

Episode 45: Feeling Uncertain is 100% Normal

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SPEAKERS

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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 as your daily dose of personal development to maximize your impact, your influence and your income. If you're ready to get your ass kicked 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 piggybacking off of the last episode that I recorded, if you have no idea what I'm talking about, go listen to Episode Number 44, where I actually give you a little bit of sneak peek on where I currently am with my book process and all my thoughts and ideas and kind of what I've been going through around my book, my fears, my worries, my ambitions. And I just got off the call with my publishing manager. And right now I feel such a sense of clarity, such a sense of just things are lining up, things are making sense, things are feeling good, I feel on fire, I feel inspired. And I haven't really felt this way in the last seven days because I thought that I would come back to LA and have 10 weeks to myself to really put my effort, my heart and my soul into setting myself up for

a very successful rest of 2018, where I can set myself up just from the work I do in May and June alone and really set myself up for more travel the rest of the year and being able to do other things aside from just sitting at my desk and working. And literally the last week, my life has not been making sense. So I wanted to talk to you guys about this misconception that so many people have. So many people look at other successful people and they just idolize them. And they think that those successful people always know what they're doing, that they always have clarity in their life, that everything always makes sense, that everything is always lining up and they never have emotional breakdowns or emotional freakout. And I have to tell you guys, that is such a freaking lie. The only way I know this, because I used to think the same thing of other successful people, was when I started to see massive results in my life and I would consider myself pretty successful today and how there are so many moments in my life where I literally have no idea what I'm doing, where I have emotional freakout, where I don't have clarity, I literally don't know what I want to do with my life. And some of you might look at me and be like, "Oh my God" and these are comments that I would hear from my peers, comments that I would hear from you guys, "Kathrin always knows what she's doing. She's killing it. Things seem so lined up for her. Your ideas are always brilliant. You have a clear niche, you have a clear business. Of course your business is going to keep taking off because it just seems that you're always so clear and so passionate about what she's doing." And I freaking laugh every time I hear this comment because you guys have no idea. And I'm really recording this podcast to make you guys feel better because I know that we're all human beings here and we all go through these moments of uncertainty and how certainty does not come from external circumstances. Certainty does not come from proof that you should be certain or any proof that life is certain. It comes from this internal feeling. It's this internal validation that we have to keep telling ourselves that our success is inevitable and we must proceed with life as if everything is lining up for us whether it seems like it or not. And let me tell you, guys, there's are so many moments where it seems like it's not lining up for me. In January, you have to ask Brennan, if you've ever met my fiance, Brennan, or ever get a chance to talk to him on the social media, on Facebook, on Instagram or wherever maybe in a live stream that we do together, I literally told Brennan in January, I want to shut everything down. I have no idea what I'm doing. I don't know who I am, I don't think I'm going to be successful. I just want to delete my Instagram account, I want to forget about my website, just delete that shit too. I want to delete and close my Facebook group and just forget that Manifestation Babe ever existed. Literally, you guys, I swear to God, I swear to you that I have said that before because I also have gone through my own mental breakdowns, my own emotional breakdowns, moments where I have no idea what I'm doing. I don't know why I'm doing it. But something within me is pulling me forward. I just trust that there is some sort of reason that I'm on this path, even if the path is a dirt road, and it has potholes and it's dark outside, and there's no light whatsoever to help me except for the little flashlight that I'm carrying to see the next foot

or two in front of me. And I don't know where this road is leading me. I don't know where I'm going. I don't know what obstacles I might face. I don't know what successes are going to be on this path. I have no idea. All I know is that my success is inevitable no matter what, because that's what I decided. I decided that I will have absolute certainty that I'm on the right path. Even if it looks like a shitty dirt road and I'm in the fog or I'm in the cloud and I have no idea where I am and can't see anything; but I just know that I was put on the right path no matter what. And I don't want you guys to ever idolize someone or look at someone and think that their shit's always together because I promise you the more successful humans that I have gotten to know, the more I realized that we are all human beings. We are all so imperfect. We all go through the same things. We all have the same problems. You know that limiting phrase that says more money, more problems or no money no problems? That is such a bullshit lie. We all have the same problems. We're all human beings, we have the same problems. It's just that some human beings decide to fulfill their potential and some people decide not to fulfill their potential from fear or paralysis or worrying about what others will think of them or just feeling like they're not good enough, or whatever their excuse or reason is. We have the same human needs. We have the same fears. We have the same uncertainties, the same certainties. We have the same behaviors, we have the same fears. We all have the same fears. It's just that some people decide to fulfill their potential versus some people don't. Some people think that when they go through moments, maybe the longest time I've ever gone through, especially in the last year, the longest period that I've gone through not knowing what the hell I'm doing and feeling very off and feeling like I'm on the wrong path was probably a two-month period. And guess what? My life has skyrocketed ever since then. Those periods of uncertainty, those periods of confusion, mental breakdowns, emotional breakdowns always precede a massive breakthrough and my life has gone up ever since then. So I know that whatever was going through my mind at that time, was not a sign that I should give up, even though I was thinking those thoughts. It's not a sign of give up, because the universe will never give you signs to give up. It's just a sign that you need to have more faith. You need to trust there's a reorganization happening that's being done in your favor. Your success is inevitable as long as you believe it is and you must proceed down that path no matter fricking what. And so next time you guys idolize another successful person, I just want to remind you we are all human beings. And if you are not knowing what to do next, or you don't know your life purpose, or you don't know what you should be doing or your business is not perfect, or you don't have any new ideas, or you're feeling uninspired or you're feeling unmotivated, I want to remind you that you're just being a human being. And the only way to move forward is to physically keep walking down that path and to just have faith and just trust. And sometimes it's just taking a rest and surrendering and allowing things to flow and surrendering to your next step. And just knowing that you're not always going to be in control. No matter how many illusions your ego gives you that you're in control, you are never in control. You're only in control of your

reactions. You're only in control of your decisions. You're only in control of the choices you make, but what happens all around you externally is out of your control completely, which means that you must decide to have certainty no matter what. And it's from that certainty of you proceeding as if success is inevitable - because it is for you as long as you believe it is - that's how you start manifesting clarity. That's how you start manifesting this feeling of "Oh my God, things are always lining up for me, things are making sense. I finally know what my purpose is. I feel so stoked. People are loving the work that I'm doing, I'm getting great results. My following is growing, my business is growing, my relationships are expanding and all that jazz." But the thing is that, to get to your next level, you might have to go through another period where it's dark. You're on a dirt road, there's a lot of potholes around you, you might fall in, you might not, you might keep walking forward. And there might be some wins along the way, but you just don't know what's going to happen. Those feelings of uncertainty are always going to come back. It's just that next time, you have proof that as long as you keep walking down the path, the best is only yet to come. So I feel really excited right now because I've just been feeling so uncertain about this book that I'm writing and feeling so down on myself because I felt like "Oh my God, I can't give up on this." But it's not resonating with me anymore. And if it doesn't resonate with me, it's not gonna resonate with my audience. I don't really want to be known as a business coach. I want to be known as this girl that just decided to go for it and she's showing the world how to go for it too. This girl who has a ton of manifestation knowledge and mindset knowledge and all that jazz. But she's really good at taking the complex and making it simple and sharing it with the world and spreading this empowering, inspiring, positive message with other people. That's what I want to be known for. I don't want to be known as a business coach. So I just got off my call and I'm feeling really good. I'm feeling so inspired. I'm feeling like I finally have clarity. I finally have this passion again, things are finally feeling like they're lining up. Things are making sense. But in order for me to get here where I am, I had to go through that uncertainty. And I had to go through the emotional breakdowns, I had to go through feeling fearful. And speaking of fear, I wanted to share something else with you guys. I am still waiting for the day that I don't feel fear inside of me before I push Live on Facebook or go Live on Instagram. I'm still waiting for the day that I don't get nervous before I push Record for my podcasts. I'm still waiting for the day that I don't almost freak out before I step on a stage. I'm waiting for the day where I don't have my heart pound right before I start recording a podcast with someone who's a pretty big deal in our field and who wants to interview me. The thing is that fear should never be something that holds you back because you are a human being. And for as long as you live, you're gonna feel fear. You have to start using fear in your favor. You have to understand that the only cure to fear is action because as soon as you take action on something that you're afraid of, something that you're uncertain of, something that you don't really know how it's going to turn out, the moment you take action, that's when that fear dissipates. And when you go to the next level, you're going to feel that fear

again. Over and over again. But the thing is that this fear is really a sign that you are growing, you're expanding, you're combatting your ego and you're stepping outside of your comfort zone and that's a really, really good thing. Okay? I love you guys so much. Anything that you can put your mind to, you can achieve. Anything that you've ever wanted, I want to remind you that the universe is conspiring in your favor. That's how amazing, abundant, beautiful, vibrant, phenomenal this universe is. That everything that you want is conspiring in your favor. You must proceed in life as if success is inevitable, because it is as long as you believe it is, okay? I love you guys so much. You are so amazing. Thank you so much for the feedback that I get for these these podcast episodes. If you could leave a review, I'm still doing that contest that I was talking about where I am giving away one lucky reviewer a pair of rose gold Beats headphones as soon as we reach 1000 reviews. And I promise you it's so simple, it takes just a couple minutes to do so. But that couple of minutes means the world to me and it inspires me and and motivates me to keep recording these episodes for you. Also, if you're not yet part of the Five-Day Manifestation Babe Challenge, it is completely free to join. We start May 14. I get to walk you through an entire manifestation process where you can manifest one of your desires in just five days. And I am so excited about it. I'm so excited to see all the challengers in there. I believe we're at like 2200 signups right now, which is so exciting, and I want you to be part of it too. Also, if you enjoyed this episode, please screenshot this, your screen right now, and tag me on Instagram. And just let me know, let me know what you thought of this episode. If it resonated with you, if it helped you; I always want to know. I love you guys so much. Have a beautiful Tuesday. Have a beautiful rest of your week and I'll be looking forward to talking with you in the next episode. Bye. Thank you so much for tuning in today's episode. If you absolutely loved 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 @manifestation babe 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.