

Episode 7: December Money Babe Challenge Day Five

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SPEAKERS

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Welcome to the Manifestation Babe Podcast. My name is Kathrin Zenkina, and I'm a spiritual mindset coach, author, manifesting expert, and creator of the Manifestation Babe brand. Each week I'll be bringing you inspiring chats, interviews and dialogues all based around how to unleash your inner magic, break through your limitations, and manifest a reality wilder than your dreams. If you enjoy listening to topics on money, mindset, and manifesting, then you have come to the right place. I am obsessed with helping women see through to their highest potential and transform into the greatest, most badass versions of themselves. I hope you enjoy today's episode. Now let's begin. Hello gorgeous souls. It is Kathrin for ManifestationBabe.com. I am back in Seattle at my parents' house in my old bedroom, which is why you see this funky set up behind me. I'm here to do Day Five of the Unleash Your Inner Money Babe Challenge. I love doing this challenge because it keeps me accountable to showing up every single day. I love live streaming, and this challenge gives me an excuse to live stream. Having never ending topics for 21 days is awesome. Oh my God, my dog started barking. Excuse my beautiful dog in the background playing with Brendan and going wild with him. Crazy little backstory for you guys just because I'm in my bedroom. This has been my bedroom for about eight years; for most of my teen years, all my college years and up until almost two years ago. I taught Rich Babe last time I was here two weeks ago, and I was telling my Rich Babes that it was in this bedroom where I had my very first "enough is enough" moment when it came to

money. I remember sitting here in my bedroom and experiencing my first anxiety attack around money. It was not pretty. It was the very first time that I realized that I was fully responsible for my financial destiny, and that scared the living shit out of me. Sometimes it's so scary to take 100 percent responsibility for my debt, lack of earnings or whatever situation I had at that time. I felt like I was backed up against the corner because I just ended a relationship, a relationship in which we depended on each other financially. And all of a sudden - since my parents really pushed me to financial independence, so they really cut me off - I was cut off from his income as well. All of a sudden, I felt like I was backed up against the corner and it was up to me and solely my responsibility. Those of you who have read *She's Killing It*, I have an introduction in the beginning of that journal - which you can find on Amazon. In there, I talk all about my very first anxiety attack that I had in my bedroom where I found a journal, and I got into my car with this journal, drove off to Fox Island. I pretty much had my very first journal-it-out experience. I journaled out what was stressing me out; why did I feel the way that I felt. I was asking God all these questions like, "How do I get out of this? How do I overcome this? What do I need to do? What do I need to focus on? How do I take myself from where I am now to where I want to go?" I have had such big ambitions and such big dreams, and I've always envisioned myself to be this wildly wealthy woman who was abundant, happy, and free with an incredible business. I remember journaling it out for a while, and at the very end, my handwriting started to switch. This is the very first time I experienced automatic writing from my guides. What I wrote to myself - not really me writing it - but what ended up on my paper was, "Kathrin. Abundance, abundance, abundance. Focus on abundance. You are abundant. Look at nature. Look all around you right now. There are trees with more leaves than they could ever give a crap about. There are flowers with more petals than they could ever use in their lifetime. There is more soil in the ground than plants could ever grow. There's more carbon dioxide and oxygen in the air than the trees, people and everything in nature could ever consume. There is an abundance in nature. The sunshine is abundant, it never goes away. It keeps rising every single morning, and you can get as much sunshine as you want." I just kept writing and writing, and at the very end, I realized that the universe is answering my prayers. The universe asked me to start studying and focusing on abundance. To start studying other people who are abundant; not just people who were born wealthy and came from the right family; not just people who won the lottery by accident; not just people who did something great and were kind of one hit wonders and then their life went down from there. I set on a mission to study people who are consistently abundant, who are loving and enjoying their life, or experiencing avalanches of abundance on a consistent basis. And it only keeps getting better and better. So, that is pretty much why I set out to study this whole process of, "How do you manifest money? How do you get into an abundant state? How do you really change your life? How do you step into your purpose? How do you step into that version of yourself who already has everything that she wants?" So, being in this bedroom really reminds me of

where my inspiration came from. Obviously, it looks a lot different now; I don't even have my desk anymore. My parents got rid of it, so I'm sitting on the floor with the bedside table. I'll probably be live streaming from here because this is the quietest place in the house right now. But anyway, back to the point. I thought I would share that story with you guys. So, Day Five is all about giving money a purpose. What I mean by giving money a purpose is that we're giving money an intention. We are showing the universe that we actually have an intention to manifest the thousand dollars or whatever X amount that you chose. By this, what I mean is, obviously, when you enrolled into this challenge and bought this book, you of course had the intention to manifest the money. Why else would you have purchased this book? Why else would you be watching these live streams or listening to the podcast, or whatever it is that you're doing? What I want to really dig into is to give money a purpose in a way where you show your subconscious mind that there's actually a reason behind this money. You know the quote, "Without vision, people perish"? I wrote down here, "Without purpose, people perish." You want to give an intention for something to stay. When people have a purpose - whether a purpose as a mom, a business owner, a human being, a friend, a girlfriend, a boyfriend, a husband, or a wife. We have so much more of a drive and a reason to show up in life every single day. We have more of a reason to wake up in the morning. We feel like there is a reason behind everything, and we feel so much more at peace with everything that happens in our daily lives. So, by giving money a purpose, you're giving money a reason to come into your life. You're giving your subconscious mind a reason to focus on the income and money that you want to manifest, because you're showing your subconscious mind exactly what you're going to do with it. So, the biggest mistake that I see people doing is that they reach out into the air and pull a random ass number out of the air. When you ask them how much you want to manifest, they're like, "One million; 500K; 100K." You'll find these huge or abstract numbers because it just sounds good to them. Any amount of money sounds good to us. There's so much we can do with any amount of money. But sometimes people realize that they don't even know what they need the money for; they don't even know what they would do with it. Because there's that lack of purpose, intent, or direction; because money is a neutral resource and it has no free will; so, you are the master of money, not the other way around. Money doesn't rule you. You rule money. So, you have to give it orders and direction. The way that you do it is by picking a number that you want to manifest. In many cases, it could be \$1,000, \$10,000, or whatever it is. Then you want to write down what the fuck you actually want to do with the money. What are you going to spend it on? If you're not going to spend it - some of us are interested in saving some money; some of us are interested in investing money, donating, or buying some Christmas presents. There are so many things that we can do with this money, but unless we know specifically what, then our subconscious mind doesn't really know why we're reaching for that goal. It's like giving that juice behind the drive, the desire, and making it a must for you. So, the Money Babe Action for today is something I actually do for all my

financial goals. I actually did this exercise with my big number, because I was teaching Rich Babe the other day, and I wanted to catch up on my own homework because I wanted to do the round with the babes this time. So, I did this exercise with the new amount that I wanted to manifest. What you basically do is you write at the top of your notebook or workbook the number of what you're going to do. You close your eyes, and you envision that this amount of money was just poured into your lap or is now sitting in your bank account. You want to get to a place where it's already happened, it's already here, it's already in the now, it's already in your reality. Once you have felt those feelings and you know it's the real deal, write down on the paper what exactly you are going to do with the money. For example, I have, "So what will you do with the extra thousand dollars?" For example, your list can be something like, "Number one, pay off the Citibank credit card (\$200). Treat myself to a cut and color appointment with my favorite stylist (\$240 and a tip). Take my hardworking husband out for dinner to our favorite restaurant (\$50). Buy the table we really need for our living room (\$350). Upgrade our groceries to organic this week because of our new health goals (\$60 on top of the regular bill). Donate to my favorite charity (\$100)." Then you want to total it up so that you are accountable for every single penny. Maybe if you're manifesting \$5,000 - some of it might go to rent, some of it might go to a credit card, vacation funds, an investment account, charity, or whatever it is - you want to show the universe and your subconscious mind how you're going to be accountable with the money. Because, again, we are building a relationship with money and we're building a relationship of trust, responsibility, love, and commitment. And this is one of the best ways to show money that you are a responsible person, and that this is exactly what you're going to do. You want to give it the direction to where it's going flow. Good morning everyone! And then I bring up that Amazon analogy in here about how it's not up to you to worry about the "How." You just pick the number for now and give it all a purpose. You give that money a purpose. Money wants to know what it's going to do. The energy of money needs direction. So, you're going to be giving it direction; you're going to show it who's boss because, again, it has no free will; it's just a neutral resource. It only has the meaning that you give it, so let's give money a positive meaning. Of course, we're all good people in here. We all do good things with money. If we had unlimited bank accounts, I promise you we would change the world because we would start foundations and charities, and we'd take care of all the homeless. I know that people with big hearts, that's what they would do with their money. Where was I going with that? I don't even remember. But anyway, you want to release the "How." It's not up to you to figure out how this money is going to come yet, because, again, you're never going to know how. I still to this day have no idea how the money is going to come in. I have a couple of ideas based on programs I sell, or my one-on-one coaching packages and other products that I have on ManifestationBabe.com and I know that lots of people are going to buy it, because they're going to want the value that I provide. But outside of that, I am open and ready to receive lots of surprises, so those surprises are

always going to come into your life. You always want to be open to unexpected income as well. So, keep yourself wide open. I am open and ready to receive. I think that is pretty much it for Day Five. So, use the hashtag December Money Babe Challenge (#DecemberMoneyBabeChallenge) and let us know in the group today: What are you going to be doing with your money? How are you going to direct your money? What purpose are you going to give your money? Are you going to finally pay off that credit card that you've been dying to pay off since forever? Are you finally going to take yourself out shopping? Are you finally going to get your nails done? Are you going to treat yourself? Are you going to get a massage? What are you going to do? I'm really excited to see your lists. And that's it for Day Five. Let me double check on some of the comments and make sure you guys are all good. So, I will be back tomorrow for Day Six at the same time, 9:00 am pacific time. I think this is a really good time to show up live. Those of you who are not yet subscribed to the Manifestation Babe Podcast, instead of searching the group for previous lives (if you ever want to come back to the challenge in the future or missed a livestream) make sure you subscribe to the Manifestation Babe Podcast because I am uploading the audio from the live streams every single day, so that way you can just download it. I believe there's no Wi-Fi required to make these downloads; therefore, you can always come back and listen to them. Anyway, I love you guys so freakin' much and I hope that you have a beautiful day. Thank you so much for listening to today's episode. If you enjoyed this podcast and want to see more of the Manifestation Babe series, make sure to hit the subscribe button and share this episode with all of your friends. If you really enjoyed this podcast episode, make sure to leave a review on iTunes and let me know how much you enjoyed it. To go even deeper and unlock your inner Manifestation Babe, make sure to head over to ManifestationBabe.com where you can find courses, events, books, blog posts and all of my social media feeds. Until next time beautiful. I'll see you in the next episode.