

Episode 3: December Money Babe Challenge Day One


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SPEAKERS

Kathrin Zenkina

-  **Kathrin Zenkina** 00:04
- Welcome to the Manifestation Babe podcast. My name is Kathrin Zenkina and I'm a spiritual mindset coach, author, manifesting expert and creator of the Manifestation Babe brand. Each week I'll be bringing you inspiring chats, interviews and dialogues all based around how to unleash your inner magic, break through your limitations, and manifest a reality wilder than your dreams. If you enjoy listening to topics on money, mindset, and manifesting, then you have come to the right place. I am obsessed with helping women see through to their highest potential and transform into the greatest, most badass versions of themselves. I hope you enjoy today's episode. Now let's begin. Hey gorgeous souls. It is Kathrin from ManifestationBabe.com and I am so, so excited to finally get started with day one of the December Money Babe Challenge. Give me just a second. There we go. Yay. How is everyone today? It is Tuesday, December 12th. I am just so excited to finally be here. Hi Erica, how are you? I'm just super excited to get started. I know that everybody has been so excited to start this challenge, especially for those of you who are in my Facebook group, I know that you've been waiting. I am finally home. I am back from Date with Destiny. So the past seven days, I just spent with Tony Robbins, met some incredible people, basically got a total of maybe 20 hours of sleep in the last seven days. So divide that by seven and that's how many hours of sleep I would get per night. My brain is absolute mush. I have majorly invested in myself in the last week. There's so much shit that I have to - let me rephrase that. I have so much stuff that I get to do in order to

set everything up, I get a new coach, I get so many really cool bonuses, so many really cool perks, so many really cool things. And I'm going to spend my day setting myself up for that, which is super exciting. Also this week has been filled with a lot of transformation, a lot of my personal growth. Even though every time I go to these events, I run into a lot of people that know me from the online space, and I talk to them. I'm always reminding myself that because I'm a coach, I sometimes like to go into coach mode and I sometimes like to help other people that I sit next to in these events, especially my buddies, and my partners, and my teammates, and sometimes I want to help them and I coach them. For instance, in Life & Wealth Mastery, last time I was coaching these two guys, who I am now friends with, to manifest their ideal soulmate, and what it means to have their ideal relationship. So, I always go in a coach mode, but this time I was like, "No, fuck this shit. I am here for myself." I have to admit that I was having a harder time. I came in to Date with Destiny right when I needed it; right when I knew that I was on the verge of a breakthrough, because I was feeling chaotic. I was feeling a lot of chaos in my life. I was feeling a lot of chaos in my business. I thought, "You know what, I have a feeling that this week is going to be something extremely transformational," - and it was. I'll be either writing or making another live stream to share with you guys; my Top 10 or Top 6; or Date with Destiny takeaways, because they were really impactful in my life and my relationship with Brendan never felt better. I have so many takeaways. It was just really good stuff, and, for those of you who don't know, I also joined Lewis Howes' Greatness Mastermind that starts in January. I get to hop on a call with Lewis Howes himself next week, and chat about my goals and where I want to take my business in 2018. Then we have our first meeting at the end of January. I also joined Tony Robbins Platinum Partnership, and, of course, I'm representing Tony Robbins today - because he's my boo. Even though I was fucking shaking when I met him, I was like, "Oh, my god, what is going on right now?" I live in Los Angeles, and he's not the very first celebrity or famous person I've ever met. I've actually held conversations with very famous people before. So, it's not like I get easily starstruck, because I know these people are just people. It's funny because sometimes I'll come across people in our industry at these kind of events, and I'll have people be like, "Oh my god, Kathrin, I'm shaking around you, this is crazy!" I'm like, "No, I'm just a human being like, I'm just a human." But Tony Robbins, I was starstruck around him. Anyway, I joined his Platinum Partnership, which means there's a lot of events to go to now, there's a lot of private Tony Robbins Platinum Only events to go to. We'll be going to Sun Valley Idaho on a ski trip, it's his financial trip at the end of February, where I'll be in a cabin with Tony Robbins and his other Platinum Partners - not a cabin, but like a resort. We'll be skiing and we'll also be hanging out with billionaires and talking about money - which brings me back to how I fucking love to talk about money. Lots of exciting stuff, lots of exciting energy that I can bring to you guys in 2018; a lot of exciting changes, a lot of exciting uplevels. For those of you who don't know, I opened up my mentorship for just five women. I think I have my very first confirmed spot, but I'm not 100 percent sure yet. It's not

too late to apply, all you have to do is email me at kathrin@ManifestationBabe.com. This is the year that shit really takes off. This is especially why I wanted to do the Unleash Your Inner Money Babe Challenge. So, I got my book in front of me, and I am doing it with you guys. By January first, whatever you intend on manifesting. For those of you who are brand new, I did this challenge before in June - Okay, I'm gonna pretend like no one's ever heard of this book before, and we're starting fresh. Anyway, back in June, I talked about how, why I chose \$1,000 in 21 days, and how you can actually choose any amount that you want. If you're brand new, I would go with 1,000 dollars. I know for some people, it's hard for them to imagine that 1,000 dollars can be manifested in 21 days, especially if they're someone who's coming from a place where they're barely making ends meet, maybe only earning a couple hundred dollars a week, which is where I was when I started on my manifesting journey. But I want to push you. So, whatever you did last time, I want you to push yourself, and I want you to choose a number that is not so unbelievable. I saw some people writing how much you want to manifest. I saw a lot of hundred thousand dollars, a lot of \$200,000 \$500,000. And that's not impossible. I'm not here to say "Who are you to pick up such a number?" or, "No, you can't do that -" you can absolutely do that. But have you done something similar before? Have you even ever manifested \$1,000 before? \$2,000 or \$10,000 before? If you haven't, then your subconscious mind might freak out looking at that number, and might be like, "What the hell are you talking about? I don't believe that you can do that." Therefore, you're going to freak yourself out. But at the same time, I don't want you to choose such a low number, where you already know that you're going to earn that money in a paycheck, or that money is going to come in through a client, or you already have an idea of how that money is going to come in. But that's not fun, that's not manifesting. We want to have some fun with this book. So, my number - and please don't take my number unless you absolutely believe you can, because this is a number that I believe I can do - I chose \$100,000 in 21 days. In the Last Money Babe Challenge, I was at a time in my life where I chose \$30,000, and that's exactly what I manifested. This time, I'm choosing \$100,000, and I absolutely believe that I can manifest it. It's still a stretch for me, I'm looking at this number, like "Holy shit, this is 100K in three weeks, oh my god." Whatever your number is, whether it's 1,000 dollars, 2,000 dollars, 3,000 dollars, 4,000 dollars, it doesn't matter. Choose a number that excites you, and choose a number that feels really good to you. And obviously you need the book. For those of you who live in a country where Amazon does not ship to you, get it on Kindle. With Kindle, all you have to do is download the app, and you're able to purchase it on Amazon, then Amazon transfers it to the Kindle app. You can turn any device into a Kindle; my iPad is a Kindle, my phone is a Kindle, everything's a Kindle because of that app. You don't actually have to have the Kindle device. I highly suggest either that with a journal - I love you, too, Mom" - either that with a journal or get the workbook. So, this is written in a workbook format. Instead of creating a book, I wanted to create a space where you're actually doing the work, because I'm a coach, I'm a teacher. That's what I love to do, that's just who I am. I

really like to get my clients to sit there and actually do the work. If you've ever had a session with me before, you know that I like you to stop and journal shit out, and write and write things down, and put pen to paper. So, in each chapter - which is pretty much a day. This book is split up into 21 days, 21 chapters. Each day/chapter has an assignment, and they're called "money-based actions". Here's the thing: the universe is always waiting for you to take the first step. Without that first step, it cannot carry you on your journey, because it doesn't know what journey you want to go on. By you taking the first step, you have opened up a path for the universe to literally pick you up and carry you down that path. A lot of people don't take the first step. A lot of people are like, "That would be nice," or they would meditate on money, or they would visualize the money, or they would say their affirmations - which are all great things. All these obviously contribute to the manifestation process. But a lot of people miss out on the physical action. And guess what? We live on the physical plane; Planet Earth is a material physical plane. Things have to manifest on the physical plane for us to actually see that it manifested. The only way to fire off that physical manifestation is to take physical action based on your intentions, based on the spiritual action, based on the mental action. So I want you to start taking the physical action. The physical action for Day One is fun! It'll actually get you to do a little bit of cleaning, you're just going to feel so good. For those of you who are into feng shui, or for those of you who believe that there's different energies in different rooms, and that based on how you rearrange things or keep things clean versus cluttered, that it really affects energy - I definitely believe that too. I hate clutter. I love to have a clean space. So today's Action is really fun. Hi Michael, I see you're on here. So, the very first introduction is just an introduction. I also want you to explore why you are here. This is important. This is something that I do in my Rich Babe program. In my Rich Babe program, in week one, I have all the Rich Babes look into why they are here. What is it that you want? A lot of people are focusing on all the things that they don't want. Even when focusing on what they do want, they automatically switch it into what they don't want. What I mean by this is, I sometimes ask clients, "What do you want?" And they'll be like, "I don't want a husband who does whatever," "I don't want to be in debt anymore," "I don't want a job that I hate." And it's like, great, but what do you want? You have to focus on the positives. You have to focus on what you want versus what you don't want. So, really figure out what you want. Step one of that is pick an amount, pick a dollar amount; start with thousand dollars, do 10, do 20, 50, 100, whatever it is. Then ask yourself what you're ready to shift in terms of your finances. What is that shift that you're looking for? Is it that you are tired of feeling stressed every time a bill comes into your life? Is it that you're feeling stressed every time your husband, girlfriend, or boyfriend brings up money? Is it that every time you go out to pay for groceries, you're calculating how much is it going to cost? Can I afford it? Do I have that amount in my bank account? Maybe I should go for the cheaper brand. And you just drive yourself crazy. Is that what you're ready to shift? Are you ready to shift that you're tired of your kids asking you to go to a camp, vacation, or an

amusement park, and you're sick and tired of telling them, "I'm sorry, but mommy doesn't quite have the money for that today," or this yea, or this week. What are you ready to shift? And what is it that's making you say enough is enough? Because obviously if you're here, if you're doing this challenge, if you have the book in front of you, you've reached a breaking point of some sort. Maybe it's not a breaking point in the way that you're at a rock bottom. Personally, I'm not at a rock bottom, and I know a lot of ladies are coming back to repeat this challenge because it's impacted their life so much in the first round, that they want to come back and do it again. But there's still something that's making you say enough is enough. It doesn't have to be dramatic. It doesn't have to be something huge. But maybe you realize that life has really been taking off, but I find myself getting a little bit anxious around this, around money. I don't know why. So, that's what's making me say enough is enough. I want to clear that out for good. Or maybe something's happened since June or the last time that you did this challenge. You're like, "I need to do a little bit more forgiveness, because I find myself resenting this person. I find myself going back into the cycle of resenting money." Or maybe you attracted an unexpected bill and you find yourself resenting bills. I know a lot of people receive bills in the mail and they automatically groan. And that is not the reaction that you want towards your bills. You always want to feel excited, you always want to feel grateful. You always want to see that these bills mean that you have a place to live in, you have electricity to enjoy, you have water to drink, whatever it is. And then, what is your commitment level? A lot of people are stuck in this pattern of "I'll try to do it," or "That would be nice," or "I wish." Thinking about our language and what we constantly say. "I wish," "I will try," "That would be nice." I'm not looking for that bullshit, and I hope that you have high enough standards for yourself where you're not looking for that bullshit either. You are committed, you are declaring, you are demanding, you are commanding the universe, your subconscious mind, yourself, everything to conspire for you in the next 21 days, to bring you this money, to bring you the inspired action, to bring you the right people, circumstances, job, business, client, certification, program, coach. Everything you need to propel your life for in the next 21 days. I'm looking for that commitment. So, if you write down in your workbook anything less than a 10, I want you to ask yourself again, why are you here? What are you ready to transform? What are you ready to shift? What is it that's making you say enough is enough? Because clearly, you don't have a compelling enough reason if you are not committed at a level of 10. Does that make sense? I have a couple more questions, I really get you to commit to a time of day. For me, my commitment is right after this challenge. I'm going to sit down and do my workbook. I'm going to do the the pre-work, then I'm going to dig right into Day One. I'm committed to getting this done after the live streams. Just to backtrack a little, my goal - and so far, I'm committing to showing up at 9:00 am pacific time every single day for the challenge, except for I think days 16 or 17 to 21, I will be flying to Australia to celebrate my engagement with Brendan. Obviously Australia has a completely different time zone; I think they are 17, 18 hours ahead, I don't really quite

know. Obviously that's going to change the time, but I will keep you updated on the time that I'll show up. I will show up consistently at a specific time in Australia. Probably morning time Australia, which might be evening time here. So, I just wanted to give you guys a little bit of that. So, Day One is clearing out the crap. What I mean by clearing out the crap is physical crap. I want you to take a look at your wallet. Here's my wallet. I want you to ask yourself, for instance, I can already see that I have crap in my wallet. So this is why I'm doing this challenge again, because I constantly see that the the daily inner work, the work to keep yourself at an energetic match to money, it never stops. Just like when you are working out consistently, you're getting an amazing shape, you're eating an amazing diet for six months; after six months, when you reach your goal, you have to do some sort of maintenance work. So, I am constantly doing maintenance work. Sometimes I'll go look at my wallet and think, why are their receipts in here? Why is there a gum wrapper in here? Why is this old ass gift card in here that I already use? I ask myself, why? and I stopped myself and I clean it out, which is what you'll be doing today. And then we move on. So what I mean by clearing out the crap: I want you to take a look at your wallet, or somewhere where you keep your money. I want you to look inside and see the crap you have. For instance, I have airplane tickets in here from yesterday; I have a receipt from West Palm Beach Airport in here; and I think the rest of my wallet is pretty clean. I have a bill from my hotel. This is all pretty much recent stuff. This is from my salon, which is fine for my wallet. I have a hotel key, which I can totally get rid of. What I'm going to do today and what I want you to do today as well is to go through every single thing in your wallet; every single card, every business card, every gift card, your cash, your credit cards, and ask yourself, "What is taking up unnecessary space in my wallet?" Because when you don't have space, money is just paper with energy attached to it, and energy needs space to flow. If you think about water, energy, or air, it needs that space to flow. So with your wallet, if you have a crammed ass wallet with so many receipts, gift cards, business cards, junk, trash, all the weird stuff that we keep in our wallet. How is the money expected to flow into our lives if we don't have any space for more money? Something else I mentioned in here is taking your cash. I almost never carry around cash with me, which is why I actually have no cash in my wallet right now. But if you do have cash - and this is also something that I did in my early days; I actually withdrew \$300 and \$100 bills and always kept it in my wallet. So, every time I looked at my wallet, I saw that I was abundant, and this is money that I wouldn't spend; it would just sit in my wallet so that every time I opened my wallet, to whip out money or credit card to pay for something, I always saw that I had 300 dollar bills in there and it just made me feel better and it made me feel like, "You know what, I do have money. I have lots of money. This is amazing. Money is an unlimited resource and it's always flowing my way." That really reinforced that abundance mindset for me. So, if you do have cash, make sure your cash isn't crumpled up. A lot of people like to crumple up their cash, or keep it folded, or their cash is upside down and some are right side up. I want you to literally straighten out all your money and organize

it. Even if you're driving people crazy at the grocery store, because you're stopped at the checkout line and you're organizing your money - I don't care. This is your bank account. This is your abundance. This is your mindset. This is your life. Spend the extra minute organizing your money before you leave the grocery store, because how else are you going to come back to it and organize it at home, when you're already at home, unloading your groceries and life has moved on? You definitely want to make sure that you organize your money at all times. What I mean by this is that I keep all my hundreds are in the front, and then it decreases in order. So I have my hundreds, twenties, tens, fives and ones. Make sure they're straightened out. Changes is in the right place, change is not in random pockets are all over my purse. You definitely want to respect your money. This is one of the first forms of respecting your money. If you ever come across very abundant wealthy, or rich people, you will find that they respect money. One of the ways to respect something is to take care of it. So if you are not taking care of your money physically, then you're not taking care of your money. Then I want you to look for another place around your house, r maybe if you do a lot of online bill pay, clean out either your computer - maybe you have a computer desktop filled with so many files, junk, and so much shit everywhere. And your Google Chrome tab, your Bookmarks tab is filled with old links, and just a bunch of crap. Or maybe you have a corner or drawer in your house where you have a lot of bills or papers in there. I want you to clear that out and make sure that it's clean and organized. Because again, in order to attract money you need to have that space for it. And you definitely have to show that you respect money - and yes, money comes in the forms of bills because sometimes we have to give money back in order to receive more. Don't be afraid of the flow of money. A lot of people think that they are successful with money when it's always coming in. But when they're paying for things, groceries, or paying bills that all of a sudden they're not manifesting money anymore and that they suck at manifesting money because money is coming out of their bank account. You have to have that flow. You have to have that energetic flow. The third thing is to find a another space in your house which you spend a lot of time in. For me, this is my general space. For some people, it is their bedroom. For some people, it is their living room or their car. Whatever it is, keep that area clean as well. When you're done cleaning, or maybe you can clean one thing, sage it; clean another, sage it; clean, a third; sage it. Or clean everything and come back and sage it. Then you want to find yourself a bundle of sage. I think California White Sage is what you would call it. I actually bought this on Amazon; I always have a package of sage coming from Amazon at least every couple of months. You can find it at any metaphysical store. Sage is so commonly found now, you're not going to have any trouble finding it, I promise. What you want to do is light up sage. What sage does is that it's really good at clearing out negative energy. It clears out energy in the metaphysical term or on energetic term. You want to light up your sage. When it's lit up, it'll start smoking and then you want to sage your wallet. You want to sage your computer, that's where I do my money stuff. Or you want to sage your car, your bedroom, your living room or whatever it

is that you want to sage. Then come back to the book. There's a couple of more tips in here, a couple of more things to keep in mind that I won't be mentioning on the live stream. Then you want to answer your questions. Sometimes I asked here, "Have you made any discoveries hiding in your wallet?" And this is so funny, because when people clean out places where they tend to keep their money or deal with money, they will actually find hidden gift cards, cash, goodies, gifts, or whatever it is they've been looking for. That's when the manifesting process starts as well. If you find that you have been hiding a 20 in your drawer for maybe six years, or maybe you found a gift card that you didn't know had a hundred dollars on in your wallet. Count that towards your manifestation, because without doing this, you would not have even known about that money. So, yes, that counts as manifested money. That is pretty much Day One right here, and Day Two is a really good one, but we'll that one for tomorrow. I have a lot of people asking me - Yes, that's definitely a win. So, I have a lot of people asking me if the replays are available forever. The live stream on Instagram expires after 24 hours; on Facebook, it lives on forever. Use the hashtag December Money Big Challenge (#DecemberMoneyBigChallenge) to find the videos in the Facebook group. What I'm going to do is download the audio, and I'm going to upload it onto the Manifestation Babe podcast. I'm going to store it on there so that forever and ever, you can come back to this challenge and do it again, whether it's going on live or not. For those of you who missed the live stream, maybe you want to listen to it in your car, or maybe you don't know what this challenge is about, or you just discovered the book and you want to start the challenge a couple of days late - you can always come back to the podcast. So that's what I'll be doing. I just realized every time I have a coffee chat, I never drink my coffee! And I wanted to show you guys my mug. My mug says money is an unlimited resource and it is always flowing my way. I always keep myself reminded of that truth around money. You guys will be learning a lot of truths around money, because society and culture has really conditioned us to live in fear around money. There's only two primary emotions: fear and love. We are going to step into the love around money. Loving money and having it love us; dealing with money from a loving, energetic space; being grateful for money; forgiving money; not living in a fearful space; not coming from fear where we are afraid of running out, or afraid of spending money. Or we're oversaving because we're afraid of a potential emergency that can come by that's going to wipe out our savings, or whatever it is. So, we're going to step into love together and understand that we have been so freaking misled, it's not even funny. And it makes us miserable and makes us live in stress, worry, fear, and all the negative emotions. All those negative emotions that stem from fear are now felt around money. Money has become a taboo topic where no one wants to talk about it. We're not allowed to ask each other how much we make. We've attached all of our self worth to money. Another huge problem is that if we're not making a lot of money, or if we're not where we want to be financially, we see it as not being worthy, worthless, or not good enough. And that's crazy too. Attaching self worth to money also

creates this fearful place around money. Very interesting stuff. We have lots to talk about, I am so freaking excited. So that is Day One and I will be seeing you guys tomorrow for Day Two, 9:00 am pacific time. Please use the hashtag December Money Babe Challenge. Make a post in the Facebook group; use that hashtag on Instagram. Show me what you cleaned, share with me what you found, share with me how you feel, share with me why you're here, what is your "enough is enough" moment, what is your level of commitment; and what are you most excited about, how much you're manifesting by January first. I love you guys so much, you are amazing, and I hope you have an incredible day. Don't forget about my mentorship that I am opening up for 2018. If you want me to be your coach for the entire year of 2018, if you want to meet with me and do a VIP breakthrough day, an in person breakthrough day where we literally attack the very force that's controlling every thought, every belief, every behavior that goes through your mind that is controlling your life, that is controlling, everything; why you do the things that you do. If you want to attack that force and make it work for you rather than against you, that's what my VIP Breakthrough Days are for. My retreat is included in there, so if you ever wanted to come to Bali and hang out with me for seven days, that's included in the mentorship. If you're the first person to sign up, you get a ticket to UPW to sit front row with me with all the other platinums. Also included is 24 calls spread throughout the year, as well as access to all of my programs. Every single thing that I've launched, you get lifetime access to it. Everything that I've already launched and will be launching in 2018. So if you're interested in that email me at Katherine@ManifestationBabe.com and we can go ahead and get started. Again, only five spots for that. Alright babes, I will see you tomorrow. Bye. Thank you so much for listening to today's episode. If you enjoyed this podcast and want to see more of the Manifestation Babe series, make sure to hit the subscribe button and share this episode with all your friends. If you really enjoyed this podcast episode, make sure to leave a review on iTunes and let me know how much you enjoyed it. To go even deeper and unlock your inner Manifestation Babe, make sure to head over to ManifestationBabe.com where you can find courses, events, books, blog posts, and all of my social media feeds. Until next time, beautiful. I'll see in the next episode.