric you use, is there some sort of subconscious belief underneath that's telling you that if you allow yourself to rest, you're going to lose it all. And if there is, then that is, this is the perfect period of time to stop whatever it is that you're doing. Stop resisting, surrender, get into flow and work on that belief. Open up your journal, see what's underneath, see what's going on there. And just to share with you guys an example, because I share my life and I share my stories and I share my own struggles and things that I work through, my constant limiting beliefs that I'm working through on a consistent basis. So that I can keep elevating myself and keep uplifting myself to a higher vibration so that I can give back that high vibration energy. So one of my beliefs is, or one of my beliefs was that I have this subconscious belief underneath that says that money will only come if I feel like I deserve it. And the only way I can feel like I deserve it, is if I work eight to 12 hours a day, every single day in my business. And as soon as I feel uninspired, that resistance comes in because it's like, holy

shit, I don't want to work and I can't let myself stop working. So holy shit, what is going on? And I realized that I have this crazy cycle and I do have the subconscious belief especially growing up poor like super duper, duper poor as an immigrant from Ukraine and watching my parents, when there's a lot of chaos in my household around money. And especially growing up in an abusive household. There was a lot of chaos and stress that was constantly happening in my environment and so my subconscious grew up with the belief that chaos is normal. Stress is normal. Never resting is normal. And so that is something where if I have, you know, ease in my life, or if I allow myself to rest or if you know, for instance, because money and hardware have nothing to do with each other, but if I believe that money only comes from hard work, when I stop working, money comes and when I am working, really, when I stop working money stops and when I work really hard money comes and also when money comes when I'm resting my subconscious mind freaks out and tells me that that's normal, and then makes me feel really guilty for not working hard enough to deserve that money. And so it's been a really crazy ride of having that awareness, discovering that limiting belief and then working through it. And, you know, being super grateful that I am in a period of more rest, or not so creative and feeling like I need to relax and surrender to the universe. So I'm really grateful because what better time to sit down and work through this belief, than right now. And so I've kind of dedicated this year, this theme of 2018, or at least the theme of January and February, who knows how long I'm going to feel this way of how much can I surrender to the universe? Or how many limiting beliefs before I can let go of that hard work and money together because I'm not perfect and even though I have a best selling program that's created such amazing results called rich babe, I am a money mindset coach. You know, I have mastered so much financially and I've come so far financially but I am not perfect and so I do the work just like you do. I sit down with my journal and my ego likes to freak out. Sometimes I ask myself, you know what's going on? Why? What is the source? What's my behavior? Because of this behavior, what is the belief that's coming out of this behavior? Is this belief the ultimate truth? No, it never isn't. You know, what's a more empowering belief I can choose? What does this belief look like if it were coming from God like what is the truth coming from the universe? What is the truth coming from God? And I work through these processes the limiting beliefs squashing exercise that you can find in my unleash your inner monkey babe workbook. I work through that process. says all the time I sit down anytime, you know something comes up a subconscious belief, you know comes to my awareness. I sit down with my workbook and I work through the process. And every time I work through my work through the process and let go of any belief that holds me back, my life goes to the next level. Anytime I stop resisting, I just accept that I'm feeling a bit uninspired. I don't have as much creativity as soon as I just accept that and open up a good book or sit on my couch and rest or take a nap or go out with friends. Guess what, it's in those moments of surrender, that my creativity actually comes back to me. It's in those moments that I'm in my journal letting go of shit that no longer serves me that my creativity spikes in. I start to think I've taken enough of a breath It's time to exhale, all that I've picked up back into the universe back into my clients back into those who follow me back to my work, I'm able to exhale again because I have enough taken in to where I can start to give back.

So that is my episode for today. I thank you guys so much for listening. Let me know if this helped you by taking a screenshot of your screen right now, and posting it on your Instagram or Instagram story and tagging me and letting me know your thoughts of this episode. Let me know

if it helped you. Let me know if you had any good takeaways, if you had any good insights and breakthroughs and if you're someone who, you know has struggled or is currently struggling with feeling uninspired, definitely let me know. And it would also mean the world to me if you were to go into iTunes or wherever you're listening to this podcast and leave Give me a five star review and actually write out a review for me as well if you're feeling super extra inspired to do so, that stuff means the world to me, the more the more lives that this podcast can touch, the more of an impact I can make. And the more this message can go across the world and come across more and more people and I would just super appreciate that no mean the world to me. And the way that this podcast spreads is if you guys help me spread the word, so it's super appreciated. I love you guys so freaking much and hope you have an incredible, incredible weekend. Bye.

Thank you so much for tuning in today's episode. If you absolutely love what you heard today, be sure to share it with me by leaving a review on iTunes so I can keep the good stuff coming. If you aren't already following me on social media come soak up some extra inspiration on Instagram by searching at manifestation day visiting my website at [manifestationbabe.com](http://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