

Episode 91: Dealing with Discomfort? Unsure What's Next? Stu...


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SPEAKERS

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Welcome to the Manifestation Babe podcast. My name is Kathrin Zenkina. And I'm a manifestation expert, master mindset coach, and multiple seven-figure entrepreneurs. 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, then 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 the tools, the resources, the strategies, and teaching 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, it's me. I'm quickly interrupting this podcast to remind you that I'm posting a completely free five-day manifestation challenge on my Instagram next week. I'm giving away 1000 bucks, tonnes of my trade secrets on manifesting your dream life, and there are over 12,000 gorgeous souls, just like you already signed up. Will you join them? Will you surprise yourself with what you can attract into your life in just five days. Go to www.manifestationbabechallenge.com right now to get your booty signed up. That's www.manifestationbabechallenge.com, and if that link isn't working, just head over to the show notes and you can click the link there. Pause this episode right now and go get

signed up, I'm waiting. Yes, seriously, I'm waiting. Did you do it? Yes. Okay, now back to the episode. There will be periods of bliss, and there will be periods of excruciatingly uncomfortable growth. The goal isn't to control the process and avoid the discomfort. The goal is to surrender the growth and appreciate the bliss within the discomfort. Trust this process, and you'll feel the inner peace you longed for when it comes to this period of growth in your life. Listen, babe. I'm human too, right now I'm going through this weird period of my life. I noticed simply by observing the last few years behind me that I go through the cycle of limbo for a few months, every single year. It's a little stagnant. I don't feel so inspired. I don't know what I want to do next. I don't know what to create. I'm just in this dense, uninspiring, super dull space of I don't fucking know. It drives my husband Brennan and my team crazy. They have no idea how amid all this business growth, huge strides forward, and crystal clarity around where we're going and what we're capable of, that I would have doubts, but I do, I really do. And I've learned to accept it as part of the process of intentional manifestation. Sometimes, we need limbo to create space. Sometimes you won't know what's next for you. And that's okay. Sometimes you'll need a few months to just be grateful for what you already have. And that's okay too. Sometimes you'll get discouraged and disappointed by the lack of the intended manifestations in your reality, causing you to be a little apprehensive about dreaming again. And that is also okay. Co-creation of your dream reality is not a race. It's completely normal to stay in the discomfort of not knowing what's next, and how life will unfold through the next steps. Whenever I experienced these moments, I choose to dive way back into my inner work, face my perceived limitations, and use my inner guide to help me figure it out. And then the clarity hits me because I allowed myself to be in the discomfort of not knowing, and shit takes off again like I wouldn't believe, where, what's next was beyond what my imagination could conceive. I want you to know that unlike what you see here on social media, Instagram, and even your favorite podcast platform, where apparently everyone is in a race to happiness, that happiness and fulfillment is not a race. You will figure it out. You got this. We are all humans here, including me. Life is happening in your favor even when it seems like nothing is happening at all. And the universe will surprise you beyond what your imagination could conceive. I can promise you this as I come from a personal experience here. It's okay to not always be clear. The next level will come when you've accepted the unknown. And you're okay with it. The lesson here is self-acceptance. Be kind to yourself. You're growing, even if you think you're not. Thank you so much for tuning in to 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 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 following @manifestationbabe or visiting my website at manifestationbabe.com. I love and adore you so much and can't wait to connect with you in the next episode. In the meantime, go out there and manifest some magic.

