

Episode 53: The Missing Link To Your Success

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.

Hey gorgeous souls. It is Kathrin from manifestationbabe.com, and I am so excited to be bringing you another podcast episode. Today is a very special episode because I want to talk about something that I really learned in the last two years of my life and it's no coincidence that in the last two years of my life ever since I made this decision, ever since I found the missing link to success ever since I figured out what really truly separates the successful people from unsuccessful people and it really does go beyond mindset because of course, mindset manifestation. Things like setting goals, things like believing in yourself are very, very important. However, I've been really inspired over the last week, spending a couple days in Las Vegas with my team, because my team is really awesome, and they kind of let me free when I'm at home working on my business, they allow me to be fully in creative mode. And I'm so grateful for that because I didn't have that before. Before I was putting out a lot of fires. I was constantly worrying about things not getting done, all these technical things, and even though I had people on my team to handle emails, handled technical things, I was still doing so much work outside of my zone of genius and so I am so removed now from all the tech for the most part, really removed from things like emails, things like broken links, things like things not working, you know payment fails, or anything regarding payment and anything regarding kind of the logistics of my retreat, and so on and so forth. So I had a team meeting. We're in Las Vegas with my team and we really talked about this important topic so I want to get into it. The missing link to success that I have found really in the last few years is really taking ownership and responsibility for everything. Something that I learned in NLP if you guys are familiar with neuro linguistic programming, we talk about being at cause inner life versus being out effect. Being at cause means that you are really taking ownership and responsibility for everything. It is a formula for empowerment, if you want to be empowered, and feel like you have control and you can change your life and you can also be responsible for how you react to things so you can be in control of your reaction maybe someone really did hurt you really did do something really messed up towards you. And you're kind of like, I don't know how to take the blame for this. I don't know what I did wrong. It's not like you're taking responsibility for. It's not like you are to blame for something bad that happened to you, but you really are responsible for your reaction to that thing, right? Does that make sense? You're responsible for your action, to whatever happened, or at least finding the value in what happened. And so this is a really important topic. So being at cause means taking ownership and being responsible for everything being out of fact means you are constantly looking for the blame on other things like blaming traffic, blaming

the weather, blaming the internet, blaming your sister, blaming your mom, and everything is always being. It's like everything is always bouncing off of you, and honestly to other people, you're projecting blame and trying to find someone else to take responsibility because taking ownership and responsibility is not the easiest thing in the world, you guys. When I look back at my whole life journey around my childhood, the poverty that I grew up with my dad and not being the best dad that he could possibly be, you know, things like that. I always look back and I'm like I don't understand, you know, it's tough to take responsibility. It's tough to take ownership for those things. Because, you know, it's kind of like I'm a child, how am I to blame for this and as I grew up, and as I started learning from other successful people, how they really do take ownership and responsibility for everything. I now learned that it's up to me to find the lesson, when I'm being responsible for what I'm taking ownership of, is the fact that it's up to me to find the value in what happened to find the lesson to find something that I can learn from, and I think that not enough people do that. I think that so many people put themselves into victim mode, and they feel like everything is against them, and they really disempower themselves from taking action or for making changes because they feel like life is controlling them, rather than them controlling life. And if you look at any successful person out there, you will find that they're always taking responsibility. They're taking ownership of their mistakes. Something that really stood out to me guys is and this is actually something that I practice in my life that's made all the difference, especially around working with other people or around taking a course or reading a book or going to a seminar or taking a program or something where I am paying someone in exchange for knowledge or for some value, right? Something that I see a lot of people not do enough of, which is something that I started doing about two years ago where I really took ownership and understood that it's my responsibility to find the value in something or someone. I think that a lot of people put way too much pressure on other human beings to fix them. And they are looking for the fix, they're looking for the quick fix, they're looking for the shortcut, and if that coach or if that program, or if that seminar or whatever it is, doesn't give them the whole life fix, then they feel like their money was wasted or they feel like their time was wasted or they actually get angry at that person. And I always say like, you cannot put that kind of pressure on another human being. I ran into a situation earlier this year where I was running a one on one coaching mentorship program for the year and there were a couple of clients that I ran into where after a couple months of working together, they were incredibly frustrated with our experience together and I couldn't for the life of me to figure out why because I am providing my best value, I am giving them breakthroughs. They are completely shifting their mindsets, the way that they're thinking they are experiencing all these amazing lessons, yet they're still extremely dissatisfied. And what I recognize and something that my team really helped me recognize as well, is that the people that signed some of the people that signed up with me, just a couple, not too many, but some of the people that sign up with me, were looking for the fix. They expected that as soon as they, you know, work with me, I'm going to hold their hand and I'm going to build their business for them or I'm going to hold their hand and I'm going to fix their relationships or fix their money issues or fix everything for them. Yet, you know, as a coach, I am not there to fix you. I'm not there to hold your hand. I am there to provide you with tools, with tricks, tips, techniques, mindset shifts, new perspectives, new ways of solving problems, so that then you can take that take ownership of your life, take responsibility and apply these tools, tips, tricks, techniques, everything that I give you in our sessions to your life, and it is actually up to

you to then you know, aka fix your life, right? It is not up to the coach. Also, something else that I found in, for instance, something that I practice in my life, you guys, I think it will really help you in some way, shape or form. When I read a new book, or when I take a new course or when I go to a seminar or when I hire a coach. I know it's up to me to find the value in it or in That person. And so I am always looking for that one thing. Let's call this that one thing, right? Because that's what I'm always looking for. When I read a book, as soon as I find just one thing that will change my life, that will help me think differently, that will help me see my life a little differently, or that will help me accelerate my results in any way, shape, or form, even if it's by, I don't know, a day, or even if I take or I find something that helps me shorten the time span of achieving my goal by a couple days or even a year or whatever it is. I am looking for that one thing and as soon as I find that one thing, that one quote that one insight, that one new perspective. I feel like I completely got my value in that thing. And I take all other pressure off of that coach, that book, that program, whatever it is, and I think that's A lot of people who are looking for someone else to fix them who are looking for putting, you know, the it's kind of like a backwards way of putting the blame on someone else, right? You are deciding to work with someone or you are buying a book or you are enrolling in a program and you are like, yes, this is gonna be my fix. And if for some reason it does not work, then it's not up to me. It's it wasn't my fault. It was their fault. And they see a lot of that and it's not like a huge percentage at all, especially because I don't witness it myself. But my team always tells me that there's a couple people every program, every single program like rich babe manifestation, babe Academy, or whatever it is that people are either refusing to continue to pay for that course because they feel like the program didn't completely fix them, right. They expect that when they enroll into one of my programs or enroll into coaching with me that their life is gonna look identical to mine by the end of the program. And if it doesn't I am to blame, right and they refuse to pay for it. Or they refuse to take responsibility and ownership for the commitment that they made to themselves in completing the program and finding the value in the program for them. And it's so interesting because I have two employees currently who both have master's degrees. One of them has a master degree and something that didn't quite help her in the way that she expected it to help her. And we were talking around the table in Las Vegas how, you know, we can't How come you know, how are people doing this? When if you if you look at it as if like, let's say a bachelor's degree, or let's say a master's degree, right, you go to school, you got good grades, you get a degree, you graduate and then you can't find a job. Or you find that that master's degree or bachelor's degree or even PhD is completely useless and helping you find a high paying job or helping you advance your career to the next level. No one thinks about going to the university or going to the professors are going to wherever you got this program for, and being like, you know what, I don't want to pay for it because it didn't help me know people. If you completed the program you are, especially if you have loans out, you're going to be paying those loans until every single penny is paid to the university because the university or the program gave you all the knowledge and all the stuff that they promised to give you. The program was there and it was up to you to decide whether you are going to have faith in the program, commit to the program, graduate the program and then find value in the program that's specific to you because I promise you, even if that program like for instance, my bachelor's degree in biology, I'm not using it you guys I am not even thinking about going to the University of Washington. Can you imagine this? Going to the University of Washington and being like, you know what I decided to be a mindset Coach and

actually don't need this bachelor's degree. I don't need this education in biology, I decided not to go to medical school. So please refund me my 50 grand or whoever. However, however much the bachelor's degree cost I think was around 50 grand. Actually way more like 60 grand. So can you imagine what they would tell me? Like, I'm sorry, like you made the decision, you made the commitment, it is up to you, you must take ownership and responsibility for that decision. You cannot put the blame on us. Right? doesn't make any sense. And so another example for you guys is I received and this is so funny, like I literally laughed out loud because it was just so silly. So I received this message randomly on Facebook and it was kind of in my other box, so I just took a peek at it and then didn't even respond because I don't think it needs a response or I let my team handle it. But I was just like, I was on my phone. And I was just hanging out. And I get this message. And so I look at it because it just pops up. And it's so funny because I have all my notifications on my phone turned off except for text messages, but sometimes a message will slip through. And I'm still trying to figure out how. But anyway, that's beside the point. So I opened this message and it's like, Hey, I took your rich pay program. And all that's happened in my life is that I'm, I'm happier. But that's not what I signed up for. I signed up for this program because I want massive abundance and I want more income and bla bla bla bla, and all I got was more happiness. And I was like, Look, I was literally reading this thing like why in the world Like who? Like what, who complains about a program? You know, if something in my life made me happier, I would never even think of being like, Oh, that was a waste of time or that's not what I signed up for. Or this is a complete waste of money. complete waste of time. And you know that I want a refund because all I got was happiness. It just doesn't make any sense. And I see so much of this you guys, I see so many people, they're unsuccessful or they're not receiving the results that they so deserve. I believe we all deserve to be successful. And there is enough to go around and there's enough abundance on this planet for all of us to have the success that we desire. The thing is, though, not enough people commit to their decisions and not enough people take ownership and responsibility. So if there's anything you can take away from this podcast episode, you guys should start practicing that one thing. I call it that one thing so look in your life. Look at your past and look at the moments that go by in your daily life or look. At the book that you're reading right now or this podcast episode, right? Let's use the podcast episode as an example. You're listening to this podcast episode. I Hope that you are just searching for that one thing that I told you today that you can take that will help you transform your life. I hope you're not expecting to listen to an episode and expect a whole different complete shift in your life where after you push, pause or you move on to something else, where you're like, Oh my God, this podcast episode did not give me the results that I wanted. It did not change my life. Kathrin Zenkina did not fix me. And so therefore this is a complete waste of time. Right? That just doesn't make any sense. And I see so much of that. I wanted to record this episode because you guys, you have to start taking ownership and responsibility if you make a decision. If you make a commitment. If you decide to do something, or to give something or to create something or you commit to someone or anything, any kind of commitment. start seeing through those commitments and start finding the value within everything in your life and take responsibility for it. Hey, I love you guys so freaking much. I wanted to add one more thing to this. Besides, you know if this episode helped you in any way shape or form, I would love it if he took a screenshot right now and added it to your Instagram story or made a post or something or left me a comment or dm and let me know how much this

episode helped you. also share it with a friend and send it to a friend. Whatever you feel inspired to do, I so appreciate you guys sharing these episodes with your community as well because the more people that come across this podcast, the more I create, also So one last thing that I wanted to mention is today I officially launched and released my next Bali retreat. So if you ever wanted to escape to Bali and make 11 new best friends and also live with me in a villa in a private villa in Bali, Bali, Indonesia. have full blown access to me as your mindset coach and transformation facilitator, as well as 11 other high vibe women in a very high end luxury experience in Bali where you guys get yoga sessions, massages, transformational coaching sessions, also one on ones for those who do the painful option, as well as tons of free time group outings, luxury beach clubs and all that jazz. Check out the link in my show notes. I also have some things I really like even if you don't plan on coming to Bali, go check out the videos I have on the sales pages because I hired a very high end top notch videographer to come and capture the magic of the Bali retreat and I would love for you guys to see it. I think it's really cool. The way it's done it kind of looks like the short film. Really amazing, really high quality. Just something fun for To watch, and hopefully you join me in Bali next March, march 16 through 23rd 2019. I can't wait to see you there. I know that the right people are going to flood in as always, every time I host a retreat, it's like the best group of people. Everyone comes together to help each other. Everyone fits. It's like everyone's a puzzle piece that comes together in the most perfect way. It's so beautiful to watch. And I cannot wait to serve you all the way in Bali. Okay, guys, I love you so much. Have a fantastic, fantastic day. And please, please, please take ownership and responsibility for everything in your life. I know that you're going to unlock so much success in your life. The second that you show the universe that you are totally responsible and you are someone to count on and you are committed to your vision to your journey because the universe is always waiting on your commitment and the second you are committed. The universe is Committed back to you in return. Okay, love you guys. Have a fantastic week. Bye.

If you absolutely love what you heard today, be sure to share it with me by leaving a review on iTunes but 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. 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.