



# Episode 72: How To RECLAIM Your True Self - My Biggest Break...

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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 gorgeous souls. It is Kathrin from ManifestationBabe.com. Happy Thursday. I hope you guys are all having an incredible day. I just actually came home about an hour ago from a phenomenal workout and a phenomenal breakfast with my love, Brennan. I feel so refreshed and energized, and quite frankly, I just had a mini-cry session and really reconnected with my true, core self, my true spirit, and who I really fucking am. It was the most therapeutic five minutes of my life, I swear. I have this inner knowing that anytime I have this message that's about to come through me, or anytime I have a breakthrough, or anytime I want to say something, the universe puts me through it so that I can really feel it before I share the message; so that

I'm always speaking from my heart, my truth, and authentic self. Today is a podcast episode that I promised yesterday, where I will be sharing my biggest breakthrough that I had in the last 10 to 14 days - I don't exactly remember the number of days now. It was just in the last two weeks where I had this incredible breakthrough. It was massive, especially since - which I'll soon share - the questions that I answered two weeks ago that led me to this breakthrough. I have been answering over and over again for many years. It wasn't until very recently, with all the crazy stuff that I've been coming across from my past in a very healing and therapeutic way, that I've been able to discover a much deeper layer that needs to be worked through. It's probably the deepest layer of them all, and it's a way for me to reclaim my true self. So, this podcast episode is all about how to reclaim your true self; how to really rip off all those layers that you have put on yourself growing up - learning how to go after others' approval of you, or learning how to gain love from other people, such as your parents or adults in your past and your childhood; and how every way that you've changed yourself in order to fit in, or in order to be appreciated, loved, or approved by someone else creates this layer. And layer by layer that gets piled on, all of a sudden, you grow up and you're an adult, and you're not really being your true self. One of the biggest causes of anxiety, panic, fear of other people's opinions, and fear of what everyone thinks comes from all these layers that are shadowing who you truly are, and it gets exhausting. It gets so exhausting, that every single day, you wake up and you feel like something's off, or you feel like you're not really being yourself, expressing yourself, sharing your opinions, sharing what you think, or connecting with people on this deep soul level. Deep inside, you know that you're not being yourself. When you're not being yourself, you have a hard time not only connecting with others, but also connecting with yourself. So, I want to give you guys a bit of background, of course; I like to structure my podcasts in a particular way every single time, ending with some actionable steps. As I already mentioned, I spent the last seven days in Abu Dhabi and Varanasi on a spiritual trip. The spiritual trip was about connecting reconnecting with the divine. I set this intention that I would walk into this trip - I had no idea what to expect, because Tony Robbins always keeps it a secret - and create such a divine, deep connection between me and the universe, that I will always feel safe, and feel like I can just be myself, and feel that no matter what happens, I will always have this deep, unconditional love and connection between me and the universe. I can be fearless. I can take risks. I can thrive in uncertainty. Even though I've had and been building this connection over the last three years, starting with my first UPW event where I asked for a sign and got my first sign from the universe, and my mind was just blown. Things have been taking off since that point. I just set the intention to make it such a massive, deep connection on a whole other level. And that was my intention. The whole event was all about reconnecting with the divine. There are tons of energy work involved and a lot of intention setting, as well as the mindset and psychology behind change, growth, and transformation; talks on spirituality. There were gurus that came in; we were chanting, singing, dancing, and doing all kinds of really fun,

especially lots of meditation as well. So, I am someone who has a harder time sticking to a consistent meditation, and I know that I really should be meditating daily. A really good meditation session a couple of times a week really does it for me; it doesn't have to be every single day or anything forced. But I did some really incredible deep meditations in that trip that just keeps me connected to the divine, and keeps me as this open channel, to where I'm constantly receiving messages, ideas, and all kinds of information - I am tapped in. My intention was to create this connection where I am tapped in, 24/7; where I don't have to do anything in order to tap in. And it was amazing. In every single intervention that Tony Robbins has ever done that I've witnessed, whether it's in person or if you've ever watched I Am Not Your Guru, which is free on Netflix. Please go watch it. It'll blow your mind. It's amazing. It's pretty much a behind the scenes look of Tony's six-day event called Date With Destiny. If you're familiar with Tony, in every single intervention, he always asks the question, "Whose love did you crave more growing up? Was it your mother or your father?" If you don't have a mother or father figure, for instance, it can be your aunt, your uncle, your cousin, your sister, your brother, or whoever raised you. There's always someone in your childhood whose love you craved most; not who did you love more, but whose love was scarcer than the other? Especially, the question of "Who did you have to be for them? What did you have to do in order to gain their approval? Who did you have to be in order to gain their love?" If you think about it, when you are an infant or a little kid, especially when you're an infant, you could do anything to gain love from your parents. You could shoot your pants, throw up, cry, or scream; you are always going to be loved because of that oxytocin that's flowing through your mother's body, and no matter what you do, your mom is always going to love you. When that wears off, as you transition into the toddler phase, you start to learn that there are certain things that you have to do in order to gain love or attention from your parents. For instance, you will cause a scene in order for your parents to pay attention to you; or you will find that when you clean something, or you do something that represents you being a good girl or good boy, that you gain approval from your parents. That's where all those layers start to come in. That's where you start to pile on these masks, and you start to transition from being your true core self, into you but with a bunch of these layers; the layer of people pleaser, the avoider, the hyper-achiever. All these layers start to pile up, and it's still you, but there are these layers that are preventing you from really shining through, being your authentic self, and really feeling safe as your authentic self. One of my best friends, Lauren, who's the creator of Badass Business Babe, had an intervention of her own, literally sitting right next to me. I was filming it for her, and I got in trouble doing so. So, I don't know if she can actually post the audio recording on her podcast, which she said she would ask if she could, which would be really cool. But anyway, I sat next to her and I witnessed an intervention done on someone that I know really well, which is really cool. And, again, Tony asked the same question, "Whose love did you crave more most, your mother's or your father's? And who did you have to be? And also, who could you never be for them,

growing up?" There's a specific way that you had to be in order to gain their love; as you grew up, you forget that you picked that up in your childhood. You think that it's you, but it's not you. And that's why you have anxiety. That's why you're so afraid of other people's opinions. That's why you're always hiding, and you find yourself living in this shell, because that's where the shell comes from - it's these layers. So, my answer to these questions - which I will share with you these questions. These are the questions that I want you to also answer so that you can also have your breakthrough. I want you to know that your answers to these questions can constantly change. Mine was always my mom's; I always thought that it was my mom's love that I craved most growing up. This is because my mom developed me into a hyper-achiever. I always had to get good grades; I always had to be amazing; I had to do everything and be perfect. Whether or not that was my mom's intention for me doesn't matter. This is just my experience of my childhood growing up. I always thought that it was my mom's love. Even though my dad wasn't really present - which is interesting, because typically it's the parent that you didn't have, or maybe a parent abandoned you, or maybe there was a parent that was not very present in your childhood; typically, you would choose them as the answer. But the answer was always my mom. This time, things showed up radically different for me. I want to share a bit of the answers that I gave to this and what it means, and how you can work through this process as well, as well what the step-by-step process is for you to also reclaim your true self. That's the goal, here. The moment you are being yourself, uncensored and unfiltered, you experience true freedom and are no longer exhausted, anxious, or giving a fuck about what anything or anyone thinks of you. All of a sudden, you just get to be yourself and you get to thrive being yourself. If you've ever heard the affirmation that I have for myself - "I'm a multi-millionaire just for being my authentic self" - this is what it comes down to. You can just be you; you can talk like you; you can act like you; you can dress like you; you can look like you - and you get to be successful, loved, and accepted. All that matters is that you love yourself, accept yourself, and are proud of yourself. That's how you're going to thrive being you; that's how you're going to be successful being you; that's how you're going to be the six-figure earner, the seven-figure earner, the multiple seven-figure, eight-figure, or nine-figure earner while being yourself, is if you can bring yourself back to your core. So, why did I have this breakthrough in the first place? I want to share with you guys. I'm going to be really honest with you. I'm always transparent, even though sometimes it's freakin' embarrassing. I always share with you what I'm going through, even when it's hard. I'm supposed to be this role model, but I've created this layer and this shell that I'm supposed to be the perfect role model, and that there are so many people watching me, and God forbid that I go through something, fuck up, say the wrong thing, or offend someone. I have to remind myself that, again, that's creating a business where I'm not being my authentic self. That's never my intention. And so, I have to constantly remind myself, "Kathrin, you're going to share some very raw and real shit with your audience, and they're going to appreciate that. They're going to respect that anyway." And that's a

whole other lesson that I have for you, as well; that authenticity, transparency, and honesty go beyond any business degree out there; they go beyond any education out there, even in your careers. I know that not all of us are business-owners, and I make the mistake sometimes of constantly addressing business-owners, even though I'm talking to business-owners, people with careers, and stay-at-home moms. I've helped many women in my Rich Babe Program and my Manifestation Babe Academy Program, regardless of whether you have a business or career. I teach you how to manifest that money anyway, and how to be a phenomenal, powerful, creative Manifestation Babe of your own reality... but that's beside the point. So, here's the issue. This is something that I was very raw, honest, and transparent with my friend Lauren when we were sitting in the hallway, literally eating the crappiest sandwiches. Here's the thing: Sometimes Tony Robbins forgets what food is. Us as Platinum Partners, we are going through these intensive days of 15 hours to 17 hours; "It's 3:00 am. We're so tired, Tony. Let us go to sleep," kind of style. Sometimes, they'll hurriedly pass out some snacks. And so, Lauren and I are eating sandwiches and I am spilling the beans, telling her, "Lauren, I think that I still have the shell around me. I still think that whether it's just an old shell that's still existing or I'm crawling back into a shell, I feel like there's still a part of me where I can feel anxiety starting to creep back in." This is actually a future podcast episode that I'm going to record with Brennan on mental health and mental illnesses, and how it relates to manifestation. I'm someone who has struggled with anxiety for most of my life, Brennan was diagnosed as bipolar 10 years ago, and both of us are living a phenomenal life today. I want to share with you how we work through those crazy thoughts that our minds sometimes feed us, and these emotions and feeling like we're being crippled by something, and how we finally released that. Even though we're not 100 percent perfect or free of, for instance, anxiety - I have been able to knock down at least 90 percent of it, just using what I teach; by focusing my thoughts in the right places, transforming my beliefs, doing things like tapping, meditating, and journaling, focusing on exercise and eating right, focusing on feeding my mind, body and spirit, and being the best version of myself. That's been able to melt away about 90 percent of it, but in the last couple of months, every single fucking morning that I've woken up, and every single day, before I push record on my podcast or these livestreams, or anytime I'm sitting down to teach, or if someone asks me, to go on an interview on their podcast or go on a stage, I freak the EFF out. I will feel this anxiety creep back in. I'll wake up every morning with a racing heart. I would have to spend the first 10 minutes of my morning, calming myself down. Using the tools that have helped me knock down about 90 percent of it, I am using for that last 10 percent. I don't think it'll ever go away; I actually think anxiety is my gift. I have a Masterclass called Anxiety is My Gift, which I will be selling on my new website that's currently under construction. So, that's coming a bit later. Brennan and I will also share in a future podcast how I've been able to deal with it, and how it is my gift. I'm actually super-duper grateful for the brain that I have, the crazy thoughts that I have, and the way that I am. But in the last couple of

months, I still felt that 10 percent crippling me and holding me back. I started to get fear of what others think of me. As I grow a following, and as anyone grows as a brand, you become a target to unhappy people. If there are unhappy people out there and something that you say triggers them, hits a sore spot, or hits a wound, they'll take it out on you. Having experienced that, I'm a very sensitive person. Even though I don't always care what people think of me, I do have the side of me where I'm thinking, "I'm just being my best and doing my best. What the hell is going on here? I'm coming from the right place; I'm coming from my heart. I'm just trying to help you. How could there possibly be haters?" I just don't get it. When I come across threads about me on Reddit, or hate threads on someone else's Facebook group, it's just blows my mind a little. I have to remind myself constantly that it's not me; it's them. But I found myself holding myself back and feeling like I need to censor or filter myself. I found myself creating less, putting slightly less out there, and sliding back into my comfort zone. With how much work I've done and how far I've come in the last three years, I'm really proud of all that work, and I don't want to undo any of it. I am still in that process of figuring out, "Am I undoing some? Or is it just the last couple of layers before I really, fully break free out of this shell?" To give you guys just a bit of a clue, the questions that I'm about to share with you are a confirmation of me finally figuring out that root cause. Knowing and having awareness of the root cause will really help me finally break free. I don't want to be the kind of person that walks on eggshells, afraid of offending someone. No matter what you do, just by you being you, sitting, breathing, and living with your heart beating, you're going to end up offending someone. There's someone out there who's going to get offended, and you just have to deal with it. You have to deal with the fact that whether you are broke and unhappy, you will be judged; whether you are tremendously wealthy and happy, you will also be judged. No matter where you are in life, someone out there is judging you. So you might as well be living your dream life and get judged, rather than you not living your dream life and getting judged. The emotional result is exactly the same, so why not choose the physical reality at the same time that you actually want, regardless of that emotional reality? I felt myself creeping back into my shell and I was wondering why this was happening. I kept telling Lauren, "Lauren, I think my true intention in this trip is to figure this out." I am just done living on eggshells. Maybe it's not something that I'm physically expressing all the time; perhaps there's just something that's in the back of my mind, subconsciously. So, maybe you're noticing this; maybe you haven't noticed this; it doesn't freakin' matter. Honestly, I don't care about anyone's opinion or thoughts on this because I'm just laying it out for you, and I'm just sharing with you how I'm processing it, and telling you that on a subconscious level, it's been affecting me. I just know that this isn't me. This just isn't me. It's not my authentic self. Again, think about little kids. All little kids are born confident and fearless; they're loud; they're outspoken; they have a voice. They don't even know that there are people out there with opinions of them. They're just being themselves; they're wild or crazy, and they're running around - and that is who your true authentic self is,

before you built up those layers. So, I set the intention of figuring out what this shell is that I built in my childhood, and where it come from. I have shared many times my background around being bullied and having a very stressful childhood, in the sense that my parents just did not get along. We lived way below the poverty line for at least the first seven years of my life. It was a lot of stress, so I can totally see where the anxiety comes from. But where does the shell come from? It didn't come from me getting made fun of when I would speak in front of the class. I remember in first grade up until fifth grade, every time I'd get in front of the class and start speaking and sharing a presentation, I would get laughed at immediately. I know that's not the root cause because I believe that was a reflection and a mirror of what I thought about myself, being expressed through these other kids; because I know that up until seven years old, we're all walking subconscious minds. So, I'm a subconscious mind, and they're reflecting my own subconscious. And so, I know that there's a deeper root cause here - at least I do know now. So, I set the intention to find that root cause. Tony gave us a series of questions, which I'm about to share with you. I finally answered these questions in conjunction with a self-hypnotic regression session that was actually a recording that I did earlier in the month, where I discovered some very interesting memories. I was able to bring back a couple of very interesting and telling memories from my childhood. In conjunction with answering these questions, I was able to finally get to the root cause. This gave me a whole new level of freedom to at least know how I can address this, and where I can go to finally work on this; something new that I can tap on, meditate on, and take action on. That's how you're going to transform. You're going to transform by having some guru tell you what to do, or by watching someone else, or by just sitting there, or by hoping that a psychic will tell you the right answers, or anything like that. You have to sit there and really do your own inner work. You have to just dive deep and be okay with the process, knowing that it might take a couple of times. It might take a couple of years, but that's okay, because with each layer that you remove, you're going to get better and better. So, the questions are - and I know you're curious. I'm going to give you three, because there's actually five, but the last two is a whole other point that Tony was making. So, just to keep this very concise, consistent, and actionable, I'll give you the first three, then I'll read number four and number five to you and explain what it's referring to, so maybe it will be helpful for you. But we're going to talk a bit deeper about the first three. I will also put the questions, as well as my four-step process - because I always create a process for every podcast episode - of how to reclaim your true self. I'll also put the questions in the show notes. So if you're listening to me on iTunes or Podbean, you'll see it in the show notes. I'm still trying to figure out how to transfer that to Spotify. So, here are the questions. Number one: Whose love did you crave the most growing up? Was it your mother's, or your father's? The question isn't who you loved more because we all know that you could have easily loved them both equally, but whose love did you crave the most, growing up? Number two: Who did you have to be for them? This is a really big one. Who did you have

to be in order to earn their love? The third question is: Who could you never be in order to earn their love? And so, here are the answers. Back in the day, the first six or seven times that I've done this process, it was always my mom. I had to be a straight-A student; I had to be perfect and an overachiever; I had to make sure everything's always lined up; I had to have integrity; I had to be honest; I had to be a good girl. All this stuff. This time, though, I realized it was my dad's. With my dad, who did I have to be for him? For many reasons that I won't share just because it's so private and came from my regression session, and I'm just going to keep that personal, at least for now, at this time in my life. Anyway, I had to be quiet, I couldn't speak out, and I had to be hidden. My voice wasn't safe; speaking out and using my voice was not safe. It was dangerous. What came through was, "Don't say anything to anyone." And so, if you really think about that for a second: I had to stay quiet. I couldn't speak out. I had to be hidden. My voice wasn't safe. Don't say anything to anyone. You can kind of see why I've had anxiety about social interactions for most of my life. You can see why I've been afraid of people and their opinions; afraid of speaking out; afraid of being loud; afraid of voicing my own opinion. It's because of this; these are the very layers that I've built the shell with. These layers have been covering up my true self. This has been the root cause. The moment I discovered this, I freakin' lost it because it made so much sense to me. I remember sharing it with Brennan and Lauren, saying, "Holy crap, I think this is the biggest breakthrough of my life." I finally had an answer. Whether it's the wrong or right answer, whether it's 100 percent accurate or not, it doesn't matter because, on a soul level, I know that it's going to transform me. On a soul level. I know that this is going to be major progress for me. It's already been major progress. I've already made so many massive strides and felt even more comfortable being myself. Knowing what I can pinpoint and work on has been so freakin' freeing. This is the root cause. Just to give you the questions, again, adding a number four and five. So, the questions are: Whose love did you crave the most growing up? Who did you have to be for that person? Who could you never be? And then number four is: Who is someone you respect immensely, and what are the qualities you respect? And then number five is: Who is someone you massively dislike, and what are the qualities you dislike the most? This is referring to Tony saying how when you really respect or admire certain qualities in someone else, that means that those qualities are actually within you. They're just unexpressed. Also, when you dislike someone and something about them, the qualities that you dislike are also within too. Maybe you resent having them, or maybe they're unexpressed, or maybe they haven't been worked through yet, but they're in there too. And so, this is a whole other point, but it's very interesting because it's a nice representational explanation of the idea that we are all mirrors to each other. And so, when someone triggers you, typically, it's something that triggers you about yourself; when you really admire someone and think, "Wow, they're so amazing;" whatever you think they're amazing for, whatever qualities you really admire, those are within you too. It's just a matter of you learning how to express them. So, these are really great



educational teaching points. The best education that you could ever have is knowing yourself; knowing how you operate, knowing what makes you tick, knowing what triggers you, and knowing what makes you happy. This is the best education that you could ever get. I feel like once you fully understand yourself, you become limitless. You become unstoppable. You can be, do, have, and accomplish anything that you want in life. So, your true self. Remember who you were, if you can, as a very young child; even just go out and maybe you have kids in your life. I'm an only child, so I haven't had much experience with little kids. But I have friends who have little kids. If you go to a park, or if you go anywhere where you see little kids, just watch them, and see how comfortable they are in their own skin. See how fearless they are. They're so imaginative and playful. They're comfortable talking to strangers. They're comfortable performing, singing, and dancing, and they make a fool of themselves. You have to remind yourself: that's who you truly are at your core. You are that little kid. It's up to you to remove those layers and reclaim your true self. So, my four-step process on how you can reclaim your true self. Once you've answered those questions, what's the next step? Well, I want to share with you what I'm doing and what's really helped me. So, number one is having awareness of your layers. The fact that you're aware is a really big deal. I spent the first 26 years of my life not being aware of this; thinking it's completely something else and recognizing that it took me 26 years to get here. But I'm so grateful that I'm here now because I have my whole life ahead of me, and I cannot wait to see what comes out of this. I can't wait to see what comes out of me after I break through the last bits and pieces of my shell; so I can just truly be free and my authentic self, which I feel like I am at the extent that I can be, but I feel like there's a whole other level, too. Number two is to affirm to yourself - and this is what I had to do. When I answered these questions. I wrote down an affirmation in my workbook, which is not next to me right now, but in my workbook, I affirmed that it's safe for me to remove these layers. "I am no longer a child. There is no parent any longer that controls me. There is no adult anymore that controls me. I am in control of myself, and I get to be whoever it is that I want to be." And so, to affirm to yourself that it's safe; I had to tell myself, "It's safe to be loud; it's safe to be outspoken; it's safe to share your opinion; it's safe to say something to someone; it is safe to be mean; it's safe to be you." So, affirm that to yourself and remind yourself that you're not a child. You can outgrow these layers. They don't have to control you anymore. Step number three; this is a really important question. This is actually three questions to answer, which are: "Who must you be for yourself?" Like Tony Robbins' questions to discover that root cause, of who did you have to be for that person? Well, flipping it and bringing it back to yourself because you're an adult and in control of yourself now, ask yourself, "Who am I must I be for myself in order to win my own love? In order to win my own approval? In order to win my own appreciation? In order to win my own respect?" This easily turns into five questions, but you got the point. Who must you be for yourself? And really list that. Understand that whoever you must be for yourself is what you should be focusing on. You no longer have to worry about the past. The past can no

longer hurt you. It is done. No matter what happened to you in the past, it is a meaning of the past that you're still holding on to, that's hurting you - not what actually happened. That happened 10 to 30 years ago, or whatever it is. So, really understanding that you can give yourself and your past a new meaning, and you get to choose whoever you want to be. And the best person that you could be is to be yourself. Sometimes it feels a little scary because we all so unique and different. When you're being your true, authentic self, there's no one out there who's like you anymore. And all of a sudden, you are the oddball out. That's why it feels so scary. That's why you might think, "Oh my god, there's no rulebook for this. I don't know anyone else who's like me." But that's the great thing about it, that there's no one else like you out there. And so, the only person who can do the best job of being you, is you. And then number four is to be that person. Reclaim your true self, and just be that person. Step into that person. Start taking action from being that person. So, I'm super curious. Now that I've given you the questions and the steps on how to reclaim your true self, I'm super curious to hear from you what your thoughts are. If you had a breakthrough, or an a-ha! moment from listening to this episode, let me know. If you're watching me via livestream, I always go back and read the comments, so leave me a comment right now. If you're listening to this on the podcast, feel free to shoot an email or a DM; or just take a screenshot. I always appreciate you sharing the message and the episode with your people and your friends. So, take a screenshot, if this resonated, and go ahead and tag me and let me know what you thought of this episode. I am super-duper curious because this has been such a radical breakthrough for me. Maybe it's obvious for you, or maybe this is a really big deal for you. Maybe for the first time, you're thinking, "Holy crap, this is some real shit. This is something that I never thought about before. I think that this is going to be one of my best journaling sessions ever." I highly recommend that if you're driving right now, don't do this right now. But when you get home, or when you get to work, or wherever you are in the universe, stop and actually answer these questions, and then take that four-step process on truly reclaiming your true self, and understand that it is safe for you. You are no longer that sheltered, layered child anymore. You no longer need to be in a shell. It is safe because you're grown up. You get to be whoever you want to be, and the best person to be is yourself. So, yeah. Those are my thoughts, that's my breakthrough, and that's my cherry on top of my spiritual trip. It has been seriously amazing. Of course, there's so much more to it and so much more that I learned and experienced, but I think that this is the biggest takeaway because I'm always looking for that one thing. Every time I go to an event, every time I take a course, every time I read a book or do anything, I'm always looking for that one thing that's going to transform my life, and that's always the intention that I set. For me, this was my one thing. Last but not least, before I go, I want to invite you to my completely free five-day Manifestation Babe Challenge. My team and I are busy behind the scenes; we are preparing for Sunday which is going to be the Welcome Video. And then, Monday through Friday next week, every single day I am coming on live in my Facebook group

Manifestation Babe, and I'm going to be giving a mini-training for six days in a row, for a total of a five-day challenge. The welcome video is day six, so you get the point. I really want you to join me. I think that you're going to have some massive breakthroughs on the manifestation process, whether you are familiar with manifesting your wildest dreams, maybe you're brand new to it, or maybe you're familiar and you're feeling a bit stuck before your next level. I want to help you. I want to make it ridiculously easy to apply it and take action. I'm also giving away \$1,000. There's going to be one lucky participant that wins \$1,000 next Friday. It's going to be a phenomenal week. So, go to [ManifestationBabeChallenge.com](https://ManifestationBabeChallenge.com); get yourself registered; get yourself inside the Facebook group, and if you are not on Facebook, don't worry, I will send you recordings every single day on email; so, regardless, you will get the content, and it's going to be really good stuff. Again, [ManifestationBabeChallenge.com](https://ManifestationBabeChallenge.com). Let me know if this podcast resonated with you. I love you guys so much. I'll actually see you tomorrow for an episode on how to overcome your fear of flying. I'm not promising anything yet, because most likely it'll be next week, but Brennan and I will sit down and record that episode on mental health, and how it impacts manifestation. If you're someone who has struggled in the past with mental health, I just want you to know that, no, it is not going to keep you from manifesting your dream life. If we could have done it, you can do it too. Okay, guys. Mwah! Have a freakin' epic Thursday. 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](https://www.instagram.com/ManifestationBabe), or visiting my website at [ManifestationBabe.com](https://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.