

## Episode 48: My Evening Routine For Lasting Success

Kathrin Zenkina

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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.

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Hello, gorgeous souls. It is Kathrin from [manifestationbabe.com](http://manifestationbabe.com) and I wanted to hop on and do a quicker podcast episode because I promised to share with you my evening routine. Now I got a lot of great feedback about my morning routine and how much my morning routine helped you guys figure out, "Okay I can do this and I don't have to do that" or "I don't have to do this, but I can do that" and especially how low-stress having a morning routine can be and how low-stress it should be and how you should never feel pressured to do this three-hour long ritual, whatever that might be and feel like you have wasted - not necessarily wasted - but felt like you spend most of your day just getting ready for the day, but not necessarily taking action, right? And I feel like the biggest misconception about manifesting the law of attraction is that you don't have to take action; you can just sit on your couch, write in your journal and set your intentions and do all these beautiful things like taking spiritual action, taking mental action, taking emotional action, but not actually getting off the couch, not actually getting out of the journal, out of the workbook, out of the course and going out into the physical world, and actually putting this stuff to action and implementing it and actually doing. Because again, when your desires are in the energetic world, the non-physical world, the only way to bring them into the physical world is of course, physical action. That only makes sense right? So I got a lot of great feedback about the morning routine. And so now I want to share with you what my evening routine is. I get a lot of questions, "Okay, so this is what you do in the morning, now what do you do in the evening?" And I want to equally show you that it's just as simple as my morning routine. Are you guys ready for this? Okay, so I have three things that I do every single evening and I call it my evening routine for lasting success because this is where my manifestation comes in. So my morning routine is very geared towards, "How can I implement today? How can I take action? How can I get myself in this amazing feeling state so that I can actually make things happen? So that I can actually create things, that I can actually open myself up to receive things and at night in the evening?" What I do is, I really set my intentions and I really focus on what I want. And so any goal setting that I do or intention setting that I do, any writing in my journal especially comes in in the evenings. So in the evenings, I will get into bed and Brennan and I will get in bed and sometimes watch a TV show or watch something to just

help us calm down after a long day of working in the business or maybe we went to the gym and we just had dinner and we're kind of digesting our food. So we will typically do something and then I will take out my journal, and my favorite journal right now is my black Platinum Partnership journal from Tony Robbins that we were gifted in Sun Valley, Idaho, and I just love this like beautiful plush leather journal. It's just gorgeous. I don't know, I really like it. And so I'll open it up and typically, this is when I write down what I'm manifesting into my life, any intentions that I'm setting, any rules that I'm creating for my life. What I'm manifesting into my life, I will typically write down in my journal. And the reason why I do it in the evening is actually something I picked up from this beautiful soul that I got to know a little bit around summer of 2017. I don't know if you guys know her; her name is Jess Blanche. And she made a really great point about why she writes down her intentions at night before bed. It's because it's the easiest way to release them out to the universe. It's the easiest way to forget about them, and know that they will happen and just surrender them and just not think about them, not obsess about them, not just drive yourself crazy. Being like, okay, when is this gonna manifest? How's it going to happen, right? We get so focused on the how. And by doing it at night, you are writing in your journal, and then you close your journal and you go to bed. And then you have no choice but to not think about what you just wrote in your journal. So it's a beautiful way of just forcing yourself to let go in a very easy, natural way. Because when you go to sleep, you're not thinking about anything. So I'll do that in the evening and then similarly to how Brennan and I ask each other what we're most grateful for every single morning, five things that we're grateful for - which we haven't done yet because I've been waiting on Brennan to get out of bed, I see, he just woke up, so we're going to do that after I record this podcast - at night, I will always ask him, "Hey, Brennan, what are your three wins or successes of the day?" And so then Brennan and I will reflect on the top three things that we are most proud of that day, our wins for that day, or successes, or something that we accomplished that we're super proud of. That's because at the end of the night, when most people are focused on what they're worried about or focused on "Oh my God, did I do this? Okay, did I do this?" Right? They judge themselves. They probably watch the news, they focus on something negative, they probably watch a horror movie at night, right? They really get their subconscious minds focused on all the wrong things. I want to be focused on success by the end of the day. Yes, there might be conversations that go throughout the day where it's like, okay, how can we improve? How can I become a better person? What did I not do so well and that I need to excel at the next day? But I don't do that at night. At night your subconscious mind starts to open up. And this is when you want to feed your subconscious mind exactly what it is that you want to focus on, that you want to manifest into your life. So backtracking to step one, with a journal, sometimes if there's something on my mind, I will actually journal out any negativity, any worries, any fears, any thoughts, which those of you who are in the five-day Manifestation Babe Challenge, we will be doing that on Day Four. It's called creating space and clearing out negative energy just by simply writing it down in your journal. I believe that's a form of release because your mind likes to hold on to things unless it trusts that it's somewhere else. And you know how we ask other people for instance, busy entrepreneurs, we get to a point where we hire an assistant, we hire a personal assistant, someone that can remember things for us so that we don't have to hold on to this information about our laundry and our dry cleaning, and what time our flight leaves and all these things; we leave it to someone else. And so similarly with the journal, the mind lets go of information as soon as it trusts that it's safely kept somewhere else so

that if it chooses to access it at a later date or time, it can. Typically though, it doesn't. And so writing it down on a piece of paper and just releasing and letting it go creates a vacuum of space where you can then write down your intentions, like, "Okay, this is what I don't want. This is what's not serving me. This is what I want to let go of, and now this is what I want." So I want to clear that out before I go to bed. And then step two is really focused on the successes or three wins of the day. And then the third thing that I do, which is the last thing that I do, is something I picked up from Dr. Wayne Dyer. So having my in depth knowledge about the subconscious mind and how the subconscious mind works, which I just realized I was going to do an episode on all these fun facts about the subconscious mind which I will do for a later date now, but knowing so much about the subconscious mind and learning this from Dr. Wayne Dyer. I implemented something he calls - I think if you google five minutes before you sleep by Dr. Wayne Dyer - go listen to that on YouTube or go read an article on it. It's basically around the fact that at night before bed, when you go from waking consciousness to sleep, your subconscious mind opens up and it's the most impressionable five minutes before you fall asleep. And whatever you think about, whatever you focus on for five minutes before you fall asleep as you start dozing off into your sleep is what gets repeated over and over again throughout the night. And whatever you're focusing on, your subconscious mind is going out there, going out into the universe and picking out all the stuff that will create that new reality of whatever it is that you're focusing on. So if you're someone who typically worries before bed, you are just creating more things to worry about the next day. And so if you're focusing on what you want to bring into your life, so this is usually when I'm falling asleep every single night before bed, I see myself living my dream life. I visualize whatever intentions that I set, I see them as if they're already done. And this is what I fall asleep on every single night, I fall asleep with a literal smile on my face. Because that is the reality that I want to create for the next day, which creates the reality for the next day. And the next day, I'm focusing on my dream life. And if I ever still feel like there's still something on my mind, I'll go back to my journal. I'll go back to my journal, release it again, set new intentions, replace everything. Because what do you do with limiting beliefs? You just replace them with empowering beliefs. It's all about creating vacuums in your mind and then replacing them with something positive. So I'll go back to my journal and then I'll restart the process and then by the end of the night, my goal is to feel as good as possible. And that's what creates you having a happy mood in the morning and feeling like a success and waking up and feeling like a rock star and waking up and feeling like you're about to accomplish some amazing things that day. And this is also how I have manifested a lot of incredible things in a really short span of time, is typically before I go to bed when I do my intentions, I especially write them as "thank you for", so "thank you for" you, know, whatever, as if it's already happened. That's how I frame it, but I'll always say thank you and I'll feel immense gratitude for whatever it is. And then Brendan and I will do our "three wins" and then before I go to bed, I envision that whatever I thank the universe for is already done. It's already happened. Because that is what I want repeating on autopilot over and over again. This is how you get to a place of manifesting without even trying. It's when you can get your subconscious mind to automatically on autopilot repeat this intention and repeat this reality as if it's already happened because it doesn't know the difference between real or imagined. So if you're just imagining yourself, you're seeing this movie of your life as you're falling asleep and then you fall asleep, that's your subconscious mind. I call the subconscious mind "the seeker," specifically the reticular activating system (RAS) of our mind, it is this part of our brain that is responsible for our focus, for filtering out

things out of our reality and seeking things to bring into our reality. And so I get my RAS or I get my subconscious mind to work for me, to go out and seek for me. This is also a great time if you have a life question and I asked a lot of questions because I know my subconscious mind is what I call the seeker. And our subconscious minds also go off of metaphors. So whatever metaphor you give it, if I call it the seeker, that means my subconscious mind is literally going to go out and seek information for me. So before bed, there's this phenomenon. I don't know if you guys have ever experienced it, but I experienced it on accident. And so then I started to experience it intentionally. On accident was when I would be struggling with a test question before bed, right? Like I would have this practice test in front of me or I'd be trying to solve this calculus problem or this, or I'm working on my chem lab, and I can't figure out this equation. And I will just get so exhausted at some point where I'm like, |Alright, screw it." I'm going to worry about this in the morning. I'm going to wake up early, I'm going to give myself an hour if I can't figure this out. Now, if I can't figure out within the hours that I'm waking up before school, then I just can't figure it out. And so I will go to bed. Thinking about this problem, thinking about this equation, whatever it is. And then every single time I did this, I'd wake up, I'd look at the problem again in the morning on a fresh head and all of a sudden, the answer just clicks, it just pops in, and I got it, I figured it out. So I thought that that's such an interesting phenomenon. Let me start using that intentionally with manifesting my dream life, right? More important things than calculus. And so I would literally ask questions, like if I'm asking the universe to show me a sign, or if I'm asking for what I need to do, or if I'm trying to make a decision, I will talk to my subconscious mind and I will have it feed me answers. And typically when I wake up in the morning, it's like a new sense of clarity. And also, I know that writers and authors are typically known to do this too, where they ask the subconscious mind or the universe to bring them a plot or a storyline or something that they can write about. They will literally wake up with the idea. I will ask for ideas before I go to bed, so I wake up with a genius new idea of a new course or a new program or a new workshop or a new event, something that will help me elevate my business to the next level. I will ask my subconscious mind to bring people and before I go to bed, I literally see it as if it's already done. So that's what I do. It's called Five minutes before you sleep, or, I mean, that's the typical name. That's the name that I call it. It's by Dr. Wayne Dyer. So you can check that out. And then once I'm asleep, I'm asleep. Also, and this is very similar to five minutes before you sleep because sometimes I need a visual, so when Brennan and I are on our laptops at night, I have my laptop in front of me and my laptop always has a picture of my vision board on it. And so that's also when I will play some music that makes me feel really good. And I just look at my vision board and see my vision board as if it's already manifested, as if it's already done. And that's also something that you can use if you are not used to thinking about your dreams and goals before bed, why not take that five minutes before you fall asleep to look at your vision board? Put it on your phone. If you are guilty of being on your phone late at night, why not put things on your phone that actually serve you and help you? So even if you are on your phone late, at least it's doing something good, right? So put your vision board on your phone and look at that while listening to some music that will start sparking up those images for the subconscious mind to focus on during the night. And so you can wake up with these ideas and these downloads of information. And that's what a lot of people in the spiritual community refer to as downloads; it's that it literally just pops into your head. So that is my evening routine. I hope that was helpful. I hope it gave you some ideas or at least showed you how simple it can be, how much fun it

can be. And that literally every single night you can be setting yourself up for a successful next day. Okay, I love you guys so freakin much. If you enjoyed this episode, as usual, I would so appreciate a review. I'm still doing that contest. So as soon as we reach 1000 reviews, I am giving away a pair of rose gold Beats headphones. And I also want to know your feedback. So screenshot your screen right now if you're listening on the podcast and just tag me on Instagram. Upload it to your Instagram story. Give me a tag. Let me know what you thought of the episode. Let me know what your evening routine is. And for those of you who are on the edge of your seats for the Manifestation Babe Academy, once again that is being released at 12 PM Pacific Time on Friday, May 18. And I am so freaking excited about that. I just seriously cannot wait. It's gonna be so good. Okay, I love you guys. So much and hope you have a fantastic Tuesday. Bye.

Kathrin Zenkina  
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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 @manifestationbabe 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.