

# Episode 61: How To Make Decisions The Intuitive Way

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## SUMMARY KEYWORDS

intuition, feel, decision, pendulum, voice, path, people, brennan, subconscious mind, necklace, freakin, connected, logical sense, podcast, shortcut, lighter, project, feelings, life, intuitive

## SPEAKERS

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, resources, strategies, and teachings that you need to manifest a 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. Hello gorgeous souls. It is Kathrin for ManifestationBabe.com, and I am so excited to bring you another episode of the Manifestation Babe Podcast. So, today I finally feel a bit better post-Tony Robbins' Business Mastery. I have given my voice and my body a really good break. I have just really dived into self-care to the max, and I'm finally feeling better. Even though I might cough - I'm just warning you guys, I might cough every other sentence, or something like that; so just keep in mind that my voice is still recovering. I have no idea what happened, but I came back from Vegas feeling - we call it the "Tony flu," where you're going through a breakthrough, some major decisions, and some major shifts in your life, and all of a sudden your body cannot keep up with the uplevel. Your soul and your desires are expanding, you're making decisions, you're on the path to success, you're using your

intuition to guide you, and then boom! Your body just breaks down. This is very common among achievers who are just so gung ho, have such a huge engine for success, have such a huge engine for change, an engine for inspiring people, and engine for influencing people, and impacting people. I can't tell you how often I find myself with other successful people who talk about this phenomenon. So anyway, I had an experience when I was leaving from Vegas back home on Monday; Brennan and I got packed up for our flight back, and I had to work on a project that was really important on that day for me to figure everything out because I had a meeting the following day about this project. This is a project that I won't mention right now just because I made a massive, huge shift in this project - a big decision. I wanted to share with you what my intuitive decision-making process is, and how you too can tap into intuition when you are making big life decisions. If you're at a fork in the road and you have these two paths, and one of them looks very logical; one of them looks like what everyone would do. "This is what I should be doing; this is how I've been conditioned to do things;" and the other path is more like, "Alright, this makes no freakin' sense. It's kind of scary, but for some reason I'm being drawn to it. This one feels lighter to me, while this one feels a little denser and heavier for me." So, I remember, Brennan and I, since I live with a logical person - I'm more intuitive; Brennan is more logical, and although he is also very intuitive, he likes to base his decision-making process off of logic; and I like to do the opposite, where I base my decisions off of intuition. As you can imagine, it causes a lot of headbutting to the max. This is something that we are always working through. We have realized that we have come together so that we can put these two voices together, put our heads together, and make the best decisions based off of both logic and intuition. However, in my experience - being the spiritual person; being the Manifestation Babe, since I am the one who taught Brennan about manifestation - I have found that the path to whatever destination you have at this moment, because you're never going to arrive to your final destination; you can have checkpoints or destinations along the way. I have found that the best shortcut to get to your destination is to follow your intuition. It is such a freakin' massive shortcut, it reduces the number of mistakes you make, it reduces the amount of time it takes to get there, and it reduces the amount of noise that goes through your mind. It might not always be the safest, or the most logical, or the decision or choice that makes the most sense; but I have often found that when I'm being guided towards a path, the universe supports me along the intuitive path - so the one that feels right to me. When I take it, even though it makes no logical sense, I find that things just follow my path in the way that they're supposed to, and I get to wherever I want to go so much faster. So, on Monday, as I was making this decision, I want to share with you that as I was working on this project, I felt such a heaviness. I know when I feel something, that is my intuition trying to tell me something. The way that you feel is like an emotional guidance scale. It's like a meter. It's a compass, more so. So, it's telling you, "Are you on the right track? Or is something a little off here, and is there something that needs to be changed?" I remember feeling really freakin'

good, but as soon as I started working on this project, I felt so heavy and dense. I immediately got sad. I remember thinking, "I'm just exhausted. I'm getting a little sick. Maybe my body just needs a break." So, Brennan and I went to get an IV upstairs. We were in the Cosmopolitan Hotel; we were sitting at Starbucks, and we found out that there's a Vitamin IV placed that gives you hydration, B12 vitamins, vitamin C, and all of these boosts that make you feel really good. I don't know why I voluntarily got an IV because I freakin' hate IVs; but for some reason, it's actually very relaxing. They sit you down in a massage chair, they prick you, and then they connect you to this yellow-looking fluid (it's like saline solution but of course it has vitamins and stuff, so it's kind of yellow). And then you sit there, and you chill out. Afterwards, I felt amazing. I felt unstoppable, again, and I felt my energy come back. So, I thought, "Great. Back to this project." As soon as I came back to this project, I immediately started crying. I felt so heavy. If I were to really think about it, it's almost like the same feeling I had when my parents kept telling me that I have to go to medical school if I want to be successful; every time I would think about applying to medical school or open up an application - because that's as far as I went towards medical schools; I actually started to apply, write shit, fill out these forms, put my essay together, start scheduling interviews, and then I decided, "No, I can't stop crying. I can't stop freaking out. I feel so heavy. I feel like all the weight is on my shoulders." Of course, my intuition was telling me, "Kathrin, there's a better path out there for you." Imagine, right now, I would still be in medical school or pursuing the next steps, which is either a residency or a specialization. Right now, I'd be stuck in all these books or at a hospital, working 100 hours a week. Can you guys imagine me right now, being at hospital, 100 hours a week, working towards whatever my specialty was supposed to be? Either a surgeon, a dermatologist, or whatever I would have decided on. Can you imagine? That's not my passion; that's not what excites me. What I do right now as a life coach, as a spiritual guide, as someone who can show you the way, teach you things, share with you all these insights and breakthroughs that I've had, and share with you how you can manifest the life of your wildest dreams - that's what gets me up in the morning. And so, of course, my intuition is telling me, "You're doing something wrong here. I'm trying to show you by the way that you're feeling right now." And so, I felt those similar feelings, and immediately I immediately bring it up to Brennan. Brennan being the logical person - because on paper, according to logic and reasoning, and if you weigh the pros and cons - which I did. I opened up my journal and I wrote in here the pros and cons of continuing this project, versus letting it go. Brennan said, "No, Kathrin. This doesn't make any sense. You already invested this much money and this much time, you can't just let it go." We got into this huge fight. And so, I started to give myself solutions, but before I get into sharing with you how I made my decision-making process based on the solutions I gave you, I want to share with you how you can tap into your intuition when you're making decisions. I want to share with you the how's, and then I'll share with you what I ended up deciding on, and how much better I feel about it now, and how much more

aligned with it I am, and how you can also get into alignment with the paths, decisions, or choices that you're making. So, we have two voices in our heads. I've gotten to know these two voices really well, just by studying my students and the people who I'm coaching, and my personal experience. I'm always witnessing that everyone has these two voices; it's this dichotomy. There is one voice that's very survivalist; it's the voice of logic and reasoning; it's the voice of the ego; it's the voice that's always looking for danger; it's the voice that we developed millions and millions of years ago, when our priority was to survive. Our priority was to hide in caves from the lions and the tigers and make sure that we and our families get fed. Of course, our only priorities were survival, so we really depended on this voice. Now, in modern-day times, not so much. We don't really need to depend on it as much because we live in a much safer world. We're not living in caves and constantly looking around for danger. I know that it depends on the area that you live in. It depends on your personal experiences, and all this stuff. But generally speaking, the modern-day times aren't as survivalist as the older times. And so, this is a voice that we developed, and it always reasons the pros and cons. If you ever find yourself making a list of pros and cons, over and over again, and looking at which one makes more sense based on logic, that's the voice of logic and reasoning, also known as "ego." It's also going to pay attention to what everyone else is doing. It's going to pay attention to the majority. The ego likes to play it safe and comfortable. And so, if everyone else is following a certain path - like the status quo - then the ego is going to stay within that status quo. It's the part of you that's going to keep you in that box. So, when your family tells you that you're meant to be a doctor, or they encourage you to go on the path to medical school, according to your experience and your perceptions of the world, that's the right thing to do since that's what everyone else is doing, and that's what's comfortable because if you follow that path, you're going to fit in, you'll be loved, and you'll be appreciated by the people who matter to you most. So, that's the voice that pays attention to what I should be doing. And then there's a voice that's more developed, spiritual, and intuitive. It's your intuition. It's the voice that comes through when you don't have any of that noise of survival, or that noise of "This is what you should be doing. This is what you need to pay attention to. This is your box. This is what your path is supposed to be." It's that very often quiet voice, so some of us have to learn how to listen to this voice. Everyone is intuitive, but that's why not everyone is accustomed to developing their intuition, because it's such a quiet voice, that if you don't give yourself enough patience or time, it's not going to get louder. It's a voice that needs to come through with practice. And so, you have to constantly practice on making intuitive decisions. I'll give you guys some tools. If your intuition is very quiet, I will give you the exact tools that I use when sometimes - even to this day - the voice of logic is way louder than the voice of intuition. And so, it's kind of like the voice of intuition is the voice of inspiration and feeling. So, remember when I talked about that heaviness? On paper, this project makes logical sense, but I felt so like off and heavy about it. So, your feelings are guiding you via your intuition. Your intuition is guiding

you via your feelings. It is connected; it's very intuitive; it's connected directly to your subconscious mind - which, as you guys know from my podcast episode (I don't remember which number it is, but it's all about the subconscious mind. Scroll back maybe 10 to 15 episodes, and you'll find it). Your subconscious mind is connected to the universe. It's the connector between you as a conscious human being, and the universe. Your subconscious mind has all the deepest desires that you have. It is your programming; it is your habits. You can either have your subconscious mind work for you, or you can have your subconscious mind work against you; but you are ultimately in control. As soon as you want to manifest something into your life, you must get into subconscious alignment. You must align your subconscious mind with what it is that you want, and you can do this via all kinds of reprogramming techniques that I teach in my courses, like Manifestation Babe Academy or Rich Babe Academy. You can also get a taste of it in the subconscious mind episode. This inspiration feeling voice also knows the truth, so it's directly tapped in and connected to the truth, which is why, when you follow it, you get to take the shortcut in life. That's the only shortcut you get. You get to make the least amount of mistakes; you get to be given everything that you need to accomplish, whatever it is that you desire, because you are on this shorter path - the path of inspiration, feeling, and intuition. And it always speaks to you via your feelings. So, have you ever hung out with someone, and although on paper, they seem like a really great, honest, and trustworthy person, but for some reason, you just can't shake this feeling that there's something off? "For some reason, I just don't trust this person. For some reason, I don't want to tell them all my secrets. I don't want to get too close to them." And then come to find out a year or two later, they end up having some sort of secret, or they end up breaking your trust; they end up not being loyal to you; they end up being dishonest, and so on and so forth. The truth eventually comes out, but by following your gut intuition, you can prevent that painful experience. So, by following your intuition, you're going to avoid a lot of pain and you're going to be guided towards your pleasure. And so, when making a decision, let's say you have big life decisions to make; you're on this fork in the road and you have these two paths, and you're trying to decide which path to take. Or maybe it's something as simple as deciding what to eat. I use my intuition to decide, "What do I want to eat? What time do I want to wake up? What time do I want to go to bed? Should I have another cup of coffee or not?" I am trying to practice using my intuition as much as possible, because it's so connected to truth; and since I can shortcut so much in my life, I want to make sure I'm always treating my body in the best way; I want to make sure that I have the most energy; that I get my sleep; that I take care of myself; that I do the things that are going to get me one step closer to my goals, every single day, by following my intuition. So, when you're making a decision, make sure you're tapping into the way that you feel. So, if you're feeling a sense of heaviness or denseness, and - this is how I feel it - something is weighing heavy on your heart, and it feels like the whole world's on your shoulders, and you feel slumped down, very slow, and a little foggy. That's a sign, typically, that this is probably

not the right choice for you. If you compare it to something else - let's say you have a couple of choices in front of you - you compare it to something else, and something else feels so much more exciting. It feels so much lighter, less dense - in fact, no density at all. It just feels so good to you. It feels that by taking it, you're following your joy and you're enthusiastic about it; it feels so much better to you than this other option. Sometimes on paper, the one that feels dense can make logical sense to you, and the one that feels like to you can make no logical sense. So, that can happen. Oftentimes, that always happens to me. I make sure that I take the path that feels lighter to me. The lighter path is the right intuitive decision. The denser path is the wrong intuitive decision. What if guys can't tell? So, if you're having a hard time and you can't really feel into it - maybe you don't know if it's fear talking, or if you have a mixture of emotions and feelings, and you're not really crystal clear on what exactly your intuition is telling you - I like to use - and this can be woo-woo for some people, but I'll give you a kind of scientific explanation of it, because I know that sometimes when we go the scientific route, we're more likely to accept something. I use something called the pendulum. A pendulum is available in most Metaphysical Shops. It's a crystal that has some sort of weight; the crystal represents the weight at the end of this string, or whatever you call it. You know, the thing on the necklace... Why am I blanking out right now? It's like a crystal necklace, but without the closure. It's just a long string with the bearing weight on the bottom. You can also mimic a pendulum, if you don't want to go to metaphysical shop, or you don't have time to go to one and you want to make a decision right now. I'm taking off my necklace, because I'm also live streaming this and showing on camera - and for those of you listening on the podcast, I'm going to do my best to explain it. So, you can also use a necklace. I have this worthy wand made by my friend Amanda O'Reilly; she actually created a new line of these necklaces. On one side it says "enough," and on the other side it says "worthy." It makes a great pendulum as well because it represents the bearing weight on a string. As you'll notice, just by me holding it, my pendulum - or necklace - is already moving back and forth. So, that's actually my sign - my subconscious symbol - for whatever question I'm asking; this means yes, or this means go for it, or this means that is the right choice - when it's swinging back and forth. If it's swinging side to side, that's my way of receiving a "no," or receiving that this is not your right path, or this is something where you might end up regretting this decision later. Oftentimes when we don't follow our intuition, we end up regretting that decision anyway. So again, it's like a shortcut; you're avoiding that pain and regret. Basically, how this works is that your subconscious mind, being in tune with your intuition, sends your body signals that work through these micro muscle movements; where when something is a "Hell yes," or a "Yes," so your intuition or subconscious mind is saying yes to something, it will swing a certain way; when it's saying no, it's moving your muscles in a different direction. And you can choose that direction. So, this is how you can actually program your pendulum, or your necklace. The way you do it, is you say, "Subconscious mind, when the answer is "Yes," please swing this way -" and I swing it back

and forth; "And then, subconscious mind, when the answer is "no," please swing it this way -" and now it's swinging side to side. For some people, it could be clockwise; for others, it can be counterclockwise. There is no right or wrong here. It's whatever you decide the language to be; it's like your own language with your subconscious mind. And so, here I have a pendulum. Whenever I'm having a hard time discerning between fear and my intuition telling me - sometimes it's a little hard to tell. I think that fear is more jittery of feeling - so sometimes we feel really fearful about the right decision, and a lot of people hold back from the right decision because of fear. I think fear is more of this jittery, anxious feeling. When your intuition is saying no to you, I see it as a slower, heavier, denser, and more depressed energy. So, that's how I've been able to discern between fear and my intuition saying no - but you can also use your pendulum. So, it's the same thing: back and forth, side to side. And so, you can ask it a question. You can also test it and ask, "Is my name Kathrin?" And of course, it should say yes. Then I can ask, "Is my name is Samantha?" And, obviously, should say no. And so, this is a great way that I've answered simple questions like, "Am I ready to leave my 9 to 5 job?" I mean, that's not simple; That's a tough decision; to questions as simple as, "Do we want to upgrade to first-class tonight on our flight to Seattle?" And then one time, my pendulum said no. I was putting in the upgrade - I was putting on the details and checking off that I want to upgrade us to first-class, or buying a first-class ticket - I don't remember what I was doing. Logically, I thought, "Yes, this is a great price and we can afford it." But for some reason, my intuition said, "No, don't do it." I was wondering, "What do you mean don't do it? This makes no freaking' sense." So, I whipped out my pendulum, and my pendulum also said no. I thought that maybe my scarcity mindset was getting in the way, which is why I decided to check in with my pendulum, but then my pendulum said no. And then when we got to the airport, we ended up getting a free upgrade. So, my intuition saved me a total of \$600 bucks - since going from coach to first-class is about \$300 each. Instead, got the upgrade for free. Boom, my intuition saved me money. That's what it typically does: it saves you time, money, pain, resources, energy, fears, and everything. So, you can use a pendulum, and you can also use muscle testing. The way that I like to do muscle testing - I know that some people like to do it like this. And what I'm doing, for those of you on the podcast, I am making an 'O' with my index finger and my thumb both on my left hand and on my right hand; and then I'm intertwining them and connecting them, and pulling them apart. When you typically ask a question, if something is a "yes," your muscles - again, those micro-movements or the micro-strength of your muscles - should be strong with a resounding "yes" or resounding truth. When you try to pull it apart, if it's a yes, a truth, or the right decision, it should stay strong; it won't pull apart. Your fingers won't pull apart and you'll remain intertwined with the 'O.' If it's a "no" or not the right decision or path, then it'll break apart. The reason why I don't like this is because I feel like I can easily influence this; I feel like sometimes I'm holding on a little tighter if I wanted to say yes, and sometimes I feel like if I wanted to say no, I'm going to purposely break it apart and be

like, "Oh, yeah, okay." That's not really me tuning in and connecting; that's not me actually receiving the right answer. So, I like to use another human - another person. I will straighten out my right arm, and the other person - typically Brennan, or someone else - will try to bring my arm back down using their strength, and I'm going to use my strength to keep my arm as strong as possible and out in a straight line. How you want to calibrate this, is you want to ask an obvious, truthful question or say a statement, such as, "My name is \_\_\_\_." Obviously say your name, and the other person will try to bring your arm down, and it's going to be really strong because your muscles are rooted in that truth, so they're very strong. And then, say something like, "My name is Samantha," obviously not your name; you'll typically go weak. And so, you can then use that to decide, "This is what I'm going to do;" if you stay strong, typically that means that it's the right decision; if you go weak, typically that means that it's the wrong decision. You're not changing the results, because it's someone else who's doing it to you; so, I kind of like to do that as well. And then, instead of using these outside tools - because I love tools like crystals, oracle cards, and vision boards - but I want to remind you again, that these are just tools. They're not absolutely a requirement for you to hone in on your intuition or to manifest your wildest goals and dreams. You already have everything inside you. So, while you're using these tools, I want to remind you to also take this opportunity to learn how to tap into your intuitive feelings, so that if you, God forbid, lost your pendulum, forgot it somewhere, or you don't have someone to muscle test you, you can still get your answer. You do this by learning. When you're using a pendulum, see how you feel as of saying yes, or saying no. How am I feeling right now? Tune into that feeling. Is it expansive, or is it constricted? Is it a lighter feeling, or is it a heavier feeling? Based on what your pendulum is saying and how you're feeling, you can then start making these connections. That way, later on when you're out and about, or you're facing a tough decision in a Starbucks in Las Vegas at the Cosmopolitan, where there are all kinds of people around and I don't really have any quiet or my pendulum - well, I had my necklace, but you guys get the point. I can then just sit there and tune in with my feelings and think, "Something is off here." You'll start to notice these trends and see how your body reacts. Using that, you can then just be out and about, walk around, do whatever you need to do, and you're able to use your intuition and make decisions the intuitive way. So, going back to that project, what I ended up doing - and this is what you can do - is when you just feel off about something, you can start to brainstorm solutions. So, I opened up my journal and I just started brainstorming - oops, my iPad just died. Okay, so we're just going to keep going. So, I opened up my journal, and in my journal, I was able to brainstorm all these solutions. With each one, I was able to see how I feel about each of these solutions. One solution still made me feel heavy; another one also made me feel heavy. And then one of them, all of a sudden, I felt really light and excited about. It was something where I didn't have to give up the project; I just had to change the way I was approaching it. So, I got to come up with a creative solution, use my intuition, and all of a sudden, I felt really good about this decision, and so I was able to



keep the project me. Brennan was happy, and so was I, and so was a person that I'm working with on this project. So, it was a win-win-win. If I had stayed with the project full-on without changing anything, everyone else would have been happy, but I would've been really unhappy; if I had completely let go, I would be happy, and everyone else around me would've been unhappy around me, so that's a lose-lose-lose. But by me being creative and figuring out which option felt the best and most right to me, I was able to come up with that solution, and everyone ended up being happy; it was a win-win-win. I use this method for things as small as everyday life examples, to things like hiring and firing my team. When I started to feel off about certain members in my team last December, I immediately used my intuition to let go of them. I tuned into my intuition and I asked myself, "How do I feel if we just keep things the way that they are?" I immediately felt heavy, dense, and upset. When I imagined letting them go and just allowing that space, and hiring new people, I immediately felt really light, and so that was my clear distinction, right there. I've used this on my big car purchase - my R8. Logically, this car makes absolutely no freakin' sense. I posted something not too long ago - maybe a couple of days ago - about financial freedom, true wealth, true net worth, my practice of being wealthy now, versus wealthy later, and how when you spend money on the things that you value and refrain from spending money on the things that you don't value and set aside that money for the future, it creates this beautiful balance of you both being abundant right now in the present moment, and also setting aside money so that your future-self also has a healthy, beautiful, abundant life. In the post, I talked about how this is why I live in a studio apartment yet drive a \$200,000+ sports car. It's because I value and feel so good driving in that car. That car gives me the inspiration, the motivation, the energy, the excitement, and the juice that I need to keep going in my business; whereas my apartment, we spend a couple of days a month here - maybe a week or two a month, so half the month, we're gone. Do I really care how much space I have? All I need is my office, my computer, my Diva Ring Light, maybe a couch to read on, and my bed to sleep in. I just don't value a huge house or a huge apartment, and I don't value spending any more money. Therefore, Brennan and I are perfectly happy living in a studio apartment. For some people, that makes no sense because some people value having that space at home. I just don't value it right now. And so, when I thought about going out and getting my R8, I felt so excited, joyful, and on top of the world - it lit me up. The moment I thought about not doing it, not upgrading my car and, and holding back from making that decision, I felt so uninspired, heavy, and dense. I felt like I don't want to do anything until I have this car. "This car just sounds so unbelievably amazing." And, of course, I could afford it. Of course, it's not just like a random decision I made. This is something I've been brewing for a couple of months to about a year. When I finally felt ready, I knew I was ready because it just lit me up. It was so exciting, and it makes no logical sense. But by making that decision, I have been able to bring that energy that I feel for my car back into my business, content, and podcast. It just makes me feel successful. When I feel a certain

way, that begets more of the same feelings. You attract more of the same feelings. So, if I feel really successful, I attract more of those feelings of success; as I attract more of those feelings of success, that means that there are more circumstances, events, people, and things coming into my reality that help me feel more successful. It's this creation process; it's the process of attracting things into your life based around the way that you feel. So, I've used this method with my car, for instance; that's a pretty big decision. Any of my next business moves, whenever I want to work on a new project or create a course, or not create a course, or not do any extra work and just chill the EFF out and ride on the content that I already have, I use my intuition. Quitting my 9 to 5 job; that was a big decision. Going from full-time to part-time was a small decision; it was really easy to make. But fully letting go of that security in that box that people like to place us in - what we should be doing, and how we should depend on a paycheck, just in case something happens to the business. So that was pretty scary for me, but as soon as I did it, because it felt right, my business blew up. I went from making 15K to 100K in a month really quickly. My intuition shortcut my goals for me, just by following it. Also, ending a relationship that didn't serve me. I did that three years ago after coming home from UPW - not even coming home and doing it via text message, which I am not proud of, because there are so many more mature and better ways to end a relationship. But that's just where I was at in my life. I was only 22 years old at the time, so that was kind of the easiest way that I could do it at that time; the easiest way that I knew to do it without going home and facing this person, because I cannot bear when people are in pain. When people are in pain. I want to do everything to help them. I knew that if I saw him in pain, I would not leave their relationship; if I heard him in pain, I would not be able to leave the relationship. Anyway, I used my intuition to end the relationship, because when I thought about these two paths - one path is staying, and one path is leaving - one path felt so much denser to me, which was staying, and the leaving felt so freeing, light, and exciting. And so, I knew that was the right path. So, in short, I hope this episode was helpful. I hope you are now excited to use this shortcut to your path to success, or whatever next destination that you have. It is such a valuable tool and I just want to inspire you to use it because everyone has this tool. Everyone has intuition that they can work through; that they can work from; that they can use as a compass towards whatever makes you happy, whatever makes him feel most fulfilled, and whatever gives you that juice, excitement, and energy in life. If this episode was helpful, please screenshot it right now and go ahead and tag me on Instagram in your stories, or send me a DM, or leave me a comment, and share with me what you learned from this episode and how it has helped you. Feel free to send the link, or share it with a friend, your audience, or someone you think will find this helpful. I would also so appreciate if you guys would leave a review on iTunes because every single five-star review that you guys leave allows this podcast to be ranked higher and higher. With each level it goes up, the more people can come across it, so that they can have this content too. I love you guys so freakin' much. I hope you have a fantastic Friday and a

fantastic weekend. I'm so grateful that I haven't coughed a single time on this episode - my voice seems to be back. I'm on my way right now to get a massage, so I'm going to go ahead and do that. I wish you guys all the freakin' best. Mwah. Bye. Thank you so much for tuning into today's episode. If you absolutely loved what you heard today, be sure to share it with me by leaving a review on iTunes so that I can keep up the good stuff coming. If you aren't already following me on social media, come soak up the 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.