

# Episode 46: My Exact Morning Routine That Helps Me Own The D...

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## SUMMARY KEYWORDS

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## SPEAKERS

Kathrin Zenkina

**K** Kathrin Zenkina 00:15

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 your ass kicked 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. Good morning gorgoues souls. It is Kathrin from manifestationbabe.com. and I am here to record a podcast on basically a topic that I think I get asked most often about, which is my morning routine. I swear I get a DM, or a comment, or I'll be on stage and someone would always ask what my morning routine is. And I know that morning routines are a buzzword now, and I know that everyone has a morning routine, and every single successful person swears by morning routines, and those that do not have one are setting themselves up for failure, and if you do have a mourning routine then you are setting yourself up for sucess. But then what happens is that so many people get either overwhlemed or stressed out or they feel like there is a perfect mourning routine out there to set themselves up for success or to help them manifest whatever it is that they desire in their lives. So I wanted to come on and

share a little bit about my mourning routine journey, what my morning routine is, and kind of how it's evolved over time. I wanted to show you guys how simple it is, and how you don't need this complex 2 hour long thing in the morning, but I do believe that you have to have a morning routine, because a morning routine helps you own the day before the day owns you. Because a lot of what happens is that people get up in the morning and they immediately grab their phones, and I don't know if this is you, but if you grab your phone and immediately start checking your DMs, or Instagram, you know how many comments you got overnight, how many likes you got over night, you check on Facebook, you check emails and all of a sudden you are in bed, and it's been an entire hour since you woke up, and all of a sudden your energy is just drained, you feel like you have literally given out all of your time and morning energy to the entire world before giving it to yourself first. I have shared my morning routine before in the past and actually what I ended up doing on Instagram this morning is that as I was doing my morning routine I was actually documenting it in my stories. So if you guys are interested, and are listening to this podcast or watching this live stream within that 24-hour period, then you can go on my Instagram account which is @manifestationbabe and check out my morning routine. But I also wanted to document it on an official podcast so that if you're ever curious or if you listen to this a week after I record it, or two weeks after I record it, you can go back and get to know what is the manifestation babe's morning routine. So back in the day, I would say about three years ago, my morning routine used to be this long extensive thing because I was self-employed at the time, I was trying to build this fitness business, and I was a fresh college graduate and I had all the time in the world. I had from the moment I woke up in the morning, which was typically around 6 am, all the way until 10 pm I had open for building my business. And so I had a lot of time for myself in the morning to be able to do this extensive morning routine or morning ritual. And I remember spending 2-3 hours every single morning, so from 6 am to 9 am, doing my morning routine. I would be doing these long extensive card readings for myself, these long journaling sessions, I'd read for a full hour, I'd meditate for 20 minutes, I would do some sort of work out in the morning, I'd go on a walk, I would chant affirmations, I'd go on a walk, I remember doing these long extensive saging rituals and making sure the energy's cleansed and doing all these things. And then, when I got my 9-5 job, I realized I don't have 3 hours in the morning every single morning. In fact if I am not smart with my time I will never build my business. If I am not smart with my time, if I don't value my time, I will never be a full time business owner ever again because that business I decided to let it go, I am now building this new business, I also need a 9-5 job to be able to keep up with my income, to be able to support myself and Brennan at the time, we were making things work together and if I would have spent 3 hours a day in a morning routine, well I probably would have felt amazing but it would take me 3x the amount of time, maybe like 4 years, 5 years, 6 years, who knows? To get to where we are today. So I had to work really smart. And I asked myself what are the essentials of me to really feel like I'm owning the day and the day

does not own me. I remember agreeing with myself that first and foremost I will not check my phone. I will turn off my alarm, and I'm sort of lying right now because I do go on Instagram in the morning just to get something to open my eyes and it doesn't have to be Instagram, because Instagram is really easy because it's just pictures and stuff, so I need something that will not make me shut my eyes again. So I'll literally scroll through about 10 inspiring posts just to get myself awake and as soon as I feel like I can turn off my phone without falling back asleep I'll literally shut it off. And back then when I was working a 9-5 job, my morning routine was a 5-7 minute thing in the morning. And then I kind of continued it on as I was getting ready for work and as I was driving to work. So I actually fit in my morning routine into the first three hours but little components at a time. So for instance it would be gratitude every single morning and I still do this, and I will share with you guys step by step. I have 9 things and it sounds like a really long extensive thing, but I'll share with you how I integrate some of these things into while I'm getting ready, into while my coffee is brewing. Things that aren't taking up extra time, because I have to wait for these things to finish anyway. I have to brush my teeth, wash my face. I have to put some make up on and make myself a little more presentable, so while I'm doing those things, I am still continuing on with my morning ritual. So it would be like five to seven minutes of just gratitude every morning and I still do this. I would wake up and I would just say thank you God for waking me up or thank you universe for waking me up or thank you, you know, whatever you believe in for waking me up. Because I woke up today it means I still have a purpose. And so it spoke to me and it still does. And I still do this because I truly believe that if you are awake today, if you are watching me right now, if you're listening to me right now, if you open your eyes up this morning, it means you still have a purpose. It means there are still people to impact. It means there's still change that you can make within yourself to uplift yourself and to turn yourself into the best version of yourself and inspire other people and it means that you have, you know, the best is still yet to come. There are still amazing things on your horizon. If you woke up today I am a firm believer that's why you woke up. So I'll say thank you for that. Then I'll reflect on five things I'm grateful for then while I am in the bathroom, getting ready for work in the past last year, last year and a half, two years ago, I would then put in my headphones and as you guys see my headphones are in right now, but there's obviously nothing they're not connected. I'm just so used to having headphones in the morning, or at least I have like this little Bose speaker that I think Brennan got for Christmas, which is probably about a \$100 or \$200 and it's really, really loud. And since we live in a studio apartment, obviously I can put the speaker anywhere and I'll hear it literally because it's one big room. And so while I'm getting ready, I'm listening to mind food. If you are giving up your precious mindset to other people, to people who are not happy, to people who are not fulfilled to social media, to the news, to you know, complaining, people are complaining family members, then you're not going to set yourself up for success. You have to be really intentional with the very first thing that you put into your mind that morning. Just like you

know, most people believe that breakfast is the most important meal of the day because it's the meal of the day that sets you up for the rest of the day. Most people try to keep their breakfast really healthy or really nutritious. That's the same thing with mind food, it is food for the mind. So for instance, today I was listening to sell or be sold by Grant Cardone because I am really refreshing myself. Just like getting that confidence within myself something that my biggest struggle in business has been up until this point is really selling myself and promoting myself because I don't want to come across as annoying. And every single day especially during launch, especially during May where I'm launching manifestation babe academy, I got to remind myself that I'm serving the world through letting you guys know how I can serve you through a free challenge through letting you guys know how I can condense a decade's worth of knowledge on manifestation into just a 30-day program, a four-week program that's taught live by me. So right now that's what I'm listening to. That's my mind food. back then it would have probably been something like growing it thinking Grow Rich, or the science of getting rich or something like outwitting the devil or there's a really great, what's it called? It's by Earl Nightingale and it's called the Strangest Secret. The Biggest Secret or The Strangest Secret. I still listen to that stuff while I'm getting ready. And then I'd pack my lunch I'd get in the car I'd switch on. I remember I had Tony Robbins CDs, or actually you guys at this time I think because I was living with Brennan at my step grandma's apartment. And so it's like a two-minute drive to work I would literally turn on a live stream and live streaming to manifestation babes. Those are my early coffee chats. And I would just do something productive to own the day before the day owns me. And then I would come to work and I would literally shut on because I was the first one so I'd set off the alarm. I would transfer the phone from the nurse who was on call overnight to the office. And while I was brewing my coffee getting my computers up, you know, turned on, I would stand in Wonder Woman pose and do my affirmation. So while the coffee takes some time to brew, most people would spend time scrolling on social media. Most people would call their friends most people think texting, most people will do nothing and stare into space. I decided to be productive and extend my morning ritual into any little compartment that I could. And so I would do my morning affirmations in Wonder Woman pose while, you know, looking, waiting for the computer to turn on or waiting for my coffee to brew and then only then I would sit down and the phones start ringing and then you know, so on and so forth, the day would get started, that really got me going from like this extensive three hour morning routine to something that I literally had like five to seven minutes to do, and then really spreading it over that time. It was like little compartments of things spread over maybe half an hour to an hour. And most people believe that they can't be successful unless they have this long, extensive ritual but I believe that, that period of time where I was building manifestation babe and how successful it's become today, I have proven to myself that you just need the effing basics. And so today, now that I do have more time on my hands, now that I do have a team that I delegate tasks to and projects to, now that you know I'm fully like full-time

manifestation babe I don't have anywhere to be in the morning. Now I'm back in charge right now except that I don't do that three-hour extensive morning ritual, I have learned that I can take the basics, keep it simple, keep it consistent. And should I be traveling around the world, should I be on an airplane, because , you know, when you fly for 18 hours, part of your morning routine has to be done on an airplane, or should Brennan and I be at my retreat in Bali, or should we be in Singapore, should we be in Costa Rica, wherever we are, I have no excuse because it is so simple. And it is so basic. So my nine steps and I promise you these nine steps can be done. Again, some of these pieces are done during you know while I'm getting ready for the day, which you're gonna have to do anyway, so it doesn't really count but other than that of things that I'm actually doing it takes like maybe 15 minutes. So step one is obviously wake up, which you're going to do anyway. So I wake up around 7 am. I don't believe it's the perfect time to wake up. I know some people are very big on the miracle morning and waking up before the sun. I actually like to wake up when the sun's already out because otherwise, I'm not getting out of bed. I lived in Seattle for eight years and let me tell you from October to April, it is dark every single morning that you wake up and I hate it. So I'm over it. I'm in LA now and I love the sunshine. I love waking up to the sun in the morning. So that's not a big deal for me. I actually will wake up at a time around when I would get seven to eight hours of sleep. So if I went to bed really late, which is hardly ever but if I did go to bed at like one or two in the morning, I would probably extend it to 8 am but I don't think I have ever gotten out of bed past 8 am unless it was after. Just like a really intense kind of, maybe it was a launch. Or maybe it was Brennan and I traveling being jet-lagged or something like that where, oh my god, we're sleeping until 10 am. But that's super-duper rare. Now, it's always around 7 am that I wake up, and then I'll say my affirmations to myself. So as soon as my eyes are open, I do those affirmations. And those affirmations can range between whatever, and they always change and some of the consistencies I go back to, but right now, it has been that my success is inevitable and I'm always on the right path. That's the one that I'm really resonating with right now. So I'll say that to myself a couple of times, I have the affirmations app on my phone, which is called affirmations reminder, sometimes because for some reason it's not working for my phone right now, I'll go into the app and I'll do a couple of affirmations where it keeps you accountable to save them five times in a row before moving on to the next one. And then I again as I did before, I will thank God that I'm awake today because if I woke up today, that means I still have a purpose and that in itself, just gives me enough gratitude to last a freaking lifetime or for as long as I'm alive or for at least the entire day. And then I will get out of bed and Brennan is typically still sleeping. I'm usually his wake up call with coffee in my hand. So I will go and turn on the coffee brewer and while the coffee is brewing, because again that takes time instead of just staring at it and scrolling through social media, this is when I will take out my stage and I will just clear the energy and people ask me do you save your apartment every single day? I try to especially since I'm not home every day and we're always traveling and

sometimes I forget the stage stick right now. I'm just enjoying that ritual of grabbing sage and just clearing out all the stagnant negative energy that may have entered the room overnight. I just get it nice and clear. I light up some incense right now typically I don't have incense but right now when we were in Bali during my retreat, I had some really like this rose smelling incense and it's freaking amazing. And the woman who is basically in charge of all the staff at the villa that I typically host my Bali retreats at, she was like oh I can buy these are so cheap and so I ended up having her buy one for every single girl that was there and I gifted it to them and then I ended up taking like 20 of them home, so I have like 20 packs to last me hopefully until I go to Bali again. I'm sure I can find these online but it's just something about getting them from Bali. So that makes the place smell good. I have my essential oils going and I have a frick ton of essential oils on my desk. So this is like a handful over here and then another handful so I just have a ton. Today's blend is doTERRA's Citrus Bliss, I called it blend on Instagram, Citrus Bliss with motivation because I want to be motivated. I'm currently working on setting myself up for the challenge so that everything runs smoothly for the challengers for the five-day manifestation wave challenge. And also working on the page for Manifestation Babe Academy and then working out that content and stuff. So I got those blends going. And then by this time also if the coffee is not done brewing, it's a pretty large pot, I will look around and see if there are any messes that I need to clear so sometimes as I will have, you know the incense powder the ash coming from it, it will be on my desk, or like this morning I had this beautiful bouquet of flowers where the paddle starts to fall apart because it started dyeing it's been you know, standing there for about 10 days or so. And that seems to be the longest I can keep flowers alive. So there's stuff falling everywhere and it was ruining my vibration and I have to clear out so I clean up the mess, then the coffee's ready and also while I'm doing this, so I forgot this because while I am brewing coffee, burning sage doing the incense do his little ritualistic things that make me feel good. I have my headphones in and I'm wearing them right now and that in my headphones, I have a podcast episode going or an audiobook going. That's my mind food. So sometimes I have, when I'm more in just kind of like the zen mode where I have more time, there's nothing really on my schedule. There's no pressure to start my data a certain time, I will actually read the book. So while this stuff is going while the coffee is brewing, while I'm enjoying a cup of coffee, I will actually sit down and read a book right now. It's just been headphones. So while I'm getting ready, while I'm waiting for something, while I'm cleaning, I have my mind food going. And this is like no excuses non-negotiable. Because if you're doing something with your hands, that's not requiring your brainpower, not requiring you to think then you have no excuses not to listen to some sort of personal development, some sort of mind food and that can really set you up for the entire day. And then step seven, wake up, Brennan. So I have the coffee ready, I bring it to him. And I immediately asked him, I woke him up. And I immediately asked him, what are five things you are grateful for? And he says his five things. And then he asks me what are five things

I'm grateful for and then I say my five things. And it just sets us up, for the day, because sometimes Brennan will forget to hang up a picture that I have had just sitting by my desk for like a year. And I keep asking him every day this week to hang up the damn picture, the damn painting, but he has not yet so sometimes that'll irritate me, sometimes I'll see like his shoes by the bed and socks, ladies, you know what I'm talking about. And so, by starting the day with gratitude, I just immediately forget all the crap and I make sure to bring us back to the center of the core of everything, the core of the reason why we're alive and how blessed we already are and how much we have to be grateful for. And then the last two steps Step number two Eight is I will do and sometimes literally I do this while walking around - sometimes I'll do this while doing something else. But I will have these beautiful cards by @innerhue - that's her handle on Instagram. It's like The Alchemist's Oracle, something deck that I really love to use, I'll just do a quick reading and any deck will work. And you don't even have to do this. But I just do a little reading where I will pull one card for the day. And sometimes I have cards that just fly out. So sometimes I'll be left with two cards, three cards, four cards, and most of the time, just one. And this is where I sit down and I just asked my higher self like what do I need to know today? What do I need to focus on? Where is my energy today? And if I pull cards, it's a little confusing. I'll ask another question. And I asked like how can I move past this? How can I move through this? How can I be better today? How can you know, just whatever pertaining to whatever it is that's on my mind that morning? So pull a card and then what I do is I meditate for 10 minutes, that's Step nine. And during this meditation, a lot of people get so overwhelmed with meditation because they think that there's a right or wrong way to do it, I literally will sometimes do an open-eyed meditation where I will sit down and set a timer for 10 minutes and just stare at the wall in front of me. Because sometimes just staring at a blank wall, or just not having this pressure to close my eyes and set intentions and do all that stuff, sometimes it just helps me to just think, sometimes it's my thinking time, I call it my thinking time. And even though meditation is all about like clearing your mind and you know, doing your mantras and setting an intention, sometimes I just need to think because I have so much going on that I don't take the time to brainstorm or take the time to think about my day or take the time to visualize. So this is like my 10-minute period where I choose whatever is resonating with me at that time. So sometimes I will visualize how I want my day to go, which is really key. And that is just something that I should add to my morning ritual on top. That just spending even 30 seconds visualizing how you want your day to go as if it was the most perfect day of your life. Because I feel like when you tire subconsciously, those visuals, your subconscious will then seek for things to help you accomplish that perfect day. And you start to like your body starting to move because what you see in your mind you will do in your body and so just sets you up for like, this is exactly how the day is going to go. And then or I will just close my eyes for 10 minutes and just download information or ask like what do I need to know today? What is the message that I need, etc, etc? So that's what I do for 10 minutes and that's considered my

meditation and then after that, hello you guys I'm doing whatever today actually took me a much longer to do my morning routine because I was also documenting it on Instagram, but like this is what I typically do is I will keep listening to personal development until I'm fully dressed until I have you know, a little makeup on. Do something to my hair. Because my hair looks wild every single morning that I wake up and then I will turn on my diva ring light set up my iPad, my iPhone Plan A either a podcast episode, something that's been on my mind something that I think will make a great episode and if I have nothing on my mind then I will just do a Q&A and just chat with you guys. And that's especially when I am at home in Los Angeles because of course, as the morning routine, even though it's typically the same stuff, it might be a little bit out of order when I'm traveling and on an airplane sometimes I can't access to you know, I can't access my cards. There's no way in hell I'm going to save the planet because they're going to for sure like knock me down and confiscate my sage and probably kick me off the flight. You know, I'm not brewing coffee, I'm probably asking for coffee. So there are things that change and maybe we're staying in a hotel and we have to go downstairs for the coffee or we have to order room service and don't come on time. So I always do my best and that's really what I want. To encourage you guys is to also do your best. Don't look at other successful people and just idolize their morning rituals and their morning routines. Because what their life is like, what their schedule is like, is not necessarily the same schedule that you have. And what helps them bring themselves a sense of certainty for the day isn't necessarily something that will bring you a sense of certainty for the day. So whatever it is that you must do to give you that certainty that today is a frickin amazing day I'm gonna own the day before the day owns me, is exactly whatever it is that you need to be doing for your morning routine. So that is mine. I hope that this helped you in any way, shape, or form. Maybe there's something that you picked up from mine where you're like, Oh, I want to try that. That sounds like a great idea. I'm really resonating with that. Maybe some of you are like holy shit. I don't even have a morning routine. And it makes sense because immediately I wake up, I turn on the news, or I go on social media. I read a negative comment. My whole day is ruined. You know, I get an argument with my spouse and just immediately like, I go to work and everything just sucks from there or I don't even have the motivation to build my business that day or see a client because I didn't start my day, right? Or maybe you have a really long extensive morning routine and you're like, Okay, I need to reel it back in because by the time I'm done, it's already 2 pm and half my day has gone and I have accomplished nothing. Even though my mind sets in the peak place physically, you know, you got to take physical action in order to manifest things into your physical reality, while you already missed half of the day to take some sort of inspired action. So whatever it is, I'm really curious to hear from you. So if this podcast has resonated with you, helped you in any way shape or form, screenshot that screen right now and tag me on Instagram via your story, or send me a DM or leave me a comment or any way shape or form that you can let me know? Please let me know. And if you're not yet signed up for the five-day



Manifestation Babe Challenge it starts next Monday so May 14 and I'm closing it May 13. If you don't get into it right now, like I'm not doing this challenge this exact challenge for another entire six month period so if you want to experience the five-day challenge where I share with you exactly what you need to make the law of attraction actionable, and manifest one of your desires to actually prove to yourself that you can manifest a desire of yours no matter what it is, in just five days, go to manifestation, babe challenge.com Get yourself signed up. Let me know as soon as you're signed up, let me know how excited you are. And I cannot wait to see you guys there. All right, everyone has a phenomenal, phenomenal What day, is it? Wednesday, Tuesday, Thursday. Whatever day it is. I hope you have an incredible week. I hope this helped you. And I love you guys so much. 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. 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.