

Episode 70: There Is ZERO RUSH In Being Successful. Here's W...

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SPEAKERS

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Welcome to the Manifestation Babe Podcast. My name is Kathrin Zenkina, and I'm a manifestation expert, master mindset coach, and a multiple seven-figure entrepreneur. I'm obsessed with helping you achieve everything that you once thought was impossible. If you're looking to massively uplevel your life, your finances, your relationships, your productivity, and success, you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself to be, do, and have anything that your heart desires. Think of this podcast as your weekly dose of mindset development to help you maximize who you are and where you're going. Leave it to me to provide you with tools, resources, strategies, and teachings that you need to manifest a reality wilder than your wildest dreams. I know we're about to have so much fun together, so thank you so much for pushing play today. And now, let's begin. Hello gorgeous souls. It is Kathrin from ManifestationBabe.com. How is everyone today? Those of you listening on the podcast, I decided to livestream this episode as well. So, bear with me while I try to figure out how to pin this comment. There you go. Yay. So, happy Monday, depending on where you are in the world and what time you're listening. As of right now, it is already Tuesday, October 16 at 6:00 a, in Dubai, and in Los Angeles, I'm assuming it's about 7:00 pm, which I never go live or podcast at this time, so late in the evening. So, for those of you who are live with me, hello, hello, hello. It is apparently still my birthday in the United States, so I'm going to go ahead and keep celebrating. As of Dubai time, my birthday is already over. So sad. So,

I am currently in Dubai with Brennan. It has been such a dream coming here, especially since I haven't been here in five years. So, five years ago - those of you who know me, know my story, and know my obsession with traveling - I made my way to Dubai when I was a Junior in College, earning about \$100 a week from working at the movie theater and going to school, not just full-time, but over full-time. I think full-time was 15 credits, and I was taking 18 credits, working 30 hours a week, and saving every single penny to travel the world. In fact, funny story, you guys all know me as the money mindset go-to person now, because I've been able to transform my money mindset and finances in such a grand way. I know so many of you have taken my Rich Babe Program and have had your finances transformed in the Rich Babe Program as well. But to give you a bit of perspective of how far I've come, I remember when we were saving up for all our travels - me and my ex-boyfriend. There was a time where he literally used \$3 - he took \$3 out of his wallet. I remember, every single week we'd go to the bank, deposit our checks, and make sure it sits in our bank account, untouched, for our traveling. In college, we went together to Italy, France, Dubai, Thailand, Dominican Republic, and a few other countries. I think we went to a total of eight different countries on our hundred-dollar a week; me earning \$100; him earning about \$100 per week's income. I remember that we never touched that money. I don't think I ever ate out once in college. I don't think I ever did anything fun during the school year because I was so committed to traveling the world. That was my absolute commitment. I remember there was a time where after depositing his check, he withdrew - I don't remember how much it was. I think \$20, and he somehow got \$3 out of that \$20 bill. I don't even remember how he had just three singles. He told me that he was going to use it on a hamburger at McDonald's, Burger King, or whatever was open at Gig Harbor at that time. And I flipped fell out. I literally caused such a big scene over \$3. The poor man was hungry, and I caused such a scene, saying, "No, that is \$3 that we could have been using for Dubai; that's \$3 that we could have been using for this place, or that place," or whatever. That's how crazy I was. And so, being back here is so interesting because I remember being this budget traveler and this broke college student who was just so dedicated to seeing the world and who had this vision of life, unlike anyone else in my school or anyone else that I knew. None of my friends were traveling the world in the way that I was traveling. I didn't care. I remember telling myself, "Don't listen to other people's opinions. Don't listen to other people's advice. Don't do what everyone else is doing, girl. Just do you." I think that was really the spark of where my journey to success began. I learned how to commit to my vision, my goals, and my dreams with travel while I was in college, and I then pretty much apply that to my business. It's so funny, because I do have a travel podcast that I'm trying to record, and in fact, before I left for Dubai yesterday, I promised to put out a podcast episode for this week. I landed from Costa Rica the night before, I had a 12-hour layover, and I was so dedicated. I pulled out my microphone and my computer. I wasn't feeling the livestream thing - and I probably should have because I feel like I do so much better when I have, quote-unquote,

an audience. I don't know why; it's like this live energy. I just feed off of it. I just feed off of your comments, even though I'm not reading them at the moment, but I know that they're coming up. I really feed off of your emojis and hearts, so thank you so much for all the feedback that you guys give me. But it just wasn't flowing for the life of me. And so, there is a podcast episode about travel. I couldn't figure out why it wasn't flowing out of me, and I realized yesterday on my flight here to Dubai, that I have a completely different message that I want to deliver to you this week, and it's flowing out of me so much stronger. I thought, "Yes, people need to hear that." So, bear with me. I will share that podcast episode on how traveling has completely changed my mindset, how I attribute all my travels and seeing the world to the way that I view life, the way that I view my problems, the way that I view solution-oriented thinking, the way I have become a more spontaneous person, the way that I deal with challenges, and so on; and also ways to encourage you to have no excuses, and that if you want to travel the world, you absolutely can because I did it on - I don't know how I did it. I used manifestation. Honest to God, I manifested the crap out of deals on different airlines and hotels. I remember being the queen of Expedia - I'm still the queen of Expedia. I find deals that no other travel agent can ever find. It's so weird, but not weird because I know that I'm totally manifesting it. So, anyway, coming back to my initial point with this podcast episode. So, I am back in Dubai, and it's like a completely different world because five years ago, I had no money. I was saving every single penny. There are a lot of activities. I'm looking out the window right now because it is 6:00 in the morning, so the sun just came up. I remember saying no to so many things that I wanted to do here because I had to pick and choose between doing this or doing that. It was just so either-or because that's all I could work with. I had to prioritize my money. And so, having more income and success now, and being able to spend freely because I have structured an investment and savings plan for myself, and the business has grown so much. So, now, Brennan and I are saying, "Let's invest a little more on travel and just enjoy our lives and enjoy our 20s before we have kids." When we have kids, things are going to change, so why are we being so rigid and coming from the perspective of acting like we're 50 years old are about to retire. Sometimes I get so stuck. Quite honestly, Brennan and I will have conversations where I'm asking, "Brennan, are we investing enough? Are we saving enough?" And he says, "Calm down, Kathrin. You're only 25 years old. You can enjoy your life a bit." So, this whole podcast episode is inspired by my age, a couple of reactions that I got about my age, and a message to you about why there is no rush in being successful. I feel like so many of us are rushed in being successful, as if we have this arbitrary timeline that comes from God knows where - who knows where it comes from - and we feel like we get extra brownie points - like an extra achievement or an extra accolade - that shows up when we achieve a certain goal, by a certain time, by a certain age; and if we're not where we think we should be, by that certain age, then we are a failure. So, yesterday, Brennan and I were initially flying Coach to Dubai, because that's part of our Wealthy Now, Wealthy Later principle. We wanted to have extra money

that we could spend to celebrate my birthday in Dubai' but then I found it awesome, unbelievable, super cheap Business Class upgrade. I said, "Thank you universe for this gift. I will take this gift gladly." And so, there's a photo I posted of myself yesterday because I celebrated my birthday on the plane. I turned 26 yesterday - or technically still today, depending on where in the world you are. I'm still celebrating my birthday on the 16th. Actually, it is my employee Londa's birthday today, so I have to wish her happy birthday. Actually, it's still the 15th where she lives. Okay, sorry. Getting distracted here. So, I posted a photo of myself, talking about how I'm turning 26 on this flight and how this year has been so transformative for me. It's been really a year of mental growth. It's been a very successful year. My 25th year has been the best year yet, but it's also been mentally challenging. I think I've gotten in my way more times in this year than I've ever gotten in my way. I have overthought things; I struggled with imposter syndrome for about eight months of this year; I really kept asking myself the question of "Who am I to lead these people? Who am I to inspire these people? Do I even know what I'm talking about?" And I literally have results in my life, in my students lives, in Brennan's life, my family's, friends', and students' lives that everything that I teach absolutely works. But then I would get so caught up in the haters, the negative comments, and with people projecting their limitations at me, causing me to question myself and my teachings. Although I don't make that public, I'm just making it public now. My Mastermind knows this. People who are really close to me will know that I freakin' had a mental struggle this year, my 25th year. So, I feel like I've grown so much. I learned so many new things. Honest to God, this year, I feel like I learned 100 percent that everything is a mindset. I know that everything is a mindset, and that's what I talk about all the time, but I really learned that life is a mindset; age is a mindset; success is a mindset; money is a mindset; love is a mindset; everything is a mindset. It just depends on how you view the world, the perspective that you're coming from, what you're choosing to focus on, and how you're choosing to feel whatever thoughts you're choosing to tune into. We have a crazy amount of thoughts, 24/7, going on; and most of the thoughts aren't even our own thoughts. Think about it, we all have the same thoughts: We all think we're not good enough; we all think we're unlovable; we all think that we should be here by this age. We just pick up all these ancient thoughts that come from back in the day when we needed to live in tribes and in caves to survive, and pay attention to all the tigers, lions, and bears, and making sure that we're constantly protected, surviving, and safe. And so, we are still tuning in to those thoughts. Those thoughts are just floating around us. It just depends on what you're choosing to focus on. Those are the thoughts that you're going to tune into. So, anyway, I lost my train of thought for a second. Sorry, I'm talking really fast today. I think I'm just super excited. Long story short, I posted my photo on Instagram yesterday, and I got a lot of interesting reactions about my age. So, a lot of people were shocked that I'm only 26 years old. A lot of people said it was a huge inspiration to them. I then got a few comments from people saying that it is really depressing that I am so young, and they are X age, and I'm more

successful than them. That breaks my heart because I am of the belief - this is something I really had to work on - I'm of the belief that someone else's success does not mean you're a failure. I think that we get so caught up in this comparisonitis of looking at people on Instagram and finding out their metrics. "She's this tall, she weighs this much, she looks this way, she's this age. Very similar to mine. Uh-oh, she's more successful than me," or "She's already married," or "She already has kids," or "She started a business and her businesses has already taken off. We're in the same business. Oh my god, she's already a six-figure earner. She's already a seven-figure earner, and I'm not." We get so caught up in thinking that someone else's success automatically means that we have failed when their success is absolutely meaningless to our life. Honestly, my own success should be meaningless to my life in the sense that there should be a neutrality to it. I then get to choose what that means to me. I don't have to care about what it means to someone else. I don't have to worry about what it means to someone else. But I should be focused on what it means to me. You should be focused on what your success, or where you are in your life means to you, and what other people's success means to you. I hope that you choose the thought and the belief that someone else's success means that it's also possible for you. When you see someone achieve something that you want for yourself, I hope that you see it as inspiration rather than whatever they have means that you can't have it; or whatever they have means that they've already achieved it, and so you're behind them, in last place or second place. So, I got a comment. I wanted to read a couple of comments that I got. One of them is literally what inspired this podcast. So, even though she apologized for her complaint rant at the end, I'm super grateful for this comment because now I have this podcast episode for you guys. I feel like this is the content that is supposed to flow through me, especially for this week, even though I sat down and recorded 10 times - I'm not even kidding. I pushed the record button and then deleted my podcast recording after 30 seconds because it just wasn't flowing. I was trying to talk about how traveling changed my life, and then I was talking about how to change the meaning of your past - which are both really important topics, and I'm still going to record them, but it just wasn't flowing through me. So, thank you so much. I'm going to keep everyone anonymous. But thank you so much for these comments because you are the reason - and hopefully this episode helps you - but you're the reason that I get to put this content out. Honestly, my content is based on your questions, comments, DMs, encouragement, support, and everything. I read everything. Although it's impossible for me sometimes to respond to every single comment and DM, please don't think that your support just floats into a black hole or into the abyss. My team either reads it, or I read it. I know my team is really good at responding, especially if you email something. But with the comments, as you can understand, it gets a little hectic. It's just me on my social media. People think I have a Social Media Manager. I don't. It's just me. So, here's the comment: "Woah, happy birthday. Didn't know you're so young. I guess this should be inspiring, but right now it's not. I just turned 28 and I'm in no way anywhere near this level.

I was passed on for a promotion I deserved that could have gotten me to this level, and I work two part-time retail jobs and barely make enough to survive. I have a Bachelor's and everything. I read your book on how to manifest \$1,000, and I couldn't manifest shit. I follow your page for inspiration but seeing this made me feel like shit." So, my birthday post made someone else feel like shit. Again, that's the whole belief that someone else's success means your failure. "I follow your page for inspiration, but to see this made me feel like shit. It's like everyone is doing better than me. Way better. Sorry for the complaining rant." I am a huge believer that the less you focus on other people, other people's advice, and other people's opinions, the happier you will be, and also the more successful. What most people are doing isn't your path. What the masses are doing isn't your path. So, stop listening to the masses. Yes, I'm very young. Yes, I'm 26 - even though I don't see myself as young. I see myself as normal. I don't know. This is my life, so I see myself as normal. For a lot of people, it's super inspirational. They say, "You're so young, you have so much wisdom, how are you so young?" Those are the those are the comments that I got. I just want to remind you guys that, yes, I'm extremely, incredibly lucky to have discovered the law of attraction and manifestation at the age of 16. So, yes, at the age of 16, I came across this book, when others come across it at 30, or 40. Maybe I am your first introduction to the world of manifestation, which is freakin' cool if it is. I'm constantly working on more content for newbies especially, so if you go to my Instagram posts on @ManifestationBabe, I am working really hard on explaining how this works, and how you can apply it to your life in this simplest and easiest way, so that it doesn't have to be complex. You don't have to get lost. You don't have to get overwhelmed with all the information out there. Yes, even though I am young, I want to remind you guys that I have been doing this mindset work for 10 years. I have known about the law of attraction and manifestation for 10 effing years. For eight of them, the most I could ever manifest in my life; the most bandwidth I had in terms of where my mindset was in the last decade, up until about two to three years ago, if you know my story, is really good travel deals. I had no freakin' clue in this entire universe how to apply it to money, because I had so much resistance around money. I think to myself, in divine timing, "What would a 16-year-old do with the kind of money that I'm earning now? What would a 16-year-old do with the kind of recognition I get now? What would a 16-year-old do with the kind of traveling opportunities that I get now?" Probably not appreciate it as much; probably take it for granted; probably buy something stupid; probably spend all her money. And so, it's a really good thing that this whole manifestation of my vision from as early as 16 years old - because that's when I discovered that it's really important to have a vision for your life; I saw myself traveling the world, having money, and being in love. I actually never saw myself owning a business - that's news to me. I never saw myself, ever, as a business owner. I thought I would be a successful surgeon or doctor, working for someone else or a hospital. I never saw myself as a business owner. It's crazy. So, thank God that this all unfolded in divine timing. Thank God it took me 10 years to get here. Yes, I'm still young,

and I get that. But at the same time, you have to understand that we all have a very special journey and getting here. Whether you come across your success at the age of 30, 40, 50, 60, 70, or 80, it doesn't matter. I want you to have such a grand vision for yourself, that you don't even want to be in your prime until you're 90 years old. A lot of people are looking for their prime at 25, but if you're already at your prime at 25 and it's downhill from here, what's the point? You should be having such a grand vision that it will literally take you 75 years to get there. That doesn't mean that epic things won't unfold along the way. Because I have this vision for myself and I know that I'm going to be in my prime and I'm 90 years old, that doesn't mean I can't enjoy my success now; that doesn't mean I can't be successful now. And so, taking this time crunch off whatever the age you expect to be successful by, the moment you take that time pressure off, the faster you will get it. When you are so attached to your outcome, you will resist it. This goes with manifesting anything. The only obsession you should ever have is excitement about it being already done. The fact that you have it in your mind and in your imagination means it's already done because, energetically, it can't be already done if you can't imagine it. So, the fact that you can imagine it means that, energetically, it's already there; energetically, it's already put in your timeline. It's just a matter of when it will unfold, depending on the lessons that you need to pick up along the way. Why do you think lottery winners go bankrupt? Why do you think lottery winners spend all their money away? First of all, it's very unfamiliar to them. Second of all, they don't pick up wisdom along the way. They don't learn any lessons on the way to that money falls in their lap. You guys see what happens when success just falls in your lap, and you don't learn anything on the path there? You take it for granted. You destroy it. You get rid of it. Your subconscious mind is thinking, "What the hell is going on?" So, thank your subconscious mind for picking up lessons along the way, so that by the time you get there, you actually get to keep it. So, be super grateful that you have this journey because when you finally get there, you will get to keep it. You will have picked up lessons. You will have picked up wisdom. You will have picked up the right connections. The right people will enter your life. You will have the right knowledge of what to do with this money, or this new boyfriend that I'm madly in love with, or what to do with these new kids that I have. You'll be so grateful that you have the lessons along the way, so that you're ready for it. I know this pissed me off when my friend Stephanie told me this three years ago; she said, "Success will come your way when you're ready for it, Kathrin." That pissed me off. At that time, I was building an online business. Manifestation Babe is my second online business. I had an online business before, and it was in the Health & Fitness industry. I was involved in MLM and network marketing, if you're familiar with that. I had crickets for two years. The most I ever made in that business was \$1,000 to \$1,500 a month, and I think that includes the supplementation from my 9 to 5 job at that time, too. So, I think that alone in that income, the most I ever made was \$800 to \$1,000 a month. You guys see my numbers, followers, this and that growing, and how amazing it is. But for two years, in my other online business - the one

that I wasn't fully aligned with; the one that I learned all my lessons from about myself, my purpose, what I'm supposed to be doing, and my worth, and about really putting manifestation and law of attraction into practice, and figuring out how to master it for myself - in that journey, I had crickets. No one gave a shit about my posts. I sent like an email broadcast out because I was learning a lot from Chalene Johnson at the time about list building. I sent my email list an email - I remember this specifically. I remember learning, "The golden rule of the email list: give your email list value," or whatever the message was. I remember putting it to practice so excitedly and realizing that basically half of my email list unsubscribed from that email. Even though my Instagram profile did grow to 10,000 followers - and that's a lot - at the same time I grew that Instagram, I posted five times a day, every single day for two years straight. With Manifestation Babe, I've pretty much been doing it for as long as I did Beachbody, and the numbers are so much grander than that. It's because I took my lessons, wisdom, heartbreak, and hardships from Beachbody, and applied it to Manifestation Babe. It just so happens that I realized, thank goodness, that my purpose is in mindset. My purpose is in coaching people on their mindset. My purpose is in inspiring others and what's possible for them. We're working on a new website for Manifestation Babe right now and my tagline is "There's so much more out there for you, and you've barely scratched the surface." I believe that to my very core. I believe that, no matter where you are, if you're already successful right now, I promise you there's so much more out there for you. You have barely scratched the surface. If you are struggling right now, let me just tell you again: there's so much more out there for you, and you've barely scratched the surface. That's my core belief and my core message. I believe that there's just so much more out there, and we get so caught up in this current reality. We get so caught up in our problems. We get so caught up in what's going wrong. We get so caught up in how much more we have left to go. We get so caught up in other people's version of success, and where everyone else is; when we have to realize that we have so much more to give. We have so much more to receive. Our journey is special. It's unique to us. I just want to make sure that you understand that nothing showed up for me for eight years, but I didn't give up, and so I don't want you to give up either. I also don't want you to mistake age for a guarantee of where you should be and what you should be doing by that age. So, I want to share two amazing posts. So, I picked up - I think one of the women is 50, and the other is 45. So, if you are that age, I hope this inspires you; if you're younger than this age, then know that you still have so much more to come; if you're older than this age, just know that age is a mindset. So, here's a comment: "Finished college at 25. Engaged at 38. Opened my own business at 38. Moved to New York City at 38 when everyone said I was crazy. Broke off engagement at 39 and accepted I may never get married or have kids, and upon acceptance, got really happy. Accidentally met my future hubby at 42. Got married at 43. Got pregnant at 43 after being told it wasn't possible. Just turned 50 and still manifesting, changing, and risking. Now intentionally focusing on what truly, honestly matters to me, and my family, travel, career, and having

fun." That is amazing. I really love this comment. Another one that I got was, "Made my first movie when I was 37, which won two awards at Sundance, had my first baby at 39 plus my second at 44 - both totally naturally - published my first book this year at 45. Never let age define you, and never think it's too late. It's your life. When you're ready, it will happen." This was actually in response to a post I made, pretty much talking a bit about what I'm sharing with you on this podcast. Obviously, I'm going way more into depth in this podcast episode, but I got a lot of great comments from people. Especially when you're older, you really understand that age is just a mindset, and anything is possible at any single age. I want to make sure that you're not getting married or starting a business in a rush. Don't get your promotion or try to master your career in a rush. Don't have kids in a rush. Follow your intuition because your intuition will lead you down the path that's fastest for you. If you get caught up in someone else's path, and you think, "Oh crap, I'm 43. I'm supposed to have kids by now because there's a belief system that women after 40 are unable to have children." No. Your body will tell you when you're ready. Your mind will tell you when you're ready. Your intuition will tell you when you're ready. If you have no interest in starting a business right now, great, it is not meant for you - at least not right now. If you are really itching and excited to start a business right now, great. That means it's meant for you right now. I believe that nothing comes in your vicinity; nothing comes into your heart, unless you have every single resource, tool, and capability to manifest it into your life. I believe that the universe is not a tease. I believe that what is brought to you is always meant for you. I believe that there is no such thing as a coincidence or an accident. There is only divine timing and synchronicity, and everything is always unfolding in the most perfect way, at the most perfect time. I want you to start seeing today as a brand new beginning, rather than "Kathrin is only 26 and I'm 43. Holy crap, she's further along than me," or whatever might be going through your mind, or whatever - as you can see from the comments, especially the first comment that I read - that went through someone's mind. Instead of looking at it that way, I want you to start seeing today as a brand new beginning with your whole life ahead of you. And FYI, you know that I'm involved in a lot of Tony Robbins' events. In some of his Platinum-only events, he brings along people who talk about longevity, and people who talk about the science advancements and the technological advancements. Our lifespan is supposed to easily increase to 130 years old. And so, you really do still have your entire life ahead of you, even if you're 90 years old. Think about it: if your lifespan increased to 130, that's still another 40 years to accomplish everything that you want. But I have to say that if you don't step outside your comfort zone today, and if you don't take action - you obviously need to take action; you need to go out there; you need to commit to your vision; you need to be unapologetic about it; you need to start doing something; you need to start giving; you need to start taking action towards your dreams, in order for it to manifest. So, of course, you have to do that. But don't put that pressure on yourself to have results. Give it all you've got. I have been giving it all I've got for the last - let's say I started with

Beachbody to really understand this stuff and really commit to being an inspiration to people - it's been five years for me, now. I've been giving it all I've got for five freakin' years. You have to keep showing up. You have to be consistent. I promise there's a reward on the other side. I believe that, sometimes, the longer it takes, the more you appreciate it. And so, whether it happens quickly for you or not, I want you to appreciate that journey. I want you to celebrate every single step along the way. Let me tell you, I do not get any special accolades or any brownie points for being 26 and having achieved what I've achieved. It is all for me. It is all to show you what's possible. In my own life, it's not like I walk around with a sign on my forehead. It's not like I have a tattoo that says, "Hey, I'm 26 and successful. Are you?" It's just for me. I'm still a human being. It's the meaning I give to my success that's important to me. I want you to reframe that meaning for yourself. Give it a new meaning. Give someone else's success a new meaning, and what that means to you. Give your own journey a new meaning. Remind yourself that in divine timing, everything will unfold. Just to give you a hack, the more you put a time pressure on your goals and dreams and your vision, the longer it will actually take. And that's just true for manifestation; when you're putting yourself in a time pressure, you don't actually believe it's possible. You're actually focusing on the lack; on the "What if it doesn't happen?" The moment you start focusing on the vision and literally get to this place where you're at peace with yourself on whether it takes you two, 10 years, or 20 years; when you're at peace with the fact that it might take 20 years; when you're at peace with that, it actually happens in two years. It actually happens 10 times faster than you can ever imagine. I believe that my success came quickly - and I'm putting up air quotes, because that's people's perceptions. That's just a perception and the meaning that we're giving it. The reason I've been able to achieve so much in the last three years is because I took off the time pressure. I didn't care if I made it by the age of 30. I don't care if I made it by the age of 40. Yes, it's really nice, but it's not necessary for you to appreciate your life. It's not necessary for you to be fulfilled. It is not necessary for you to be happy. I believe that's all that matters. So, I have an action step for this podcast episode, as I always do. So, your action step is to celebrate where you are right now. Seriously, I'm not even joking. Get up and start jumping up and down, yelling, "Woo-hoo! I made it." Just be grateful for being alive. Just be grateful that everything unfolded perfectly for you to get to exactly where you are today. You're alive. You're breathing. You can see me, you can hear me, so that means you have eyesight if you're watching me live. You're able to read the comments. You're able to listen to me. You have ears. You're breathing. There's so much to celebrate, and the faster you can get into celebrating what you have right now, I promise you the universe will give you more. There's so much to learn about manifestation. Take off that time pressure and be grateful for where you are right now. I know it's so much easier said than done. Trust me, I had my moments where I was really pissed off with not achieving things faster than I thought I should. I've been there. Why do you think I'm talking about this? I don't talk about anything that I haven't personally struggled with. I don't talk about

anything that I don't personally think of, or have believed at some point. I've been there, too. And so, please celebrate where you are right now. I'm also going to give you guys an affirmation. The affirmation is: "I'm in the right place at the right time. My dreams are unfolding perfectly right now. I'm in the right place at the right time. My dreams are unfolding perfectly right now." And then bonus affirmation, because I have to say it. This is my affirmation that I've been saying for the last three years, and it's been working beautifully for me so far. So, if you want to take it, please take it, have it, keep it, and repeat it. "My success is inevitable and I'm always on the right path. My success is inevitable and I'm always on the right path." Your success is inevitable, as long as you believe it is. So, maybe this is a wake-up call for you to create a new belief system for yourself. Maybe it's a wake-up call for you to start telling yourself a different story; start giving life a different meaning. What's the point in spending so much time feeling like shit all the time? Yes, life is long, but it's also really short' or it's also really short, but also really long. You do have a lot of time, but at the same time, I get it. You never know when you're going to die. I get it. We have a limited time here on this planet, but if you are constantly feeling like crap every single day, that's going to cause you stress, and stress is actually going to going to shorten your life. You're going to have a lower quality of life, and you're not going to enjoy anything. So then what's the point of being here if you're not going to enjoy anything? What's the point of being here if you're going to be pissed off and stressed out? So, please go back into that space of gratitude. I know I'm like a broken record with it, and I know that every other self-help junkie out there is talking about gratitude - but I used to write off gratitude. I used to roll my eyes and think, "Yeah, whatever. Gratitude? Cool story, bro. Just give me the money. Cool story, bro. Just give me the success that I want." But in the last three years, when I really sit down and think about it, it's been gratitude that's changed my life. Anytime, all the livelong day, I am thanking the universe, thanking God thanking whoever exists out there, whoever you believe in - I respect all religions and all faiths, and I have no judgment whatsoever - whatever you believe in, I want you to literally start thinking for your fingernails, for your fingers, for your hands, for your arms, for your eyes, for your eyelashes for your hair, for the lamp that's next to you, for the counter, the fact that you have a smartphone. There's just so much to be grateful for. And now the sun is shining in Dubai, and it looks like a very beautiful day. And so, I can appreciate that. I can appreciate the skyline. And, yes, the more you appreciate, the faster the bigger things come, and then you can appreciate the bigger things, too. Appreciate yourself, love yourself, have compassion for yourself, and be patient. I think that's something not talked about in the world of manifestation. I think that there's a message out there that focuses way too much on instant gratification. I have to pull in the reins and say that patience will get your dreams 10 times faster than believing in instant gratification. When you're patient, you're at peace with the divine timing of your outcome. When you are at peace with the divine timing of the outcome, the universe will give you your thing so much faster because you're completely unattached;

and also because you're so certain of the outcome, that you can pretty much wait forever - but you won't. I promise you won't wait forever. But when you're so certain of the outcome, you know that it's just a matter of X number of hours, days, or hours for it to manifest into your life. But I promise you, once more - I'm going to say it again - that the faster you let go of that time pressure, the faster it will come. There's no rush and being successful, absolutely no rush, and it doesn't matter how old you are. So, if you're listening to this on the podcast, go ahead and screenshot this right now and tag me on Instagram, and let me know what you thought of this episode. Was it inspiring to you? Did it help you? Did it help relieve you? My goal with this podcast - I always set an intention - and my goal with this one is to relieve people of this pressure; to help you feel so much better and really appreciate where you are. I probably said "Appreciate where you are" 10 times, but I seriously mean it. So, let me know what you thought. Send me some feedback. I'm still doing a review contest. Well, it's not really a contest, but if you leave me a review on iTunes and screenshot that review. I recommend screenshotting before you send it in because I believe when you send it, iTunes has to approve it, and then it'll post in a couple of days. So, screenshot it, send it to my team at [Hello@ManifestationBabe.com](mailto>Hello@ManifestationBabe.com), and I will send you a free manifestation hypnosis. It's literally a 10-minute long hypnosis. Really good stuff. I'll send you instructions so that you know when to play it, how to play it, and what to do with it. It's my gift for your support and for listening to me every single week. For those of you who are live with me right now, let me know what you thought in the comments. Give me some feedback and let me know how you feel. I love you guys so much. My goals and my intentions are to put out another episode, so that I am on time with the podcast episodes. But I am going to India, and I've never been to India, and I have no idea what the Wi-Fi situation is. I'm also going to the spiritual trip with Tony Robbins and that's going to be a massive all-day-long seminar; so, I can't promise that I'll even be online during that time. I'm going to take as much time as I need to enjoy this, to appreciate where I am right now, and have a good time. But when I come back home in November, that whole month I am committed to - I'm actually launching Manifestation Babe Academy, again. It was probably the most successful course I've ever done in June. It was probably my favorite launch ever, in terms of the group, the vibe, how mind-blowing the information was for so many people, and what came through me to make that course. It's also a relatively affordable price point too. So, it's basically my Manifestation University. It's your MBA at Manifesting, and a PhD in results. I'm going to help you finally get results with this whole law of attraction and manifestation thing. So, I'm committed to launching that, which means I'm going to spend a lot of time at home by my computer, which means more content, more livestreaming, and more podcasting. Okay guys, I love you so freakin' much. Please have the most fantastic day and the most fantastic week. I'll see you soon. 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 your way. 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.