

# Episode 9: December Money Babe Challenge Day Seven

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## SUMMARY KEYWORDS

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## SPEAKERS

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- K** Kathrin Zenkina 00:04
- Welcome to the Manifestation Babe Podcast. My name is Kathrin Zenkina, and I'm a spiritual mindset coach, author, manifesting expert, and creator of the Manifestation Babe brand. Each week I'll be bringing you inspiring chats, interviews, and dialogues, all based around how to unleash your inner magic, break through your limitations, and manifest a reality wilder than your dreams. If you enjoy listening to topics on money, mindset, and manifesting, then you have come to the right place. I am obsessed with helping women see through to their highest potential and transform into the greatest, most badass versions of themselves. I hope you enjoy today's episode. Now let's begin. Hello gorgeous souls. It is Kathrin from ManifestationBabe.com. How is everyone on this beautiful Tuesday? I am still here in Seattle in my old bedroom. I'm using a couple of different filters, if you haven't noticed, because the lighting is just not that great here. I don't have my diva light with me, so I'm using an antique rustic filter to brighten up my face. So, if I look a little different today, that's why. Also, it's a little dark up here. I was talking to Brendan yesterday and I said, "How the hell did I ever get inspired to start Manifestation Babe in this dark-ass bedroom?" For those of you who live in the Pacific Northwest, you know that it's always dark and raining. It's been so hard to get up in the morning. I'm just so used to walking over to my window in LA and opening up my blinds, even though the sun is shining through my blinds. Opening up my blinds just makes my apartment so brightly lit. I'm just meant for the sun. That's just how I know that I made the right decision to move to

LA. Aw, thank you so much Alisha. Leilani is online with me today. Give me some emojis if you are on live. For those of you who are listening to the podcast, just know that I always record these live first in my Facebook group called Manifestation Babes, and then I take the audio and put it up on the podcast so that you can catch up there. Yay, thank you for the emojis! So, today is Day Seven. Can you believe we still have 14 days left? I will be live streaming for 14 more days in a row, and I freakin' love it. This has become my morning routine. This has become part of my morning ritual. This, aside from my affirmations, that I do every morning, as well as meditation and making my coffee. So, this is really fun for me and I really enjoy it. After the Money Babe Challenge, I will be back for as many live streams as I can possibly do. I love this stuff. I know that I haven't been as present in and around end of October or November, because of the Bali retreat. If you didn't know, there's going to be another Bali retreat in April. Check out the Bali retreat on my website [ManifestationBabe.com](http://ManifestationBabe.com) if you're interested in hanging out with me for seven days, along with 14 other women in a big fat Bali mansion, and digging deep into your personal development, your manifesting rituals and all that good stuff. Anyway, I'm just freakin' excited today if you can't tell. So, today is Day Seven of the Unleash Your Inner Money Babe Challenge, and Day Seven is called the Negativity Detox. I preface this chapter with, "Be positive, be positive, be positive." How many times were you told to just be positive in the countless self-help books you encountered over the years? How often do you hear "Just be positive!" It's almost like a band-aid now. "You're struggling? You're feeling sad? You're having some negative emotions come up? Oh, just be positive! Let's just put a band-aid on it!" And, so, I feel like some of the self-help world has turned into that. Unfortunately, as human beings, we experience negative emotions and negative circumstances. When things don't quite go as we plan, it is done on purpose for us to grow. If we never feel anything but just positivity and it's all rainbows and butterflies, then we would not evolve, grow, or learn. The purpose of us being here is not to not just have fun and experience life to its fullest - because that's the truth. We also came here to learn stuff. If you came into this lifetime to learn forgiveness, how do you learn forgiveness? Someone has to hurt you in order for you to learn forgiveness. Is it pleasant to be hurt? Does it feel good to be hurt? Is it a positive experience to be hurt? Clearly it isn't, but it's necessary for us to grow. And so, telling someone to "be positive" has a great intention behind it, but it's not necessarily something that we can sustain every single day, all day long. I'm here to tell you that there's no way you can bullshit yourself into being positive 100 percent of the time, because there's so much of the world that we can't control. However, we can control the meaning of the world through our own filter. We can control what things mean; we can control what we do about it on our part; and we can control how it affects us. So, this chapter is all about being intentional with what we allow into our minds. Sometimes our reality is shaped based on the messaging. Not sometimes, but a huge chunk. The messaging that we constantly receive. So, if we are on a personal development journey, but we're constantly watching the news; or we are listening to our

friends complain; or we're at work and our co-workers are complaining; and we're reading the newspaper, and the newspaper is talking about how the economy is crashing; and then we log on to our favorite Facebook group, and someone on there is complaining that the world is coming to an end because of a new law that just passed; or whatever it is. When you're constantly surrounded by these negative messages, it's just like fear-based messaging on a consistent basis. Eventually, you are naturally going to have negative thinking processes. Your thinking patterns are going to be automatically negative because you're conditioning yourself. I'm so passionate about this topic because this is why I am so freakin' careful about what enters my mind. Those of you who know me in person, or if you've ever hung out with me, you know that I am so freakin' careful with what enters my mind. I will not let any junk like the news enter my mind. I don't read newspapers, I don't listen to people complain, and I don't listen to fear. When people are sitting together and they're talking about the state of the world and how "this" law passed, and "that" law passed, and how everything is going to shit. "Oh my God, the world is coming to an end," and "Did you hear, in the Bible it says when this happens, then the world is going to come to an end," and they go on and on. One, I don't ever watch the news. Two, I'm very selective with my friends. Three, I'm very selective with what I read, and who I sit next to. I am just so selective. Let me share with you a story. I was sitting at Wealth Mastery by Tony Robbins with my friend. We were eating lunch because we were on a detox program and all our options are salad. So, we went on our lunch break to grab our salads at 3:00 pm and we have our evening session at 5:00 pm. So, we're at Wealth Mastery, which is a Tony Robbins' program, so people are into changing their life especially around money. This is my jam, this is money 2.0, this is all about investments. This is all about all that other good stuff. So, we're sitting at the table and I'm eating my salad with my friend. Then all of a sudden, this woman sits next to us and says, "Can I sit with you guys?" And we say, "Sure." This is Day Three of Wealth Mastery, and we're eating our salads and we're at a hotel. So, my hotel room is just upstairs, and so is my friend's. The actual venue is more towards the Conference Center. So, if I ever want to go to my room, it's a five-minute walk. We ate our lunch in the tent, which is between the room and the conference center. So, we're sitting there and talking about something. So, the woman comes to our table and she starts asking, "Where do you guys live?" and I say, "I live in LA, and he lives in Canada." She lives in LA too, apparently, and she just went on and on about how expensive and ridiculous LA is, and how if you make less than \$80,000 a year, then you're considered broke in LA; how LA is horrible, how it has so much traffic... She kept going on and on about money. I was thinking in my head, "Woman, you're at Wealth Mastery, you have nothing to worry about. You are here because you are ready to build a financial future that allows you financial freedom, to where you don't have to worry about how much it costs to live in California. Second of all, this is all a fucking mindset. Wealth is a mindset, and that's what they were talking about. Tony Robbins teaches that wealth is 99 percent psychology. He talks about how success is 80 percent psychology and 20 percent mechanics. But wealth and money?

That's 99 percent psychology; you have to have your mindset on fleek in order to tap into wealth, because of the cultural conditioning of society; because of how much messaging our subconscious mind is so open to all this negativity around money. It's so fucking negative, and it's all scarcity and lack mindset-based, and it just sucks. So, she just goes on and on. And me being me - I'm not trying to be a bitch, I don't do this because I don't have time for this place; I'm doing this because I'm coming from a place of having so many people I need to serve. I have so many people who are counting on me to maintain my positive mindset so that I can keep giving them information and positivity while being the light for so many people. So, I don't have time to be sucked down by someone who can't see the opportunity in life and that life is beautiful; that, yes, California costs a lot to live in; or yes, there's such thing as taxes and traffic. But that doesn't mean that you have to focus on all the challenges of life. Why not focus on the opportunity that you live in one of the most beautiful cities in the world? And that it's always sunny, and that there's so much to do. From LAX you can travel to anywhere in the world. It's so accessible, I love that airport. I love being central in LA, and I love LA. So, my friend is trying not to be mean. He's talking to her and asking her some questions. And I said, "Hey, I'm going to go work in my room, I just realized I have some work to get done." I didn't, but said "I just realized I have to do some emails. Nice to meet you," and I got up and seriously left. I could not handle that conversation. I didn't want to be around it. I didn't want to open up my subconscious mind to someone who just can't see the opportunity of life. It's not like it's her fault - she was taught to think that way, or she heard it from someone else who heard it from someone else. But I'm just so selective and careful with who I surround myself with, what I listen to and tune into, that I just don't have time for this shit. Imagine, if I get sucked into this conversation, then all of a sudden I will spend the rest of my day being depressed thinking "Why do I live in California? Why do I live in LA? It costs so much," and then I just wallow in my own misery for the rest of the day. That's what happens, it's that misery loves company. For instance, in news, the way that they make money is that the more fearful you are, the more successful they are. The more fear that you have, the more likely you are to tune into the news. The more likely you are to tune into the news, the more money they make. The more successful the media is, the more they're able to twist their stories. They always make it as scary as possible because the more afraid you are, the more dependent you are on them. And that's the thing, when we're afraid, we want to be protected. We want to depend on someone. We want to feel like we're not alone. The news makes us feel like, "You guys are not alone," "We're all against this; we're all afraid together; this sucks; this is Horrible; look at how bad the world is." It creates so much division and it creates so much of "us against them." Who the hell is us against them? But either way you feel like you're always against someone. With the spiritual Law of Attraction, as long as you are against something, you are at the same time for it. For example, some people are against war, or against cancer. Well, you're still bringing the focus into cancer, war, violence and all those things. Instead, be propeace. Be

pro health and pro wellness, because whatever you're putting your focus into is expanding. What you're looking for, you're always going to find. As long as you are looking for something that's wrong with the world. If you keep asking "What's wrong with the world? What's missing? What's not there?" you're always going to find it; you're always going to find the answer to your question. Your brain is constantly asking questions. You may not even realize that this is on a subconscious level. Tony Robbins teaches something called the Primary Question which is what determines your reality. Subconsciously, you're asking a question every single day. For instance, "What's wrong?" or "Why not me?" or "What do they think of me?" You don't even realize you're asking that question, but the mind always wants to answer you and will give you an answer. And the shittier questions are, the shittier the answer is. So, when you're asking for what's wrong, you're always going to find what's wrong. When you're asking for what's beautiful, amazing, or an opportunity, your mind is going to want to answer your question. It's going to find a much more inspiring and positive answer to that question if you frame it that way. So, the assignment for Day Seven is to go on a negativity detox - and be very intentional with the information that you allow into your mind, especially those of you who are very suggestible. I'm personally extremely suggestible, that's why it's so easy to hypnotize me. It's very easy, like when I read a book and it's something that really inspires me, or when I watch a movie - actually, let me give you a better example. When I have a nightmare, it affects me for years and years to come. I literally cannot function because I will latch on to a scene or two from that nightmare, and it'll just replay over and over again for years until my mind finally decides to let go of it. When I tune into the news or read an article, and I see a plane crash or some horrific incident. It's not like we're trying to ignore these incidents. Yes, shitty things happen in the world, but it's how the media twists information, and how the media gets you to constantly focus on and be afraid of it. So, when I see these horrific things happening in the news, the rest of my day, my thinking pattern is at such a low vibration. I play it over and over again, because I'm so suggestible. So, if you're very suggestible, first of all, suggestibility is a gift because when you're tuning into positivity, you're more likely to really take in that positivity and have it stick in your mind. It's a beautiful gift; I am blessed with the gift of being highly suggestible, so affirmations work for me in an instant. As soon as my subconscious mind starts hearing me say a statement, it almost immediately starts to manifest it. So when I say, "The more fun I have, the more money I make," "The more I travel, the more money I make," or "I get highly paid for being me," "I'm a millionaire for just being me," and all these affirmations that I've created for myself where I have unlimited energy, they start to manifest almost instantly. It's a huge blessing, but regardless of that, you want to be intentional with the information that you allow into your precious head. Really protect your mindset and keep your vibration high because you're not serving the world from a place of fear. If you're allowing people to scare you, or allowing your friends to bring you down into their pity party and you're constantly listening to them complain, then how are you ever going to change the

world? How are you ever going to serve people from that low vibration place? So, it's not a matter of cutting people out of your life, cutting ties or burning bridges. It's just being intentional. What can you take out of your life? How can you go on a negativity detox today? Can you stop watching the news? Maybe you have to unfollow a certain friend. Maybe you have to stop reading a certain type of book. Maybe you have to stop watching horror movies. Maybe it's the newspaper that you need to stop reading. Whatever it is, go on that negativity detox. And you know what it is that's really bringing you down. Whatever that thing is, just decide. I'm not asking you to do it forever, because I know a lot of us are attached. Fear is almost addictive. We are addicted to being dependent on the news, certain friends, and drama. A lot of us are addicted to it because it fulfills some of our human needs. It might give us certainty or make us feel significant, or it's a way for us to feel love and connection with friends. It becomes like this addiction, and so you don't have to break everything. I'm not saying that today is the last day for the rest of your life. I'm just asking you to experiment with it for just 14 more days. So, from this point on until the end of the challenge, see what you can cut out. What kind of fasts can you go on? Our minds work like vacuums and we want to be filled up with something else; if you remove all these negative sources, your mind is going to be craving to be filled up by something else. So then ask yourself, "What can I do that's going to fill my mind with positivity? Maybe I can find other successful happy people, follow them on social media and see what they're up to; see the kinds of books they read; see the kinds of posts they look at; see what they're posting. Maybe you go pick up on a new habit; maybe you go do some yoga at a studio and meet some friends there. Maybe you start reading new books; maybe you start tuning into podcasts; or maybe you start tuning into something new. So, ask yourself: What can I tune into that's going to take me from where I am today, to where I want to go? So, that's Step Two of the Money Babe Challenge today. Again, I just want to remind you that you'll always end up finding what you're looking for. So, look for what you want to see in the world. Your mind is constantly distorting, deleting, or generalizing information that's coming into your mind. And that's all based on your filters. If your filters are someone else's filters, like the news filter, the media filter, or some other negative person's filter. Our filter is based around a lot of different components, but some of them are what we learned from our society, culture, family, other people, or friends. If you don't change those filters, you're going to constantly find everything that's wrong with the world. You want to start focusing on all the things that make the world a beautiful place. I promise you, when you start looking for how the world is beautiful place; when you start looking for other high vibration people; when you start looking for what you want to see, and being the change that you want to see in the world, you're going to start realizing that the world is actually a beautiful place. That is how I see the world. I know that so many of us who are brand new to personal development and personal growth see the world as a scary place. A place where at any point in time, you might run out of money, or something bad is going to happen, and that at any point in time, someone is going to stab



me in the back. I know that for some of us that might be true, but that's because we were conditioned to look for those things. We were constantly an energetic match to those outcomes, and a lot of it has been influenced by the media, family, friends, culture, society, and other people in general. So, really start to look for what you want to see in the world and start shaping your reality into the one that you want to find because you'll always find what you're looking for. That's how I see the world now. The world looks like a bright as fuck place. I see the good in everyone. I am constantly meeting new people who bring up my vibration and want to help me. I am surrounded by these examples of what humans are capable of. I'm surrounded by such generous and kind people. It's because that's what I'm looking for, therefore that's what my reality is creating. Does that make sense to you guys? That's all I have to say. So, do your Money Babe Action in the book, and I will be seeing you for Day Eight tomorrow. For those of you who haven't heard yet, I did release a Prosperous Coach Holiday Bundle. Those of you who have been interested in taking Digital Course Babe - which is my course for how to create your own digital courses, to go from an idea to a full-blown course, step-by-step. I map it all out for you and I screen share my computer to show you exactly how I've built every single course that I've ever put up on Manifestation Babe. Plus, my Become a Client Magnet eBook, which is where I teach you how to become an endless client magnet - to the point where this year I've built up my one-on-one waitlist to be 200 people long, because so many people wanted to work with me, and I just became a client magnet, so I just never ran out of clients. I had clients constantly be attracted to me and want to work with me and learn how to utilize the law of attraction. There are some tips on seeing your very first client, like what is required of you as a coach, how to price yourself, how to get people to pay for your prices, and how to determine what your packages include. I have all of that information in a single eBook called Become a Client Magnet eBook. So, I took Digital Course Babe plus that eBook, and bundled them together. Together, the total price is \$599, but it's available for just \$222, or two payments of \$111 until January 1st. I know I announced it yesterday, but I wanted to announce it again for those of you who have not caught the bundle yet. It's going to be available for another less than two weeks, so definitely catch that bundle. I cannot wait to see what you create in your business; start 2018 as that prosperous coach that you've always dreamed to be; have endless passive income streams; have endless clients; build that business and foundation; and really set yourself up for a magical coaching business in 2018. So, I'll post the link again. Hopefully, you've taken me up on it. Yay! Alright, I love you guys so much, and I will see you tomorrow. I'll post the link here, and then you can also go on my website - it's under the Courses tab. If you go to ManifestationBabe.com you'll see a Courses tab, and you'll see the very first option, the Prosperous Coach Bundle. Love you guys so much, bye. Thank you so much for listening to today's episode. If you enjoyed this podcast and want to see more of the Manifestation Babe series, make sure to hit the subscribe button and share this episode with all of your friends. If you really enjoyed this podcast episode, make sure

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