

Episode 35: Still Searching For Your Life Purpose? Allow Me To Relieve Your Pressure!

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.

It is Kathrin from manifestation babe.com, and I am here hanging out with you guys from Costa Rica. And I really wanted to come on first of all I am fresh from boogie boarding and I just took a shower and in the process of getting ready for dinner and I wanted to hop on today and talk a little bit more about one of the biggest hot topics in the personal development world and also the biggest question that I get if there is a question that I get more often than this one, there is no other question, it is always Kathrin, "How do I find my life purpose? Kathrin, what is my life purpose? Kathrin how do you know you're living your life purpose?" And I know that there are so many different opinions and so many different thoughts about this topic, but I really wanted to hop on because I believe I have a different opinion on the word life purpose. And I think that over time, I've developed a meaning behind life's purpose that gives me so much clarity, so much peace, and just so much happiness and fulfillment. Are you guys ready for me to share it with you? Okay, so here's a problem that I see in the world of personal development and people in general who are trying to improve themselves and build a better life and find their purpose. When you find your purpose, you feel like you have a purpose, right? That's the point. You feel like you have a place on this planet, you feel like you are doing meaningful work, you feel like you have a reason to be alive and you just feel so damn good. The problem that I'm finding you guys, is that a lot of us tie our life purpose to our work and what we do. For instance, we find a job or a business, or some type of creative work, that makes us happy and fulfills us, and we feel like we're changing lives, and we feel empowered, and we feel uplifted, and we feel so freakin good that when we're doing this work, it doesn't even feel like work at all. And so therefore, we feel like we're living our life purpose, right? And that is a beautiful thing. The problem is that when you tie your life purpose to your work, or what you do, or your job or your business, what happens when one day something changes, and your desires evolve, or when you want to do something else, you want to start a new business, you want to be a serial entrepreneur, you want to change careers, you want to change paths? All of a sudden, what you've been doing is no longer fulfilling to you. What does that mean? Or for instance, you get fired, right? You're working your dream job and you feel so freakin fulfilled and so unbelievably passionate about your job and one day your boss says, sorry, you're fired. What happens to the meaning of life if you tie so much of that feeling of life purpose to your job, and you just get fired? Or for instance, you are running a business and one day you wake up and you just feel so uninspired by your business, you no longer want to do what you want to do and you want to start something new. The problem I'm seeing with a lot of entrepreneurs, and just people in general is that they've tied the meaning of their life so much to this one thing, to their job to their

work, that they feel stuck. They feel like they want to evolve to the next thing, they feel like they want to start something new or they no longer have passion for. For instance, for me, I no longer had passion for health and fitness coaching. I wanted to do mindset coaching. If I tied so much meaning behind my life purpose, being to help women get six pack abs and be fit and healthy and worry about what they eat all day long and I decided to switch to manifestation babe. If I tied my life purpose so much to my Beachbody coaching for instance, I would feel lost, I would feel so confused, I would feel stuck. I would feel like I would have to force myself to keep going in that business and never make that turning point into manifestation babe. Never evolved into mindset coaching and manifestation coaching. And so do you guys see that problem? Do you see that that problem exists? And so what I discovered over the last couple years is how many times in my life I felt like I've been living my life purpose. I felt like I was living my life purpose when I was studying to become a doctor. When I was in biology, getting my Bachelor's of Science and Biology, doing all my pre-med prerequisites and getting ready to apply to medical school, I felt like I was living my life purpose at that time in my life. At that time in my life, I felt happy. I felt fulfilled. I felt excited. I felt like one day, I'm going to help so many people in the medical field. I felt like I'd be an amazing surgeon, I would do these miraculous surgeries and find a cure to cancer and do all these amazing things. And so at that point in my life, I felt like I was living my life purpose. Then fast forward to beachbody. In my beachbody days guys, I truly felt like I was living my life purpose once again, right? I was doing something else, but I felt like once again, I was living my life purpose. Here's the trend. I was feeling happy. I was feeling fulfilled. I felt like I loved the version of myself who I was becoming. I felt like I was making a difference in the world. I felt like I was contributing. I felt like I was giving. I felt like I made so many connections. I felt like I made these incredible relationships and life was just freakin good. And then one day, I decided that that was not meant for me anymore. And so I became a coach and I became a mindset coach, and I started branching out into strictly personal development, and helping people evolve themselves and helping them become the better versions of themselves and helping them remove the limiting beliefs that are helping them, that are holding them back and helping them manifest the business, the life, the relationships, everything of their wildest dreams. And right now, guys, once again, I feel like I'm living my life purpose. So what the hell's going on here right? What I realized is that your life purpose is less about what you're doing and more about who you're being. It does not matter what you do. If you are proud of who you are, if you're becoming the best version of yourself, if you are happy, if you're joyful, if you're fulfilled, if you're feeling passion, if you're feeling on top of the world, you're feeling good, you're feeling high vibe, you're contributing, you're giving, you're serving, you are making money, contribution to the planet, then you're living your life purpose. It doesn't matter what you are doing, you could be sweeping the trash, you could be working one on one, one on one with a client, you can be writing a book, you can be doing your laundry, you can be a mom, right? You could quit your job and become a stay at home mom, if that's what thrills you and excites you and makes you feel good and makes you feel so fulfilled and so inspired by life, then you are living your life purpose. In the end, it doesn't matter. Here's the thing, knowing that I have so much peace in my life, because it doesn't matter what changes. I don't give one fuck about an algorithm. I don't care about which social media platform is doing what, I don't care who the president of the country is. I don't care what the economy is like. I know that I'm responsible for my own life, and that my life purpose is about

who I'm being. I can be doing Anything, and if I can be doing anything, then that relieves so much pressure off of me. It's all about following where I'm called, following what excites me, following what I'm passionate about, how much pressure does that take off of you? And I think about manifesting babe 1,000% my purpose and I. Not in a million years can imagine doing anything else. I feel like I could be 90 years old right now and I can be live streaming podcasting, Facebook Live, doesn't matter. I feel like I'd be talking to you guys even if I'm nine years old and I'd be doing this for the last seven decades. I feel really strongly that this is what I am meant to be doing. At the same time, I feel peace that if I choose to evolve past this, if I choose to start another business if I choose to start a whole revolution or empire or decide that you know when I start having kids, I just want to be a stay at home mom, I don't want to worry about anything but raising my kids and have Brennan start his own business and take off another business and support us instead, whereas in the beginning, I was more supporting him and I, if that's what makes me happy. I know that my life purpose is about who I'm being. If who I'm being is someone that I'm proud of, and I'm a great mother and I'm a great wife, and I'm taking care of family and I'm contributing, then I'm still living my life purpose. And so I urge you guys to ask yourself, if you are so tied, if you've tied your life purpose to your work, or what you're doing, why do you feel like that's the only thing that you're on this planet for? I want to remind you that you're totally and completely allowed to evolve and allowed to do many things. You're allowed to have many passions. A lot of people I see stress themselves out of being multi passionate guys. I am multi passionate, I have so many passions, I want to do so many things. My mind goes in a million directions every single day, and every single day I'm challenged to be like focus Kathrin, focus on one, but I don't put that much pressure on myself. I don't I don't kill myself over it. It's okay to be multi passionate because I know that I'm a human being and I am more than just a coach. I am more than just a business owner. I'm more than just a content creator. I'm more than just an author. I'm a human being. And my life purpose is to contribute and to give to this planet and humanity in more than one way. There are more than one way that I can do it and my life purpose is about who I'm becoming and who I'm being and if I'm proud of who I am, then I'm living my life purpose.

Let me know if this helped you guys because I feel like this was completely revolutionary in my life, and it helped relieve so much pressure off of myself and it just helped me so much and I want to know if it helped you too. So let me know if you understand what I'm saying, if it's helped you. Tell me what you think life purpose is, you know, we all have different opinions, we all have different thoughts and depending on what resonates with you is the truth to you. We all live different truths. And so I want to hear what your truth is. If you're listening to this on your podcast device, screenshot me right now tag me and let me know the thought of this episode. And if you are watching me on Instagram or Facebook Live, then let me know in the comment. Let me know your thoughts, let me know if this resonated with you and let me know what you think of my viewpoint of life purpose. Okay. I love you guys so freaking much. It's about sunset right now. So I'm gonna go and have some yummy dinner. And I hope that you guys are having an incredible Tuesday. Those of you who are doing the five day rich babe challenge I hope you're enjoying that we're on day two. Exciting stuff today is all about that pyramid that I talked about on the five levels of change. So hopefully you've tapped right into that identity of I am wealthy, I am fulfilled, I am successful, I am amazing. All your "I am" make them gorgeous because you know now how that impacts all the change in your life, especially financially, right?

Financially, physically, emotionally, mentally, and in all areas of your life. So enjoy that. And I am so freaking excited to open up the rich babe academy this Friday, the next round opens up, so super excited to bring that to you guys and allow you an opportunity to dive even deeper and know that all of a sudden, it doesn't matter. You know what I'm doing. I can be whoever I want to be and I can also be wildly wealthy, while I'm proud of a version of who I'm becoming. And it doesn't matter what I'm actually doing. The money's going to flow anyway, that's a whole other level of empowerment that I can't wait to share with you in the rich babe academy. So, I will be putting up the link very soon for you guys to get in there, but in the meantime, enjoy the challenge. Enjoy your Tuesday, and I'll talk to you guys soon. Bye. Thank you so much for tuning in today's episode. If you absolutely love what you've 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 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.