



Episode 192_Manifest more productivity using this ridiculous...

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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 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, 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 teachings that you need to manifest a reality wilder than your wildest dreams. I know we're about to have so much fun together. So thank you so much for pushing play today. And now, let's begin. Hello, my gorgeous souls. It has been a minute, hasn't it. So I am so excited to finally be back recording an episode. it's going to be a mini episode; I got to ease myself back into the podcast. For anyone who's wondering where I've gone, you probably haven't been listening to the podcast long enough. Because if you will notice, I have a pattern. And the pattern is that every about year or so I go through a cycle and the cycle is asking of me to take a break, and I will usually and every time it's different. I find myself taking a hiatus for about six to eight weeks where I just give myself the space to just be, to just listen, to just receive rather than give. And find the quiet that I need in order for me to get re-inspired so that I can keep

bringing inspiration into the podcast instead of feeling like I have to be recording episodes. This actually happened to one of my favorite podcasts long, long, long ago, and of course, I'm not going to name names here. But I noticed that my favorite podcast hosts at the time was showing up to the podcast, his podcast, with this energy of like "Ugh, I have to be here". And I couldn't listen to his podcast anymore for like at least six months until I felt him getting re-inspired with it and only then I was like okay, now the shits good again. So I just want to make sure I'm mindful of that and take my time when I need it, but I thank you guys for your patience. So I just came back-actually it's been two weeks, I didn't just come back-but I just came back from an awesome trip to the Maldives. I was able to take my mom to Dubai as well as the Maldives. Of course, we had to take like four COVID tests to be able to do this, but it was so worth it. It was worth getting the swabs shoved up our noses four times and awaiting that anxious period between getting the swab in your nose and getting a test that says your COVID free because you're always like "Oh my god, what if I got it? What if I got it on my last flight? What if I got it here?" So it's been quite an adventure, but it's been overall so amazing. And this week I've been getting so much incredible feedback on my Instagram around the podcast. It's like old episodes are becoming popular again, old episodes are increasing their downloads, you guys are finding yourselves going back down the archives because I haven't posted anything new. So that really inspired me to just get back in it. And today's episode is a productivity hack that I have for you guys. I actually shared this a couple times on my stories, because I know some of you have been practicing this and it's been making its rounds around Instagram. But this is a hack that I discovered, I think earlier last year, that has been an absolute game changer for me for getting shit done. So the hack is very simple, Okay? But I don't want you to overlook the simplicity. Because here's what our ego likes to do, our ego loves complexity. Because our ego is that voice that constantly tells us "hey, it can't be that simple." Because it can't be that simple, you can't make it that simple, and so you have to make it complex. And of course we make things way more complicated than it has to be. So I want you to invite in your higher self right now and just accept that Yes, this tip does work, Yes, it can work magic in your life, Yes, it is this simple, but you really have to experience it. So make sure that you actually practice it. So the hack is okay, here's how I discovered it. Last year ish, I would say I, out of nowhere, was making a to do list. And when I was making a to do list, I noticed myself - because I'm very aware of how I feel, very aware of the vibration that I'm at, and things that are making me feel a certain way - And I noticed that my to do list was bringing my vibration down. I noticed that I was feeling dread. I noticed that everything I was listing on my to do list felt like I should be doing it, I have to be doing it, rather than I want to. The problem was that these things on my list I actually did have to do, I had to do them because they were promises that I made to myself, or promises that I made to my students, or promises that I made to my team. And in order for things to function, in order for me to do the things that I want to do, sometimes you have to do a couple things here and there that you don't want to be doing.

But I didn't want to bring that kind of energy in my life. And so I crossed off the phrase, I realized that there is a negative stigma, for me at least vibrationally, with the words "to do list", because I don't want to be manifesting more shit to do. Because think about it; If you're constantly making to do lists for yourself - which is fine, we all do it - but if you keep approaching it as "I have to do this, I should be doing this, this is my to do list", what do you think that's going to attract? That's going to attract more reasons for you to keep doing things. And so every single day when you wake up, it's this constant never ending, I got to do this, I got to do that, I got to do this. So what I ended up doing was I crossed off that phrase, and I switched it to "to manifest list". And of course, I'm manifestation babe, that's my company. So I try to put a spin around manifesting around most things that I do. Almost everything that I do, I'm practicing these principles that I'm teaching you guys because I really do truly walk my talk. I'm not just blabbing to you via this microphone, I'm actually practicing the things that I share with you. So I had to figure out a way to make it work. And as soon as I put to manifest list, I thought to myself "okay, this is interesting", because here are the things that need to get done. But manifestation is a co-creative process. When I create to do lists, who is the one that I'm expecting to be doing? This is a to do list, which means that I'm going to be the one doing doing doing doing doing. But if it's a to manifest list, and manifestation is a co-creative process between me and the universe, or me and whoever I believe in, whoever you believe in that's assisting you on the other side, helping your life become whatever it is that you want it to become. If it's a to manifest list, then technically, all of these things that I want done should be getting done in a way that allows me to be supported, have assistance, I invite in miracles, I invite in help, I invite in all of the forces of the universe to help me so it's not just me and me doing the things on my to do list, all of a sudden, It's me and the universe manifesting these things off my list. So a to manifest list is written just like a to do list. For instance, my current to manifest list for this week that I have on my list is: I have some emails that I need to go through, I have a Human Design reading that I'm getting graded on and I'm doing one for my team member Londa, create my vision board for 2021 because it relates to our launch for Epcally Aligned, and I have to do some things for a program that I did with my sisters called the sisterhood blueprint and I just have to record like a meditation for that. And I have some other things like appointments or whatever on my to manifest list this week. Now clearly, I'm the one who's taking action here, right? The difference is, is that I found that when you have a to manifest list time just warps in the craziest ways. It's like, no matter what happens, I know that these things are going to get done, and I do not have to force them to get done. And ever since I started writing to manifest lists, I started to get inspired differently around the things that I want to get done. And here's some of the things that would happen. For instance, I would recognize sometimes that some of the things on my to do list I don't actually have to do. I would actually come into the space of being like wait a second, why is this on my list in the first place? Does it actually have to get done? Wait, no, there's another way of doing this, there's another thing I could be

doing. that accomplishes the same thing, but it's way more fun. Or I'll literally have team members who come in and be like, hey, Kathrin, I know that this is on your list, I decided to help you, I decided to do this. Or Brennan will do a task for me. Like, for instance, it could be something around the house, and all of a sudden, my husband randomly gets inspired, I don't ask him, I don't do anything, he just randomly gets inspired to help me with this task. Or I'll find that this task that I think is going to take me 10 hours to do, let's over exaggerate for a second, let's pretend it's going to take like 10 hours, and all of a sudden, I get it done in 30 minutes. Because when it's a to manifest list, you invite in all the forces of the universe come in and help you make sure that it gets done. And it's not about doing for the sake of being busy. It's about accomplishing, it's about manifesting it for the sake of being productive, or taking steps towards your goal, or taking steps towards whatever it is. When you manifest it, it's a completely different energy than when you just do it. And we can talk about be, do, have and how manifestation, the act of it, is a lot of being rather than doing. Action is of course important, and even when you're creating a to manifest list, I hope you don't just leave it completely to the universe, someone's got to put in some action. And so you do approach it with action, but you also allow in the spaciousness, you allow in the support. And I encourage you, especially if you are someone like me who barely barely ever asked for help, like barely ever asked for support until people literally see you struggling and are like "Please, I'm begging you, Kathrin, can I help you?". I don't know if you're like that, but that's just who I am. I'm still learning how to ask for help, I'm still learning how to ask for support. to manifest lists have been a game changer for me because I allow in support and I know that I am fully supported. When I do my tasks every single day that make my life run, my business run, my relationship run. I'm sure if you're a mom, this is very helpful for you, obviously. You have a lot of things on your list and it can be very discouraging to be like "Ugh, I got to do all of this". But what if you change it to to manifest list and all of a sudden you have a babysitter come in and help you, you have your husband or your wife come in and help you, or your partner, whoever is helping you raise child. Or maybe you're a single mom, and all of a sudden you manifest a relationship that, long story short, helps you raise your child, or you manifest the perfect babysitter or whatever it is that helps you accomplish way more in your life. So I know it sounds so simple, but energetically it makes a hell of a difference. So I'm curious to hear from you. Try this hack, it's going to increase your productivity without you even changing literally anything that you're actually doing. It doesn't hurt to implement it, but I'm super curious because the people that I have shared this with they have literally become way more productive in less amount of time and in less amount of work. That's what happened to me and so please give this a try, tag me @manifestationbabe, let me know what you think, share with me your to manifest lists. I love it when you guys tagged me on your to manifest list because it just makes my heart happy that you guys actually listen to my tips and implement them. Other than that, I think that's all I want to say for now guys. I'm literally doing this with no notes; I'm just talking to my mic. I will catch you guys in the next

episode, and I promise this podcast is back. Let's get some more episodes rolling. All right, bye guys. 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 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