

Episode 11: December Money Babe Challenge - Affirming Your M...

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SPEAKERS

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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, breakthrough your limitations, and manifest the 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 peace through to the 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. Good morning. How is everyone doing this Thursday? I am back for day nine of the "Unleash Your Inner Money Babe" challenge. Once again, just to give you a refresher, we are following along my book "Unleash Your Inner Money Babe: Manifest \$1,000 in just 21 days", it can be found as a printed workbook on Amazon, as well as a Kindle version on Amazon. And I am so excited to be talking about day nine because day nine is all about affirming your money truths. And this is where we start to begin the conversation around our language and the things that we speak and the things that we say out loud or even in our minds, to ourselves. And how our subconscious minds are so receptive to the things that we are saying around money, finances, our capabilities and the opportunities that exist to us in the universe, and so many of us are constantly shooting ourselves down. We are constantly engaging in

negative thinking, we are engaging in our negative beliefs, conversations with other people about our limitations, and we are telling our friends that we are broke, or that we can't afford things, and we're looking at our bills and we're groaning or getting angry. We're saying it, whether in our minds or out loud, such as, "Oh! I can't afford this," "This is too expensive," "This is too high," or we're going shopping at a mall, or maybe we are online doing some shopping and maybe shopping for a future vacation or whatever it is that we're shopping for. Sometimes we immediately shoot ourselves down because we're very reactionary, we say, "I can't afford that, that's too much," or "Never in a million years" or whatever it is that we say. And we've essentially programmed ourselves to create this kind of reality where the money is limited and money is not abundant. And although that's not true, it's true in our reality because what we speak is constantly manifesting, and yes, you can speak things into existence. So I'm so excited to be talking all about your money affirmations. Now, what an affirmation essentially is - this is one of my very favorite tools in manifestation and creation, especially my money mindset. A lot of people shoot down affirmation saying that "Oh, they don't work", "They're ineffective", "They don't do anything", "It's just a bunch of bullshit" or "That's no way to train your brain". However, I want to remind you that when I say affirmations, I mean positive statements that are said with a tone of emotion that is said with "umph" and I'm getting behind them with as much belief as possible. So I have a couple of tips and tricks around affirmations to talk about today, as well as sharing with you some of my favorites and some options for your money babe action, and why they're so effective. Now, the reason why affirmations are so effective is that what you speak out loud, your subconscious mind takes in as truth. And just think about a negative limiting belief, if you have a limiting belief around your potential, money, or what you're capable of. The reason why you have this limiting belief is that a limiting belief started with a single statement or a single thought that you kept repeating over and over again, and it became a story that you kept telling yourself over and over again until it turned into a belief. So you essentially affirmed something around money up until this point, that is now the truth in your reality. But if you think about it, it just started as an affirmation. So, what we want to do is we want to take those negative thoughts, and we want to flip them, we want to switch them, we want to put them in the positive, we want to put emotion behind it, and we want to get you to start repeating on repetition, the statements that you want to be your absolute truth around money. Because what is the truth around money? The truth around money is that it is abundant, it is unlimited, it is just energy, there is no limit as to how much you can have. It is a neutral resource that you can use for expanding opportunities in your life and for so many different things, and money is not good or bad, money is just an amplifier. So, if you're a good person, you're going to do amazing things with money. And if you're a bad person, then you're going to do bad things with money. But money does not change you, money is just a neutral resource. So, the things that you have been affirming around money that haven't served you, the way to flip that is to find a statement that sounds good to you,

that feels like the truth around money. Because the truth is always going to feel good. So, if you have a statement that doesn't quite feel good to you, or you have something that keeps manifesting that doesn't feel good to you such as, "I can't afford this, I'm broke, etc." whatever it is that comes to mind, I want you to start flipping it, find the positive statement and start repeating it out loud to yourself with so much emotion that your subconscious mind can't help but believe it. Another tip that I have for you is in the morning, I like to do my affirmations in the morning. And what I do is I stand in Wonder Woman pose. And when you stand in Wonder Woman pose and look up, you have different physiology that you're standing in and that makes you feel confident. When I see in a Wonder Woman pose, all of a sudden, everything, all my negative thoughts melt away. Everything that I'm saying to myself all of a sudden feels so empowering. It feels like truth. And scientifically, standing in Wonder Woman pose or also known as a power pose, reduces your cortisol levels, which is your stress level and raises your testosterone which is that power hormone that men are filled with and women also have but just not as much as men, but that's the hormone that spikes up your confidence, your drive and your motivation. So, when you stand in a Wonder Woman pose, and you say these affirmations to yourself out loud, you start to freaking feel them. And this is such a simple habit, just five minutes a day have the potential to change your freaking life. And I remember that this time last year, I was working on my office job from nine to six every single day, using my lunch break, my evenings, and weekends to build my business. And I remember walking into my office every single morning because I'd be the very first one turning on my computer, I'd have my vision board pop up. And I would be turning on the lights in the office and as I'm walking around, I just see my affirmations, then I go to the kitchen, I serve my coffee because they had a Keurig at work and while it takes time to heat up, it takes time to drip the coffee out, all that good stuff. So, I had about two to three minutes every single morning just making my coffee, where I stood there in Wonder Woman pose and I said my affirmations to myself over and over again, I declared and I commanded exactly what I wanted to show up in my business. I declared and commanded exactly what I wanted to show up in my bank account, and exactly how I wanted my life to be, and how I wanted my reality to be. And I spent that just two minutes every single morning in Wonder Woman pose feeling a complete badass, too. By the time I'm done, I have my coffee, I go back to work and I just literally feel like a completely different person. I feel I just really set off the universe to work for me and I set off that my creativity, my creation's powers, and everything felt like it was going to work out and my mood would be lifted. I'd be doing so much better job at work, I started to get raises, I started to get noticed, my business took off, clients would come my way, I'd be working at work, and all of a sudden my phone started blowing up because people want to sign up for my one-on-one package, my PayPal started blowing up because people are buying my courses. People are signing up for my email list, I felt all the work that I do, aside from these affirmations, started to amplify and go faster and faster, and I felt I started to manifest and hyperspeed. Now

your self-talk, affirmations are all tied to your self-talk, and your self-talk freaking matters because think about it, most of the world is going to try to knock you down, and most of the world is so negative. You know, just tune in to the news and see what the news says. Tune into Facebook and see what people are complaining about. And you know if you've ever been in high school, which I'm sure you have, you know that people like to talk about other people behind their back, and it's so unfortunate but a lot of people are subscribing to gossip, shit-talking, and subscribing to just being negative nancies. And because the world is filled with so many of them, it is up to you to be your biggest fan, it is up to you to celebrate yourself, to excite yourself, and to tell yourself that you're amazing, and all the things that you wish others would tell you, or maybe you didn't hear very much of it from your parents, or maybe growing up, you didn't have very much of that positive talk, give it to yourself. And I promise you, your vibration is only a compilation of the energy that you give out yourself. So, start speaking the things that you want to create, start thinking the things that you want to create, start developing habits of the kind of people you know, take a look at other people and other successful people, and what they're doing. Start developing those habits, the habits that you wish you were taught. It's up to you. Start betting on you, start investing in yourself, start investing the time you need in yourself, to develop a morning ritual of self-care, or a morning ritual of affirmations, or a morning ritual meditation. Bet on yourself because you know that you will never let you down and your soul is divinely loved, divinely guided, and the universe will never let you down, the universe will never drop you on your head. So, you have to start forming this belief system, and it honestly starts with the universe. Manifestation starts with yourself, believing in yourself, loving yourself, telling yourself the things that you know you need to hear. A lot of this starts with your language and it starts with affirmations. On day 12, we're going to be talking a lot more about language and how really important it is to get creative with the things that you say about your life, especially when maybe your bank account isn't exactly what you want it to look like, and your friends are inviting you out to dinner, and your friends are inviting you to go traveling the world and go shopping, and how can you start to manipulate your language in a way where it does not limit you, and how can you get truly creative, and what you can tell people instead of saying "I can't afford it, or it's too expensive, etc." Because you would be amazed at how many people limit themselves, just by the things that they say about their reality. I mean, it's an instant cap that you put on yourself, such as, "Oh, I'm not allowed to go above that, this is my limit", "That's too expensive, so I'm creating a limit as to how much I can afford." And it's amazing the kind of things that we do without even realizing or without even being conscious of it. This is all going on at a subconscious level. And it's not your fault. These are just thinking patterns that we learned, all of these are learned. And so, it's time to start remembering our truth. It's time to start unlearning all the bullshit that we have learned, and start to remember what is that our very core, what is the truth at our very core, all there is, is love in the world, and love is abundant and unconditional, and fear is an illusion. And all these

amazing truths that you know to be true at your very core, start reminding yourself of them, unlearn all the bullshit, all the man-made bullshit, and go back to your core. That is my message for day nine. Let me know which three affirmations you choose. So, use the hashtag #December_money_babe_challenge. And let us know which three affirmations you can create your own. Or you can use the list or you can use any of the other ones that I have all over my website all over my social media. And then let us know how you felt the first time saying each of these affirmations for some of us It could be brand new. For some of us, we are already doing this kind of work. And so maybe it's tweaking your affirmations and finding that some of them feel better to you than others. Again, your heart, your soul already always knows what is intuitively right for you. And then spend this whole day repeating the affirmations. Repeat them like a crazy person. Repeat them in Wonder Woman pose. Just like your thoughts have constantly been repeating themselves over and over again to create these limiting beliefs and limitations. It's the same freaking process, switch it, find a new thought, find a new empowering thought, and start repeating that to yourself instead. That is it for day nine. So, I will see you guys tomorrow for Day 10 where we're going to be talking about shutting your mind up and the power of meditation. All right, beautiful souls. I love you so much. Yes, I am abundant and prosperous. That is beautiful. Leslie, remember your "I am" okay? Whatever you say "I am", whatever follows "I am" becomes your destiny. That is because the language does not just describe your reality. It freaking determines your reality, it is the catalyst for so much that you have created in your life. So, please check in on your "I am" especially, and just what you say to yourself in general. All right, guys. Have a wonderful day, a wonderful Thursday, and I'll see you tomorrow. 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 enjoyed this podcast episode, make sure to leave a review on iTunes and let me know how much you enjoyed it. To go even deeper and unlock your inner manifestation babe, make sure to head over to manifestationbabe.com, where you can find courses, events, books, blog posts, and all of my social media feed. Until next time beautiful, I'll see you in the next episode. Now, some of my favorite affirmations and I gave you one yesterday which is "Money is all around me. I find money everywhere, it flows effortlessly into my life daily." One of my very favorites is money's an unlimited resource and it is always following my way. A couple more that I have in here is "Money comes my way quickly and easily, people love to pay me, people love to give me money." If you're in a service-based business, "I deserve to be highly paid for the work that I do", "I am worthy of all the money that I receive", "I love money, money loves me", "Money is attracted to me and finds its way into my life quickly and easily", "I create new money-making opportunities daily", "I am a magnet for money", "Prosperity is drawn to me" and so on, and if you're new to this kind of work, I assure you that repetition is the mother of all skills, and the way that these affirmations start to feel natural to you and start to feel a

part of your automatic thinking process and pattern is to keep going with it and keep repeating it. When I first started my money mindset work, most of these affirmations sounded complete bullshit, and that's normal because it's brand new to you, and because you're so stuck in your way that this is not the truth or not how money is in your life because you have affirmed something else as your truth that is no longer serving you. I want to urge you to keep going and put as much emotion, as much belief behind these affirmations as you possibly can, and especially if you're having a really hard time believing these affirmations. One of my favorite things to add on to the beginning of an affirmation is, "I am choosing to believe" or what else that I've put in here. "I know for me it works. I am in the process of believing that." So, if you're having a really hard time saying to yourself money is an unlimited resource when it maybe has shown up otherwise in your life because you've chosen to believe something else, you've chosen to tune into another story, a story that no longer serves me and no longer serves you, it's really helpful to add in, "I am in the process of believing that money is an unlimited resource and it's always flowing my way" or "I am choosing to believe that money is an unlimited resource and it is always flowing my way." So, something else that helped me as well which is part of your money babe action today is to find an app and I like to use affirmations reminder by "You are a creator, or we are creators or you're creators". I just know it's called an affirmation reminder. And I think it's a black app with a light bulb or a brain on it or something. For some reason I'm not seeing it in my mind right now. But it's called affirmation reminder. And what it does is you can program up to, I don't know, a zillion affirmations, I have about 15 of mine programmed in there. And you can have it pop up on your phone as a notification at certain times of the day. Or in divine timing. I think it's called divine timing, and you can set that up. So, a random affirmation pops up at a random time in the day. And this is so helpful because you have something that's constantly flashing to your subconscious mind. Every time you pick up your phone, you see one of your affirmations and your goal is to stop what you're doing. Look at your affirmation and say it to yourself out loud, with emotion, with conviction as if it's the ultimate truth. And as Abraham Hicks says: "It only takes 17 seconds to take something and to feel a feeling and to put it into the vortex of manifestation." So, sometimes it only takes 17 seconds to just say your affirmation to yourself, really feel it to be true and then release it, let go and move on with your day.