

Episode 77: WHY Your 2018 Goals Didn't Manifest As Expected

Mon, 7/20 2:10PM 1:10:35

SUMMARY KEYWORDS

goals, manifestation, achieve, setting, manifest, year, people, learn, create, boot camp, mistakes, money, thinking, life, feel, training, subconscious mind, podcast, share, aligned

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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. Hey gorgeous souls. It is Kathrin for ManifestationBabe.com and I just wanted to record an official intro because today's podcast episode is actually the audio recording of a free training that I did in my Facebook group today all about why your 2018 goals didn't manifest as expected. Something you'll notice is that I take some pause here, I talk to the audience, and it's in a more casual format, where I'm just having a conversation. So, if you're thinking, "There are too many pauses in here, or "Who's Kathrin talking to?" Just so you know, it's a free training and I thought that the audio was valuable enough to be posted on a podcast so that you have lifetime access to be able to access this recording as you're setting yourself

up for 2019. I want you to learn from the mistakes that I shared on here. So, it's really good info; and without further ado, here's the episode. Hello gorgeous souls. It is Kathrin for ManifestationBabe.com. Today, I promised my Facebook group that I'm going to be doing a free pop-up training. It's a free one-hour training that's all about goal-setting and how to absolutely crush the year of 2019. Here's the thing; it is already December 6, and we have 25 or 26 days left of 2018 year; and some of us are in that place of reflection. Some of are really busy prepping for Christmas prepping and the holidays, but some of us are in this place of reflection where we are looking back. Some of us are not even remembering what we promised ourselves we were going to do; what we were going to accomplish; what we were going to achieve; what we were going to stay true to; what we were going to experience in 2018. Some of us don't even remember what we even wrote down, said to ourselves, or agreed to ourselves in January. Some of us may have remembered, but have been living from this place of regret, feeling like they failed the year of 2018. They gave up back in August or September, saying, "You know what? Forget it. There are only three or four months left of the year, and so it doesn't matter. I'll try again next year." Some of you might have said, "I am good. I still have 20-something days left. I got this. I'm going to learn from all my mistakes. I am going to really reflect on the things that went well, the things that didn't go so well, and how far I actually am from my 2018 goals, and I'm going to use that to absolutely crush 2019." So, for today's training, I'm speaking to those of you who didn't have 2018 really go your way. Your goals may have not manifested as expected. I want to share with you why. I want to give you answers. I want to share with you the reasons that I believe, based on personal experience, coaching so many women, and helping so many women and men not only just set goals for themselves, but absolutely crush it in a way that's aligned with manifestation; not just brute force, hustle, and grind, making it happen no matter what, but in a way where your internal state is in such certainty, that the universe has no choice but to pour energy your way and into those goals, allowing you to achieve them. Coming from a place where I used to do it totally incorrectly - and I don't know about you guys, but I've been a goal-setter since Middle or High School. I don't know about you, but I've always loved New Year's Eve. I am a sucker for New Year's Eve. For some reason, it's the one time a year when people are excited about their lives. They have this air of, "I screwed up this year. We're going to do it better next year." Everyone just has so much hope and a vision for the first time again - for the first time in that year, once again, they have a vision, and they're crystal clear and excited. I thrive off that energy because that's what I do for a living. For a living, I want to put as many people into that excited state as possible about their lives, their vision, their year, and their entire lives. And so, for me, New Year's Eve has always been a time of celebration, a time of reflection, and a time of "Fuck yeah, we are going to crush it." And so, every single New Year's Eve, I felt that same excitement about my life. It wasn't until 2017 that my New Year's goals actually started to manifest. They started to manifest so much faster. I literally achieved all my 2017 goals by July; I achieved them all

my 2018 goals, but I didn't just achieve them. I literally doubled and tripled the goals that I set for myself. And so, I want to share with you what you've probably been doing wrong. I also want to share with you an opportunity to make it right. We're going to have so much fun today. You will have a-ha! moments and breakthroughs, and be like, "Okay, that makes sense." I'm going to be sharing some information with you that might be contradictory to anything you've ever believed or anything you've ever heard from the traditional sense of success goal-setting; in terms of "This is what successful people do; this is how they do it; this is how they plan; this is how they reverse engineer all their goals." And I want to let you know that you don't have to do any of that. I'm going to show you a much easier way, where you are just committing to your part, but allowing the limitless universe to take over and help you. How does that sound? Now, because this is a more casual training - and I will be putting this on the podcast, so I do have my microphone hooked up. I might have to edit some parts out - but I just want to chat with you guys. I want to, first of all, know where you are tuning in from, and why you are here. I know on Instagram, you guys are more random; on Facebook, I shared with you that I will be doing this training. And so, I just want to know, what are you most excited about in terms of 2019? What are you committed to changing from 2018? Did you achieve your goals as expected, or not? Why are you here? Yes. "Hello, hello." "Hiiii from Utah. I'm here because I love learning from you." Well, I appreciate that. I really do. "Congratulations married lady!" Yes, I did get married this week. Most people don't know because my actual wedding is in Costa Rica on New Year's Eve. Of course, here you go, here's my excitement again. Doing the whole New Year's Eve thing and goal-setting, but also celebrating a marriage and having my wedding ceremony on New Year's Eve. Of course. I feel like I'm the only person in the world who would do that. It's such a crazy time of year to have a wedding ceremony, but we're just going to go with it. "Yay! Long Island, New York. I'm building an empire." I hope you're building an f-empire. Do you guys like my shirt? "Yay! Nisha from Dubai." "Los Angeles, I'm a newbie and I'm excited to learn." Newbies, you're going to love this. Those of you who are already experienced with the manifestation process and the goal-setting process, I just want to share with you the most common pitfalls and mistakes so that you can achieve your goals so much faster. I don't want you to wait until December. I want you to have grand vision for your life and accomplish it within the next six months; so that when you're in the second half of 2019, you'll be saying, "Wow, this is amazing, What else can I accomplish? What else can I achieve? How much more freedom can I create? How much more financial freedom can I create? How much more happiness can I create? How many more experiences can I have? How many more adventures can I create for myself?" So, I want you to really, fully enjoy 2019. By the way, if you're on Instagram, the reason why my iPad is a little higher right now, and probably tilted, is because I'm charging it at the same time because I don't want this livestream to die on you. So, if you're a little sideways, or I'm a little sideways to you, that's probably why. As soon as I get enough charge, I'll take it out and we'll sort that out. Yay, those of

you on Facebook. Awesome. You guys are from Canada, US, Indiana. Tampa. "Woohoo from Costa Rica!" Yay! It's so exciting. So, so exciting. So, just a quick backstory about why I'm so passionate about this. I remember it my whole life, but I remember distinctly from 2015 to 2016, on New Year's, I literally went against all the advice I'm going to give you today. I made every single mistake in my book, and I went on Canva - for those of you who are not familiar with Canva, Canva is this website you can go to where you can create beautiful graphic images for your business, social media, Pinterest, or any kind of graphics for your business - and this is what I use as the digital software to build my vision boards. I remember from 2015 to 2016, on New Year's Eve, I would go on Canva and make the most extensive vision board you've ever seen. I'd probably put 50 things on there and write out what everything means to me. "This is what I'm accomplishing; this is what I'm going to have." I put a mansion on there. This is my 2016 goal and I put a mansion on there, a private plane, I'm going to own a Designer Clothes company, I'm going to make X amount of dollars, I'm going to move here, I'm going to travel here. It was just boom, boom, boom, everything. I was so excited because for someone who just started refreshing her knowledge in manifestation and what's possible for her life, I was in this place of "If what every other manifestation teacher says is true, then all this is going to manifest this year." Talk about expectations. I was just so excited that it was all going to happen. What ended up happening is that about a week later, I was so obsessed with this vision board, I would stare at it every day. The monkey chatter started to come in, where I would start to think, "Well, in order to do this, you already should have been this far. If you plan to make \$3 million this year, then you should have already made 10K by January 6. If you plan on owning a private plan, then you should have already flown First Class somewhere, because obviously that's the next step." I started to obsess with the "How;" and because I didn't quite believe in this vision - of course, it's way too far-fetched, not that it's not possible to have all those things in a year, but it's because I put human self-imposed limitations. "In order to have this, this is what I have to give up; in order to have this, this is what I should have accomplished by now; in order to have this, this is what this person is going to think of me." I just got so in my own way, to the point where my vision board gave me a full-blown anxiety panic attack. And I just deleted the whole thing. I took everything I wrote down, ripped it apart, and said, "Fuck this. This is way too stressful. I don't want any of it anymore." And so, I already got in my way, I did it all wrong, I gave myself way too many things to manifest, and I didn't believe in it. I'll share with you more of those mistakes, but that's a big chunk of my mistakes. And so, that year was the start of my business. It was a very groundbreaking year for me, where I moved to my grandma's house and lived on her couch; then I moved to Los Angeles and started my life fresh. That's when I was really forced to apply this knowledge and learn what actually matters in the manifestation process, and how I can prove to myself that it absolutely works. And so, that whole year, I really committed to my money mindset; I really committed to how to build an effective vision board, not just vomit all types of pictures on there and hope that

it happens. I really learned how to work with your subconscious mind. I started to learn from brilliant people; I read so many books and started going to seminars; I started investing in myself; I went to Abraham Hicks for the first time, the live workshop, and I really started to learn. Come 2016 and 2017, and everything started to take off for me, because - sorry, my Instagram is throwing notifications at me for some reason. So, come 2017 - so that New Year's Eve between 2016 and 2017 - having learned so much in that year, I, first of all, eliminated how much I was manifesting because I knew that to focus on 200 things is a little crazy. And so, I applied some of the information that I'm sharing with you today, and what ended up happening is that I literally felt a shift that weekend, unlike anything I've ever felt in my life. All of a sudden, I simplified the process. I took all the complexity out. I made it totally aligned with what I believed. Obviously, I gave myself a stretch, but I believed that there's a part of me in there that can totally achieve this. That's the zone you want to work in. You want to stretch yourself, but don't put the expectation on yourself to buy a mansion by the end of the year, if you barely live in the house to begin with. That's just a little too farfetched - not that it's not possible. Again, we're not talking about possibility here; we're talking about the human self-imposed limitations, and how to work with them. We, as human beings, automatically put on this cap, and we automatically get in our own way. We all have egos and that inner child is scared, and it wants to protect us. There are so many things that we need to work with. That's how resistance gets built; resistance doesn't come from anywhere except from ourselves. And so, I really learned to work with myself, not against myself. It just felt so good. That weekend was the first weekend in my business that I made 5K in 48 hours. I remember thinking, "Alright, well, we're already 5 percent of the way." My goal was to reach 100K. So, we were already 5 percent of the way there, which is amazing. What ended up happening is that the whole year felt in total alignment with me. I sat down with Brennan; we were drinking champagne. He was still unemployed. I just finished making \$9,000 an entire year of my business, still working my 9 to 5. We're drinking champagne and we open up our notebook - and I'm sure it's one of these notebooks around my apartment that I have, they're so many. In there, I wrote down three or four goals, and I achieved all them by about March April; one of them took just a bit longer until July. I reached my financial goal by April. So, 100K in four months; that whole year, I made 600K, but in four months, I already reached that income goal which was massive for me at the time. It was believable, but it was massive. It was still a stretch because I had never made more than 25K at that time, so that's already quadrupling my income. And so, I achieved all these things. And then, after everything I learned in 2017 - because this is when I started to take classes, like an NLP, hypnosis, and time techniques. I really started to learn how to work even more in alignment with your subconscious mind. I started to apply all these fun manifestation tools and techniques - the most effective ones. What ended up happening from 2017 to 2018 is even more amazing, to where I've been able to triple my goals and revenue. I had goals for my audience size, for instance, and I tripled that. I mean, so many amazing

things have happened so far. And so, I'm in reflection mode right now and I'm looking back, and I'm just so proud of everything I've done. At the same time, I'm wondering, "What's next? What's my next vision? And how can I apply the same thing that I learned, plus everything I learned now in 2018?" Because you always want to take the lessons from this year and apply it to the next year, otherwise, you're going to end up repeating the lessons, and who wants to do that? That's stagnation right there. You're not really moving forward if you're still learning the same lessons every single year. So, you want to make sure they're solidified, and you want to apply them to the next year. So, it's a really exciting time. I know that I have been in many of your positions, where I'm thinking, "Well, this year kind of flopped." All the other times that I've ever set goals, it's been so to the books in that traditional goal-setting sense; where you have to write down your goal, give yourself all these tasks, create deadlines, create timelines, bust your ass, grind, and hustle. And I'm all about creating an epically aligned year. How does that sound to you? Let's get some comments going, some hearts, some love. For those of you who are panicking about your year and saying, "I screwed up, I didn't achieve anything," just know that even today is a brand new start. Even today, if you truly believe it and decide it, you still have 20-something days. When you work with your higher power, your angels, God, the universe, or whatever it is that you believe in; when you truly step up to the plate to do your part, they/it/he/she (whatever you believe in) will also step up to the plate and do their part. And it's amazing what magic comes out on the other side. Awesome. Why are people panicking? I see people panicking in here. Zach Kravitz is on; I always bombard his livestreams, so it's about time he bombards mine. Yay! "Brand new start." Awesome. So, who wants to know - I have five mistakes that you probably made at the beginning of 2018, and that is why you might not be where you wanted to be now. Who wants to know the five -? For some reason, I was looking at my notes before pushing live, and I found two additional ones that I can stuff into one. So, you're going to get two bonuses and it's basically going to be eight mistakes that you might be making. "I didn't achieve 50% of my goals." You might be making one of these mistakes, right? "I definitely made a mistake at the start of 2018." Again, it's okay. The year's already over, we can forget it, learn the lessons, reflect, and then we can move forward. And that's freaking exciting. So, number one, I have here, "You didn't develop strong enough reasons WHY you want to achieve the goal;" meaning you didn't give your goal enough of a purpose in your life. You didn't really ask yourself, "What are the consequences of me not achieving my goals? And what are the benefits? Who in my life is actually benefiting?" A goal that goes beyond you is going to manifest a lot faster. The universe is always interested in helping the highest good of all involved, and so the more people you involve in a goal - even if it's on an energetic level, the faster and more support you're actually going to have behind that goal. What I mean by that is, for instance, you might be setting an income goal, and you might think, "Well, of course, this is for myself." But when you really think about it, if you have children, do they benefit from a higher income? Of course. If you have a spouse - I finally have a spouse, I

have a husband, you guys! - does my husband benefit from me earning more money? Of course. Do the charities, that we support, benefit from us making more income? Of course. I've been committed to developing a rule in my business that has given me so much prosperity up until now, that's totally behind my success, that I'm committed to keeping, which is my 10/10/10 rule. 10 percent of everything that I've earned, I've given away to charity. It's just something that I believe has helped me. It's part of my reason I want to help as many people as possible. I don't just want to impact lives with my courses, trainings, and free content like my podcasts. I also want there to be a component in my business that just goes far beyond anything I can imagine. And so, if I give myself a reason why I want to triple my income; well, I can triple the amount that I give away to charity. Imagine how many lives I can impact if I triple my income; or imagine how many more trips I can take my family on if I triple my income; or imagine XYZ. There are so many reasons, but it has to go beyond you. It has to be bigger than you. It has to be really strong, especially if you want to gain leverage and make sure that you achieve it - your subconscious mind knows; Baby, we have to get this going. It's very important," - is when you give yourself consequences for not achieving them. So, for the consequences, you must have something to lose. If you don't have something to lose, I don't believe you're going to be driven enough to make it happen. It's not about making it happen in the sense of forcing it - again, making it happen in my dictionary or my book doesn't mean going out there and forcing things together; it means getting into flow, using your mind, using your energy, and taking inspired action to create things. But if you don't have consequences built in... here's the thing: There are two motivators for human beings; the attainment of pleasure, and the avoidance of pain. And so, you have to integrate the two into your goal-setting, intention-setting, or desire-creating, or whatever you want to call it. If you guys have a negative connotation with the word goal, because maybe you've set yourself up for disappointment in the past, just change the label. That's all it is, it's a label. We can call it intention-setting; we can call it desire-creating; we can call it goal-setting; we can call it whatever it is that you want. But if you don't include the attainment of pleasure in there - which is the benefit - and, even stronger, the avoidance of pain, that really is the formula. Human beings are more driven to avoid pain than we are to gain pleasure. And so, you might have all these reasons why it's a good thing for you to achieve the goal. But human beings are actually more driven - this is just our human nature - to avoid pain and to avoid the consequences. And so, if you're running away from consequences - in a healthy way, of course - and you're running towards pleasure, it's a win-win. Most people only know the pleasure part; they don't know the consequences, therefore, it's not a must for them; it's just a "I should be doing it because it sounds nice." But if you know what you have to lose, holy crap, you gain leverage. So, in terms of developing strong enough reasons why, I guess I have to add in a couple of bonuses in here, of course. First of all, you probably never wrote your goals down. So, if you didn't write them down or put them somewhere, where you are linking your subconscious mind

and showing it something that is important. What I mean by that is if you tell your subconscious mind something enough times, it will believe it. If you just think something, it's a lot less powerful than you telling someone, or you writing it down. When you go through the effort of taking these goals out of you, putting them somewhere, really putting effort in sitting there and actually writing them down, or having a conversation with someone, or standing in front of your Mastermind - which I've done many times - and telling everyone or your mentor your goals. That's a lot more connected to your subconscious than it is just thinking it right. So, if you haven't written them down, or you haven't really declared them, that's probably why you might be in this awkward space at the end of 2018, where things didn't quite work out. Not only that; you were also not specific enough. Specificity is something that trips up a lot of people, and I understand because a lot of people think that in order for you to manifest something, you have to know every single detail of it. For instance, if you want to manifest some - I don't know, I have like random objects here - a Chapstick. Instead of just saying, "I need to manifest a Chapstick so that my lips are no longer chapped," instead you say, "Well, I can't exactly imagine every detail of the Chapstick, what the detail look like, what the label looks, and all the ridges and everything, so I can't have it." A much bigger and probably more relatable example is dream house. People think that if they can't imagine every single component of their dream house, including the knobs of the cabinet, and what the sink looks like, and what every single carpet look like; that if they can't imagine every single detail and exactly how the toilet flushes, then the universe is not going to know what they're talking about. For me, that's adding way too much stress to the manifestation process. Manifestation is a playful energy, and if you are making it to be work, then you're already resisting your desires; you're already going against the process; you're already slowing it down. And so, you want to be specific enough, to where you have a specific idea of what you mean. Instead of just saying, "I want financial freedom," well, what does financial freedom mean? Does it mean having an extra \$500 a month? Does it mean making \$10,000 a month? Does it mean having millions in the bank? What is your specific goal of financial freedom? What does financial freedom actually mean? Your subconscious mind doesn't like vagueness. If it's too vague, it actually adds stress and it becomes unimportant to you. But if you are specific - and just get as specific as you can get. Again, that's all that matters: to be as specific as you can get. You don't have to be overly specific; just as specific as you can get. And you can always edit. A lot of people are afraid because they think that if they're not specific enough, then they're going to manifest that thing and it's going to be different from what they imagined, or it's not going to be the perfect match. I always say, "Not getting what you don't want is so helpful in the manifestation process, because that's the only way you will ever learn what you want." It's in that polarity - the law of polarity - where, let's say you did manifest your version of financial freedom, and you get an extra \$500 a month. And then you say, "Well, that's not enough. That's not specifically what I wanted. That doesn't feel right to me, I

actually want a lot more abundance than that." And then you have an opportunity to pivot and do it again. It's not like you are just setting your goal and then you're stuck with it, you can't edit it, and it's signed in blood. It's not like there's a force that's going to get pissed at you if you change your goals. No, you can edit it as many times as you want, and you can keep getting clearer and clearer, but you have to start somewhere. And of course, not giving yourself enough strong reasons why; if you don't have a reason why, then it's never going to be important enough for you to achieve it. It's just going to be something that sounds nice, rather than "This is what I must do." Are you guys getting this? I want to see a "Yes" if you're getting this. Give me some feedback. Give me some love. Damn it, I'm on my phone with Facebook, so I can't expand on some comments. "Don't be vague and, at the same time, don't be specific." Exactly. "People are so afraid to get too specific." I know, I get it. "10/10/10 rule, I was not for this training." I'll explain it another time. If you're familiar with Rich Babe Academy, or if you get my book which is on Amazon for \$20 - Unleash Your Inner Money Babe - we go into that 10/10/10 rule. So, you're loving it. Perfect. Awesome. "Makes sense." Yay. Alright, that is number one. It's going to be a three-in-one deal for you. Number two is: You had way too many goals. Now, what is too many? I'm not the judge of that. Too many for one person can be 100 goals, while for another person it can be 10 goals. Either way, if you have anything more than - for me, personally, what worked for me from 2016 to 2018 is actually setting three goals. Most of you might think, "What? But I want more than that. That's it? That's all I can have?" Well, actually, my goals were domino goals, which means that if I achieve them, I have a subset of so many other things underneath it that is implicit; I don't have to write these down because I know them. For instance, if I have an income goal, out of that income goal, I can also achieve my charitable contribution goal. I can also achieve a travel goal. I can also achieve some other goal that involves me having more money. It's a domino goal. So, for me, even learning how the subconscious mind likes to chunk things and that if you give it way too many things to memorize. Have you guys ever noticed that a phone number is seven digits? It's seven digits for a reason. It's because the subconscious mind is able to hold on to seven, plus or minus two chunks at any point in time. So, phone numbers, depending on where you're at, what country you're in, I typically notice that they're about seven to nine digits - because it's seven, plus or minus two. Something that I learned from NLP, as well as Tony Robbins since he's a master of NLP - is that the subconscious mind looks at anything and counts, "One... two... three.. many." So, that's overwhelm after "three." Typically, for me, the mistake that I was making in the past was setting way too many goals; 10 goals for each area of my life - that's already 50 things that I need to accomplish. Imagine if you started 2019, telling yourself, reminding yourself, and putting pressure on yourself to make 50 things happen. That is way too overwhelming and way too stressful. If you stick with three to five - maybe one for each area of your life - and keep it at a domino goal, then this thing will help you achieve another subset of goals. It's just implicit - you don't have to even say it - you just know that if you reach this income

goal, this is what's going to happen. If you reach this personal goal of whatever the personal goal is, you know that there are so many other things in that umbrella. So, look for those umbrella goals. So, you probably had too many. I know that's what overwhelmed me. The moment I reduced it to just three goals, I literally achieved them between March to July. When I achieved them, guess what? I could set more goals. I can see how far I can go. So, it's okay. It's not like you're giving yourself a cap in any way; it's just say you are honing in on your focus. You are putting energy into one concentrated space of one to three goals. When all your energy is going into this concentrated space, you're no longer spreading yourself thin. So, imagine sprinkling a bit of energy on 50 goals, rather than putting your freakin' all into three goals. It's a different energy and a different ballgame. A lot of you are shocked about three goals. I know, I know. And, of course, you can set more. This is not a set rule; everyone works differently. I think that many teachers of manifestation just don't quite understand that yet, on the level that I have grown to understand that everyone's going to have a different manifestation process. Everyone has a different brain. We all have different energy. We all have different auras. We all have different factors and circumstances. So, to say that this is the exact way that everyone's going to manifest, you're going against so many people's ways of thinking, belief systems, and how they build resistance. Everyone is different; and so, if you say, "This is the way to go; you have to write it down 50 times each; then you have to do this; then you have to light a candle; and only if you do this is it going to manifest." Maybe that's how you gained certainty, but that's not how everyone gains certainty. So, for me, mine is three goals, but for you, it might be 10, and that's okay as long as you are not overwhelming your subconscious. So, are you understanding Number Two? Did it surprise you? Did it shock you? What are your feelings on this one? For some of you, I see Joanna, "It makes perfect sense." "Incredibly helpful." Thank you, Boss Jen. "I'm always seeing way too many goals." Yes, Lisa. Bri, I will absolutely share on how to crush 2019, of course; but we first have to talk about the mistakes we're making. "Surprised me but makes total sense." "What were your three domino goals for 2017 when you started with this?" I would be lying if I told you that I remember all three. I remember one of them was 100K a year, because I knew if I had 100K a year I'd achieve other goals. I remember Brennan set one where for him it was to pay off all his student loans. I don't remember, I have to go back and check. I have it so integrated into me and I achieved them so quickly that I just moved on. And so, I don't want to tell you the goals that I set in July for the remaining of the year. I want to keep it as exactly what I said on that evening. I'll go look for the paper. It's in my journal somewhere. Okay, so a lot of you are shocked. Awesome. Okay, Number Three: You don't believe your goals are attainable or possible. And this is the biggest stumper of all in the manifestation process. Nothing matters unless you believe it's possible. Seriously, you are wasting your time doing anything and everything if you are not working on your belief. Belief should be number one. You should be setting goals to where they are a stretch for you, but you're still working with yourself on incrementally upleveling. What I mean by

that is even though you might desire to make a million dollars, for example - a lot of people just choose this million-dollar goal out of thin air; "This is what I want, this sounds cool," and they put it down. If they've never made over \$50,000 in a year, or even \$200,000 in a year, whatever the amount is; it is possible - of course, it's possible - but the conversation isn't about possibility. It's whether you believe it's possible. Do you have faith that it's possible? Or is there way too much resistance when you look at that number, and all of a sudden, you're getting caught up in the "How"? "How am I going to make this happen? How is this possible? No one I know has ever done this. How many things do I need to sell? How much work do I need to do? What needs to happen, and how is it going to happen?" Holy crap, it's overwhelming. But let's say, for instance, that you've made 50K in a year, and now you want to double that to 100K, that's still a stretch; that's still doubling your income, but you've given yourself a level that works with your belief system, to where, yes, you do believe it's possible. It's a stretch, but you think, "I know so many people who have made 100K; I know it's possible; I can conceptualize the 'How;' I can give it a slight idea of how that might happen, even though that doesn't matter and I'm not going to get involved with the details of 'How.'" This is at least works with my belief system, and guess what? When you achieve that 100K goal, can you then go to 200K, and then 300K, and then 400K throughout the year? Of course, you can. You can even achieve your million-dollar goal, just by doing these incremental jumps and working with your belief system. Once you achieve 100K, is 150K that far off in the grand scheme of things? No. When you achieve 150K, is 250K really that far off? Not really. For some, it might still be; if you're really used to capping at 150K, going anything above might be a bit of a stretch. But if you're someone who's used to jumping and already growing, you can think, "Alright, 250K is not that much. Let's set that new goal. That's the new vibration that I'm going to emit." And then from then on, you just keep going and keep going. So, it's not about limiting your goals; it's about working with your belief system. Once you believe something, you can't help but manifest it. You can't help but attract it to you because it is a part of you already. It is ingrained into your subconscious mind, and your subconscious is going to work with the attainment of that goal. Once you get your subconscious mind on board with anything, it is game over. So, Number Three, if you haven't achieved your goals in 2018, ask yourself, "Did I really believe it was possible in the beginning of the year? Was it just a little bit too far of a stretch? Not in terms of what the universe can do, but in terms of what I thought I could do, in terms of what I thought I deserved, and in terms of what I believed was possible for me." Now, is this making sense to you? Have any of these been your mistakes in 2018 so far? Let me know. We still have two more that I want to share with you. "Hard to find a balance in believable and still a stretch. Can it be too believable?" Of course. If you're setting a goal - again, I'm using finances because it's easy to jump from number to number and explain to you, because it's so tangible for so many of us to think that numbers are easy - if you're already making 100K and you set a goal of \$110,000, that's way too believable. You can blink and think of ways that you can make

that money. If you know how you're going to achieve your goals, that means your goals are too small. If you're setting a goal and you already know how you're going to do it, then it's way too small. Your only excuse, then, is the fact that you didn't make it happen. If you knew it, then why didn't you achieve it? If you knew how to make it happen, why has it not manifested into your reality? And so, you want to work with something where you just know, just a tiny bit, how it might be possible, but of course, there's no way you could ever predict the details. And you have to let go of the details. "All of them." Okay, well, is it making sense now? My iPhone is so far away. "Does the goal need to be what you're going to do to get the money?" You should have a purpose. So, with financial goals, you need to know why you want to manifest the money. If you're just pulling 100K a month or a million dollars out of the sky because you saw someone else achieve it and you think it's really dope and cool; again, if you don't know why you want that money, it goes back to your reasons why. It's just something that sounds nice - it's a "should" - but it's not a must. If you have an income goal, make sure you know why you want the income goal. That's part of "why;" it comes underneath the umbrella goals. Okay, who's ready for Number Four? Number Four is: You stayed in your head, and you never went to your heart. What I mean by that is that you kept your goals at this intellectual level, where you are constantly thinking about them, and thinking about how nice it might be to achieve them, but you never really felt as if they were already done. You never really asked yourself how it would feel to achieve your goals. Not only define how it would feel when you achieve them, but actually take the time to feel those feelings. That is, again, a whole other secret behind manifesting. You have to feel as if it's already done; you have to get into the feelings of. And so, there's a feeling that the money goal is going to bring you. There's a feeling that the relationship goal is going to bring you. There's a feeling that your business goal is going to bring you. There's a feeling that your health goal is going to bring you. What are those feelings? And then understand that you're not actually after the tangible goal or the "thing," because the thing on its own has no meaning. If I were to just deposit - let's say tonight, I tell all of you at 3:00 pm pacific time, that you will all have a million dollars deposited in your bank account, and that you can't do anything with it, except for just stare at it; you can't withdraw the money, you can't add to it, you can't do anything. It's just a million dollars that sits in your bank account and it's completely unusable. Is that what you really wanted? Does that excite you? Does that give you any meaning? Does the tangible money just sitting in your bank account, or the number in your bank account, or the cash in front of you, is that really what you're after? Or is it the things that you want to do with that money? Is it the experiences that you want to have with the money? Is it the opportunity and the choices that money provides you with? What is the meaning for that money? What is the purpose for that money? It's about the feeling that it's going to bring you. What does financial freedom actually feel like? And so, understanding that simply by tapping into the feelings of your goals, every single day; committing. Even start right now. Let's say that tonight, you get really inspired and you decide that you want to goal-set for

2019, and especially those of you who are joining my Epicly Aligned Boot Camp, all about how to do this properly in a way where you create an epicly aligned 2019, you want to practice - even starting from the moment that you write down your goals, practice feeling those feelings. Feeling a feeling is just getting into state. Could you feel grateful right now if you really wanted to? You could think about something that you're grateful for and immediately tap into gratitude. It's very easy to do. If you wanted to feel sad right now, could you feel sad? Of course. I tell you a sad story, or you would remind yourself of a sad memory, and immediately feel sad. It's really easy. People think that they need the "thing" in order to feel the feeling, when in fact, you need to feel the feeling before you manifest the thing. And so, people have it backwards. Getting into a feeling is just evoking a state. All of us have felt a variety of feelings at some point. At some point, in some way, have you ever felt the feeling of freedom? Maybe it was the day that you graduated from High School and you felt like you had freedom from your classes. Maybe it was the day graduated from College. Maybe you have a memory of you getting out of school for the summer in Sixth Grade, and you knew you had two months of absolute freedom to do whatever you wished in the summertime - go to the beach, the pool, and do whatever you want. That is the feeling of freedom. That's actually a similar feeling to the feeling that you would have when you have the financial goal, or any other goal. And so, make sure you get into your heart around goal-setting, and don't just stay up here and think, "Well, intellectually, this sounds nice." This is a "should." You make it a must by making it your heart issue. Is this making sense? I want to know if one through four is all making sense so far. Are you enjoying this? I see thumbs up galore. "Abraham Hicks talks about how it's the feeling, not the thing." Absolutely. People think it's the thing. People think it's the person. So, how often do you ever see couples who believe that a marriage - signing a paper that says they're officially married - or having a child is going to improve their relationship? It's not the thing that's going to solve your problems. It's what you do while you're achieving the thing that's going to solve your problems. It's how you're feeling. It's the state. It's the inner work. It's not the thing that you're after. It's the feeling; you want to feel more love. You want to feel taken care of. You want to feel adored. A paper is not going to give you that. You have to work on that yourself. So, that's an example of something that I see in relationship goals, of people thinking that when they have X, then they'll be happy together; when, really, you must work on your happiness first, and then you'll have all the things. For those of you asking about my workshops so far, I'll share more details about it. It's [EpiclyAligned.com](https://epiclyaligned.com) - if you're like, "I gotta get in this shit ASAP!" So, the mistake that you've made is that you've been doing more thinking, and less feeling. Number Five, this one will trip all of you up. If you're shocked with three goals, you'll be shocked with this one. Okay, ready? The reason why your 2018 goals didn't manifest as expected is because you expected them to happen in 2018. You're probably thinking, "Huh? What did she just say?" I know, I know. The first time I ever learned this concept, I thought, "Are you effing kidding me? Is this even right? Did I really think hear

that right?" Here's what I mean by this: A lot of you got way too attached. A lot of you were staring at the calendar all year. A lot of you were looking at where you're at, versus what month you're in, so you probably gave up in September; in September, you looked at the calendar and you said, "We got three or four months left and I'm only 20 percent of the way there, so this isn't going to work. Therefore, let me give up." And so, a lot of people give up because they hold such high expectations around timelines. That's the thing; when you have a strict timeline that creates resistance in the manifestation process, you're going to slow it down to where a one-year goal can take 10 years. That's where most people are at; they are slowly but surely getting there, but they're really slowing down the process because every single year, they set the same goal and they get really disappointed that it didn't happen. They start looking at the calendar and stressing out about how many days are left, and they forget all about divine timing. Even though in traditional goal-setting, you are supposed to set a deadline and achieve the goal by this deadline, and if you don't, you're a failure; opposed to that, where is the divine timing? The divine timing still applies to goal-setting because we're all about manifesting. We're not about hustling, forcing things, stressing out, and just being in this very tense masculine energy - for especially us females - all year long. We also need to tap into the feminine - and men too. We all have masculine and feminine energies, and they serve us very differently at different times. So, sometimes it's important to be in your masculine energy. I used to be very in my masculine energy when I was building my business because I did feel like I needed to really put all my drive into my business. That's the only way it would have ever taken off the ground. But when I finally got a hang of it, I went back into my feminine energy. I decided to dance, sing, and play with the universe in terms of achieving things and in terms of building my business. I decided to listen to my guidance and say, "How can I serve today?" instead of saying, "This is how I'm going to serve, and this is how many people are going to sign up, and this is this, and this is that, and if this doesn't happen, then I'm a complete failure." Instead, I literally asked every single day, "How can we make it happen faster?" It's not a matter of whether or not we can make it happen; it's how do we make it faster? How do we make it more fun? How do we make it come from a place of ease and joy? So, when you get too attached to your goals happening in a very specific timeline, you're not really surrendering. You're not letting go. You're not allowing your goals and magic in. The thing that will trip people up is when you no longer care. This is the manifestation paradox. It's when you are no longer thinking about your goals, when you're no longer caring whether or not they actually happen. This is not in the sense of giving up on life, lying in bed, and that's it. It's not like you never leave your house and completely give up on life. It means that you are surrendering and letting go, and you're at peace, knowing that your worth and what you deserve is not going to change, whether or not you achieve your goals. It's when you know with certainty that you're still going to be a worthy person, and you're still going to learn, grow, and have success, regardless of whether it happens exactly as planned in the timeline that you planned it, that you're still

going to be okay. You're going to accept the fact, and you're going to be happy. When you create from this energy of "Whether or not it happens, I'm still grateful and at peace;" when you are in that energy, that's when things accelerate rapidly, so much faster than you could possibly imagine. And here's the manifestation paradox: Half the teachers will tell you that you need to visualize, focus, repeat, stare, and light candles; while the other set of manifestation teachers - it literally seems like there's a split, even though both are right. The other half of teachers is all about, "You write it down, you let it go, and you never think about it. You just forget them. You completely surrender, because the moment that you think about it, you're immediately thinking about the lack of them happening," and that is true. Both groups are true. But how do you reconcile attachment and detachment at the same time? How do you reconcile staying focused, and also forgetting it at the same time? It's this balance that we must find. It's understanding that you need to give yourself a significant amount of time - it could be a couple of days, a couple of hours, or a couple of weeks where you really are getting crystal clear; you are feeling, envisioning, and stepping up to the plate as the best version of yourself. You're seeing it clearly; you know it's done; you have absolute certainty. The moment you reach that point, you let go, surrender, and forget about it. That's what I noticed shifted for me massively. When I took the time to become obsessed with my goals, and then completely let them go; meaning that I knew that regardless of what happens this year, I will be successful. Regardless of what happens, my success is inevitable. I'm going to grow, I'm going to learn, and I'm going to have fun. Whether or not they actually happen is nice and all, but it's not going to determine my worth, who I am, and what I'm capable of. As soon as I did that - as soon as I put the two pieces together - magic happened. And so, maybe you were really focusing in 2018 from one side, where you became so overly obsessed. Or maybe you're coming from the other side, where you didn't give yourself a chance to really energize your desires, thinking, "Yeah, this is nice. Okay, forgot it. Let's burn the paper, let it go, and forget about everything," without taking the time to really feel it and embody the version of yourself that already has it, really feeling the feelings and getting into a place of certainty. You have to do both. Both sides count. Okay. Divine timing still matters in goal-setting. Let me know if this is making sense. Let me know your biggest a-ha! moment so far because I just shared with you the five - aka sort of seven or eight - secrets of what might have went wrong in 2018. "It's just the beginning, baby!" Yes! "I really randomly just got extremely excited for 2019." Yes! I am so excited. I am always excited. But 2018 was a very emotionally tough year for me; it was very mentally tough. I feel like I built massive mental muscles. Everything was great in my physical reality, but mentally, I wasn't always there. It's not like I was crazy or anything, but I just kept mentally doubting myself. I struggled with imposter syndrome and a new kind of fear of success that I've never really dealt with before. I dealt with the judgment, fear of people's thoughts, negative comments, and trolls, and this, and that, and it just drove me insane. Finally, about a month ago, I feel like I got my voice, mojo, and confidence back. I feel nothing but positive

vibes in 2019. I feel like a lot of us had to let go of shit in 2018 to create space for incredible things to unfold in 2019. "Plan it. Feel it. Surrender it." Yes! "2019 is going to be an epic year for me." Absolutely. May it be an epically aligned year. Woohoo! "With all of this info and your podcast and your help, there's no way anything can stop me from having the best year of my adult life." Absolutely. It was hard for me, too - emotionally and mentally, but physically it was great. I couldn't have dreamed of a better year in terms of finances, business, experiences, and adventures, but my headspace was a little off. I was in a headspace of manifestation, but more of a headspace of really doubting myself, which of course can really get you down and slow down the manifestation process, when you don't believe that you are worthy of something. So, knowing all these mistakes, now you want to know how to crush 2019. Obviously, a lot of crushing 2019 is not making these mistakes. You can take this, and you can flip it to the opposite, and you can create an abundant, amazing 2019 year. But what I've done for the end of the year, I've decided to really hone in my excitement about New Year's Eve festivities and create a Boot Camp for you. I decided to create a five-day boot camp from December 17 to 21, so you're done by Christmas. Once Christmas comes around, you get to enjoy your family and the festivities, knowing that you have already set yourself up for the most epically aligned 2019 year. So, I've created a boot camp for five days, and there are three live trainings. What we're going to do in these live trainings in this boot camp is I'm going to share with you how to create your goals in a way that's directly aligned with manifestation, and also how to not forget the mistakes you made in 2018. There has to be a proper reflection. And so, the first training on Monday, December 17 is a whole hour on just reflecting and learning from your mistakes. By the way, Instagram, really quick. I know I have a 47-second countdown right now and it's about to end. So, I'm going to end this livestream and hop back on immediately so you can learn how to get into this boot camp and how to create an epically aligned 2019 year. So, I'm going to end you really quick and start over. So, come and join me. Sorry guys, one second. Otherwise, I don't want to cut you guys off. Leave a comment. Damn it. Screw it, the comment was on the other one. Alright, so you guys are back. So, the five-day boot camp: day one is all about reflection; day three - because I want to give you guys a day in between to apply the massive amount of information that I'm about to give you and the massive amount of inner work and inner reflection that you're going to do, and really learning from 2018, so that you don't repeat the lessons again. Who wants to repeat the same year over and over again? The universe will keep delivering you the same lesson unless you freakin' learn it. So, I want you guys to learn. On Wednesday, we're going to do a full-blown workshop on how to apply NLP, time techniques, hypnosis, and all these incredible ways of getting your subconscious mind fully on board with your goals, so that you don't really have to make effort. You make effort in the sense where you're going to do your part; of course, you're going to take aligned action. But first of all, you're going to figure out what your aligned action even is, and it's all about stepping into that version of yourself, who has already achieved her goals, or his

goals, because men are allowed too. So, getting yourself in that space and using all these exercises to really get in, and practice feeling. That's what we're going to do on Friday. So, on Wednesday, I'm going to share with you how to do it, and on Friday, we're going to talk all about how to live from a place of already having achieved those goals. That's going to be massive. And so, there are three live trainings; you get lifetime access, so that even if you can't make that week, you can at least get yourself into the boot camps so that I send you recordings. Maybe you're really busy that week; maybe you're really busy during Christmas; but maybe between Christmas and New Year you have a gap, and you really sit down and bang out all three live trainings in a row. Let's see what else: you got a private Facebook community; so, within the Facebook community, you're going to have access to all these incredible, inspiring souls who are all setting incredible goals for themselves in 2019. We're going to support you, we're going to make sure that you have your questions answered, that you're really understanding the content, and that you're not making any mistakes - because, of course, I'm going to refresh your memory on these mistakes in the training, plus share with you how to actually put them into action, It's just going to be pure alignment, manifestation magic, and massive momentum for the best year yet. I believe that 2019 is the year of "The best is yet to come," and I'm super excited for it. If you've previously enrolled into both Goal Smashing Like A BossBabe because I know that some of you have asked what the difference is. Goal Smashing Like A BossBabe, I am going to completely revamp it, make it even juicier, plus you're getting two additional trainings. So, even if you have enrolled previously into my mini-course called Goal Smashing Like A BossBabe, you're getting two additional trainings, and you're going to get the revamped version by enrolling into the boot camp. If you don't enroll into the boot camp, then everything that you currently have stays the same, and you're not going to get the new additional content. A lot of people ask me what the differences are between MBA, RBA, and this Boot camp. MBA is my Manifestation Babe Academy; that's like my Manifestation University. If you want to know anything about everything galore about manifesting your ideal best life, that's Manifestation Babe Academy. Rich Babe Academy is all about completely rebuilding your relationship with money from fresh; completely letting go of any money limiting beliefs, any money traumas, and anything that's holding you back from creating the income that you desire, and really setting yourself up for financial abundance for life. That's what Rich Babe Academy is for. That's not enrolling until end of January - just so you know, you're more than welcome to get on the waitlist by going to RichBabeAcademy.com, but I'm not opening it up until end of January. And then this Boot camp is all about goal-setting from a place of manifestation. So, this is all about honing in on your focus for creating the best year of your life. The thing is, I was initially going to set the price of this boot camp at double what it's at currently; and then I thought to myself, "Yes, this is totally worth it. This is totally what this boot camp is valued at;" but I decided to slash that in half and give it to you at a no-brainer price, so that more of you can experience it. The universe, source, God, whatever you

believe in, my higher power told me to make it available to more and more people. I want to make sure that 2019 and so on - because of course, it's not like 2019 ends and then you lose all the effects; you can apply it to 2020, 2021, and you have lifetime access - so that more people can experience an incredible life. The more of us that create an epically aligned 2019 year, the more of us benefit and inspire others, and the ripple effect just goes on and on. Just think about what your family is going to experience from this; think about what your spouse is going to experience from this; what anyone you want to support is going to experience from this. Think about the people who you affect, and when you are going to be so much happier, more joyful, and much more fulfilled, how are you going to impact your work? How is that going to impact your family life? How's it going to impact just how you show up in life in general? And so, if you're interested in this boot camp - which I'm so excited about. Obviously, you can tell I can talk about this forever and ever - and all the mistakes that I've made. I mean, I've made plenty myself, and I want to share with you more mistakes that I see other people making, and not just how to avoid those mistakes, because we're not just talking about avoiding things, but how to really apply manifestation, NLP, time techniques, hypnosis, and all these modalities that I'm obsessed with. How can we put it all together in creating an epic 2019? So, the bootcamp link is EpicallyAligned.com - I kept it really easy. I'll also post the link in my Instagram bio and on Facebook. The reason I haven't posted the link on Facebook is because links bring down the algorithm. Therefore, less of you would be able to find this training. So, I wanted to make sure to take that out and give it to you guys later. So, I'm going to come back and repost it. If you're listening to the podcast right now - because I know I want to add this to my podcast too - you can find it in the show notes. The replay of this training; if you missed it, if you're catching the recording, or you want to share this with someone, invite them to download it off my podcast, or invite them into the Facebook group because I'm not going to take this training down. It's pretty much going to be available the whole time. But if you want to get into the boot camp, I'm only doing it once. It's just for that one week. And so, even if you're catching this recording on January 20, 2019, that boot camp has already closed. But I want you to benefit, because I know that there's value in here that you can already apply. You can even start the process tonight if you wanted to. So, EpicallyAligned.com. Let me just make sure I didn't miss anything. All recordings will be sent; Facebook community; three live trainings; five-day boot camp. Perfect. I've never done this before. So, I'm really excited about it. This is just a one-time opportunity, and I hope you guys get in on it. Are there any questions? I'm going to go ahead and end the podcast now. You guys have an amazing day. Again, EpicallyAligned.com. I'll see you there. 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](https://www.instagram.com/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.