

## Episode 41:

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.

Hello gorgeous souls. It is Kathrin for manifestationbabe.com, and I am so excited to be in my office right now in LA, a little corner in my studio I call my office, and I am excited to announce that I'm actually going to be in LA for the next 10 weeks. This is crazy you guys. I have been on a marathon, like I counted the other day because someone asked me, you say you've been on a marathon, what do you mean Kathrin? And literally, I counted that I have been traveling with Brennan around the world, going from event to event, from speaking engagement to speaking engagement to my reaction to a whole bunch of live events like Tony Robbins, our NLP certification, and all these incredible things for the last nine months since August. And I haven't spent more than five days, maybe six or seven, out of the entire month in LA in a row. Literally for the last nine months, I have been going from airport to airport and I would fly almost twice a week every single week, which is so funny because this is a whole other story. I used to be so scared of traveling and I actually used to take Xanax to get on an airplane. Literally, as I'm boarding the plane, I'm popping pills because my adrenaline would be so far through the roof that I would actually stare at the screen in front of me the entire duration of the session. I wouldn't be that scared I'd be holding on to, if I'm traveling with a person, you know, Brennan or my parents or my ex boyfriend or whoever I used to travel with, I would literally grab on to them or my seat and just stare at the screen in front of me and do nothing like I couldn't watch TV, I couldn't read, I couldn't look anything because my ears were always listening for any problem that might arise. And as you can imagine, God has this sense of humor. I always say like the universe, God, angels, they have a sense of humor because who in the hell has a severe fear of flying and also loves to travel the world at the same time? Thankfully, since then, I have overcome it through a ton of NLP, a ton of mindset work, a ton of just talking myself through it, affirmations, prayer, all these fun little things that I do and it didn't start out to be fun. It's fun now but, you know, I learned how to manage my fear. And now for the last like nine months in a row, I've been on an airplane every single week, twice a week, which has been crazy. So anyway, I am now going off on a tangent, I want to bring it back to why I'm recording this podcast episode. And why is it called I'm new to this, where do I start? So I was in my little corner office yesterday scrolling through Instagram, and I made a post, I don't remember what post it was and I don't even remember where she commented that I came across one of my followers, and she wrote, "Okay, this is all great, but where do I start?" And it's funny because yesterday in my meditation I was asking the universe to give me some sort of creative inspired idea. I wanted to record a new podcast episode, I wanted to make a post or I wanted to do something and contribute back to the manifestation babe world. After being in Milwaukee, for She's building her Empire live

event by my friend Stacey Tushaw and I wanted to jump right in with an idea of what I can record for my manifestation babies. And for some reason that just sparked everything where I realized that there are so many of you who may have already been in the personal development self help department for many years and you're still growing and you're still learning just like me. So this is a podcast to help you kind of keep up the momentum and stay on track and continue the inspiration. And then I realized that there's also a lot of you who are brand new, where maybe a friend recommended this podcast, or you came across it randomly by searching manifestation, which is how most of you seem to be finding it, if you have found me through my podcasts first, which is so funny because I always thought that you would find me through Instagram or my Facebook group, but it's been really awesome to find new manifestation babes through iTunes and through the podcasts. And FYI, I'm actually adding this podcast to Spotify. Bear with me if you are an Android user, and you've been going to the ugly pod bean interface to listen to these podcasts, my podcast is coming to Spotify, it should be live within the next couple of days. So super excited about that, but I realized that there are so many people who are brand new to this, and they're so overwhelmed in the self-help department, but they're excited. They're excited about personal growth, but as soon as they venture off into Instagram or a Facebook group, or they start following someone that inspires them, they realize like, holy crap, there's so much going on, you know? aAd they start asking themselves do I hire a coach? Do I read a book? How many books do I buy? Where do I start? Do I go on Pinterest? Do I journal? Where do I buy a journal? What do I do with this journal? What do I write in my journal? Do I get tarot cards? Do I get oracle cards? What are they for? What do tarot cards tell me? They see crystals and they're like, okay, what are these crystals? What do they do? What are these essential oils? Which one do I buy? Do I sniff them? Do I put them in the diffuser? There's just so many questions that start to arise and all of a sudden, there's all these courses. There's all these courses on Instagram that you can buy from other personal development gurus or influencers or people who have mastered manifestation or mastered crystals or mastered journaling or whatever it is how to release negativity or any topic and they have created courses and there's free challenges and I know that I'm probably one of them. And then there's Facebook groups and there's large Facebook groups or small Facebook groups, there's Facebook groups for spirituality and there's Facebook groups for more niched personal growth topics, and there's just so much going on, so where do we begin? And someone who's kind of been in this field for around 10 years, I've been obsessed with the law of attraction and manifestation for almost a decade now. And so as someone who's been in it, I sometimes forget that there's people who are just now waking up, they have just begun elevating their consciousness. They realize that what they've been doing up until this point is no longer working for them. And they are ready to expand and start manifesting really cool shit into their lives, start taking control of their lives, releasing what no longer serves them, and they're ready to let go of everything that holds them back. Now, in this podcast episode, I brainstormed yesterday on where did I begin and how would I tell a newbie where to start and so I created these four, I don't even know if they're steps or just four tips for you, but I wrote down four places, four ways that you can get started without overwhelming yourself without going down this deep rabbit hole where you come back from Barnes and Noble with 20 different books, and then you're so overwhelmed, you don't even start. And I think that's the worst thing we can do. I think that the worst thing we can do is to have so much on our plates, about something that's actually

supposed to help us and actually supposed to excite us and get us prepped and ready to manifest really cool things into our lives and what we end up doing is we end up putting so much on our plates enrolling into so many courses, buying so many crystals going to so many metaphysical shops that we don't even do anything with it. And then we end up backtracking and going back to the way things were and I don't want that for anyone. So let's just dive right in. Number one of where to start if you are brand new is start with one piece of mind food. What I mean by mind food is a book, a podcast, an audio book, a YouTube video, just anything that feeds your mind with positivity with inspirational content with motivational content. I call it mind food because it really is food for the mind. Now what people do is they end up subscribing to every freakin podcast in this universe. They end up buying every single book, they end up getting an audible membership and downloading 60 different audio books and then they don't even know where to start. So I want to recommend to you to find that one piece of mind food, maybe it's one podcast you subscribe to. Maybe it's one book that you buy, maybe you start with something like The Secret or you start with The Big Leap or you start with Psycho Cybernetics, or just anything that's been recommended to you anything that you have seen on Instagram, maybe it is my book, unleash your inner manifestation babe. That's a great place to start by the way, especially if you're a newbie to money manifestation, and you can get it on Amazon. But start with that one piece and once you are finished with that one piece, then you can move on. Number two is to start to define what you want out of life. Now this is step one to manifestation. This is step one to personal growth. This is step one, to just about any kind of magic creation in your life, to start defining what you want. Maybe you get a journal and I highly recommend having a journal around and it doesn't matter what kind of journal, it is what it looks like if it's lined or both blank or if it's a bullet journal, I seriously don't care, but find a journal and just start answering questions in there like, what's the legacy you want to leave behind? Or what do you want to be remembered for? Or who is the best version of you? It's a really great one. Or what do you want your daily life to look like? What is an ideal day for you from morning to evening? How are you going to make this lifetime memorable? What kind of risks are you going to take? What are you going to go for? How can you make this such a memorable life or one day you're in a rocking chair, looking back on your life, you're 90 years old, and you are super proud of everything you've accomplished, you've done and everything that you've learned. Maybe you just start asking yourself, what do I want to manifest into my life if I have a magic Genie, or if I have a magic wand or if there really is no limit to what I can be, do and have in this universe, what would it be? And just simply writing it down. There is no right or wrong to manifestation. People are always looking for the process, the system, the ritual, and they feel like if they don't do it perfectly, then it's not going to work. And they feel like if they write something down, it's like this sharpie that they just wrote with to the universe and you can't erase it. You can't scratch it out, you can't go back, but that's not the truth. I have journals upon journals that I have written in that are in these little compartments that I have on this bookcase or whatever you would call it. I have these containers where I keep all of my own journals and some papers that I need for taxes for my business and stuff. And there's journals in there where I wrote in them two years ago and who knows how small I was dreaming back then. Who knows what it says? It probably says I would love to make 10 k in the month or I would love to make 5 k in the month or I am making five k a month in my business even though I have far surpassed that and now I have my new journal entries where I am determined to make me a \$200,000

month because that is what I want. That is what I believe I deserve. That is what I know is conspiring for me, because I have written it out in my journal. I have defined what I want in my life and I'm going to take action on it this month, especially with my launch of manifestation babe academy, launching at the end of May. And so just opening up a journal and just writing down what you want out of life is a great place to start. And from there, you might notice limiting beliefs pop up, you might notice some resistance you might notice ideas start flowing. You might notice you're starting to get inspired, you feel more motivated, you feel really good, really high vibe, and then from there who knows where life will take you? Who knows where this journal is going to take you? Who knows what's going to unfold from this point? But you don't have to make it complex. You just need to write down, what do I want out of my life? What is the legacy I want to leave behind? What do I want to be remembered for? Who's the best version of me? And so on and so forth. So that's kind of step two. Now, step three is start letting go of what doesn't serve you and I'm pretty sure I came up with this list just thinking of myself 10 years ago and kind of where I started, but start letting go of what doesn't serve you. Maybe it's a habit. Maybe you have a really bad habit and you know, that part of manifesting what you want comes with creating space for it. And you know, that the best version of yourself, maybe he doesn't eat Cheetos every night in bed, or maybe the best version of yourself doesn't gossip anymore, or maybe the best version of herself doesn't read trashy novels anymore. Instead, she reads personal development. So it could be a habit or maybe it is a belief that you know, you need to let go. Maybe there's a belief that's disempowering you, that's not leading you to where you want to go, that is not aligned with the life that you are creating. So maybe it's time to start reframing it and letting go of it or maybe it's an item that makes you feel low. Maybe you have an old t-shirt in your closet that has a hole in it and it's time to let it go. Maybe you have an old suitcase and I'm looking at mine right now because the handle broke in Singapore and so it's time to get rid of that suitcase so that you can create more space for a better suitcase to come in, or more travel to come in because when you let go of something, you create space for what you want to come into your life. Or maybe it is a relationship, you know that is no longer serving you. Again, it can be physical, it can be emotional, it can be a spiritual thing that you let go of, but something that doesn't serve you every time. This is something really powerful that was told to me. I wish I could remember who said this to me, but I'm pretty sure it was one of my coaches. Basically where everything you were saying yes to, when you're saying yes to something that doesn't serve you, you're automatically saying no to something that does serve you. And when you say yes to something that does serve you, you're automatically saying no to something that doesn't serve you. So by you saying no to at least one thing that doesn't serve you, you're automatically drawing in and magnetizing one additional thing that does serve you in your life. I can't tell you what it's gonna be or what it is, it's up to the universe to bring it but it is totally aligned with step two, which is defining what you want out of life. And then number four, follow one role model who walks the walk, you want to walk. So maybe this is on Instagram, maybe this is in a Facebook group, maybe this is on Facebook, maybe this is on YouTube, it doesn't matter, but find one role model that is living the kind of lifestyle that you want to live that is emulating the kind of characteristics that you want to emulate. Maybe they have certain habits or thought processes or belief systems or anything, where you're like, wow, they are totally the definition of someone rocking it, and kicking ass at life and not caring what people think. And they're totally just going for it. And just follow them and see what they're up to see how they're

thinking, see what they're reading, see what their habits are, find out what time they wake up in the morning, or find out who they're hanging around with, find out what courses they have taken to get to where they are, take a look at what live events they're going to and start to get inspired by them. And don't feel like you need to go on this crazy follow spree where you follow every single person that might inspire you, because eventually that's gonna lead to overwhelm. And also I believe that simply very easily leads to feeling like you need to compare that's the word I'm looking for. You might feel like you're comparing yourself to them, maybe not initially, but eventually as you start to see results in your life you might get frustrated, like, Oh my God, I've been doing this for two years now or a year now and they've been doing it for less than I have or about the same amount and I'm nowhere near where they are when they've been doing it for a year. And so sometimes that might create frustration. So I always say, follow just a very few people, and make sure they are actual role models. They're not just talkers. They're not just people who just have this Instagram that creates a highlight reel, but you know, deep down inside that they probably don't follow their own advice. And they're probably not the same person in person as they are online. So sometimes that might be difficult in the online world, but I would use your intuition. Sometimes you have this gut feeling about people where you're like, Oh, my God, this person is awesome and they're going to be my role model. And I'm going to model them for the next three to six months and just see what happens. Modeling actually comes from NLP and this is something that Tony Robbins teaches where he says that success always leaves clues, and there's always someone out there who has done what you want to do, so if you follow their strategy, and if you just model them and see how they think and be in their energy and just consume their content or do what they have done, you will receive similar results. And so that is step four.

Now, those are the four things, notice how it's a very short list. Notice how I didn't go much deeper than that. Notice how there are all these different avenues that you can take it from step one, you know, in step one, starting with the peace of mind food, you can easily go into another book, you can easily buy five more books, you can easily follow five role models, you can easily start letting go of five more things, and defining what you want can become a daily practice and that journaling practice can go into more and more different journaling prompts or different things that you can do with it. So no this is how I kept it super simple. If you're brand new to self help if you're brand new to personal development, this is where I would start. And one more thing I wanted to mention is actually if you are brand new, and even if you're not brand new, maybe you are someone who's been in this for two to three years, but you're feeling a little stuck, and you feel like you want to take it back to the basics. I am actually running a free five day challenge starting on May 14, where actually I'm giving away two cash prizes. One is going to be 500 bucks in cash, or the other one is going to be 100 bucks in cash. And I'm also giving away a third winner, so there's three winners, a manifestation babe branded mug. So it's a five day manifestation babe challenge. It starts on May 14 and this is where I will teach you the basics of manifestation and show you how you can manifest one of your desires in just five days, yes, five days. So whether you are a beginner and you don't even know where to start again, like you just want to go back to the basics, you want to learn the very, very basics of manifestation, this challenge is perfect for you. Now maybe you are more of an intermediate, maybe you are more of an advanced, but sometimes we get stuck in our heads and we make things way more complex than they ever need to be. So sometimes it's really nice to just reel it

back in and start fresh and start over and go back to the basics and just manifest in an easy, effortless way where you're not creating all these rules and guidelines and rituals and you don't use life experience to get in the way of the law of attraction basics and the manifestation basics. So if you're one of those people this challenge is also perfect for you too. If you're ready to learn the secret behind getting everything you want, if you're curious to find out what you truly desire in life, maybe you don't even know what you want out of life, if you're hungry for more magic and awaiting the next instructions for your uplevel if you're excited to turn off autopilot mode and take control of your own destiny, if you're ready to release the shit that's holding you back mentally, physically, emotionally and financially because many of you asked me, how do I let go of negativity? Well, I'm going to teach you in this challenge. If you need a full proof, step by step five day system to master the art of manifestation and you are craving a way to create space and release negativity once and for all, this challenge is perfect for you. So I want to invite you, all of you podcast listeners out there, to come and take this challenge. It is free. It's only five days. You can find it in the link in the show notes or I'm going to keep it simple for you go to [manifestationbabechallenge.com](http://manifestationbabechallenge.com), that's [manifestationbabechallenge.com](http://manifestationbabechallenge.com) and for those of you who sign up by May 14, you will also be the very first to know all about manifestation babe academy which is launching. I want to say let me look at the calendar real quick as I put it on here. We are going to launch it and it's going to start on June 2. So that is something that I'm going to release right after the challenge. It is my new four week course and I'm teaching the very first round, all live so you get live content as well as weekly Q&A with me. You get to work with me as well. So four weeks then it's going to be all about becoming a world class manifester and how to really get anything and everything that you've ever wanted. After I came back from Singapore, I realized that I literally have every single freaking thing that I've ever put on my vision board or that I've ever wanted and that is so incredible and I feel like I have finally created this system where I've been able to lock this information on a subconscious level. I have turned off autopilot mode in my life. And I have become an intentional manifester where I started to really manifest things super quickly into my life where I can even manifest things in like 12 to 24 hours which has been crazy. And I now want to create a course where I put all of this information into one single place spread over four weeks, like a rich babe is spread over six weeks. Manifestation babe academy is going to be spread over four weeks and so if you want to find out about all the details and also get it at 50% off, half its price, then go through the challenge, sign up at [manifestationbabechallenge.com](http://manifestationbabechallenge.com), and you'll be the first to know about the details. Thank you guys so much. I hope this episode was helpful. I know that if you are a newbie, it's probably the exact episode that you've been looking for. And if you're not a newbie, maybe this is a great reminder of how to reel back the overwhelm, how to reel back the complexities and how to start with the very, very basics and maybe you've fallen off the wagon, who knows, this is how you can jump right back on. If you guys enjoyed this episode, I would so appreciate a review on iTunes and I don't even know if you can review on Spotify. But if that's the thing, and my podcast is up on Spotify by this point, I would appreciate that as well. Oh, one more thing I wanted to mention is I'm actually running a contest where I am giving away one random reviewer a rose gold Beats headphones, a pair of them to one random reviewer. So as soon as we get to 1000 reviews, so if you haven't yet left a review, I would appreciate one. And also feel free to screenshot your screen right now and tag me on Instagram at [manifestationbabe](https://www.instagram.com/manifestationbabe) and let me know how much you enjoyed this episode. I love you guys so so much and I'm

actually about to record another podcast episode right now so stay tuned for one coming super soon after this podcast episode. I love you guys so much. Have a beautiful Wednesday. 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 that 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 babe or 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.