

Episode 33: It's Not The Elimination Game. It's The Focus Game.

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. I hope you're doing well today! I am actually packing for Costa Rica right now. It's Wednesday around 5pm February 28 and I was just about to hide my microphone so that I can take my microphone with me to create some more podcasts and do some more live streaming from Costa Rica. My whole family's there right now actually my grandparents are there, my parents are there and Brennan and I decided to join them and spend 10 days in Costa Rica soaking up the sun and soaking up the good vibes. I don't know if you've ever been to Costa Rica, but holy crap that place's gonna surprise you. I've actually always been told that Costa Rica is one of those places that's like another vortex on this planet, where you don't expect to be as amazing as it actually is and when you land you never want to leave and I'll definitely agree with that. It's an amazing country, but before I hid my microphone, I feel like I've been a little M.I.A. kind of in the podcast and live streaming scene in the last week because I have been processing so much information from my financial trip. I don't know if you've ever taken a course or been to a seminar, or listened or done some sort of intensive learning and listening to where you just need to take a couple of days to a week off to just reintegrate yourself into normal life. I just have so much information jammed into my mind where I just had to breathe, and not be able to not not force myself to produce content for just a couple of days because I was like, you know what, I'm still trying to process what I just learned, who I hung out with, the incredible information, that we learned around finances and how billionaires think and just meeting all these incredible people. I was literally hanging out with hundred millionaires and billionaires and Tony Robbins himself. It was amazing! Actually, I was going to make a podcast all about recapping my trip, but I'm actually going to do that from Costa Rica. So for now, I will be posting a blog post called "How billionaires think and act." If you go to manifestationbabe.com/blog, as soon as I'm done recording this, it'll be up on my blog. It was actually part of my email newsletter that I sent out this morning. There's some really good information there. And so what I wanted to hop on and talk with you guys about before I hid my microphone in my suitcase, was something that I kept coming across with my clients, and just coming across, you know, certain conversations with certain people, I had this insight popped into my mind. And I think it's really crucial for all of us to understand this okay? So in this world of personal development in this world of manifestation, law of attraction, positive thinking, good vibes, a lot of us get into the game of elimination. And what I mean by that is we become so focused on eliminating negative thinking, on eliminating fears on eliminating doubts, on eliminating worries, and eliminating everything that's holding us back and the thing is that we drive ourselves crazy doing this because I don't believe you can get rid of any normal human

emotion that is part of the human experience. It is impossible to get rid of negative thinking. It's impossible to completely get rid of fear for the rest of your life. I believe it's impossible to never worry another day in your life because those things are going to pop up because they're part of our normal human experience. We have to feel that polarity in order to appreciate the things that we want and the feelings that we want to feel, and the emotions that we want to experience. We have to feel that polarity. So that's why the law of polarity exists. And I think a lot of people get so focused on eliminating that they forget that the game is not about elimination. The game is about focus. The game truly is in life on how you can put more energy into the stuff that you want to focus on. How can you shift your focus to the stuff that you want to bring into your life? How can you shift your focus to love? How can you shift your focus to joy? How can you start listening to your higher self? How can you make your higher self, the one that runs the show, how can you make it the queen or the king of your kingdom? How can you make it so that, even though there's multiple voices going on in your head, you don't listen to the ones that are holding you back. You know they're there, you understand that they're there, but you decide to work with them. You decide to dance with them, you decide to push them around you. You decide to just observe them and love them anyway and accept yourself anyway, that even though they're there, that doesn't make you any more or any less of a person. And so I believe that we waste so much energy, eliminating these things, right? Eliminate the limiting beliefs, eliminate the fears, eradicate the worry, eradicate the stress and the fear and all these things. However, if it's impossible is there ever an end? Are we ever going to reach the outcome? Are we ever going to win at this game? Or can we just choose to feed more energy into the opposite spectrum? Into the thoughts that serve us, into the feelings that serve us, into the emotions that serve us, into the beliefs that serve us, into the values that serve us, into the identity that serves us stepping into our higher selves and choosing to live from that place and understanding that there are so many elements to this human experience. But we are in control of what controls us, we determine what in the end is going to control us. And so I feel like that's so important because I think that so many of us waste so much of our energy and we only have so much energy to go around. If you think of an energy bucket, by the time we wake up, if we are so focused on "Oh my God, don't feel fear today.", "Don't feel scarce today", "Don't do this, don't do that don't do this.", think about how much energy has already leaked out of your bucket. Think about how much energy has been zapped from you, just by focusing on what you don't want, and trying to eliminate those thoughts. And so by the time you even start your day, your energy bucket already has minus 40% energy. And so you're living your life with a half empty energy bucket, and you're wasting so much of that energy. And it's no wonder that your business isn't where you want it to be. It's no wonder that your health isn't where you want it to be. It's no wonder that your relationships may not be where you want to be. It's because you were zapping away your energy trying to play the elimination game and it's not about domination. It's about focus, it's about choice, it's about decision, and it's about choosing to step into that version of ourselves, that already has everything that we want, that already feels everything that we want to feel, that already experiences everything that we want to experience. That is how we play the game and that is how we win the game. And think about it, if you fully accept that fear, worry, negative thinking, all these things are part of the human experience. You don't waste any more energy on them. You've accepted it. And now you can move on. And now you can think "You know what? I'm going to feel the fear and do it anyway." Oh, that's funny. That's a negative

thought. I have no idea where that came from. I'm going to choose to think this thought instead. I don't know where this belief is coming from because it's clearly not serving me, I'm going to choose to believe this belief instead. And I'm in fact going to turn into an affirmation and I'm going to repeat it to myself all day long. I'm gonna make that my truth. The goal is not to sit there and focus all day long on how can I eliminate this belief? How can I eliminate this thought? How can I get rid of it? It's about choosing to make it a part of your DNA, a part of your cellular structure, a part of your just how you're wired to step into whatever it is that you want to focus on.

So that is my little mini episode for today. Again, I will be posting the financial trip billionaire recap that I will later expand on, as I kind of process my thoughts around the event I'll probably add to it for sure. I'll create a live stream or a podcast around that so stay tuned for that, but for now, go ahead and read the blog on manifestationbabe.com/blog. And also if you have not yet read the CEO report that I posted, all about the step by step kind of breakdown from day one of manifestation babe as a company as a business to where it is right now. I will be creating my next CEO report which is going to be breaking down in February. So February is going to be more in detail than I had any of the previous months before. And because today's the last day in February, obviously I can probably write this either on the plane tonight or tomorrow and I will share it with you guys when it's ready, so watch out for that on my blog as well. And if you enjoyed this episode, I would so appreciate a five star review. I would appreciate a review comment as well. And if you screenshot this podcast right now off of your smartphone, go ahead and put it in your Instagram story and tag me and share with me what you love most about this episode, or any other episode on my podcast as well obviously counts. I just want to hear your feedback. I will want to hear your excitement and I want to see that you guys are loving these episodes so that I can keep creating them and keep sharing and keep talking about my life and lessons and universal insights that come into my mind on a daily basis and tips and tricks on how I help myself and my clients master their mindsets, etc, etc. So I love you guys so freaking much and I hope you have a phenomenal rest of your week. Talk to you soon. Bye. Thank you so much for tuning in 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 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 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 to manifest magic.