

# Episode 50: What To Do When You Feel Like A Piece of Crap


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## SUMMARY KEYWORDS

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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 is your daily dose of personal development to maximize your impact, your influence and your income. If you're ready to get you 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, you guys, I have a super exciting announcement to make before we get in today's episode. If you have been praying for a one-stop-shop to learn and master all things manifestation and mindset, the Manifestation Babe Academy just opened up and spots are already filling up. This is a four-week academy that I created for the woman who's sick and tired of dimming her light, living a life far below her potential, and finding herself stuck in fear and action and constant self-sabotage. Your soul is screaming for a simple easy-to-digest metaphysical crash course in manifestation and the Manifestation Babe Academy is exactly the course you've been asking me for. If you're ready to learn the tools, the tips, the tricks and adopt a mindset that will help you break through your limitations, transform your life and manifest a reality that's wilder than your wildest dreams, go to

manifestationbabeacademy.com and sign up right now. Enrollment closes in just a few days and I don't want you to miss out on this opportunity that won't be available again any time soon. Again go to manifestationbabeacademy.com and get yourself signed up now. I also dropped a link in the show notes as well to make it easy for you to click. I can't wait to see you inside. Hey, gorgeous soul, It is Kathrin for manifestationbabe.com. How are you doing this fine Saturday morning? I decided to wake up today and grab my cup of coffee. I've been really really busy actually preparing for the free training that I'm hosting on Wednesday all about how to manifest your dream life without the hustle and grind and then you know, MBA actually closes this Friday, so I've been super busy with my launch. Brennan is actually in Paris right now. Long story short, he's having a father and son trip with my stepdad. And because I'm so committed to making this the best freaking manifestation personal development mindset course on the planet, at least I think so, I decided to stay in LA and really commit myself to the women who have already signed up. Be able to really focus, get started on time, be able to commit to my content, no distractions because you know how much I love those croissants in Paris or maybe you don't. But oh my God, I can dream about Parisian croissants, Parisian coffee, just Parisian life, in general, like oh my God, I cannot wait to go there in mid-July. That's why I'm not that sad about it, because we'll be back. We're actually going to the south of France in mid-July with the Tony Robbins crew. So it's for the Platinum Adventure trip actually, I don't know if you guys know, my friend Lauren Eliz Love; she is a badass business babe on Instagram. She's actually a platinum partner as well. And we'll be there, which will be so much fun so I'll get my fix of Paris. So this week has been pretty busy. I wanted to make sure I start my Saturday morning with a podcast episode. I am not live streaming today just because I literally am fresh out of the shower, in my pajamas, got my incense going, got my essential oils going, don't feel like putting on makeup today because today is just going to be one big content day. Today's episode as you can see from the title really is kind of my process and what I personally do when I have those days when I just feel sad, or as my coach says when I feel like a piece of crap. So this may relate to you whether you are just feeling sad for no reason or you just feel off for no reason, or maybe because I have a mostly female audience, although I love it when I see men follow me and when men get down with my content and inspire their women to follow me, as we're all mostly women here, we deal with this thing called PMS. And I'm always, always, asked like, how do you deal with those days where nothing goes your way? And you just feel like nothing's gonna happen. Nothing's cheering you up. Nothing's working. You just feel like a piece of crap. And so I wanted to record an episode because I had this moment from, I want to say it was between Monday and Wednesday of last week, and I seriously, once I got through it, I wrote down three steps because I'm always this kind of person who needs like, what're the steps? What is the process? What can I do? What is my strategy? What are my tools? You know, from day one through, I don't know, 25 of the month, I'm a pretty happy and motivated person. And I do see ups and downs with my cycle you know, when I'm

ovulating, that's when I'm like crazy energy inspired, so happy so full of life just so like, woohoo. And then there are times where I just seriously don't want to do anything. But overall, I feel like a pretty happy and motivated person. And then there, of course, I'm not immune to PMS. I'm not immune to those days where maybe something even happened and I just feel off and I feel uninspired and I feel like I want to give up. I feel like you know, there's no point And I just want to lay in bed, I don't even want to get out of bed. So I want to help you guys and I want to help share my process of what I personally do, and how it really is about not forcing yourself. So step number one and I don't even know if these are steps, but these are just my three points. So the first thing I want to say is when you are going through this, when you feel this resistance, when you feel this kind of low-energy state, I want you to allow yourself to do the bare minimum. And I know it sounds crazy because we're all boss babes here. We're all so ambitious. We're building businesses, we're building careers, we're raising children, raising families like we got shit to do, but on these specific days, when your body, when your mind, when your intuition is telling you like hey, girl, you need to chill the fuck out. I want you to sit down, sit your ass in bed, grab some good food. I always recommend not pigging out during this time in the month, even though that's probably what everyone feels like doing, is grabbing the Cheetos and grabbing the chocolate. But I really do recommend feeding yourself something nutritious, something filled with protein, something with a little bit of fat. And I prefer lower-carb diets. But again, whatever works for you works for you, right? And just drown yourself in self-love and relaxation. Give yourself permission to not do anything or at least do the bare minimum because you know, of course, like you might have kids who need to be picked up from school, you might have those very, very important tasks in your business that might need to be handled or your team has a question or maybe you might have a meeting or something. So allow yourself to show up but do the bare minimum, meaning, don't overexert yourself. Don't do content creation that day. Don't try to be creative. Don't try to hate your goals that day, you know, just whatever that means to you. Something that I do is I give myself permission to lay in bed and watch Hulu or Netflix and seriously, you guys, I watched the dumbest shit like Keeping Up With The Kardashians. This one's not so dumb, but I love Shark Tank. I'll watch The Bachelor Bachelorette if there's an episode or if it's currently in season, I just watch something that gets my mind off of my reality and just puts it into someone else's reality just for a day so that I have some sort of perspective and I can just chill and not be so hard on myself. This is also a day where I drown myself in essential oils, I drown myself in family and friends. I will have Brennan kind of take me out to dinner and just talk to me, maybe I go to a spa. So if you haven't had a massage in a while if you haven't had your nails done in a while. maybe do some colonics, I am actually so due for colonics, I want to do - side note - I want to do some colonics in the next week and just do three big sessions because that's like really like your gut is so connected to your mind. And when you have a clean, healthy gut, I mean, clarity is like next level, so maybe it's colonics, maybe it's a spa day, maybe it's a facial. Drown

yourself and self-love and drown yourself in compassion and be kind yourself, like give yourself permission. Understand that in the grand scheme of things, two days, 2, 3, 4 days out of the entire month is like what? 10% of your time that you're going to spend? That's nothing. Sometimes it's 5% depending on how long you need to recuperate, but give yourself that time, have compassion, be kind to yourself and just see how much you already do. And just see how much you're already giving. Now see this as a time to give back to yourself. Another thing I do, especially when I'm feeling resistance, right? Because of course, us super ambitious ladies, we get so resistant to relaxation. I mean, we get so resistant to self-care sometimes, we get resistant to allowing ourselves to just be, because unfortunately in our society we are trained to only reward ourselves after we accomplish something. So on these days when you haven't accomplished anything, you're feeling like you're rewarding yourself for no reason but this is exactly what you need to be doing. And because it causes resistance, something that I love to do is called tapping and I'm sure most of you have heard of this and if you haven't, tapping is kind of like the short word for something called Emotional Freedom Technique. Now I got certified as an EFT so it's also known as EFT or Emotional Freedom Technique or tapping, I got certified as a practitioner about almost a year ago and I love this technique and it's really hard to teach over a podcast or through a book and so the best way that I've ever been able to teach it is via video. You can find some of my tapping scripts in the VIP Tribe and if you are in the Manifestation Babe Academy or thinking of signing up I will show you how to use tapping to literally melt away resistance around a limiting belief, around a negative emotion, around negative thoughts. And it even works for physical pain, you guys. It is some fucking amazing stuff. So if you're in MBA you're going to get taken care of. I'm also giving a bonus for anyone who joins MBA or Manifestation Babe Academy by Friday admin night so that's June 1st, 11:59 pm will also get my program called Tapping Into Massive Wealth, where I help you literally clear resistance and energy blockages around, I would say five or six of your topmost crippling financial limiting beliefs. So that's something you get absolutely free as a bonus, which I will actually be sold separately, I would say around mid-July to August. Now what's happening is basically there are points on your face. So I would say, your eyebrows, your eyebrows, a point side of your eye, under your eye, under your nose, under your lips, right under like the meaty part of your clavicle, aka collarbone, right under your arm, like the armpit right underneath it and then the top of your head and these points are actually energy meridian points, very similar to acupuncture. You know where they stick the needles in for acupuncture? Well, tapping is basically, you are physically tapping with your fingers on these points, and there are no needles required. And what tapping does is it literally sends a signal to your brain. When you tap on these points in a particular order, it sends a signal to your brain that literally says, hey, it's time to chill out. And it also starts to get energy moving because sometimes, when we have this physical, emotional, mental reaction to something like let's say, a day off, brings up resistance. Like if you feel resistance, or if you feel a negative emotion, or if you feel any

pain or anything like that. It just means the energy got stagnant around this. Your body's response to the situation is stagnancy. And so this just helps the energy start moving and you start to feel lighter and you start to feel clearer, and you start to feel more - I don't know, when I do it, I start to feel more alive. I actually get more inspired when I tap on any of these days when I feel more resistant or if I have a limiting belief come up or if I just feel really triggered like, oh my God when we're PMSing does everything just not trigger us. Brennan, he can say something and I immediately get triggered or I see a post on social media and I just get triggered. So if you ever feel heaviness around an issue, or if you ever feel heaviness around anything or just around being, right? Just like being alive that day, you can tap that you can tap on these points and it literally sends a signal to your brain that says calm down, it your reduces your adrenaline around those issues and also starts to get that energy moving again. You guys can also google it like Google how to tap. Bradyates on YouTube is a really great resource as well. Check him out on YouTube. He's a really, really great resource, and then, of course, I will be teaching tapping in the MBA Academy, but this is something that is almost like an instant fix. I can't explain it. It's almost like manifestation magic, right? Where I spend about 10 to 15 minutes tapping and all of a sudden, I feel 10 times better afterwards. It's just unexplainable. And then number three, the point number three that I have is, okay, let's say that you are feeling like a piece of crap and you feel like you're feeling like a piece of crap for no reason, but maybe there is some sort of root issue that you can at least identify, because how much power do we have when we identify a limiting belief, or we identify who we are, we identify what's holding us back, we identify the thing that's going to move us forward, how much more empowered do we feel? So sometimes there might be a root issue that we can get down to. For instance, and this is not always right because well, actually it is, so a root issue could be hey, I'm just feeling hormonal as fuck. When I was talking to my coach on Tuesday, I was like, hey, dude, I just feel like a piece of crap. I just feel like crap today, I just feel so unmotivated, so uninspired. He's like, what's wrong? The weather, right? The weather, it's cloudy. He's like, okay, what else and I'm like, Brennan's annoying me today. He's like, what else? And I say I just feel so much pressure from my launch because I have this big goal that I want to reach and I'm not near where I thought I would be at this time. And he's like, okay, what else Kathrin? And I just kept going on and on, and I realized, once giving it voice, how minute and stupid all these issues are like, who gets upset about the weather? There's nothing I can do about it. I have no control over these issues. I'm just feeling hormonal about it. And so I got down to this route of like, okay, I'm just PMSing, which gives me more reason to just take it easy, to just relax, tap on the issue, tap away resistance and just watch the fucking Kardashians. Sometimes you guys like asking yourself, okay, why do I feel this way and see if you can get about 4, 5, 6, 7, 8 levels deep. Keep asking yourself, why do I feel this way? Like, hey, why do I feel this way? Well, I feel this way, you know, again because of the weather, right? Okay, why would you feel like this because of the weather? Well, the weather makes me sleepy. Why would I feel this way

about the weather making me sleepy? Why does that make me feel bad? Well, I didn't get enough sleep last night. That's kind of a root issue. That's something that you can work on. That's something that you can actually fix. That's something that you can actually do something about. So sometimes, you know, you want to empower yourself to at least find a solution or get to the root of the problem. So that you can recognize that there's some sort of process behind it like you can do something about it and that's called empowerment. So sometimes it's not enough sleep. Sometimes it's not enough food. Maybe you didn't eat the right meal last night, and you woke up feeling like crap. And it's not for no reason. It's just that you have to choose a healthier breakfast today. Or again, it's PMS. Or maybe someone triggered you. And you can ask yourself, why did this trigger me? And sometimes the universe brings up things that we need to work on by having us come across things that trigger us, like we're always going to find something that triggers us so that we can work on it. And that's a beautiful thing, because all of a sudden, you can recognize, well, you know, there's a fear I need to work on, or there's something I feel overwhelmed about or that's a limiting belief, holy shit, I can now work through this limiting belief. Maybe I can tap on it, maybe I can reframe it, maybe I can do hypnosis around it. There are ways for you to finally work through this issue, where at first you thought it was just the fucking weather, or you thought you just feel like a piece of crap for no reason, or you're just sad for no reason. There's always some sort of reason. And it's so empowering to finally figure it out. And then be kind to yourself and get excited and celebrate the fact that you are so brilliant and so amazing. And so I always, you know, for me personally, I'm always like, well, thank God that I'm so driven to work on myself on a consistent basis that I can now find this root issue and work on it and become a better person. I always feel proud of myself for having self-awareness and proud of myself for working through issues and it gives me this space to be imperfect because imperfection and being triggered, and growth and all these things that come up for us, that is just space for us to become an even better version of ourselves. And I think that's a beautiful thing. So I hope this episode helped you. I hope this episode helps you feel better, gives you some sort of a process that gives you some sort of a system, shows you that you are completely normal and that everything is going to be okay. And as we always know, once the PMS or the feeling like a piece of crap, a couple of days go by, we feel so much better. It's almost like a release, but if we can minimize that time, you know, using tapping and giving ourselves self-love and compassion and getting down to some sort of root issue and doing something about it, like getting enough sleep, getting enough food, you know, if we can minimize that time, well that's even more time that we can spend being happy and motivated and fulfilled. If you enjoyed this episode, can you please please share this with someone or tag me on Instagram, give it a love shout out or at least leave me a review? I'm still doing that contest where as soon as we get to 1000 reviews, I am choosing one random reviewer to win a pair of rose gold Beats headphones that you can listen to these podcasts with or jam out to your favorite tune. So let me know what you thought of this

episode and don't forget that doors to Manifestation Academy are closing now in less than seven days, which means that this time next week literally as I'm recording this, we are actually going to be starting Module One of MBA and it's going to be so so exciting. I cannot wait and I cannot wait to see you there too. Go to [manifestationbabeacademy.com](https://manifestationbabeacademy.com). I also linked it in the show notes. It's super easy. Get yourself signed up, get all the bonuses, get all the cool stuff. And I cannot wait to get started on helping you manifest your ideal, incredible happy, fulfilled dream life. I love you so much and have a happy weekend. Mwah. 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 @manifestation babe or visiting my website at [manifestationbabe.com](https://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.