



# Episode 71: How Traveling The World Changes Your Mindset and...

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## SPEAKERS

Kathrin Zenkina

**K** Kathrin Zenkina 00:14

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 beautiful souls. It is Kathrin from ManifestationBabe.com. I am finally back from a crazy trip across the world - literally across the world - starting in LA, going to Costa Rica for 10 days, coming back for one night - not even 12 hours - making my way to Dubai - which is a city in the United Arab Emirates (UAE) if you're not familiar - making my way to Abu Dhabi, which is another city in the UAE, and ending the trip exploring three cities in India in just four days. So, to say that I'm a bit jet lagged today is an understatement. I literally came off a 20-hour flight around 2:00 pm yesterday. I came home and slept between 5:00 pm and 5:00 am. So, 12 hours of sleep, and today I'm committing to a juice cleanse, just to cleanse out anything

that I may have picked up overseas. When you travel around the world, there are all kinds of different bacteria, worms, parasites, and different things all around the world, and you never know what you're going to pick up. So, I always do a cleanse. Today I'm cleansing, and I just finished a workout so I can sweat some stuff out. It feels really good to be back in LA. I don't know if you remember from my last podcast episode, I was talking about how I was so badly trying hard to record a podcast episode that was not flowing for some reason. I couldn't figure out why because I had just come back from Costa Rica, and before I got on my next flight, I really wanted to record an episode - and for some reason, I started and stopped that episode at least 10 times. It's so funny. I think someone DMed me the other day saying, "Perhaps the universe wanted you to hold on and wait until you've experienced a country like India, before you came home and recorded this podcast episode." And I have to say, I've been to a lot of third-world countries, but I've experienced nothing as extreme as a place like Varanasi, India, where people are so spiritually aligned and happy, but at the same time, I haven't seen poverty like that in a really long time. It made me so appreciative of everything that I have back at home, and things that pretty much every first-world has; like being able to count on clean water; being able to count on going to any restaurant and knowing that you're not going to get sick; being able to not worry about the water that you're showering in; knowing that you have a place to sleep; and high quality food. I've really been reminded of just what a 0.00000001% of life that I live, and it's brought me right back into this incredible state of gratitude that I haven't felt in a really long time. On top of that, being at a spiritual trip with Tony Robbins, really reconnecting with source, and just counting all my blessings, and not just even counting my blessings and knowing that I'm blessed, but reminding myself to continue being a blessing to others. I had so many breakthroughs on this trip. I mean, I could easily record 27 podcast episodes out of my life in just the last 21 days. This means that I'm actually going to do a bit of a podcast binge, in terms of recording. So, I think for the next three days, I have three episodes coming at you. So, this episode that you're listening to currently is about how traveling the world changed my life and completely changed my mindset, and how it can also change you as a person and completely change your perspective of the world. I will also talk about how to make it happen. No matter what your budget is, whether you're making a ton of money and you're already living your dreams, or you don't have as much money and flexibility in your time and your income, and you still want to travel the world. I was able to do it on \$100 a day, while going to college. So, having very little time and money, I was still able to go to eight countries around the world in my four years of college; that's how much I'm obsessed with traveling. Speaking of traveling, I have heard from a lot of people - from personal experience, being able to fly in two charter planes with a bunch of the Platinum Partners. It's so weird to know that everyone on the plane is your friend and we all know each other. I was just watching everyone talking about their fear of flying, or how nervous they are. They're asking, "Are there pilots? Are any of us pilots, just in case?" I've realized how many people

have a fear of flying. I am someone who used to take Xanax to get on a plane. For me to get on an airplane, I had to pop a pill 30 minutes before boarding because the act of boarding itself would give me such anxiety that I wouldn't sleep for up to a week prior. Even when I traveled around the world with my boyfriend in college, I used to get so nervous, no matter how many flights that I've been on. I went on at least three to four flights a year at that time; not just a two-hour flight, but significant flights like eight hours or 10 hours at a time; I took a 15-hour flight at a time to Dubai for my first time. Nothing would help. And finally, in the last five years, I've overcome my fear of flying. That's not to say that if something happens, I won't freak out. But the fact that I can calmly sit through a takeoff, chill, even sleep, and be completely calm during a landing is brand new to me and a really big deal for me. I know that there are other people now out there who also struggle with the fear of flying, which is probably preventing them from traveling the world. Maybe traveling the world is something on your bucket list. Maybe you have Pinterest boards. Dedicated to places that you want to travel - like your bucket list dreams. I know that I've had many Pinterest boards dedicated to travel. I'm someone who trained myself at a very early age - I'm very lucky - and I realized and had awareness that I can't wait to overcome my fear of flying before taking action on all my dreams and goals. And so, even though I was petrified to get on an airplane, I still somehow managed to get through it. I would literally suffer for 12, 13, or 14 hours just to get somewhere because I wanted to get there so badly. I would just do whatever it took to get my booty on an airplane. I would have anxiety just up the wazoo. It was just crazy. I would be petrified. My heartbeat would be going so fast. I would have so much adrenaline pumping through my veins, that even the highest dose of Xanax that my doctor prescribed to me would only help me just enough, to where I don't feel fully crazy on an airplane, but I would still not be able to fall asleep; that's how much adrenaline is pumping through my system. So, I want to record an episode for that. I want to sit down, explore, and discover the step-by-steps of what helped me. I know that it's purely a mindset and purely a perspective in a way of thinking because nothing in the way that I act has necessarily changed; it's more of how I think, and what I believe now; the new beliefs that I needed to adopt in order to no longer be afraid of flying. The third episode that I want to create, which is probably tomorrow; I want to split up the traveling ones. If I were to look at the last three years of my life, I had so many breakthroughs causing my life to radically change. I want to say that a breakthrough that I had in the last two weeks has been probably one of the biggest, and I think it's going to be one of the most life-changing. I'm still processing it, but it's really cool to finally know the very cause behind my personality growing up, why I am the way I am, and why I'm afraid of the things that I'm afraid, I finally found the root cause, and it came down to a couple of amazing questions that Tony asked us on the spiritual trip, and I want to share with you the exact questions and what I discovered from what I've answered. I'll gladly share my answers, at least the stuff that isn't too private and show you how the answers that I wrote down for those journaling

questions have shaped me and who I am today. I finally got down to the root cause of my fears, and I'm so excited to work through them and know that this no longer has to hold me back; that this is no longer my story or identity. It was hard for me to work through it in the past because I didn't see it. I didn't yet see why I am the way I am. So, I believe that's going to be a really awesome podcast episode, and I'll be sharing that with you tomorrow. So, if you are currently listening to me on the podcast, or maybe you're livestreaming with me right now on Instagram or Facebook, just know that there are plenty of goodies coming your way this week. I feel so re-inspired after traveling over the last 30 days and having a reminder of just how blessed we are. If you are listening to me on a smartphone right now, or if you're watching me on Instagram or Facebook, you are the 0.0001% of the entire effing world. If you have more than \$10 in your bank account right now, you are richer than 80% of the world. This is for me personally, but perhaps you'll resonate with this; I look at the fact that I live in Los Angeles in a first-world country, the United States; I literally have access to every freakin' resource I could possibly want. To have any excuse to not succeed, put myself out there, or reach my business goals, reach my personal goals, my relationship goals, and every goal that I set for myself, I have zero fucking excuses. I just want to remind you that if you are currently watching me or listening to me, you are a 0.0001 percenter, and you have access to resources that so many people around the world don't have access to. The fact that you keep living in your excuses, you have zero excuses. You have every effing resource that you could possibly need to make your dreams come true. The only thing holding you back is literally what's going on in your mind, thoughts, and beliefs. You are the only thing standing in your own way, which is a great thing to know because you can work through that. My podcast, my social media, and my whole business is dedicated to helping you get out of your own way, and helping you eliminate the limiting beliefs that are holding you back and creating new empowering beliefs so that everything is finally in alignment with all your desires. So, now that I've done a long 12-minute intro, this podcast episode is all about how traveling the world changes your mindset and makes you a better person. But as usual, I'd like to add some background information. I want to talk a little about when I started traveling, why I love to travel, why I'm so crazy about traveling, and give you some background information on that. Then I want to share with you more insight and how I made traveling the world possible on just \$100 per week income, while I was in college; and then I have five points for you on how traveling the world does change your mindset and make you a better person. I then have a special invitation at the end for you; a traveling opportunity that you can do with me next March of 2019, which is super exciting. So, let's go right into the background information. My travel bug: where did it start? So, growing up, my family had very little money. The concept of taking a vacation didn't exist until I was at least 11 years old. So, for the first 11 years of my life, we did not go on vacation. There is no such thing as leaving the country, let alone the state, let alone the city. I don't think I left LA until I was 11 years old. I think the first place that I traveled to was San Jose when I was 11 in sixth grade,

because my mom and I were visiting my stepbrother. We were house-sitting his house and his biological mom - which is my stepdad's ex-wife - and his stepdad were going across the country, and someone needed to watch Daniel, my stepbrother and watch the house. So, that was my first trip, San Jose, and I thought I was balling. And then about a year later, my mom and my dad started to travel to Mexico. This is when their income finally started to grow, and they decided to go on a family vacation at least once a year, and that family vacation once a year was to go to Mexico. So, Cancun and Cabo San Lucas, if you're familiar. Those are the first places that I started to go to. I didn't know any life outside of Los Angeles and Cancun. So, I thought that vacation and traveling the world meant these beautiful crystal clear waters, beaches, sand, and all-inclusive five-star resorts. And that was amazing. But I didn't know anything outside of that, and I had no desire either because I was never exposed to traveling. I was never exposed to anything like taking a 20-hour flight to a place like India, or going to Russia, Australia, Bali, or any of the places that I've been to. It wasn't on my mind because I believe that only when you're exposed to something, like when you see something on Instagram or online, or someone talks about something, then you think, "Wait a second, that exists? That's really interesting." And until you know what exists or doesn't exist, how do you know to desire it, or not? So, this was never a desire of mine. It wasn't until my family decided to go to Russia, when I was 16 years old, that I swallowed some sort of pill and caught some sort of travel bug, to where I was so hungry to travel that I would literally shake. I would just go on Expedia, Pinterest, or anywhere on the internet, create travel itineraries, and pretend like I'm going somewhere. I would follow an account on - did Instagram exist back then? I don't think it existed. So, I'd go on Pinterest or YouTube and just watch travel videos. I would just dream of going to other places because all of a sudden, it was exciting to me. I kept wondering what else was out there. So, when I was 16 years old, my parents decided to go back to Russia. I don't know if you guys know or not, especially if you're brand new to listening to this podcast or to the Manifestation Babe world, I was born in Ukraine, but I am about 75 percent Russian and 25 percent Ukrainian. I speak fluent Russian. My whole family that I'm closest to (my grandparents, my mom and dad) immigrated to Los Angeles when I was just one years old. My parents left their affluent lifestyle in Ukraine - or at least whatever is considered affluent to a Ukrainian. So, having a nice house. I think my grandpa and my dad were the bosses of this meat factory, which in the Soviet Union, if you have access to high quality meat, you are a baller. You have everything that you could ever want, but that also invites the mafia to come in and control things. So, that's pretty much what was the last straw that caused us to immigrate to Los Angeles. We already had family in LA. We've always thought - I say "we" as if I was there participating. But before I was born, my family always dreamed of coming to the United States. To any Russian, there is this thing called the American Dream, which can only be achieved if you live in America. And so, this is something that people would always fantasize over. What caused us to finally move was when I was a baby, my dad somehow made a deal that

went wrong, or something happened with the mafia, and the mafia just went crazy on my family. They started to threaten us and make our life there a living hell. My mom had to keep a gun in my crib. My mom had to keep guns in every single corner of the house. Every day the phone would ring, and as soon as my mom answers, someone would basically say - it was literally like in a movie. My mom didn't even have to answer the phone, and on the other end someone would be saying, "If you don't pay up X amount of dollars, we're going to kill your wife and your baby. We've been watching you. We know exactly where you are. You have no control over the situation. We're going to come and kill you." It was literally like in a movie. Around 3:00 in the morning, my grandpa made the decision for all of us to get in the car and just get the hell out of there. My parents gathered \$900 total for a family of five - me, my mom, dad, grandma, and grandpa - they gathered the \$900 and I think three or four suitcases, and that was it. We just fled. We just got the hell out of there. Thankfully, we had our paperwork documentation, and everything was set for us to legally immigrate to the United States. Everything aligned in the most blessed way, and I'm so grateful for it. When I went back to Russia, it was very interesting. I have a lot of family in Russia and Ukraine, and I got a glimpse of what my life would have been like if we work to stay in Russia. The differences are freakin' incredible; incredible in the way that some are shocking. The quality of life, mindsets, and opportunities are completely different. I'm just so grateful. Every Fourth of July or Thanksgiving, when we have these American holidays and we're celebrating America, me and my family get extremely emotional. I'm such a proud immigrant. I know that our country isn't perfect; our president is who knows why; there is nothing in this political system that I agree with; there's so much that could be improved. But every country has its pros and cons. Compared to where I've been in the world this far, I would always choose a country like the United States. I feel very blessed for being here. It was just a huge eye-opening experience for me. It was the first time I saw life outside of the United States and a five-star resort in Mexico. At the same time, I saw some really cool stuff. We went to Moscow and I saw the Red Square, I saw these beautiful buildings, and I started wondering what Europe looks like. This is like Europe, but now I want to go to Paris; now I want to go to Italy. There are so many places that I want to go to. After I came home from Russia - around this time is when - actually, I will explain that on my episode on the fear of flying. I'll talk about how I got fear of flying because I actually got it when I was a kid on a flight to Mexico - but I'll save that for another episode. So, around this time, this is when I have severe fear of flying, but I wanted to travel the world so bad, that I just didn't care. I had Xanax prescribed to me, and I said, "Screw it. I'll take a pill, I'll get on an airplane, and I'll go." So, comes college, I'm 18 years old, and my mom finally lets me travel the world with my now ex-boyfriend, Ed. I remember it took us a whole year to save up for our very first trip to Europe. I wanted to go to Europe so bad. So, we saved up for Paris, which in between Russia and this trip, I actually did go to Paris. My stepdad took me to Paris in between, so this would have been my second time. I really wanted to go to a place like

South of France, Rome, Venice, and Florence. It took us an entire year to save up for this trip. I remember saving every single penny, because at this time I was working at the movie theater. At the movie theater, I was working my Fridays, full Saturdays - sometimes pulling double shifts - and Sundays - also sometimes pulling double shifts. This didn't include all the courses that I was taking at the time. Full-time is 15 credits, and I was taking 18 credits. On top of that, I also had a three-hour commute. So, my personal development journey kind of started on that three-hour commute in college, when I started to listen to some podcasts and audiobooks and got introduced for the first time to people like Chalene Johnson and Lewis Howes. It was funny because I was really efficient in college. I lived at home, I used my commute to do my personal development, and then I saved every single penny. I didn't eat out once; we paid the minimum for gas; we paid the minimum for things like the toll bridge between Gig Harbor and Tacoma, in order to get to Seattle, and I had a three-hour commute every single day, and I saved every single penny. It got as extreme as me literally yelling at my ex-boyfriend for buying a cheeseburger that cost \$3. This is my life as a penny pincher. I got so upset with him, and I thought that the difference that \$3 would make was massive at the time. We had a separate bank account that was dedicated just for Europe. It took us a year to finally save up for an airplane, all the hotels, and everything in between. I counted every single penny to make it happen. In that four years, we'd go to Los Angeles or a foreign country every single break. Sometimes we went to LA because we'd only have a week; right at the end of summer break, we ended up going to Thailand, UAE, a couple of countries in Europe, a couple of countries in the Caribbean, and it just became this obsession. I remember thinking to myself, "I cannot wait until I graduate from college, get my medical school degree, become a doctor and have more money, so that I could travel the world and not be a budget traveler." We were budget travelers. We weren't staying at hostels, but we were staying at very low-end one-star and two-star hotels with a shared bathroom. We were eating on 30 euros a day. So, we'd eat a lot of sandwiches and street food. We just made it happen. Along the lines, crazy stuff would happen; for instance, our hotel would, for some reason they'd lose their reservation. Him and I ended up "homeless" (we'd jokingly call it homeless) in Italy trying to walk from hotel to hotel. Pretty much every hotel was sold out. Finally, there was a guy who saw me crying and offered me a special rate in his hotel that typically costed 300 euros, but we were offered around 50 euros. He was my angel and my saving grace. There were so many adventures, eye-opening experiences, and things that happened in that traveling. When I finally graduated from college and started my Beachbody business, and then started Manifestation Babe, I made a really hard decision with myself at that time, where I decided to forego a life of traveling the world. I actually didn't know how long it would take, but I remember literally remember having this conversation with myself: "Katherine, would you rather penny pinch right now and take just one trip a year, or would you rather forego a couple of these vacations, reinvest that money back into your business and your personal development (some of that money went to my Tony Robbins

investments, the books, and the courses that I've taken to get me to where I am)." I decided to forego a life of travel for two years in order to finally have the kind of income that I desire and need in order to be able to travel limitlessly; being able to travel Business Class being able to stay in five-star hotels, and being able to go anywhere I wish and knowing that the next destination that I want to go to - because I have so much time freedom - is just a flight away. And so, I made that decision. I made the short-term sacrifices in exchange for long-term rewards. That really shaped me in who I am today in itself. I don't remember which episode number it is, but I do have a podcast episode on sacrifice and how sacrifice is actually a very abundant mindset if you do it right. Your ego is very linked in; there's this inner child within us, there's this ego, and there's a survivalist brain that we all have, and the ego really wants you to have everything now, but your higher-self knows that if you just sacrifice your Netflix now, if you just sacrifice some travel right now, or going out to a bar, or going out to fancy restaurants; instead of doing it once a month, why not sacrifice them right now, invest your money in the right places, and then within a couple of years, you can go to that fancy restaurant every freakin' night if you want to? You can travel the world without limits. You can stay anywhere. You can fly Business Class or First Class. You can do anything you want. Forego Netflix in exchange for actually having full days off, where you can just lounge around and take yourself to a spa. The TV shows are always going to be there. So, I have a podcast episode on that, if you're curious to develop more of that mindset and to ask yourself, "What can I sacrifice right now, in order to have unlimited of whatever I want later on in life?" Meanwhile, in these two years, I visualized the crap out of traveling the world. I had Pinterest accounts and Pinterest boards; I would follow every single world traveler on Instagram. I just knew and I set an intention that there is going to come a time, but I didn't know the time. This is when I was living on my grandma's couch; this is also when I was living in a cockroach-infested apartment with Brennan for five months. Every single day I would remind myself that there's going to come a time where I can be able to travel the world, unlimited; be able to go to a new country every single month with no boss telling me whether I can or can't go; not have to worry about what's in my bank account before booking the flights and hotels; and not even having to have everything set up in advance. When I was in college, I had to know exactly which hotel we were staying at. I had to have everything pre-planned because if you pre-plan it, you can catch some better deals. Now, sometimes Brennan and I will travel to a country with no hotel, except for the first night. We just kind of figure it out. We don't even know when we're coming back. That's pretty much what happened in Australia; we booked a one-way ticket, three nights in Sydney, and we just took it from there. It was amazing. I didn't always have that, and that lifestyle is what I always visualized. So, what you visualize for yourself and set an intention on, I promise it will come true. You just have to make the necessary sacrifices, the necessary mindset shifts, and never take no for an answer. If your mind and ego is telling you no, you do not listen. You keep going, and you never freakin' give up. Have the necessary patience. It



could have taken me five years or 10 years, but I knew that when I had the lifestyle of my dreams, it would all be worth it. I didn't care if it took me one year, two years, five years, or 10 years. I just knew that there would come a day where I could be, do, and have anything that I want. Even having the kind of lifestyle that I have today, it's not like I have stopped growing. It's not like I have stopped desiring more. There's still so much more out there for me, and I barely scratched the surface. Same thing goes for you. There's so much more out there for you, and you've barely scratched the surface as well. So, long story short, you that's a bit of the background information for you, but up until present day, I have to say that all the countries that I've been to, all the experiences that I've had, and everything that's led up to who I am today has totally shaped me in my mindset and my life. I believe that traveling has completely made me a better person. You might be someone who wants to travel the world but doesn't know how or doesn't have the income or time. I just want to remind you that you don't have to do it often. If you can't do as often as I do - I think I travel a pretty crazy amount - at least do it once a year, and do it really big; or even once every other year, and just do it really big. Go somewhere exotic; go somewhere that you can take see completely outside of your comfort zone. Treat yourself to luxury like you've never experienced before. Buy that Business Class ticket and just open yourself to a whole new level. The moment your mind sees a new level, the moment you desire a new level, and the moment you tell your brain that it is important to you, your reticular activating system will literally start filtering your reality, distorting, deleting and generalizing things appropriately to get you exactly what it is that you want. This means it will literally make you tune into conversations that have to do with your goals. It will make you tune in to opportunities that have to do with your goals. It will literally tune you into anything and everything that you need in order for this goal to become your reality. But if you don't tell your mind what's important, if you don't use that self-talk in an empowering and directed way, if you don't direct energy towards your goals, then nothing will happen. But if you set the intention of just doing it big at least once a year, then magic will start to happen. So, here's how to do it. Save up and prioritize your spending. So, this is really important. A lot of people look at traveling the world as something that's really high-cost, or something that very few people can afford to do. They look at it as this extreme luxury. But I honestly think that it is a necessity. I think that it changes your mindset and changes your perception of the world, that so many people - especially in America - live in these boxes and they're so close-minded. They have no idea that there's life outside of their town. They have no idea that there's life outside of their country, their city, or their state. They also don't know how blessed they are because they're just living in this box. They complain about all the things in their life; their job, their relationship, and all these first-world problems. They don't know that they are literally 0.0001% of the world, which I think that the moment you realize that, you start to treat everything and everyone in your life differently. I talk about the 10/10/10 rule. The 10/10/10 rule comes from my book *Unleash Your Inner Money Babe*; it's basically where you save 10 percent of your income, invest 10

percent of your income, and spend 10 percent of your income on something that makes you happy. The 10/10/10 rule is a great place to start if you think that you don't have a budget for traveling; being able to save 10 percent of your income for that vacation. So, maybe that part where you're spending money on yourself to help you feel abundant goes towards that luxury trip, goes towards that vacation across the world, or goes towards something that will give you such an experience that no material thing could ever compare to. If I believe in having it all and believe that it's not a matter of either-or, it's a matter of "and," but if you were to give me a choice and say, "Kathrin, would you rather have an amazing house, car, amazing clothes, and handbags, or forego all that for a life of just being a digital nomad?" I would definitely take the latter because I love it that much and I want you all to experience it. Maybe there's something that you're going to sacrifice that's less important to you. For instance, I really love these green juices that I drink all the time. When I'm in Los Angeles, I really love high-end coffee. I really love that there are so many luxuries that I really love. But in the past, I had to sacrifice them. I don't think that enough people realize that these 5- to 10-dollar purchases that they're making on some sort of luxury - like their favorite cup of coffee, or a juice, or having new clothes or a new handbag every single season, or whatever it is that they spend their money on. If you just sacrifice that thing that's slightly less important, you can absolutely travel the world. Also, just go. Set the intention because when you set an intention and when you seriously intend on going somewhere - for example, I used to create these fake itineraries with every intention that one day they'll be real. The universe has this way of rearranging things, making things happen, and showing you the deal. Manifesting cheap plane tickets and cheap hotels is something I got really good at. If you were to ask me about what some things the early Kathrin Zenkina would manifest on a regular basis, for some reason I couldn't really manifest money, but I could always manifest really good travel deals. It's so funny because I remember staying in these five-star resorts across the world every now and then with my ex, Ed. For some reason, I would find these deals for \$50 to \$100 a night. That's it. I believe that because I was so serious and intentional about going, the universe always blessed me with the deal. The universe always said, "Here you go." I would always look at purchasing plane tickets or purchasing hotels in the right timing, every single time. When you really set the intention of "I'm just going to go. I'm going to set the date,; you put it in your calendar, and you start looking for the plane tickets, the hotel, and all those things, the universe will absolutely make it happen. I was in Costa Rica with my mom and one of her friends, Carly. Carly's never been anywhere outside of the country until she came to Costa Rica with us. She really wants to go to Greece, and she's actually coming on my retreat in Bali. My mom and I remember sitting there and telling her, "Mark your calendar right now. Open up your calendar, set a date for Greece, set a date for Bali (which already has dates because she's coming on my retreat). The universe, whenever you need to figure it out will happen, but you have to show it how serious you are in the first place. I traveled the world earning just \$100 a week in total. That hundred dollars a

week went towards food, textbooks, gas, my car, and I still somehow made it happen. And so, I believe that if I were able to travel the world on just \$100 a week while being a college student, then you can too. There is absolutely no excuse. So, here's how traveling changes your mindset and makes you a better person. Number one: it puts everything into perspective. I know that I've mentioned this a couple of times. Here's another way of how I look at it: When I started to travel, I realized just how small my problems are. When I'm sitting at home, even every now and then when Brennan and I are in Los Angeles for a couple of months and we're working, I'll notice that a problem will come up in my business. I'll notice that there's some problem in our relationship, or a problem in our family life, or some sort of problem arises. When we feel stuck in one place and we're just parked in our apartments, this problem can expand. It seems like it's all pervasive. It just expands. The problem is as big as me, then as big as my apartment, and all of a sudden, the problem is as big as my neighborhood, then as big as Los Angeles. I just feel like no matter where I am, this problem is so huge and pervasive; "It's going to ruin my life. It's the end of the world and I have no idea what to do about it." Having traveled the world, and especially when we are traveling the world while this problem still exists, when I look around after landing in Paris, Dubai, the Caribbean, Australia, or somewhere, I realize how many people there are around the world, how big the world is, and how life is still going on, no matter the fact that I have this problem at home. It makes my problem so freakin' tiny, where I think, "Kathrin, even though you have this problem, there are parts around the world where your problem does not exist. Your problem really isn't that big, so stop making it out to be as big as the freakin' world because it really isn't. It's probably just as big as you, or as big as your apartment. It's not pervasive, it is not permanent, and you need to put it into perspective. The moment I see that life goes on, regardless of the problems that I have, all of a sudden, my problem becomes an illusion. When I have stepped outside of the problem and changed my environment, all of a sudden, I'm more tuned into the solution. Way too many people are just stuck. They're stuck in the same town, with the same friends, with the same mindset, and they haven't seen anything outside of their current environment. Some people have been stuck in their environment for 10 to 50 years, and it's no wonder that they feel like everything is pervasive and permanent. They think that their reality is absolute reality. Traveling the world has helped me realize that I can shift my reality with a snap of a finger. Just having that perspective has been super powerful for me; being able to step outside of the box and tuning into the solution 10 times faster. Number two: You become comfortable with spontaneity. This is really great for control freaks. Most of my life, I have been a Type-A, tight, and tense control freak. I wanted to control everything. This was the biggest thing that got into the way of my manifestation journey. You know how I say to let go of the, "How"? Most of you get caught up in the "How," and the details of how it's going to happen. "What if it doesn't happen? When is it going to happen?" You have all these questions that you ask yourself, and all these crazy thoughts go through your mind. You just want to control, control,

control. You want to control the timing of everything; you want control over your own actions; you want to control everyone's schedules. If anything happens to your schedule, God forbid. Well, I used to be one of those people; but when I started to travel the world, control goes right out the window. There is no way you can control anything anymore. I think that's been such a great school, learning lesson, and great trainer for me is the whole planet in teaching me that I am not in control. There is no such thing as control. Everything is an illusion; the only constant in this world and in your life is change, and you have to learn to be comfortable with it. I think that learning to be comfortable with uncertainty is the biggest thing, especially if you're someone who's building a business, or you're someone who is on this path to success. There's a lot of uncertainty on this path. You don't know what might happen. There are going to be problems. My friend James Wedmore talks a lot about how so many people have this illusion that there's going to come a time where you stop having problems in your business, or you stop having problems in your life. But the very fact that you are in business and you're solving problems for people means that there's always going to be a problem in your business, or a problem in your life. There's always going to be something that you need to work on. When I started traveling the world and come across things like canceled planes, canceled trains, hotels getting canceled, being "homeless" - I'm saying it in quotes - in Italy, arriving in New York City and realizing that the hotel that I booked hasn't yet been built. I paid for the hotel, but it hasn't been built yet. I arrived at a construction zone, and this is actually around the time when I was broke; my ex and I were no longer together, but we went to New York as friends. I literally had no money at all. I was freaking out saying, "This is crazy, like, where are we going to stay?" We ended up calling Expedia, and Expedia said, "Oh my god, we're so sorry. Here's another hotel that we will put you in." My ability to solve problems, not freak out, and focus on the solution so that I can attract the solution has been monumental in my life, my business, and my manifestation journey. All of a sudden, by traveling the world and coming across all this spontaneity of - you don't know. For instance, when Brennan and I were in India, you can't drink water anywhere; you can't eat all the food. A lot of the street food, who knows what's in it? Our digestive systems are not built for processing some of the stuff that's abroad. You just never know/ What if you get sick? What if you pick up a parasite? What if you accidentally swallowed tap water in a country which doesn't have clean tap water? I've that done many times before, like in Indonesia. There's just no control there; there's no constant; there's no guarantee. That's a great reflection of how life is, where you just don't know when the change is coming. You don't know whether your life is going to look the same from one day to another, and just being comfortable in that and learning how to deal with uncertainty very quickly has totally shaped me into being a better person. I don't freak out anymore. I don't take out frustration on others. If a plane gets canceled or if something goes wrong, I don't yell at people. I don't scream or cry the way I did in the past - way in the past. I used to be one of those insane people, where if things weren't in control, then I felt like my whole life was out

of control. Number three: You really appreciate all the small things back home. You see just how first-world everything you complain about is. So many of us get caught up in complaining about the things in our life. But when you travel to a third-world country, depending on which one you travel to, you really see just how blessed you are; you really see things like, "Wow, I can go to my sink, drink the water, and know that I'm not going to get sick. I can go to any restaurant and know that I'm not going to get sick." Relative to some places, we have really clean air here in the United States - and I know that sounds insane because there's obviously a lot of pollution in cities like Los Angeles and New York, but the level of cleanliness and the level of regulations that exist to control sanitation and control certain things in our day-to-day life that we experience here in the United States, is completely different than other places in the world. When you realize, you will say, "Wow, I'm seriously bitching about this first-world problem. I'm literally bitching about how my spouse treated me the other day, or what my spouse said - when I'm lucky enough to have him in my life in the first place. Or while I'm really bitching about the taste of this food at this restaurant when I'm really lucky to be eating it in the first place. The fact that it's clean, the fact that I can trust it, the fact that it exists, the fact that I have food in my belly, that is a blessing in itself. Or when you're bitching about traffic, at least you have a car. When you're bitching about a delayed plane, at least you have the money to buy a plane ticket to get on an airplane. There are so many people in this world who have never experienced life outside of their town, city, or country. Number four is: You're forced to stop outside of your comfort zone. So, this is a really useful skill in growth. I remember my first time abroad by myself - actually, I was with my ex-boyfriend - and we both didn't know what in the world we were doing. I remember being so terrified of what could happen. That was the biggest step outside of my comfort zone at that time. And now, I feel so comfortable and so at home being in a foreign country. Sometimes I feel more at home, being in a foreign country, than I do my own home. I just feel at home no matter where I am in the world. Another thing I wanted to mention is being comfortable with spontaneity. A lot of people ask me how I've been able to build my business while traveling the world. Quite honestly, it is the experience of constantly experiencing spontaneity, where I learned that the fact that I'm not in control; I can't control perfect Wi-Fi; I can't control the times when information flows through me; I can't control my ideas. There are so many factors that I can't control. Just being able to go with the flow, and being able to record a podcast whenever I can get to it, and being able to launch when it's time to launch, and being able to livestream whenever I can; all these things in my business that require my spontaneity, traveling the world has really helped me with. Stepping outside of my comfort zone, as I'll share in another podcast episode around the breakthrough that I had around why I've been so afraid of my own voice for so long, and getting to that root cause of why that's happened, and why I am the way that I am, and being empowered to now know the cause and being able to change it. The fact that I've been able to step so far outside of my comfort zone in a monumental way is because of

traveling the world. The moment I land in a foreign country, I don't know the language. I don't know what might happen, I don't know what's going on, and I don't know if it's safe or not. I just don't know. You don't really know because it's not your own home, and so you are getting accustomed to being outside of your comfort zone, to where when you're finally back home in your comfort zone, there are other ways in which you can step outside your comfort zone. For example, in your business; stepping on stage and speaking; writing a book; presenting something; pitching something; starting a business; offering something. Whatever it is that you do, it's going to be so much easier for you because you've done it in such a big way, to where every other step outside your comfort zone is just so miniscule on this global scale. That also pertains to 0.1, which is that your problems are freakin' tiny and they're just an illusion. And then, the last tip, or the last reason - I don't even know what it is - the last reason why traveling changes your mindset and makes you a better person, is that you teach yourself to be resourceful and it helps you gain confidence. Again, relating to the fact that you're stepping outside your comfort zone and that you're getting really comfortable with spontaneity, when you travel, you have to be resourceful, sometimes. For instance, you don't know the language, and, God forbid, you get sick abroad and you have to go to the pharmacy, well, you're going to have to be really resourceful in explaining what's wrong, explaining what you need, and trying to get the proper medication. For me, when I get heartburn abroad, that's kind of what happens. Before I go to the pharmacy, I Google, "What is the equivalent of TUMS in France? What is the equivalent of TUMS in India? What's the equivalent of TUMS in whatever country?" Just being able to think on the fly, think on the spot, and be resourceful with the resources that you have will make you a tremendously successful person in other areas in your life too. Again, as I mentioned at the beginning of this podcast episode, the fact that you're watching me or listening to me right now means that you have no excuse but to be successful. You have all the resources. It's not a matter of you lacking resources; it's a matter of you lacking resourcefulness. So, those are my five reasons. That is my background to why I love to travel, how much I love to travel, and how you can travel too. I wanted to share with you guys an invitation of an experience to come travel the world with me, step outside your comfort zone, be more spontaneous, while also experiencing a new level of growth on a spiritual, mindset, and personal level. So, I actually have just three spots left to my retreat next March 2019. If you go to [ManifestationBabeRetreat.com](http://ManifestationBabeRetreat.com), you will see the exact dates and all the information for my next retreat. My retreat in Bali is probably my favorite freakin' time of the year. It's my favorite experience because I'm able to take women out of their comfort zone. I've had women who came to my retreat, who had never left their country; never gotten on an airplane by themselves; never experienced a world like Bali. It's been so awesome to not only help them grow their mindsets around every area of life, help them step into the highest version of themselves, and help them, become better manifesters, but also show them other parts of the world. This retreat is a seven-night, completely all-inclusive luxury

experience, where you have everything included. So, we have a private chef, a luxury villa, excursions - we're going to be doing some trekking around Bali - and we also do daily transformational group coaching sessions, every single day. I walk you through some sort of a process, we do some group coaching, we do journaling, and then depending on whether you pay in full or you do the payment plan, there are coaching sessions involved as well. This is like the place, especially if you're someone who is craving like-minded friendships. If you're craving a world where there are other people out there who are focused on personal growth, stepping outside of their comfort zones, and growing into the best versions of themselves, my retreat attracts some of the most incredible people that even I'm impressed with. Not only do the girls in my retreat grow, but I also grow as a person too. The last two retreats have been so amazing, so I wanted to share that experience with you, especially since I'm talking about traveling; especially since I'm talking about all the experiences and how I've grown as a person, how my mindset has grown as a person, how I've changed as a person, how I've become a more appreciative person and have become more filled with gratitude, and just recognizing all the blessings in my life from traveling the world. I wanted to gift you this experience as well. So, if you're interested in traveling with me and if you're interested in joining me across the world in a place like Bali, Indonesia, you can go to [ManifestationBabeRetreat.com](https://ManifestationBabeRetreat.com), and that's where you can sign up. If you have any question on the details or the logistics - there are a lot of details on that page, but if you have any questions, just email my team at [Hello@ManifestationBabe.com](mailto:Hello@ManifestationBabe.com), and someone will get back to you really soon. The second invite, before I go, that I wanted to share with you is that next Monday - so five days from now - I am hosting a free five-day challenge called the Manifestation Babe Challenge where you can come and learn how to get out of your own way, and attract anything and everything that you could possibly desire for your life and make it super easy and actionable. I am going to teach you how to make manifestation ridiculously easy. That challenge starts completely free next Monday, and you can sign up for it at [ManifestationBabeChallenge.com](https://ManifestationBabeChallenge.com). I believe that there are over 5,000 beautiful souls already signed up for the Challenge; so, if you have not yet gotten a chance to, go ahead and go to [ManifestationBabeChallenge.com](https://ManifestationBabeChallenge.com). So, I am super jet lagged - I'm actually getting tired. So, I'm going to go ahead and take a nap, but I'll upload this podcast episode, get over my jet lag, and just then get back to LA life. I really missed being here. I'm actually so happy to be home. Even though I travel around the world and love the whole digital nomad life, I'm still super grateful for being at home and there really is no place like home. So, I love you guys so much. I'll actually be back tomorrow for a new episode. We're going to talk all about that breakthrough that I had at Tony Robbins, that I'm so excited for you to hear about. Again, [ManifestationBabeRetreat.com](https://ManifestationBabeRetreat.com) and [ManifestationBabeChallenge.com](https://ManifestationBabeChallenge.com); go to those links, get yourself signed up - and again, three spots left for the Bali retreat. Love you guys so much. See you tomorrow. Mwah! Bye. Thank you so much for tuning into today's episode. If You absolutely love what you heard

say. Be sure to share it with me by leaving a review on iTunes but 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 at manifestation babe or visiting my website at manifestation babe calm. 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 some magic